

MonoSodium-Glutamate MSG Proving



By:

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Special notes:

The following was translated from Hebrew, including the provers' notebooks. We tried to be as accurate as possible, but the reader should keep that in mind while using this information.

In addition, we collect clinical data of the MSG remedy, so if you do find the remedy useful, we would be grateful if you can send us the data.

The name we chose for the remedy is MSG.

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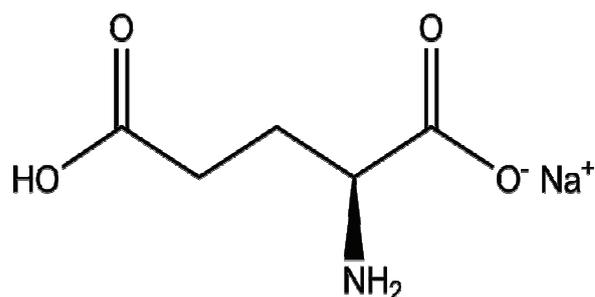
INTRODUCTION

We live in a world filled with stimulus and hedonism, where food has turned from a basic essential product into an experience of senses delight, and there is a constant need to increase the stimulus in order to improve and maximize the feeling. Similarly to the consumer culture in which people consume objects that they do not need, MSG lacks nutritional value and does not embody any essential contribution to the product itself. Even more, MSG's role in increasing the stimulus is crucial. Since except of being an additional flavor which constitutes a new culinary record (imagine that we could suddenly see an additional color to the existing spectrum), it also enhances the taste and stimulates the senses. Through MSG, the food industry creates a manipulation that burdens the mind with additional stimulus and we cannot yet evaluate the price we will pay for it. It is the most common taste enhancer worldwide nowadays, and is also widespread in any component found in animals and vegetation. All over the world people have access to it. That is why we have decided to choose MSG as the proving material.

The Umami Taste

Umami is a proposed addition to the currently accepted four basic tastes. The umami taste is felt in the presence of monosodium glutamate (sodium salt of glutamic acid) on the tongue. Some claim that umami is the combination of the other four tastes, and others claim that it is a separate, independent taste which is difficult to define. The umami taste provides the food with a rich, piquant and "meaty" feel.

MSG



MSG's popularity worldwide

Today, MSG is considered to be the most common taste enhancer in the world, after salt and pepper. On its own it has no prominent taste, but as a food supplement it improves the taste up to eight times more than the original taste. Its worldwide consumption is approximately 1.1 million tones a year. In recent years, due to strong public criticism and aversion from the term "monosodium glutamate", food companies started adding it to different compounds that are added to food, that's how MSG is inserted into food under different unrecognizable names.

It is important to know that it can be found in vaccines and blood transfusions. It can also be found in vitamins or food supplements containing gelatin.

Chinese Restaurant Syndrome

In 1968, Dr. Robert Ho-Man Kwok, an American doctor of Chinese origin, coined the term "Chinese restaurant syndrome". He noticed that after eating in Chinese restaurants in U.S.A, he experienced a group of symptoms mainly: chest pain, palpitations, shortness of breath, numbness of the neck. Symptoms that appeared in additional reports were: headaches, blushing, sweating, tightness or swelling in the chest, numbness or a burning sensation in the mouth or around it, chest pain, throat swelling, palpitations and shortness of breath, strong thirst, cold sweat, nausea, a burning sensation of the skin, confusion, anxiety attacks, weakness, rapid pulse, dizziness and more.

Important!

Glutamic acid is one of the 20 amino-acids (the building blocks of proteins), which are common in nature, and it is of the most important of them. The human body cells are capable of producing it themselves out of another amino-acid. In addition to its structural role as a component in a protein, this acid also serves as a brain neurotransmitter and as the original source of creating GABA neurotransmitter.

However, it is important to know that the supplement monosodium glutamate is not glutamic acid.

MSG and the brain – Excitotoxicity

Natural glutamate contains 2 amino-acids: glutamic acid and glutamine that bind to protein molecules. In the body, the molecules are slowly broken into particles and glutamate is produced gradually so it can be absorbed naturally. Industrial glutamate contains significantly higher quantities of glutamate than those existing in foods, and it does not bind to protein molecules, therefore it is a free amino-acid and is absorbed in the body in a significantly faster pace than natural glutamate.

Glutamic acid belongs to a group of chemicals known as excitotoxins. Excitotoxicity is a process in which brain neurons are damaged and destroyed due to over-activity of certain receptors. In an excessive daily intake of glutamate, as happens when the body digests MSG, these amino-acids cross the blood brain barrier and excite the neurons of brain cells to a point of absolute exhaustion. Then those brain neurons die. Thus, according to neurologist Dr. Russell Blaylock, adding MSG to our diet artificially increases glutamate concentration in the blood to levels that can be toxic to nerves.

According to Dr. Blaylock, there is growing evidence that excitotoxins play a major role in a whole group of degenerative brain diseases in adults - especially the elderly. These diseases include Alzheimer's, Parkinson's disease, Huntington disease, Amyotrophic Lateral Sclerosis (ALS). More and more diseases of the nervous system are being linked to excitotoxin build-up in the brain. For example, disorders such as strokes, hypoxic brain injury, hypoglycemic brain damage, seizures, migraine headaches, hypoxic brain damage, ADD, ADHD.

Furthermore, he claims that the 'neuron system' within the hypothalamus appears to use glutamate as a neurotransmitter. The hypothalamus regulates

growth, the onset of puberty, most of the endocrine glands, appetite, sleep cycles and waking patterns and the biological clock. When MSG feed in doses similar to those found in human diets, it destroys hypothalamic neurons. Experiments demonstrated that MSG could cause the hypothalamus to secrete excessive amounts of a reproductive hormone (luteinizing hormone) which is associated with an early onset of puberty.

Health dangers / symptoms associated with MSG poisoning

- Headaches/migraines
- Dizziness
- Lethargy
- Sleepiness
- Insomnia
- Somnambulism
- Anxiety
- Panic attacks
- Mental confusion/disorientation
- Nightmares
- Insensitivity
- Nausea/vomiting
- Diarrhea
- Stomach cramps
- Irritable bowel syndrome
- Bloating
- Asthma attacks
- Shortness of breath
- Chest pain or tightness
- Runny nose/sneezing
- Extreme dryness of the mouth
- Hives or rash
- Palpitations
- Mouth lesions
- Swelling
- Hyperactivity
- Aggression
- Body flushes/redness
- Bronchospasm

- Weak pulse
- Tightness in heart
- High blood pressure
- Burning pain in back, neck, or chest
- Numbness of neck
- Numbness of nape, radiating to the arms and back
- Tinglings, heat and weakness in face, temples, upper back, neck and arms
- Numbness of limbs
- Tightness of face
- Damage to retina cells in the eyes
- Burning sensation all over the body
- Obesity
- Weakness
- Sclerosis
- Diabetes
- Alzheimer's disease
- Huntington disease
- Imitates symptoms of fibromyalgia and heart disturbances
- Anaphylactic shock
- Hair loss
- Congenital deficiencies (when the pregnant woman consumes MSG)
- Tinnitus
- Sight loss

Supporters of MSG

The common argument for supporting the use of MSG is that it is a natural component, found in almost any living thing and vegetation, even in the body of each human being and that is why using it in reasonable quantities in food is considered to be safe.

Methodology of the proving

The proving was conducted in 2006 for 3 months in Israel. It was conducted according to the rules stated by Hahnemann in the sixth edition of the Organon, aphorisms 105-142; according to the rules specified in Jeremy Sherr's book "The Dynamics and Methodology of Homeopathic Provings"; and according to ECCH guidelines for provings.

12 provers participated in the proving, one of them is sensitive to the source material and demonstrated symptoms accordingly, and one received placebo. The proving was held taking into consideration Hawthorne's effect and was done in a double-blind and random method. That is, both provers and supervisors did not know what is the substance taken, in what potency, and whether it is a placebo.

MIND

Mind Emotions

Empowerment, Strength, Doing

Sad feelings, failure, despair. The feelings are intensified not-proportionally to the events, which is unusual. A bad feeling that is expressed in the stomach. Emptiness and hollowness. 10, 12C, 14:XX:XX

I'm relatively calm; I have a lot of inner strength. Inner strength - I hardly become tired. I sleep 5 hours a night and wake up, this has never happened to me. I'm full of adrenaline. 3, 6C, 34:XX:XX

Started to teach at high-school. For the first time in my life I entered with an emotional strength, feeling determined and quiet, like a commander of an army who knows that his soldiers will obey and do whatever he wants. The result in class: they listened; they didn't disturb at all and asked proper questions. 2, 6C, 06:XX:XX

Spirituality and Destination: Inner-Observation and Improving the Self

Strong and strange attraction to fly to China and learn Kong-Fu and Chi-Kong and to become a Buddhist monk. The idea is to reach higher spiritual levels, purification, and higher spiritual power. Clarity. 10, 12C, 33:XX:XX

A feeling of inner-observation, that I am not doing things properly. I haven't experienced such feelings for a long time. 3, 6C, 32:XX:XX

I started to take an interest in Buddhism. I became very strongly involved. Desire to put on spiritual clothes, they project serenity and security. 11, 30C

I'm more open and honest towards myself. Good mood. I feel like there has been an opening in my life. You see how you really are, and you can now handle this information. It's a huge plus. 5, 12C, 18:XX:XX

A sense of internal introspection. I'm looking at myself from the side. I contemplate quite a lot and people also say that about me. Clarity of thought. I feel that the physical influence has gone and I'm left with inner-diving. I feel that I can dive. I have control in diving into myself, analyzing, and then coming back. It's a good feeling. I am now within my own self-introspection. 5, 12C, 18:XX:XX

Had nightmares, it's like facing yourself in various situations. The nightmares describe my fears and show me my real ways of dealing with the fears. The nightmares are of a very particular kind: in the nightmare I'm looking at myself from the side, and it shows me how I'll react in a certain situation. It's internal-observation and it is connected to the general feeling of observing myself from the side. The reaction is paralysis and it enables me to understand things about myself. 5, 12C, 18: XX: XX

I reached an understanding of what things I really want to do and need in my life. I want to do things for myself. I decided to stop the MA in Geography and learn dog-training. 12, 12C

I felt as if I lived in a lie until today. Desire for truth. I caught my boyfriend lying to me. 4, 12C

Studies: yesterday thought of an M.A next year to study in Israel or abroad. Today I feel it more intensely. 7, 15C, 26:XX:XX

I need a change. I came to conclusions, decided that I want to do an M.A. Will for a change, a change of place, people, because I feel stuck. That is the most meaningful thing that happened, the will for a change. 7, 15C, 34:XX:XX

I'm really interested in nutrition in the last two-three weeks. A week ago I fasted for 40 hours, drank only water. Unlike previous fasts I didn't feel so hungry. I didn't smoke, nor chew gum. I started to read a lot about nutrition, fasts, naturopathy. Someone gave me a book by Herbert Shelton "fasting for renewal of life ", which supports medical fasts. 11, 30C, 30:XX:XX

I realized more and more that I love animals and that I like people less. I also like nature and plants. 12, 12C

I started learning science, technology and social studies for a PHD degree and stopped during the proving. 1, 30C

Usually I don't like going to the dentist. This time the fear of pain is greater than usual, I'm not afraid of injections so I preferred to get an additional injection because there was great fear of pain. 8, 30C, 07:XX:XX

Impatience, Restlessness, Anger, Irritability, Violence, Aggressiveness

I took a test and finished last. It made me feel very irritable and impatient. I'm so irritable that I can strangle someone. 3, 6C, 02:11:00

I think that I'm impatient lately, maybe getting angry a bit more, short tempered. 3, 6C, 07:XX:XX

I feel aggression that is new to me. Usually it is expressed a long time after people irritate me. I felt that I'm losing control of my anger. I shouted at someone on the phone. I was aggressive. 3, 6C, 28:XX:XX

I'm a bit agitated in the last two days. Physically less calm and less patient: waiting for something, doing something, some kind of stress. The past 2 days were very hectic: went to Ra'anana and came back to Jerusalem and went again. I feel that the weekend did not come as easily as usual but there isn't anything that I'm supposed to be stressed about. 6, 15C, 02:XX:XX

Impatient towards people and things. Don't have the patience to fix something on the computer. It depresses me to do it. Also towards people: I daydream, I'm not attentive. I lose interest or just don't like to be spoken to, don't have

the nerves. Or I just don't listen and walk away. It does not really irritate me. My girlfriend noticed that I am not really listening lately, daydreaming. I am impatient towards my girlfriend. While doing homework or while using the computer I don't want to be disturbed. But I can handle it when I am being disturbed. 6, 15C, 08:XX:XX

I'm angry and depressed. Major depression. Restlessness. When angry I want to throw things on the wall. Feeling like a junky because the remedy finished its action and has left the system. Someone has taken my drug and I have to do things by myself and it upsets me. The right leg is constantly restless from nerves. Great fatigue. I want to take more, I want to go back for a trip in the world I was in. During the proving I felt thin - I wasn't really, but the feeling of triumphing yourself, self esteem, joy of life! I'm depressed like a junky, have no strength, irritated, impatient, cynical, in a bad mood. It usually happens on Wednesdays. While I'm depressed I usually eat and now I don't want to and I also eat less sweet. 5, 12C, 28:XX:XX

Totally let down because it's over. I sit in class and everything gets on my nerves. I'm impatient, I want to go, wander around like a drug addict who needs his fix. 5, 12C, 35:XX:XX

I took the wrong turn driving three times in a row. I wanted to kill myself. I told myself: "pay attention, don't miss". Three times within an hour and a half, I was very angry with myself. 8, 30C, 08:XX:XX

Have been angry in the last two days about something. Usually I don't buy from street vendors. One of them caught me in Tel Aviv. I bought from him Gillette razor blades that I needed. They didn't seem fake and it was in an excellent price. I came home and it doesn't cut. Then I checked another one and it was the same. When I found out that it doesn't cut I wanted to kill him. People never cheat me. I thought to look for him and I don't know what I'll do to him. I don't remember things like this happening to me. 8, 30C, 17:XX:XX

Impatient towards my daughters. I wanted to sit and do nothing so I went to the beehive to work a bit. Even when they sit next to me I want them to go to sleep and that never happens before 20:30-21:00. I go to the beehive on Saturday anyway, but this time I couldn't be at home in the evening, impatient. I don't know how to explain it, impatience. I didn't tell them. I feel: leave me alone, don't talk to me now. 8, 30C, 17:XX:XX

Usually a meeting with the family is fine. This time there was a quarrel. There were quarrels and got nervous with my roommate. It usually doesn't happen. 7, 15C, 25:XX:XX

Quarrels: arguments with my roommate. We argued yesterday. I got mad with him because of matters of the flat's maintenance and then apologized. Usually we don't argue. It's not typical of me. That was too much. 7, 15C, 34:XX:XX

I'm still obsessed with the Gillette razor blades. I will speak to Gillette's agents. I won't let go of the subject. These forgeries have to be taken care of. 8, 30C, 18:XX:XX

Leave Me Be

I don't feel like talking, I don't feel good. 11, 30C, 18:XX:XX

I got irritated each time the supervisor called. I told her that I don't have time. I didn't want to talk about what's going on, to delve into it. It's strange that I didn't write anything down. At the beginning I really wanted to participate, yet I began the proving without any will. 11, 30C

I don't speak to people. The will to communicate with people decreased just like that. Have felt like this in the past week. I used to communicate with some people on a daily level, more than once a day, even four times. Now it's once or twice in a day. 7, 15C, 37:XX:XX

Tired, not concentrated, no desire to talk. 8, 30C, 53:XX:XX

Guilt and Accusation

Things are less stressful at school, feeling less guilt. There was an episode with another teacher that the principal messed up her timetable in order to give me the one I wanted. Usually I would feel bad if another teacher was wronged or felt inconvenience because of me. On my free day I didn't go to rehearsals for the performance. I don't feel pangs of conscience. Usually, if someone is hurt because of me I feel lots of guilt. I don't insist firmly. In the last few days there is a change: I'm more decisive, more confident. This time it isn't my problem, the principal did it. 2, 6C, 36:XX:XX

During the proving, I was released from the sense of guilt that I'm to blame for different things that happened in life: that I didn't take care of my mother and of my children properly. It disappeared, I'm not guilty. Now I feel that this is the course of life, things just happen like this. Cured symptom. 2, 6C

All the stress and feelings of guilt almost completely disappeared from my life for the first time. My husband is used to be taken care of. He had an operation on his finger and I wasn't anxious by it at all. I was always very pushy. One of my sons lives with us and I always ask him: how was university today? What did you do? Who sat next to you? I need to know exactly what he does. During the proving I didn't ask. If he doesn't tell me it's OK, he is a big boy now. 2, 6C

I was accused for many things that I'm innocent of. A woman with whom I work accused me for stealing things from her and brought proof. My supervisor called me and shouted at me why I didn't call her. 4, 12C

Throughout this period I have a feeling that friends accuse me for things that I'm innocent of: stealing or other things. I'm feeling guilty. 4, 12C, 06:XX:XX

Last Thursday my boyfriend also accused me of something. 4, 12C, 14: XX: XX

Despair, Depression, Dissatisfaction

I feel odd emotionally. I want to do something else for myself, take a class of some sort for fun: sports, Pilates, yoga, and to feel good about myself. To breathe, to feel that I have a fun thing only for myself once or twice a week in addition to running or to the gym. I feel depressed, despondent, that something is missing, that I lack of air to breathe. I need something for my soul, to stretch the body and inhale lots of air together with a new energy. Something vital is missing; I don't have time to do the fun stuff that I really want. 12, 12C, 17:XX:XX

I felt despondent since last Saturday. Something fun is still missing but I know it is temporary. 12, 12C, 20:XX:XX

I feel more insulted lately. I take things the wrong way. For instance, a few days ago I was insulted because two friends of mine decided to go out and I knew about it only because I called them. I was insulted that they didn't ask me beforehand if I wanted to join them. I was insulted that my friend didn't ask me how I was doing although she knew that I was a bit ill and I looked horrible. She saw me on Sunday and didn't call on Monday to ask how I was doing. 12, 12C, 20:XX:XX

In the last few days I became more and more depressed. A terrible and irritating depression. I'm very nervous, very emotional; I feel that I don't know what I want from myself. Lack of satisfaction. I argued a lot with my spouse. We are thinking where to live and I don't know what I want. I also think that as long as I continue in the M.A I chose to focus on this specific thing, and it moves me away from my dream to become a vet. I already thought of leaving everything and to travel abroad to study it. I cry a lot, I'm confused. The past two weeks, especially the last few days were not an easy period. 12, 12C, 20:XX:XX

The depression returns... I don't know why, where it comes from. Maybe it's something that comes out of the biological-mental cycle, or maybe from the universe's energy, from the cosmos. I know that it will disappear but now I don't feel well with my husband or with myself. 12, 12C, 23:XX:XX

Lots of confusion, sadness, depression, and on the other side extreme happiness and energy. Extremity. Impatience. Very strong depression with fatigue. Depression and happiness alternating every several days: three-four days depression and two days happiness. I had a need to talk about the depression with people. 12, 12C

In the last few days I've been feeling sad and stuck. The feeling started since I first held the remedy in my hand. I'm so stuck, I've got millions of things to do and I sit at home depressed. I cried for an hour and couldn't do anything by myself. I don't know this feeling of being sad and staying still. I've never acted like this when I was depressed. This depression gradually and slowly

developed and on Thursday at 02:00 was the peak - I went back to sleep and it just took over me. 4, 12C, 18:XX:XX

I'm confused, difficult to concentrate on one thing. I can't find a job; I try to focus on one million things instead of in one thing. Depression suddenly comes. When I try to understand the reason for it I get confused. I don't know why I'm crying. 4, 12C, 28:XX:XX

I'm not as happy as always as if someone absorbed my enthusiasm. Some kind of odd apathy. People keep asking me why I'm depressed. But it's not all the time. I have unexplained "downs", some kind of depression that appears suddenly. Aggravation from being alone, sad things, morning, idleness. It already happened three times, suddenly, with no early preparation: the tears come down and I only want to sleep. I feel that I'm not really enjoying things like I used to. The enthusiasm doesn't exist anymore and the smiles disappeared from my face. Strange seriousness. I don't feel like having a good time as before. The need to move disappeared. I became lazy. 4, 12C, 33:XX:XX

Attack of a hysterical sob without control or no reason. Self pity. Anxiety, slow pulse, low blood pressure. Difficulty to breathe. Weakness. 4, 12C, 34:07:00

Depression got worse. Yesterday it was very hard; it was in the evening between 20:00-21:00. I'm alone some of the time. Existential depression, lack of will to do anything. 7, 15C, 21:XX:XX

Depressed and despondent more than usual. In the last two days it's there, I felt it strong. When it's intense I feel emptiness, there's no point for anything. Lack of interest to communicate with people and general lack of will. 7, 15C, 25:XX:XX

Despondency, not depression. Lack of a will to do anything. I want to lie in bed and communicate with no-one. I'm not familiar with this feeling. Two-three days ago I felt "high", today a slight inexplicable "down". It should have been the opposite. Two-three days ago I should have felt despondent and now better since we overcame this. [3 days ago my wife had a natural miscarriage]. 8, 30C, 30:XX:XX

Mind Intellect

Mistakes, Confusion, Direction, Clarity

When I study and listen it's as if I'm listening but I don't really get it and don't notice what's going on, some kind of daydreaming. I don't understand what's going on and before the remedy I did. I can't follow what people are saying. Blackout. 3, 6C, 02:XX:XX

Almost got lost while driving. 3, 6C, 11:XX:XX

While typing in the computer the letters became unclear. I usually type fast. 3, 6C, 28:XX:XX

When I type on the computer I mix up letters, it's really odd. As if I'm thinking faster than I'm typing. I usually don't make mistakes but now I must repeat and check many times that I didn't make any mistakes. 3, 6C, 34:XX:XX

Yesterday I drove and passed five traffic lights in a row without being certain if they were red or green as I passed, confusion. It repeated this evening at the same hour. Felt "out" for a few seconds. 11, 30C, 04:11:XX

Confusion: yesterday and today at the same hour I tried to open the front door of the house with the car keys. 11, 30C, 06:11:XX

Confusion: a patient had an appointment at 9 am and I thought that it was at 10 am, and she called and woke me up. 11, 30C, 08:00:XX

Confusion, as if I didn't really listen to what people were saying. 11, 30C, 08:XX:XX

Lots of spelling mistakes in a letter, it's not typical of me. 2, 6C, 51:XX:XX

I took the wrong turn driving three times in a row. I wanted to kill myself. I told myself: "pay attention, don't miss". Three times within an hour and a half, I was very angry with myself. 8, 30C, 08:XX:XX

I'm confused, it's difficult to concentrate on one thing. I can't find a job; I try to focus on one million things instead of in one thing. Depression suddenly comes. When I try to understand the reason for it I get confused. I don't know why I'm crying. 4, 12C, 28:XX:XX

In the last few weeks I was very confused. Confusion is the main thing that disturbed me to concentrate and choose whatever I want, as if I lost something from myself. 4, 12C, 33:XX:XX

Clarity of thought. 3, 6C, 34:XX:XX

The mind is sharper, I don't forget. Before the proving I said that I had a bad memory now it is a sharp memory, it's easier to study, I write faster. The hand is lighter. 2, 6C, 12:XX:XX

Old Age, Young Age, Childish

I feel that I'm getting old as if my face is getting old. I don't know how to explain it but they seem older in the mirror. The face looks as if its 10 years older. 3, 6C, 32:XX:XX

The mind is sharper, I don't forget. Before the proving I said that I had a bad memory now it is a sharp memory, it's easier to study, I write faster. The hand is lighter. 2, 6C, 12:XX:XX

Although I keep fit and I'm active I feel like an old man. Pains in the joints during movements. Lower back aches when I bend. The ankles hurt. As if I don't have synovial fluid, as if there is rust. Never felt like this prior to the proving. 8, 30C, 14:XX:XX

I stopped going out, maybe because I don't have the money, but I've never experienced such a situation. I've never been calm at night. Always wanted to go out, meet people, dance and get wild. Something changed: I became mature. I matured a lot in one month. I feel heavy. Don't want to go out. Can't do anything. Sense of humor disappeared and also my dress sense, I started wearing black. I looked in my closet and didn't understand how I used to wear the clothes in it. 4, 12C, 28:XX:XX

I stopped playing around anymore. 4, 12C, 33:XX:X

I was at a party didn't drink at all and felt uncomfortable - I behaved like a little boy. I acted like a drunkard without drinking alcohol and did nonsense. I called someone to see a trick with chairs with enthusiasm of a little boy. I felt very uncomfortable at the party. I spoke in a complete insensitive way to a girl who was supposed to be married but her boyfriend was killed during the Second Lebanon War. 11, 30C, 01:XX:XX

Childish behavior during the lesson, I spoke endlessly. Usually I don't speak so much and I'm upset with my mouth. 2, 6C, 41:XX:XX

Calmness, Laid-Back

The day is filled with activities but my head is clear, no sense of stress. 2, 6C, 01:XX:XX

All the stress and feelings of guilt almost completely disappeared from my life for the first time. My husband is used to be taken care of. He had an operation on his finger and I wasn't anxious by it at all. I was always very pushy. One of my sons lives with us and I always ask him: how was university today? What did you do? Who sat next to you? I need to know exactly what he does. During the proving I didn't ask. If he doesn't tell me it's OK, he is a big boy now. 2, 6C

I don't need to prove myself anymore. I was a violinist in the Philharmonic Orchestra for many years. I performed for many years. Excellence, everything had to be perfect, the stage. You have to prove yourself constantly, to practice, discipline, stress. The proving decreased the feeling that I have to prove myself because there is an audience around me and I need them to love me and what I do. I can be myself, everything is alright, life is floating, and I do what I love. I'm released from the stress that my life is on stage. Now I don't care what others think. I do what I love in a slower pace, there's no pressure, and it's a deeper pace. Up until a year ago I used to fight in order to conduct the orchestra, because it's a great honor. This year I orchestrate only on the bits that I love best. You do what you want and what you like best. That's enough, the stress decreased, everything is going in my pace and it will

be a beautiful and impressive performance. I don't have to orchestrate five sections one is enough. 2, 6C

I feel serene and peaceful. 8, 30C, 03:XX:XX

I have a good feeling, total calmness as when in Sinai or India. The day passes very pleasantly and peacefully and I find it strange. I have to prepare a business plan for 2007. Last year I was very stressed by now about the following year now I'm much more relaxed, everything is pleasant. 8, 30C, 04:XX:XX

I'm relaxed when I drive. Driving in Tel Aviv is madness; now I don't care if people push in front of me. Sometimes I get irritated internally, I never shout, but now I'm relaxed also on the inside. 8, 30C, 05:XX:XX

I want to lie on the beach, that's what I want to do all day. Even to stay at home. I prefer to wander around and not to work. 8, 30C, 06:XX:XX

On my way home I thought that I really want to take a holiday for two-three days before the New Year. A dire need to rest. In the North there's something that is related to Tantra in an ashram in the desert, you come out of it with lots of good energies. Desire to detach myself from work, not to answer phones, to detach from everything. Preferably in Sinai, it's a great place in order to return to work in January with renewed powers. 8, 30C, 41:XX:XX

It could have been nice if I could retire. I spoke about it with my wife. It's a desire to take a vacation for 1-2 months, "to reload my batteries" and to return. A desire to do things other than work: to read and to rest. 8, 30C, 48:XX:XX

I feel very optimistic today and in the last few days. A good feeling that everything works out in life and that everything will be alright. 12, 12C, 07:XX:XX

A general happy feeling. All along the proving a good feeling, I'm happy and content. Relaxed. The high is followed by dysfunctional thoughts. Afterwards I hardly write in the notebook. 1, 30C

I appreciate the small things that I never appreciated: that you can get up and walk during a sciatica attack. I can read Kent thoroughly and listen to what he says. In the past it was all quick, quick, quick, had to read fast to be ready for class. Now I enjoy every word he says. 2, 6C

Hair

I dreamt a dream that I don't remember which was about cars and hairdressers. 10, 12C, 21:XX:XX

Burnt my hair twice at the same spot in the back of the head [working with fire in shows]. 4, 12C

Dream: I, my mother and my sister are sailing on a raft. It's a pleasant feeling, it's a huge river filled with water. We went for a trip and we are on our way back. I jump into the water in order to carry the boat to a certain direction and suddenly a wave of sewerage came and it covers me. I shout and ascend the raft. I can navigate it and we are returning. When I get home I take a shower, I get out and look at the mirror - all my hair turned white, also my eyebrows. I'm shocked. It seems as if my hair starts to fall. A few minutes later I find pink stripes in it and eventually the hair becomes dark again slowly. 4, 12C

Miscellaneous

Extroverted. 12, 12C

I have a feeling that this period is tasteless. This feeling is just... I don't know. I'm trying to look for an interest, as people who look for excitement. 7, 15C, 37:XX:XX

I have an attraction for pale blue color. It's the only color that usually I'm not attracted to. It's manifested in my clothing: I want to wear pale blue all the time. 4, 12C, 02:XX:XX

My self confidence decreased. 4, 12C, 28:XX:XX

I have a desire to cook. I've never cooked meals with such delight; it's really a work of art. 4, 12C, 28:XX:XX

I cause accidents almost all the time with the motorbike. I get blows in the body from the fire [I work in shows with fire]. The power that was in my body has gone. My life is tasteless. 4, 12C, 33:XX:XX

Generally, I have a huge issue dealing with control and lack of control. The remedy on one hand released me from being in control and on the other hand caught me.
5, 12C, 18:XX:XX

Today I changed a position in one job and in addition I started another job.
12, 12C, 08:XX:XX

Mind Dreams

Truth and Lies, Falsification and Injustice

Someone wrote an autobiography of my life from the moment that I was born and it is full of mistakes, lies and falsifications, as if it was done in purpose.
10, 12C, 50:XX:XX

I walk down the street and in the middle of pedestrian crossing someone has stuck a mobile food car which disturbs the passers-by. I come with another man who has an electric saw and I saw the car. The man who owns the vehicle already died. It's a big green GMC. 10, 12C, 17:XX:XX

I ride on a bus. The bus driver and one of the passengers are smoking and I become angry at them. I ask the driver's name and write the bus number in order to file a complaint. 10, 12C, 12:XX:XX

Food

I buy vegetables in the market, I put the bags on the side and they disappear. Eventually I leave with nothing. 10, 12C, 04:XX:XX

I go to a restaurant and eat lots of chocolate and candies. 10, 12C, 17:XX:XX

My friend and I are arranging an okra competition in a cooking pot to see who cooks faster. I don't even know what okra is. 3, 6C, 08:XX:XX

I was in a restaurant and the waiter brought me a meat-stew. I didn't want it, I don't eat these things. When I woke up I felt disgusting from meat in the dream. 8, 30C, 07:XX:XX

My husband was pregnant. We were in a place where women baked him food: pies, cakes, round food. It was odd that he was pregnant. 12, 12C, 04:XX:XX

My supervisor works at my husband's sandwich bar and I called him, asked him to prepare half of a tuna sandwich and that I'll come later to pick it up. He asked me to pay for it although I never pay there. 12, 12C, 06:XX:XX

Dreamt about something that is related to cooking. I don't remember what exactly, but I remember that I was in the kitchen and cooked a lot. 12, 12C, 33:XX:XX

Friends came over. There is a woman with a cellular phone. I play with it and there are innovative cellular phones. My husband was very hungry. He just came from work so we prepared him food. He started and I finished. I put potato and other things in the pan. When it was ready he took a little bit from the pan and all the people in the dream took food from the pan to their plates and nothing was left for me or for my husband. He ate only a little bit in the beginning and I got upset. 12, 12C, 37:XX:XX

My friends and I are in a hostel. the place looks like the army and a friend asks for a glass of milk and I pour it to her. It feels like true friendship. 4, 12C, 00:XX:XX

Violence / Anger

A group of teenagers is approaching me in a threatening manner. I shoot them one by one and kill them. When I run out of bullets I fight them with the rifle - there's a knife at its end. I stick the knife and barrel in their necks and kill them one by one. I woke up shocked by the dream. My conscience feels bad. 10, 12C, 13:XX:XX

I'm in a Kibbutz and there are two groups of children, one of them are Nazis. I come with a car and run over them. Afterwards, I pass from a distance with a

black spray and spray them one by one. The second group is teenagers from the Kibbutz. They are standing in front of me and I pass with a water hose and spray them and wet them one by one. They feel very cold and they get dressed and warm up. I felt hatred. I wanted to take revenge. I know that they are very bad and I have to take care of them. I enter a friend's small flat and I want to prepare tea for them so that they will warm up as it's a chilly day. I ask my friend how can he live in such a small flat, it's a small room with a kitchenette. He answers that the flat is not small, it's perfectly fine for him. 3, 6C, 08:XX:XX

I battle with a mad woman. Both of us have Japanese knives. She cuts my throat and I'm going to die. In the past I dreamt about knives and battles but I always won. 3, 6C, 08:XX:XX

I dreamt of murder a number of times. My brother and sister also dreamt of murder. 1, 30C, 24:XX:XX

Dream about Hezbollah: a couple that my wife and I knew in the dream was kidnapped by Hezbollah. I felt fear. Fear of Hezbollah and torture, fear that the same thing will happen to me. I need to go out to the street to buy food and afraid to be caught and that I will be tortured like her. 8, 30C, 28:XX:XX

Combat dreams with a violent motif. 8, 30C, 38:XX:XX

There's a circle in the ground and a man comes out of it. When he comes out of the ground I shoot his chest with a silencer. I felt that I completed the mission. Felt well, like a mercenary, I had to do it. 8, 30C, 39:XX:XX

A man comes out of an elevator and I shoot his chest with a gun with a silencer. Again I felt that I completed the mission. [In the middle of the week I saw the movie "Leon"]. 8, 30C, 39:XX:XX

People are making lab tests for the honey. Suddenly, four honey barrels rise up vertically and some of the honey is spilled. I'm very angry at one of my workers [it never happens]. She was shocked. Great anger. 8, 30C, 41:XX:XX

I'm in the beehive and a group of 16 year old teenagers enters. They get wild and mess everything up, there were 50 of them. Eventually I drive them out. I feel anger at their insolence. At the end of the dream appeared a cough, like a strong itch in the throat which woke me up. Better by drinking water. 8, 30C, 43:XX:XX

I sat in a big car like a van. Me, my husband and a few other people were on our way to a trip. Someone came, gave me poison, and forced me to eat it. He told me that I poisoned him once, and that's his revenge and I must eat it. I started to cry and scream and call my husband but he was far away outside and didn't hear me. I thought that I should pretend to eat and I'll be fine. 12, 12C, 37:XX:XX

My husband was trying to kill me. He had a knife in his hand. He lifted it above me and I shouted in the dream and woke up in panic. 12, 12C, 43:XX:XX

Death

I dreamt that people die in the dream. One drowned and I don't know how the other one died. 10, 12C, 53:XX:XX

I dreamt of murder a number of times. My brother and sister also dreamt of murder. 1, 30C, 24:XX:XX

A kibbutz member is sitting on a stool facing the car. He is sleeping curled up, pale face and bluish body. I am afraid for his life and trying to wake him up. He woke up very confused and aching as if he had a stroke or a head injury. I thought of taking him home and then decided to evacuate him to hospital. I felt worry and compassion; I was concerned for his life. 8, 30C, 08:XX:XX

A friend was run over. Eventually everybody in the dream died. 12, 12C, 10:XX:XX

Accusation and Guilt

I don't remember the dream but I remember the feeling: guilt and conscience. 10, 12C, 35:XX:XX

Accusation. I am accused publicly for stealing and I try to prove my innocence. The boarding-school in which I work gave me a credit card to buy something for the school. Then, one of the guides who used to work there, who is the most corrupt guide, is the head of the team and he is the main accuser - like a judge. 10, 12C, 40:XX:XX

The stupid school's secretary is calling me. The money that I gave her and that the children gave me does not come up to the same amount; I explain everything to her in the dream. The feeling is that at the end I will be accused for being disorderly which I was not. 2, 6C, 15:XX:XX

There are no windows in the classroom. It's snowing outside but we are not cold. The dream passes to a birthday and in the next morning in the dream instead of going to work at school I drive to a concert with no cares, no guilt, not thinking what I'll say at school, what they will say or do to me. I felt that everything is great, I didn't care what the principal and the others might say. After this dream I became less stressful. 2, 6C, 35:XX:XX

My ex-boyfriend who annoys me planted drugs in my closet and a policeman comes, looks for them and finds them. Throughout the dream the policeman and I talk. I felt stress for being accused for something that I didn't do. 4, 12C, 06:XX:XX

Combat

I try to pass an army integration in the military elite units in IDF with much younger men who are 17, 18. I feel that I don't belong there. 10, 12C, 19:XX:XX

Water

I am in a pool filled with sea-water; one side is open to the sea. Small waves keep wetting me. It's fun although they do bother me. Afterwards I play ball with someone and I go to the toilets to pee and it's dirty and from the window I see a street where someone whom I really loved lives in the opposite house and I know that she is about to move away. I must follow her when she leaves with the movers in order to know where she is moving to. 3, 6C, 02:05:00

My cell phone falls into water. 1, 30C

I am in a place by the sea; there is a stream that was blocked by sand. With my very hands I start to clear a path in the sand to the water. I open the blocking and the water starts flowing. 12, 12C, 44:XX:XX

I'm meeting a friend at sea. 4, 12C

I, my mother and my sister are sailing on a raft. It's a pleasant feeling, it's a huge river filled with water. We went for a trip and we are on our way back. I jump into the water in order to carry the boat to a certain direction and suddenly a wave of sewerage came and it covers me. I shout and ascend the raft. I can navigate it and we are returning. When I get home I take a shower, I get out and look at the mirror - all my hair turned white, also my eyebrows. I'm shocked. It seems as if my hair starts to fall. A few minutes later I find pink stripes in it and eventually the hair becomes dark again slowly. 4, 12C

Existential Threat

Dreams of tsunami and destruction of the world. I usually dream of tsunami but haven't for a long time. This time, in contrary to the past, there is an optimistic end to the dream - there are survivors from the tsunami. 5, 12C, 06:XX:XX

A sudden feeling that something bad is going to happen. There is a woman with me and she says that she is going. I don't want her to go because I know that something bad will happen and I think that if she stays with me it will not happen. Then she goes out and in the door there is an aperture, like bars in a prison, but the place doesn't feel like prison. Behind her appears a man. She doesn't see him. He starts to raise his hand forward and he smiles a huge, malicious smile. I see that she doesn't see him behind her and I try to tell her, but I stutter and cannot tell her. I try to catch his finger because I can't speak and then the dream fades. He has a long hair in a pony tail, a pale complexion, brown eyes, but mainly he has a huge smile and a crazy look in his eyes like a psychopath. My reaction is paralysis! Simply paralysis! I don't imagine myself becoming paralyzed in moments of fear. 5, 12C, 18:XX:XX

They closed me inside a building. There are bars on all of the windows. I ask one of the children to open the doors. He opens it and I run away. 8, 30C, 20:XX:XX

There's a tornado. My husband and I are somewhere in America, in Kansas in the south. We reach a hotel and enter the room. I look through the window and see the tornado. From that moment on there's a feeling of hurry! Hurry! We must find a shelter so that we will not be blown away. The owners of the hotel enter a bunker and don't let us in. I'm thinking how we will manage to survive the storm and a few passers-by tell us that there is an underground bunker. It looks like a cover of sewerage. They slip inside and disappear. When I look inside, the opening becomes narrower and you cannot see the bottom. I try to enter into it and can't, the tornado is near, and I wake up. The feeling is that you have to jump in without knowing what you are going to land on, in the worst case you'll break your legs when you'll jump. But the opening closed and we stayed outside. When I woke up I was happy that I was sheltered. 5, 12C, 22:XX:XX

I'm inside a building in an olive grove, as a military reservist. I don't know where to run, I hear voices and hide. I meet three other military reservists who did navigations, they are mentally retarded. They start screaming: where am I? How shall we get out of here? We are in enemy territory. I run away from there, I was afraid they would find us. I reach a children's bus waiting to travel to Sinai and I ask the teacher if I can join them and she agrees. Feeling helpless. I'm in a place that I don't know how to get out of. Felt a certain distress but not for long. I counted on the reservists to help me but they disappointed me. I was afraid to be alone in enemy territory, afraid to be discovered, I didn't have a weapon. 8, 30C, 20:XX:XX

Miscellaneous

I enter the car and it starts rolling down. The car runs over my cousin. I try to explain to him what's happening and to ask how he is doing when lots of teeth are coming out of their place. I try to put them back in their place. A dreadful feeling of fear and terror. 10, 12C, 12:XX:XX

I dreamt a dream that I don't remember which was about cars and hairdressers. 10, 12C, 21:XX:XX

I surf on the mobile phone to forbidden sexual contents. Had nocturnal emission. It's the first time that it happens to me. It didn't happen even when I was a teenager. When I tried to fall asleep five squares appeared before my eyes as if I could choose a dream. I opened my eyes and in front of them I saw flickering at the pace of the heartbeats like an ECG, like a line of a polygraph. 3, 6C, 00:14:15

I'm late for work and someone is chasing me. I'm afraid of my boss because of my being late for work. 3, 6C, 31:XX:XX

I'm playing basketball or football with huge and distorted people [like in Batman 2]. Big and distorted limbs. 3, 6C, 43:XX:XX

It's a jungle, there are many pools and there are things chasing me and I don't know what they want to do to me. I'm running in between the jungles. Dreamt this dream twice during the proving. 3, 6C, 44:XX:XX

There is a cobra in the chemical room, near the pool. I look for a squeegee in order to kill it. Until I find one the snake crawls in the room and has caught everyone's attention. Slowly I realize that it's a strange snake, it is changing as I look at it. It looks like a Dalmatian dog, it's so cute. Until someone who looks like Lucy Lu hugs it and it bites her and all the others, so suddenly we all become Lucy Lu, but we are different parts of her brain. 1, 30c, 09:XX:XX

I'm a miser. Someone bought me something to eat and drink and I kept all of the change to myself. Afterwards we carried the big old water jug and I said: let's pour the liquid out. 1, 30C, 09:XX:XX

I'm talking to Saddam Hussein and explain to him something with empathy and he returns to be a leader in Iraq. 1, 30C, 09:XX:XX

My wife coughed and we went together to the sink. I patted on her scapulas because I thought something stuck in her throat. Out of her mouth came out her digestive system and guts and unidentified bits and pieces and I told her to lie on the floor and called an ambulance but they were busy. I took the Kibbutz ambulance that was under fire in Gaza. Eventually I went into the ambulance, put her in the bed... and woke up. The whole process was very calm. I called indifferently 911 and thought "it's not a problem", "it's not bad", thought I should take care of her. [Clairvoyant dream, his wife had a natural abortion later in the proving]. 8, 30C, 02:XX:XX

I'm in Tel-Aviv at night; it's very late, around 04:00. I reach a street near my parents' house, a friend of mine from high-school lives there. There is a bike there, probably my friend's and I'm thinking of taking them for a ride. I made noise, his sister comes out and I tell her: it's OK, I'm his friend, I'm not stealing. I was naked when she came out. Wore thin paper garment. A friend comes out, we chat and it's nice. A pleasant feeling. When she came out I didn't want her to be afraid so I calmed her down. 8, 30C, 21:XX:XX

The beehive team had a meal outside the beehive, on the sand. The strange thing is that we felt boredom, usually I like it. This time there was lack of interest and boredom. 8, 30C, 23:XX:XX

It's odd, haven't dreamt of my grandmother for a long time. My daughters slept at my grandmother's house (she died when I was 15). I woke up in the morning, and the girls had to go to my elementary school in Tel-Aviv, its 20 km away from my grandmother's house. I told them to walk and the eldest said: it's far away. I said: let's go. We went to the car in order to drive them. The house was relatively small, I remember the girls' fear, they asked who would be at home and I said: grandma and my father's brother who was still at my grandmother's house. When I woke up I was confused - why did I tell them

to walk? In the dream I didn't feel lack of responsibility, it felt pleasant. 8, 30C, 31:XX:XX

I'm with my wife near my parents' house near a kindergarten. I see a car accident. My wife entered the kindergarten. A man is hurt in the accident and I enter the car in order to hold his head steady and I tell him firmly: don't move. I explain to him that he might have hurt his spine. An ambulance comes after a long time. When it comes the paramedic gives me by accident an injection in the upper lip. I tell her: what are you doing? The other paramedic is angry with her, a commotion began, and she said: bring an antidote. I fainted from the injection, some kind of falling asleep. I felt in control and coolness of mind until the paramedic injected me the injection. It was nice to fall asleep. Before that I felt stress. For the first time I wake up tired. It caused me a major physical fatigue. 8, 30C, 41:XX:XX

The dreams made me feel good in the morning although they weren't pleasant. 8, 30C

We wanted to buy a new car and went to the showroom to choose the car and its color. 12, 12C, 04:XX:XX

I dreamt that a woman I knew sat next to me in class and I saw that she has on her left arm a fungus similar to mine, but hers is much bigger. We looked at each other, compared them. We told each other: do you also have one? I was happy that hers is huge and that mine is improving. [Comment: towards the end of the proving a fungus that she had before the proving on the left arm, itchy and with blisters, almost disappeared completely - cured symptom]. 12, 12C, 05:XX:XX

My husband and I attended a family event. All his brothers were divorced and came with their new girlfriends. His eldest brother came with his first wife, the children, and his girlfriend came at the end. She was young, attractive and looked Hispanic or black, I didn't really see her face. I felt sorry for his wife and the kids and didn't pay any attention to his new girlfriend. I thought that it wasn't nice of him to bring her. He hugged her with his hand behind her back and introduced her to people in the family. 12, 12C, 30:XX:XX

It's an event with many celebrities. They invite me to go on stage, I go there with my husband and we cross the stage in front of everyone and then jump off it. We didn't care at all about the posh people there. 12, 12C, 30:XX:XX

I dreamt that I walk down the street and suddenly see a woman who was in the kibbutz, I used to play tennis with her. I started shouting to her, and suddenly it interested me if she still works at the same place. I don't know why. She didn't hear me at all, it seemed that I look at her and she is in a movie in some other place. 12, 12C, 40:XX:XX

I dreamt at night of the M.A that I'm studying, but it was like in the army. We lived in a building where you sleep, study, do everything. There was divided residence to males and females. My sister also studied and lived with me. The

studies were strange: we had creativity lessons, gluing, we stood on the tables and jumped off them and glued things. There were many steps in the building and suddenly I was in my sister-in-law's flat and went down the stairs. My lecturer, who is also the advisor of my thesis sat on the side and looked, supervised us, the students. 12, 12C, 46:XX:XX

My ear itches terribly and I take out of it cotton wool that was there for a long time. It was fun to take it out. 12, 12C, 55:XX:XX

I found a girl from a broken home, she was beaten. I adopted her. Then she met a man from the kibbutz and he built for them inside the dining room of the kibbutz a place for a bed from tables and chairs and covered it with a blanket - it was a bed and a bedroom. He located each room in a different place in the dining room. I thought that it would be strange that people would eat there and they would live there [although in reality the dining room isn't active for 13 years]. 12, 12C, 56:XX:XX

Usually I suffer from nightmares. During the proving hardly had any - cured symptom. 12, 12C

There are two tables for Jews and Arabs like a Passover table. There's a great feeling of harmony, we help each other. That day I found myself in a restaurant, my boyfriend's family and I sat in one long table, like a Passover table, and in a table next to us sat an Arab family, on our left, as in the dream. Atmosphere of harmony. 4, 12C

I fail in everything that I do. 4, 12C, 34:XX:XX

VERTIGO

Dizziness, almost lost consciousness for a few seconds, and then pulled myself together. It happened during a dinner with friends. 10, 12C, 21:XX:XX

Fainted a week ago: during an isometric exercise in martial arts, with no movement, the whole body is cramped I fell on the floor. While I fell I thought "this is such fun". It was a delight to pass out. 11, 30C

Vertigo for a few seconds while sitting, accompanied by nausea that passed after a few seconds. Usually I don't suffer from nausea or dizziness. 2, 6C, 00:08:18

Slept a lot from 23:30 until 07:15. It's an unusual, heavy sleep. In the morning the head feels heavy, congested. A feeling of pre-vertigo. Goes away only at 12:00.
2, 6C, 23:XX:XX

Dizziness while lying in the first few seconds. It passed when I stood up.
2, 6C, 23:06:30

On Thursday, while driving, felt that I'm going to pass out. Felt dizziness, that in a minute I'll see only black, with no reason. I pulled myself together immediately, didn't understand what's going on. Today it happened again. In the first time I was really frightened and then I forgot about it, it didn't bother me. Today it happened again, some sort of passing out. A feeling of blurring of the senses for a second while driving, nothing happened. It was odd that it happened again. It never happened to me. 8, 30C, 33:XX:XX

I felt dizzy since I woke up. Some sort of a strange dizziness. Also when I sit in the bus, but since I don't stand, it's not really dizziness, but flickering things in front of my eyes, some sort of weakness. The dizziness lasted for two weeks.

12, 12C, 42:XX:XX

I passed out. In fact, I stopped myself before passing out. I stood in the bathroom, washed a shirt in the sink, suddenly I saw everything black, had a dreadful dizziness, everything turned around. I immediately sat on the rug in the bathroom for a few minutes. The dizziness passed after a long time, a few minutes. Before I fell on the floor I stood and held the edge of the sink because I couldn't stand.

12, 12C, 44:11:00

While sitting (at work in front of the computer) felt a slight dizziness that passed after 30 seconds. The same strange feeling returned at the same situation the following day.

12, 12C, 47:12:30

Felt dizzy all day. I'm not strong, as if the head is spinning. Feeling unstable, as if I can faint in every minute. Since last Thursday when I almost passed out have had this feeling. Today it lasted all day but not very intensely. 12, 12C, 51:XX:XX

Felt a headache from the morning. Was at work and felt that I was going to faint as if someone vacuumed all my energies. Thought that I might fall from the chair. Weakness. Usually after defecations I feel better, but not this time. Usually when I have a headache it's only a headache with no weakness, but this time I was flabby in the chair. Headache in the temples couldn't sleep. I woke up from every change in position. Painkillers didn't help as well. 3, 6C, 43:XX:XX

HEAD

Pressure

Internal pressure in the right temple, accompanied by tingles. It lasted for a few minutes. 3, 6C, 00:14:15

I have a slight pressure in the back of head, it's also throbbing. 4, 12C, 00:23:30

Congestion

A feeling behind the head as if it is congested, full of material. It doesn't hurt. 2, 6C, 01:12:16

Congestion pulsations like blood Pressure in the head and at the back of the head. Better with food. 2, 6C, 09:11:15

The feeling of congestion and throbbing blood pressure changed place: now it is in the temples instead of in the back of the head. It is in a line between the ears. 2, 6C, 08:11:30

Slept a lot from 23:30 until 07:15. It's an unusual, heavy sleep. In the morning the head feels heavy, congested. A feeling of pre-vertigo. Goes away only at 12:00. 2, 6C, 23:XX:XX

From the afternoon till 22:00 felt a throbbing congestion in the back of the head. 2, 6C, 37:XX:XX

Congestion started and it is intensified during the afternoon. At night I felt a headache in both temples, better with food. 2, 6C, 51:02:00

Hours

I woke up with a headache that continued from last night. It stopped around 10:00. 12, 12C, 11:XX:XX

In the evening I had a very strong headache in the sides of the head, region of temples. Banging pains. I didn't feel good, only wanted to lie at home and sleep. 12, 12C, 10:XX:XX

Headaches from 17:00 till 21:00. Throbbing pain in the vertex and around the upper part of the head. When I pressed the eyes I felt relief, a pleasant feeling. Usually I don't have headaches. The eyes hurt a bit so I pressed them. 8, 30C, 08:XX:XX

Woke up with a throbbing headache on the left side of temples. I never woke up with a headache. 2, 6C, 35:XX:XX

After the dream I woke up in the morning with a pressing headache in the temples and great fatigue. Usually I wake up before the clock rings this time it rang. I stayed in bed until 08:45 and woke up tired. The fatigue lasted all day long. 8, 30C, 41:XX:XX

Location

I have a slight headache, especially on the right side of the head in the temple, a weak one. Drank coffee and ate a cookie and it passed. 12, 12C, 36:07:30

Headache when I wake up on the left side above the temple at the temporal bone. Got better with food and a hot bath. 2, 6C, 41:XX:XX

A light headache on the left side. 1, 30C, 03:22:XX

Dull headache on left side above the temple. Better with eating. 2, 6C, 18:XX:XX

A dull headache on the left side, but it changed places to the vertex. 2, 6C, 19:09:00

Lancinating headache from the bottom to the top. 10, 12C, 17:XX:XX

Slight prickling on the left side above the temple. 2, 6C, 10:XX:XX

Strong pumping headache on the right side of the head. 1, 30C, 00:10:20

Throbbing headache in the left temple. Stressful impulses. 2, 6C, 13:XX:XX

Digestive Headaches

Nausea in the upper stomach began with blood pressure in the back of the head with a throbbing headache on the left side. At 22:44 I felt really sick. Sweating, as if from food poisoning. A dreadful headache, the entire head is congested, I'm feeling ill. The abdomen sends signs of nausea (not from food) and a feeling that I will soon vomit.
2, 6C, 19:00:24

Again a headache in the temples, accompanied by heat flushes, nausea and a slightly sour taste in the mouth. 5, 12C, 06:10:30

Dull headache all over the head, which starts at the neck and rises to the vertex and forehead. The headache got worse at 23:00 and was accompanied by a lot of belching. Intolerable headache. 10, 12C, 16:XX:XX

Striking headaches, radiating to the ear-jaw joint for a minute. Accompanied by nausea and a lump feeling in the throat with heat flushes. During the headache I feel a metallic taste in the mouth. 5, 12C, 02:01:XX

Dull headache on left side above the temple. Better with eating. 2, 6C, 18:XX:XX

Headache, radiating to the jaw, ears and teeth, especially the upper molar teeth. Headache in the temples accompanied by nausea, as if a round lump of food is going up and down my esophagus. Swallowing lowers the lump. Headache like small pricking in the temple. 5, 12C, 04:08:XX

Congestion in the morning. By noon already had a headache in the left temple and the vertex. Limited function: at school incapable of speaking much, walking much. Heaviness in the eyes. The eyelids want to fall, and I make an

effort to keep them open. Better after eating. Feeling weakness, the legs didn't carry me. Didn't have the strength to speak, dizziness. Talking and walking aggravated the headache.

2, 6C, 47:XX:XX

Miscellaneous

Throbbing. Congestion. Heat flushes. Temples. Temporal bone. Occiput.

2, 6C, 42:XX:XX

Felt a headache from the morning. Was at work and felt that I was going to faint, as if someone vacuumed all my energies. Thought that I might fall from the chair. Weakness. Usually after defecations I feel better, but not this time. Usually when I have a headache it's only a headache with no weakness, but this time I was flabby in the chair. Headache in the temples, couldn't sleep. I woke up from every change in position. Painkillers didn't help as well. 3, 6C, 43:XX:XX

Dull headache in the forehead. It comes for a few seconds, and then it passes.

10, 12C, 04:XX:XX

Dullness in the head. 1, 30C, 00:00:30

EYE

Burning and blinking

Burning eyes. I must blink. 10, 12C, 13:XX:XX

I woke up with a feeling of inflammation in my eyes. Especially the left eye - it is red, stinging and itching, lachrymation. The right eye itches a bit, and it's a bit red - less than the left one. Two hours later the feeling of itching and stinging passed but the redness remained, especially in the inner side, closer to the nose. 12, 12C, 02:00:00

Yesterday and today when I went out in the sun had a difficulty with the sun. My eyes hurt and I had to put on sunglasses. 4, 12C, 02:XX:XX

I am blinking more than usual. 10, 12C, 10:XX:XX

Miscellaneous

Heavy eyelids, as if I'm falling asleep. 5, 12C, 02:04:45

Pain under the left eye. 10, 12C, 02:08:53

There's still unstoppable runny nose with lachrymation from the eyes and violent sneezing. 10, 12C, 05:XX:XX

My eyes are a bit sunken, especially the left one, and it is also red. 12, 12C, 36:07:30

A pressing headache in the temples externally. I don't remember such a headache. The eyes also hurt when something is pressing on them from the outside.

8, 30C, 19:XX:XX

EAR

Throbbing pain in the left ear for a minute. 10, 12C, 23:XX:XX

Pain in the left ear that passed over to the right ear at 13:23. The pains lasted for a few seconds. 10, 12C, 24:XX:XX

The ear felt blocked for a few seconds. 10, 12C, 16:XX:XX

NOSE

Runny nose

Watery runny nose. 10, 12C, 01:00:05

Transparent catarrh. 11, 30C, 09:XX:XX

All day long burning runny nose. 10, 12C, 02:XX:XX

There's still unstoppable runny nose with lachrymation from the eyes and violent sneezing. 10, 12C, 05:XX:XX

Dry coughs together with the runny nose and lachrymation. 10, 12C, 05:04:00

Runny nose - it's irritating, it doesn't come out. 8, 30C, 30:XX:XX

Sense of smell

Very sharp sense of smell. I smell for distances, especially the smell of food. Still feeling bad, nausea accompanied by belching. 10, 12C, 03:05:00

FACE

Herpes

Herpes over left upper lip (it always appears on the left side). 10, 12C, 15:XX:XX

Herpes grew at noon today exactly in the middle of the lower lip. Internal herpes - it isn't seen, but I felt it tingling and burning. The next day another herpes grew on top of the right lower lip, near the first one. 12, 12C, 12:02:00

Today the herpes took over all of the lower lip. It is huge, I didn't have such big herpes in a long time. All my lip is swollen, itchy, tingling. It looks as if someone punched my lip. It is huge. I can hardly speak. I didn't go to work in the morning, maybe I won't go to the university and I feel disgusting and nervous. Because of it I feel generally low, I'm nervous, as if it takes away all of my energies. In the following day another line of wounds appeared underneath those of the previous day: between the lower lip to the chin on the right side. 12, 12C, 18:XX:XX

Herpes appeared on the left side of the lower lip. 12, 12C, 56:XX:XX

Blushing and Heat

In the past two days I have been blushing a lot. I never blush. As if I'm a teenager. I blush even when I'm by myself. These is not blushing due to embarrassment, it appears without any connection to anything. People tell me: why are you blushing? It's awfully irritating! 5, 12C, 12:XX:XX

Blushing, red face without a heat flush. Directly afterwards I sweat only in the face, especially in the forehead. 2, 6C, 08:XX:XX

I feel external heat on the surface of the skin, especially in the face. 10, 12C, 01:XX:XX

I woke up at 18:30 my face felt hot, like heat flushes, especially in the forehead and temples. 5, 12C, 02:08:30

Again heat in the head, including the ears, and nausea with a desire to vomit, without being able to. As if a lump is situated in my stomach. The mouth salivates a lot, metallic taste. Felt striking pain and heat in the middle of the eyebrows above the nose and in the upper cheeks. 12C, 02:XX::XX

Dryness and Itching

Dry lips. 10, 12C, 33:XX:XX

My nose is peeling and my face is dry at the jaw-nose line around the nostrils like a fungus (had it once). The nose is peeling as if I wiped the nose too much. 5, 12C, 13:XX:XX

Dry and itchy face. 5, 12C, 13:XX:XX

My face started to itch, especially at the chin-jaw line. I have three pimples there. It's terribly itchy, like a flea sting. I constantly want to stretch the facial skin by opening the mouth wide, like yawning in order to scratch. When the itching started, the back ache stopped. 5, 12C, 13:XX:XX

Acne

Had face acne in the last few weeks, more than usual. 4, 12C, 36:XX:XX

Types of Pain

Burning sensation in the face, especially around the left eye and above the lip.

10, 12C, 01:02:30

Burning sensation in the left side of the forehead. 10, 12C, 14:XX:XX

Mild pain between the right temple to the ear. 3, 6C, 00:14:20

I feel the left side of the lower jaw. 1, 30C, 00:03:30

MOUTH

Flavors

All the food that I ate felt sour. The chicken tasted sour, the potatoes tasted sour.

2, 6C, 02:XX:XX

Salivation

The mouth salivates a lot - metallic taste. 5, 12C, 02, 10:XX

Dryness

Dry lips. 5, 12C, 06:XX:XX

Aphthae

A small aphthae on the right side. It doesn't hurt. 8, 30C, 02:XX:XX

Aphthae on the right frontal side of the tongue. 8, 30C, 43:XX:XX

THROAT

Itch

Dream: I'm in the beehive and a group of 16 year old teenagers enters. They get wild and mess everything up, there were 50 of them. Eventually I drive them out. I feel anger at their insolence. At the end of the dream appeared a cough, like a strong itch in the throat, which woke me up. Better by drinking water. 8, 30C, 43:XX:XX

An itch in the upper palate. 10, 12C, 04:XX:XX

Types of pain

Stabbing pains in the throat as if a needle is being pulled from the inside out, it lasted for 5 minutes. It was right in the middle of the throat. 3, 6C, 06:13:00

In the last two days I had throat pains when swallowing saliva in the base of the tongue. 8, 30C, 41:XX:XX

Throat pain that went away after 15 minutes. 1, 30C, 00:03:10

I'm feeling a pricking pain in the left side of the throat. I'm feeling ill, unbalanced pulse, I can't sit, and the left hand becomes numb. 4, 12C, 36:XX:XX

NECK

Stiffness / Cramps

Pain as if the muscle on the right side of my neck is cramped. 1, 30C, 00:04:32

The lower part of the nape near the back bothers me in the past four days. Aggravation: by bending forward it hurts more. Better: while lying on the back, when I don't move. 8, 30C, 43:XX:XX

Stiffness in the nape started a week ago. When I bend the head forward it hurts like a cramped muscle. 8, 30C, 55:XX:XX

The day after I received the remedy (before I took it) my neck ached; it doesn't normally ache like this. Massages and stretching didn't help. A tremendous pain from the neck to the shoulders. The right and left shoulder also hurt. The right one hurts much more. I can't turn my head, especially not to the right side. The neck ached for about a month. After a few days, the pain descended to the upper back. After ten days had pains in the left side of the neck. The pain is from the neck to the left scapula, it hurts constantly, no relief or aggravation during the day. Pain like lightening (this prover is sensitive to MSG). 4, 12C

STOMACH

Burning

Burning sensation in the upper digestive system. A heat sensation, especially in the face, and they are hot when touching it. 10, 12C, 09:XX:XX

Distention and Flatulence

The stomach is still problematic, with trapped gases and a burning sensation in the upper digestive system. 10, 12C, 11:XX:XX

Swelling in the abdomen since Thursday. The chestnuts I ate were not cooked properly and the olives I ate from a jar didn't smell good. I'm still feeling bloated. Feeling full, uncomfortable feeling, as if I over-ate. It affects my appetite, I ate less. 8, 30C, 08:XX:XX

Hunger / Fullness

I'm hungry. I woke up twice at around 3-4 am in the last few nights in order to eat. During the day I feel the same hunger as always. 11, 30C, 12:15:XX

I'm not so hungry. 5, 12C, 04:XX:XX

Since last night I feel that my stomach is full. I eat a little bit and feel very full, feel blown up and heavy. I ate only half a hamburger can't eat anything else. Didn't want to eat the dessert we ordered. 5, 12C, 09:12:XX

General: for a few days have felt fullness in my stomach without a need to eat (usually I must eat after 2-3 hours). 2, 6C, 09:XX:XX

The need for food is less drastic. I find myself put off by food (it's not typical). The need in sweet (chocolate) decreased. 2, 6C, 21:XX:XX

I'm less hungry, it's odd. I used to come starving from the gym and eat a lot. In the last several times I came back from the gym I only ate a salad with tahini, today I ate a bit of rice and a small piece of schnitzel, I left 3/4 of it on the plate, I was full. 8, 30C, 13:XX:XX

Last night I ate quickly, after eating I felt an uncomfortable feeling in the belly. 8, 30C, 30:XX:XX

I ate at 16:00 and until now I feel an awful swelling in my abdomen, around the belly-button. I may have eaten too much. I feel that I have no air, I was hungry. My stomach is really full. The stomach ache started 5 minutes after eating. 8, 30C, 31:XX:XX

Desire for food. I gain a lot of weight. I put everything in my mouth. Usually I look after my health, this time it seems that I don't care about it. 4, 12C

I came back from the gym, and due to swelling in my stomach I'm less hungry. Usually I eat half of what's in the fridge after going to the gym. 8, 30C, 11:XX:XX

Ate less in the past few days. On Saturday ate a big lunch. On Friday I didn't eat almost anything. Today is Sunday, it's 19:00 - and haven't eaten anything yet. 7, 15C, 32:XX:XX

Ravenous hunger at lunch - I ate much more than usual. Suddenly it came in attacks. It started at lunch, which became a feast - I didn't know that I'm capable of eating so much. 7, 15C, 37:XX:XX

Stomach-ache, Nausea and Vomiting

After a third portion of a hamburger I started to feel nausea with a bad taste in the mouth. Again heat in the head, including the ears, and nausea with desire to vomit, without being able to. As if a lump is situated in my stomach. The mouth salivates a lot - metallic taste. 5, 12C, 02, 10:XX

Again nausea as if the tonsils are closing and the food sits in the abdomen and goes up and down. 5, 12C, 09:12:XX

Stomach: I eat half the quantity and feel heaviness in the stomach, as if the abdomen is swollen. Accompanied by nausea. 5, 12C, 12:XX:XX

Nausea when I ate a sandwich at school - never felt nausea with food. 2, 6C, 04:00:15

Nausea while sitting in the bus for 15 minutes. The smell of petrol aroused nausea, the noise of the bus aroused nausea. 2, 6C, 05:08:30

Nausea in the upper stomach while sitting, disgusting nausea. 2, 6C, 05:10:50

Fullness in the upper stomach, after eating, with a feeling that soon the nausea will start. Blood Pressure got better with food as well as the feeling of congestion. 2, 6C, 10:11:00

Nausea after eating a pear. 2, 6C, 11:11:30

Nausea after eating avocado. I love avocado, always eat it without problems. 8, 30C, 53:XX:XX

Around 19:30 I felt nausea and stomach aches, had to sit. Stomach ache in the upper part of the abdomen, below the ribs. It stopped after about an hour and a half, I ate dinner and it stopped. 12, 12C, 11:XX:XX

Nausea started. Stomach aches, like twitching in the stomach that descended to the lower abdomen. The nausea lasted throughout the proving. 4, 12C, 05:10:00

The nausea weakened at the evening, but it still exists every day from 17:00 till 00:00. There is still nausea that comes suddenly for a short period of 30-60 minutes and then disappears, especially in the evening. The nausea is caused by food and smoking. 4, 12C, 06:XX:XX

Nausea started at about 20:00 and increased until it became a stomach ache. Stomach aches that come in seizures in the upper stomach. Until I went to sleep (at 23:00) it came and went away, pains descended to the lower abdomen. Never had such pains before. 4, 12C

Nausea started at 20:00. At 23:00: severe stomach aches in paroxysms - like twitching in the stomach. 4, 12C

I ate a persimmon an hour ago and my stomach hurts, radiating to the heart, a dull pain that comes and goes, in the right side of stomach, radiating to the right side of the back. Now it faded a bit. It comes in waves. I know this pain. I felt in the past a radiating pain to the back when I had kidney stones. Have never been sensitive to persimmon. 8, 30C, 02:XX:XX

Thirst / Thirstlessness

Very thirsty and must drink (usually even when I'm thirsty I don't drink). 5, 12C, 06:XX:XX

ABDOMEN

Flatulence, Distention, Belching and Nausea

Lots of trapped gases in the stomach. I feel nausea. 10, 12C, 02:XX:XX

I woke up due to a sharp and very painful pain in the abdomen, accompanied by nausea. Trapped gases got better by rubbing. 10, 12C, 03:14:00

Unexplained trapped gases in the stomach, not from food, for several days. 2, 6C, 18:XX:XX

I ate at 16:00 and until now I feel awful swelling in my abdomen, around the belly-button. I may have eaten too much. I feel that I have no air, I was hungry. My stomach is really full. The stomachache started 5 minutes after eating. 8, 30C, 31:XX:XX

I don't eat much in the evening, and I feel very bloated. Also if I only eat snacks I feel full, as if I ate a heavy meal. It lasts for 2-3 hours. The abdomen becomes distended. 8, 30C, 43:XX:XX

Flatulence in the past 4-5 days. 4, 12C, 11:XX:XX

I can't fall asleep. The abdomen pain is irritating and annoying and is accompanied by a lot of belching and gases. 10, 12C, 03:15:00

Nausea started. Stomach aches, like twitching in the stomach that descended to the lower abdomen. The nausea lasted throughout the proving. 4, 12C, 05:10:00

Nausea started at about 20:00 and increased until it became a stomach ache. Stomach aches that come in seizures in the upper stomach. Until I went to sleep (at 23:00) it came and went away, pains descended to the lower abdomen. Never had such pains before. 4, 12C

During the proving I ate twice in an Asian restaurant. I've never had problems with Asian restaurants. I finished eating with excruciating stomach-aches, couldn't drive. The abdomen became blended. Felt the guts were turning around. It was ameliorated by lying. 8, 30C, 55:XX:XX

Hours

Since 08:00, soft defecations every hour. In the afternoon a nausea, that is not connected to food, is added to it. 2, 6C, 18:22:00

Location and Type of Pain

Stomach ache at the lower part of the stomach. 10, 12C, 20:XX:XX

Strong pain in the abdomen and lots of smelly gases like rotten eggs. Yesterday had a cramping pain, like trapped gases, I wanted to double bend.

The pains started yesterday at 21:00, today at 14:00. The pain was only in the abdomen, around the solar plexus, around the navel. 3, 6C, 11:XX:XX

The upper area of my stomach hurts a lot. A dull pain, as if all of the guts are being pulled downwards. 11, 30C, 18:XX:XX

Stabbing burning sensation in the middle of the abdomen for a few seconds. 10, 12C, 19:XX:XX

After dinner a strange pain started, like flatulence, on the left side of the stomach, pressing and pricking below the ribs down. 12, 12C, 45:12:00

Beginning of a feeling in the lower left part of the abdomen. A dull pain between the belly and the back, like kidney pain. 12, 12C, 25:01:00

Pain in the abdomen before defecation, the feces is similar to sheep dung. 1, 30C, 00:10:25

In the last few days had problems with my stomach. I had it before the remedy as well. Soft feces. There were also episodes of non-specific stomach pains. 1, 30C

RECTUM

Constipation / Frequent Defecation

Usually I have one defecation a day, now it's twice a day. I am not eating more or doing more sport, everything is the same. 3, 6C, 04:XX:XX

Defecations in a higher frequency. Twice a day in the last days. 11, 30C, 18:XX:XX

Tendency to constipation. 2, 6C, 18:XX:XX

I didn't defecate yet. No sense of urge, no diarrhea, nothing. It's already 16:35, and I had no defecations. It's very unusual because I have defecations all the time. 12, 12C, 03:XX:XX

I didn't defecate today, it's unusual. It's unique because I defecate all the time. 12, 12C, 06:XX:XX

The feces is harder and darker. It started a week ago. Constipation. Usually I have several defecations a day. 4, 12C, 02:XX:XX

In the last week defecations only in the afternoon. 8, 30C, 16:XX:XX

Flatulence

Lots of very smelly gases, like rotten eggs, since the afternoon until I went to sleep (usually after defecation I don't have flatulence. Now, although I defecated, I had very smelly flatulence). 3, 6C, 07:04:25

Diarrhea and Soft Defecations

Since 08:00, soft defecations every hour. In the afternoon a nausea, that is not connected to food, is added to it. 2, 6C, 18:22:00

I had diarrhea. 12, 12C, 40:08:00

Ate pasta yesterday with cream and mushrooms. I got home and had gushing diarrhea. Usually cream gives me a stomach ache, but not diarrhea. 3, 6C, 34:XX:XX

Watery diarrhea since the morning. I feel weak. It lasted for a few days. 4, 12C, 34:XX:XX

STOOL

Very soft feces or very long and soft, like spaghetti. 3, 6C, 07:04:25

Very soft defecation, it isn't diarrhea. 3, 6C, 11:XX:XX

Harder feces after taking the remedy. 6, 15C, 08:XX:XX

Feces sometimes solid and sometimes diarrhea. Like penne. 1, 30C, 00:04:40

Pain in the abdomen before defecation, the feces is similar to sheep dung. 1, 30C, 00:10:25

Since 08:00, soft defecations every hour. In the afternoon a nausea, that is not connected to food, is added to it. 2, 6C, 18:22:00

Feces is harder and darker. It started a week ago. Constipation. Usually I have several defecations a day. 4, 12C, 02:XX:XX

Color

Yellowish-brown feces, tending to go yellowish. 10, 12C, 03:XX:XX

Green feces. 10, 12C, 18:XX:XX

BLADDER

Much more urination than usual. 11, 30C, 18:XX:XX

Sleep got better. I don't get up to the toilet (cured symptom). 2, 6C, 04:XX:XX

In the last 3 days I wake up to go to the toilet. I get up at 05:45, 06:00. 8, 30C, 08:XX:XX

KIDNEYS

I couldn't fall asleep. Went to sleep at 04:00 and woke up at 10:00. I woke up with pain in the right side. I've never felt anything like it. No position helped. I managed to get to the floor; I hardly drove and got to hospital. I felt as if someone stuck a knife in the right side of my abdomen. The pains affected all of the body. The hands started to shake. I had to bend forward. I fell on the floor; all of my body was shaking. A constant pain that aches at the same degree. Nothing made it better or worse. In ER they found kidney stones. One is 4 mm, the other is 2 sm. the doctors said that the stone left the kidneys and blocked the urethra - and that's what hurt. They found blood in the urine. Pain in the front. The pains started from the upper part, radiating pain. After 2 hours in ER pain disappeared without pain killers. 7, 15C, 15:XX:XX

MALE

Sexual desire decreases from 2-3 times a day to 2-3 times a week. 1, 30C

Sexual desire decreased dramatically. I don't have a desire at all. Usually I want to have sex every day. 11, 30C, 12:XX:XX

Dream: I surf on the mobile phone to forbidden sexual contents. Had nocturnal emission - it's the first time that it happens to me. It didn't happen even when I was a teenager. When I tried to fall asleep, 5 squares appeared before my eyes, as if I could choose a dream. I opened my eyes, and in front of them I saw flickering at the pace of the heartbeats (like an ECG), like a line of a polygraph. 3, 6C, 00:14:15

FEMALE

Menstruation

My period was strange, a feeling of burning and discomfort inside the vagina, as if the blood that flows out is acidic and irritates the area. 5, 12C, 18:XX:XX

I felt that I'm supposed to get my period. It's not a dream, but a feeling that accompanied me all night long, while I dreamt. During the day, I kept checking if I got my period and walked in every place in fear that I didn't put on a pad and people on the street might see that I have blood in my pants. This fear accompanied me all day long. 12, 12C, 04:XX:XX

Period pains started in the afternoon, but I got period only in the evening (around 20:00). All day I felt the period: pressure in the lower belly, uncomfortable feeling in the lower belly, slight pains. That's exceptional because I never had these sensations. It usually happens to me one hour before the beginning of my period, not a whole day. 12, 12C, 06:XX:XX

Sexual Desire

The sexual desire decreased. 4, 12C, 28:XX:XX

RESPIRATION

My respiration in the last month got better. Didn't need to use the inhaler. (I suffer from asthma). Cured symptom. 12, 12C, 51:XX:XX

COUGH

Dry coughs for about half an hour. 10, 12C, 05:XX:XX

Dry coughs together with the runny nose and lachrymation. 10, 12C, 05:04:00

For 2-3 nights I woke up due to a strong cough, caused by an irritation in the throat. It woke me up from sleep. As if an insect is scratching my throat. It passes with water.
8, 30C

EXPECTORATION

I woke up, coughed and had completely black phlegm. 11, 30C

Phlegm with a metallic taste. A slight pain in the chest when clearing the throat.
8, 30C, 17:XX:XX

Continuous phlegm in the last 2 weeks. It passes when I clear my throat. 8, 30C, 55:XX:XX

CHEST

Palpitations

Palpitations for 30 seconds before sleep. 10, 12C, 04:10:00

Eruptions / Fungus

Itching under the chest. A fungus that looks like a red spot without a definite shape. It is itchy. I had it once. It passed after 2 days. 2, 6C, 33:XX:XX

Types of Pain

Pain under the last rib on the left side. 1, 30C, 01:02:30

While walking I felt pressure on the left side of my chest. 10, 12C, 01:09:30

I felt again pressure in the chest. Walking aggravated the pressure. 10, 12C, 02:06:33

I feel as if someone is pinching my heart. A pinch in the heart. 10, 12C, 19:XX:XX

I felt stabbing and stinging in the chest. 10, 12C, 02:07:20

Stinging pains under the left breast, as if the muscle is cramped, especially after 3 minutes of walking in the street. The pain is like shortness of breath, only taking short breathes helps to alleviate the pain. 5, 12C, 04:XX:XX

Prickling in the sternum 3-4 times in the last 2 days, it happened once in the morning, like the beginning of taking a cold. There's a 5% feeling that I'm going to be ill. The stinging in the chest reminded me of a cough when someone is ill. 8, 30C, 18:XX:XX

Burning / heat sensation in the lungs. 10, 12C, 06:10:40

New and strange symptom: while I was taking a hot bath, I felt a very burning pain in the nipples. Never felt it before. 2, 6C, 33:XX:XX

BACK

Types of Pain

The left side of the back is cramped. 12, 12C, 34:XX:XX

Back aches when I bend sideways or forward. From behind I feel a squeaking pain above the coccyx. 8, 30C, 25:XX:XX

Slight weakness accompanies me - like strange heat flushes. The lower back aches.
4, 12C

Back ache at the scapula. It is cramped and tight, the pain continues towards the nape. 5, 12C, 02:04:45

The pain that was in the middle of the back descended to the lower back and down to the pelvis, as if I was sitting straight for too long. Now that area is stiff. A feeling as if the muscle is cramped. 5, 12C, 14:XX:XX

The day after I received the remedy (before I took it) my neck ached; it doesn't normally ache like this. Massages and stretching didn't help. A tremendous pain from the neck to the shoulders. The right and left shoulder also hurt. The right one hurts much more. I can't turn my head, especially not to the right side. The neck ached for about a month. After a few days, the pain descended to the upper back. After 10 days had pains in the left side of the neck. The pain is from the neck to the left scapula, it hurts constantly, no relief or aggravation, during the day. Pain like lightening. 4, 12C

Backache exactly in the middle of the back, between the scapulas to the lower back - it feels like a burning phosphoric ball. 5, 12C, 05:XX:XX

Backache along the middle of the back, like a stripe that cuts through the body. It radiates through the lower back, to the upper part of the buttocks, as if the back doesn't carry the load anymore -as if it is broken. It is accompanied by nausea. Bending forward ameliorates, bending forward and bringing the head closer to the knees. It is accompanied by heat flushes and nausea. It continued to ache in the lungs and caused difficulty breathing. When there is a stronger pain - I feel it less. I want to stretch the spine and then it will be released of pain. 5, 12C, 11:23:35

Back ache along the spine and lumbar region. Stabbing/hot specific pain in the posterior part of the loin, at the lower back, right side, radiates within lower ribs of the same side. Accompanied by heat flushes. The heat flush starts from bottom and goes up and focuses mostly in the face, and you feel as if you are sweating, but you aren't, as if you are radiating heat. 5, 12C, 12:01:00

Pain in the upper part of my back. It attacks for a few seconds and then it passes.
10, 12C, 05:XX:XX

Lower back pain. Irritating pain with a limitation of movement. 2, 6C, 18:XX:XX

When I received the remedy I felt "flows", an opening along the frontal side of the spine, about 5 cm towards the chest with a tendency to the right side, like an excitement or fear, like an explosion between the chest bone and the back. 1, 30C

Eruptions / Fungus

An itching rash in the back. It appears as red spots, like acne. Scattered all over the back. 10, 12C, 09:XX:XX

I had a fungus on my back before the proving. It was peeling and bleeding. The borders of the fungi were red and peeling. Inside the fungi was like acne - itching and peeling. Now there is a 70% improvement. In terms of itching there is a 95% improvement. - Cured symptom. 3, 6C, 29:XX:XX

EXTREMITIES

Restlessness

Restless legs. 10, 12C, 11:XX:XX

Restlessness of both legs. 10, 12C, 19:XX:XX

Nerves

Spasm in the left middle finger during writing. 10, 12C, 11:XX:XX

When I'm using the mouse of the computer, I feel spasms in the right arm. 10, 12C, 06:09:45

I always suffered from pains in the middle finger of my left hand. The pains disappeared since the beginning of the proving. 10, 12C, 06:XX:XX

A jerk in the left leg. 10, 12C, 17:XX:XX

Tics in my fingers (in the index finger). 3, 6C, 28:XX:XX

Tics in my left leg, behind the knee. Jerks for a few minutes. Also have tics in the fingers. 3, 6C

Pains in the joint of my left wrist. Returned 2 days ago after school it's either from writing or from a blow. Disappeared by the end of the day. 6, 15C, 08:XX:XX

In the last few days I feel that my hands are numb when I lie down. It happened to me in the past, but it hasn't happened in the last 6 months. 10, 12C, 49:XX:XX

For a few days the left hand becomes numb every now and then. Better by moving it, from the elbow to all of the hand. Stinging like ants. The pain starts in the right side of the neck and gets out through the left palm. 4, 12C, 36:XX:XX

Last night the right hand felt heavy, it didn't find the right position. 2, 6C, 19:XX:XX

Itching

An itch around the ankles, as if from a flea bites. 5, 12C, 01:21:XX

Fungus

The fungus on the thigh is brighter red, it got bigger: 2.5 cm in diameter with white peeling of the skin, as scales. It's on the inner side of the left thigh. I scratched it without noticing. 8, 30C, 30:XX:XX

The fungus spreads on the thigh downwards. 8, 30C, 39:XX:XX

I had a fungus in my left foot between toes 3-4 and 4-5 for a long time. It was very itchy. It faded and now there's almost nothing. 98% of it is gone. 11, 30C

Types of Pain

Burning pain in the right arm. It burns only when I touch it. 10, 12C, 02:09:12

My hands hurt, from the shoulder to the elbow. It's not a feeling of tight muscles, but a feeling as if I slept on both hands. The pain in the hands started on Thursday. My hands were terribly weak in the past 2 days. 11, 30C, 30:XX:XX

Both my hands hurt for a week. It's a pain in the bone, as if it has been crushed. It's all day long, in the upper part, near the shoulder. Pain as if the bone was broken. The pains are mainly in the arms, but also in the legs. It lasted for 2 weeks. 11, 30C

An uncomfortable feeling in the muscles of the right hand. At 19:20 the pain is radiated over to the left side. 2, 6C, 19:10:08

Rheumatic pains in the left shoulder - they were in the past, not at the same intensity, began at the elbow and moved to the shoulder. Incapability of fully raising the arm. Radiation and cannot raise the arm. Pains as if got a blow. When I touched the bone it hurt like a punch, pains less intense than in the past. 2, 6C, 37:XX:XX

Pain in the lower calves as if I'm walking on the bones, with no skin.5, 12C, 02:04:45

The pains in the thighs that started 2 years ago disappeared. Pains that appear when standing. As if my groins were cut by knives. Stabbing, cutting pains that lasted for a few seconds. Got better by walking. They could appear while descending the stairs. They appeared either in the left side or in the right, never in both. Had difficulty with the first few steps, then the pain disappeared. Now I feel light. - cured symptom. 2, 6C, 12:XX:XX

Pain in the left elbow. Stabbing pain, it hurts when I touch the elbow. It passed after 10 minutes and didn't return. 12, 12C, 00:12:18

The joints in the legs and ankles hurt especially when I run, when I raise and lower the foot. Inconvenience, especially when I run, as if there is no flexibility, only stiffness. 8, 30C, 43:XX:XX

SLEEP

Tiredness

Unrefreshing sleep. 10, 12C, 01:XX:XX

I go to sleep a bit earlier. Perhaps I'm a bit more tired. Used to go to sleep at 02:00, now at 00:30. 3, 6C, 04:XX:XX

Didn't sleep well for 3 days, maybe because of the new mattress. A feeling that I am not waking up like usual. Before the proving I would just wake up and get up, now it's difficult to wake up, and I'm more tired during the day. During the day more tired, not extremely. I'm mostly tired in the morning; don't want to get out of bed, a mental feeling. A week or 2 ago didn't have a problem with waking up. Extremely tired. 6, 15C, 06:XX:XX

Had difficulty falling asleep at night (had a hard day yesterday, was very tired). The point of fatigue has gone. Also, woke up at night after the dream - it's not typical of me. 2, 6C, 15:XX:XX

Slept a lot, from 23:30 until 07:15. It's an unusual, heavy sleep. In the morning the head feels heavy, congested. A feeling of pre-vertigo. Goes away only at 12:00.
2, 6C, 23:XX:XX

After the dream I woke up in the morning with a pressing headache in the temples and great fatigue. Usually I wake up before the clock rings, this time it rang. I stayed in bed until 08:45 and woke up tired. The fatigue lasted all day long. 8, 30C, 41:XX:XX

I'm tired already at 00:00 - I'm usually very awake at this hour. I get up at 10:00, usually I don't get up that alert, and it's not typical of me. It has lasted for several weeks. 4, 12C, 00:XX:XX

Restlessness

My girlfriend says that I move a lot at night. 1, 30C, 08:XX:XX

Awakenings

Woke up 3 times at night, a bad night. No dreams, fell asleep right after waking. 2, 6C, 28:XX:XX

Woke up 3 times during sleep. Woke up late at 09:45. 2, 6C, 30:23:45

Woke up too early (before 05:00). 2, 6C, 32:19:00

I keep waking up during the night. 2, 6C, 47:XX:XX

I went to sleep at 16:30 and woke up at 20:00, it never happened to me. If I sleep, I sleep for an hour, an hour and a half. I enjoyed lying in bed. 8, 30C, 02:XX:XX

I woke up early today and was surprised. I went to sleep at 02:00 and woke up between 05:30 to 06:00. I felt very lively during the day. 8, 30C, 16:XX:XX

I wake up at 08:00, after going to sleep at 02:30. Usually, my natural waking up is at 10:30 / 11:00. This early waking lasted for about a month. 7, 15C, 01:XX:XX

SKIN

Eruptions, Fungus and Spots

I had a fungus on my back before the proving. It was peeling and bleeding. The borders of the fungi were red and peeling. Inside the fungi was like acne - itching and peeling. Now there is a 70% improvement. In terms of itching there is a 95% improvement. - Cured symptom. 3, 6C, 29: XX: XX

Before the proving I had a fungus on the right arm, a red circle on the inner side of the arm, it doesn't itch, nothing, it has gone. Cured symptom. Now I have the same thing on the inner side of the left leg, near the groin, on the thigh. It looks the same, I don't feel a thing. It's a red circle, 1-1.5 cm in diameter, never had it before. 8, 30C, 23:XX:XX

For over a week I noticed that the spots on my hands (old age spots) are becoming brighter, and I have fewer spots and red marks. The "sun spots" are becoming brighter. 2, 6C, 22:XX:XX

Itching under the chest. A fungus that looks like a red spot without a definite shape. It is itchy. I had it once. It passed after 2 days. 2, 6C, 33:XX:XX

An itching rash in the back. It appears as red spots, like acne. Scattered all over the back. 10, 12C, 09:XX:XX

The fungus on the thigh is brighter red, it got bigger: 2.5 cm in diameter with white peeling of the skin, as scales. It's on the inner side of the left thigh. I scratched it without noticing. 8, 30C, 30:XX:XX

The fungus spreads on the thigh downwards. 8, 30C, 39:XX:XX

I had a fungus in my left foot between toes 3-4 and 4-5 for a long time. It was very itchy. It faded and now there's almost nothing. 98% of it is gone. 11, 30C

Itch

Itch in the back and the belly. A strong itch that didn't stop after some scratching. My spouse scratched my back. It passed only after a few minutes. 12, 12C, 00:12:25

GENERALITIES

Nervous system

A jerk that shook all of my body. 10, 12C, 00:03:45

A jerk all over the body. 10, 12C, 01:03:30

Before falling asleep I get another spasm all over the body. This is the third time it has happened at the same time and the same situation. 10, 12C, 10:XX:XX

Alcohol and Stimulants

During the proving I didn't feel like smoking drugs and drinking alcohol - it's quite rare. 1, 30C

Nausea from cigarettes. 4, 12C

Desire for wine. 10, 12C, 53:XX:XX

The desire for alcohol decreased during the proving. I sat in a pub and didn't have anything to do. Eventually I ordered a pint and didn't get drunk from it - it's not typical - I usually get drunk from a teaspoon of beer. 11, 30C

I've always liked alcohol. The desire has gone. A few days ago I drank, but it didn't turn me on like it used to. 4, 12C, 28:XX:XX

Sweet and Chocolate

Desire for chocolate. 1, 30C

Desire for sweet things. Usually I have a desire for sweet things. A few months ago I completely stopped eating sweet things, but in the past few days I have been eating a lot of sweet things. 11, 30C, 09:XX:XX

The need for food is less drastic. I find myself put off food (it's not typical). The need in sweet (chocolate) decreased. 2, 6C, 21:XX:XX

Desire for chocolate. 4, 12C

Unlike all mornings, I don't really want to eat sweet. 4, 12C

Desire for chocolate. Yesterday and today ate a lot of chocolate, and usually I'm not a fan of chocolate. 4, 12C, 01:XX:XX

This morning had a desire for chocolate. I got up and couldn't eat chocolate - that's strange. I ate a pita with tahini and after an hour or 2 ate chocolate. Went to the supermarket and bought a chocolate-yogurt. Strange, I didn't eat it for 20 years, I don't like it - but it was tasty. 4, 12C, 02:08:26

I have an uncontrollable hunger - I want to eat great quantities, mainly chocolate, as if someone is telling me from the inside that I must eat a lot. It's uncontrollable, as if the control was taken from me. The hunger is only for sweet things - chocolate, desserts etc. It's an uncomfortable hunger. I feel that I have no control over sweet things. 5, 12C, 18:XX:XX

Spicy

Spicy food causes a bad feeling (I usually eat spicy). 10, 12C, 07: XX:XX

When I eat spicy it feels hotter than usual. I usually like spicy food. 10, 12C, 12:XX:XX

Strange and weird things happen to me. My wife bought me falafel and gave her father the non-spicy one and gave me the hot one. I never touch spicy food, and this is the first time in years. It didn't do me so good, my stomach hurt for 30 minutes from it. 8, 30C, 01:XX:XX

Food

In the last few days I ate a lot of eggs. It's exceptional to my diet and made me feel bad. 11, 30C, 18:XX:XX

For several days I have a desire for fresh citric fruit: orange, lemon, lemon juice, orange juice and kiwi. Usually I don't drink them. 2, 6C, 16:XX:XX

General: better with food (headache, nausea, heat flushes). 2, 6C, 23:XX:XX

Nausea after eating avocado. I love avocado, always eat it without problems. 8, 30C, 53:XX:XX

Desire for honey and avocado. 4, 12C, 14:XX:XX

I lost weight during the proving. I ate relatively a lot and exercised less than I used to a month ago. 11, 30C

Desire for food. I gain a lot of weight; I put everything in my mouth. Usually I look after my health, this time it seems that I don't care about it. 4, 12C, 04:XX:XX

Energy

I go to sleep a bit earlier. Perhaps I'm a bit more tired. Used to go to sleep at 02:00, now at 00:30. 3, 6C, 04:XX:XX

I have lots of energy. Yesterday I went to sleep at 00:30, and it took me a while to fall asleep, didn't feel tired. Even if I sleep just a little bit at night I have energy. Even if I sleep 3, 4 hours at night I don't feel tired. I had a humiliating experience. Usually I would just ignore it, but this time I felt empowerment and strength, I didn't feel weaker. 3, 6C, 11:XX:XX

Felt a headache from the morning. Was at work and felt that I was going to faint, as if someone vacuumed all my energies. Thought that I might fall off the chair. Weakness. Usually after defecations I feel better, but not this time. Usually when I have a headache it's only a headache with no weakness, but this time I was flabby in the chair. Headache in the temples, couldn't sleep. I woke up from every change in position. Painkillers didn't help as well. 3, 6C, 43:XX:XX

Today I ran 2 km without any effort, and could have run more. Usually I can't run even one km. 11, 30C, 04:XX:XX

I'm more tired during the day, although there's no change in sleep. I have no vitality. Usually I have more. 11, 30C 12:XX:XX

Tired, don't feel like working. 8, 30C, 01:XX:XX

Fatigue at nightfall. I don't remember it in the past. 8, 30C, 06:08:30

Although I keep fit and I'm active, I feel like an old man. Pain in the joints during movements. Lower back aches when I bend. The ankles hurt. As if I don't have synovial fluid, as if there is rust. Never felt like this prior to the proving. 8, 30C, 14:XX:XX

Very active and energetic during the day, until darkness falls. 8, 30C, 14:XX:XX

After the dream I woke up in the morning with a pressing headache in the temples and great fatigue. Usually I wake up before the clock rings, this time it rang. I stayed in bed until 08:45 and woke up tired. The fatigue lasted all day long. 8, 30C, 41:XX:XX

Felt tired since 15:00. 12, 12C, 36:05:00

In the dreams I felt a lot of power. Also in reality I felt a lot of physical strength, I wanted to run and to do all kinds of things for myself. 12, 12C

Slight weakness accompanies me - like strange heat flushes. The lower back aches. 4, 12C

Unusual fatigue. 4, 12C

I'm tired already at 00:00 - I'm usually very awake at this hour. I get up at 10:00, usually I don't get up that alert, and it's not typical of me. It has lasted for several weeks. 4, 12C, 00:XX:XX

I cause accidents almost all the time with the motorbike. I get blows in the body from fire (I work with fire in shows). The power that was in my body has gone. I am bored with life. 4, 12C, 33:XX:XX

Attack of a hysterical sob, without control, with no reason. Self pity. A feeling like anxiety, slow pulse, a feeling of low blood pressure. Difficulty to breathe. A feeling of weakness. 4, 12C, 34:07:00

General weakness. 10, 12C, 03:XX:XX

I'm doing a lot of things, not being lazy. A friend of mine was sick and I cooked soup for her, did the house chores, was very active (I'm usually tired and don't get to do what I planned). I went to the gym. Studied during the weekend. I'm having a period of doing and I can't believe myself. I'm exercising. It's a "no laziness" situation, and I'm definitely in a good mood! 5, 12C, 18:XX:XX

Hours

Aggravations at 10:00-10:30. 12, 12C

General: 10:30 am and pm is an hour of aggravation (of back or nausea or headache). 5, 12C, 12:XX:XX

Cold / Heat

Felt colder than usual. Usually I suffer a lot from heat. I turned on the heating. Usually I sleep in the winter with a fan. 11, 30C

I drove with the heater on - it's unusual, also warmed the room in the evening. Usually I'm very hot. 2, 6C, 27:XX:XX

I'm cold all the time. Have never been this cold. I see people dressed in short light clothes and I freeze. I always suffered from heat. It's especially at night and early in the morning it's really cold, but I sleep with socks. It started about 2 weeks ago. 4, 12C, 18:XX:XX

Circles

General symptom, typical to the head and back: the pain is in the shape of circles. In the back the pain is in the shape of the sun. Also the lump in the throat is like a circle that is stuck there. 5, 12C, 02:XX:XX

Heat flushes / Blood

Heat flushes that I had 5-6 years ago re-appeared. Before the proving I suffered from heat flushes every morning as I woke up and every evening at 23:00. During the proving I had heat flushes all day. In the past it used to start at the back, between the scapulas, and it went up to the face - red face and afterwards sweating. During the proving the heat flushes didn't ascend from the shoulders, they were less intense, and I had less blushing and afterwards sweating. 2, 6C, 02:XX:XX

I feel a rise in my blood pressure. When measured it was 84/154. 2, 6C, 08:12:XX

Got a heat flush together with high blood pressure. I feel blood pressure at the back of the head. 2, 6C, 15:11:30

All day long heat flushes, an hour between each heat flush. 2, 6C, 37:XX:XX

Heat flushes disappeared on Saturdays. 2, 6C, 38:XX:XX

I feel hotter than usual in the entire body. 10, 12C, 01:XX:XX

I received my blood results and was surprised for the better: my B12 count is 217. The desirable range is 180-650. It's a bit low, but usually it was much lower, and I didn't take B12 pills since the beginning of the proving. Cured symptom. 12, 12C, 36:XX:XX

I feel external heat on the surface of the skin, especially in the face. 10, 12C, 01:XX:XX

Sun

Yesterday and today, when I went out in the sun had a difficulty with the sun, my eyes hurt and I had to put on sunglasses. 4, 12C, 33:XX:XX

MIND

mind-alone-while agg
mind-anger
mind-anger-throwing things around
mind-anger-violent
mind-anxiety-conscience
mind-anxiety-health about
mind-anxiety-health about-own, his
mind-beside-oneself being
mind-change, desire for
mind-cheerfulness, gaiety, happiness
mind-childish behavior
mind-clarity of mind
mind-clarity of mind; yearning for
mind-concentration-difficult
mind-conscientious about trifles
mind-conversation-aversion
mind-confidence-want of self-failure feels he is a
mind-confusion
mind-delusion-accused
mind-delusion-failure-he is
mind-delusions, imaginations-deceived is
mind-delusions, imaginations-deceived being
mind-delusions-old-feels old
mind-delusions-old-looks old; he
mind-delusion-poisoned he is
mind-discontented
mind-despair
mind-disturbed-averse to being
mind-dullness
mind-ennui
mind-exhilaration
mind-extroverted
mind-fear-dentist-of going to
mind-fear-pain of
mind-foolish-behavior
mind-forsaken feeling
mind-forsaken feeling-isolation, sensation of
mind-fun-desires
mind-heedless
mind-impatience
mind-impatience-anger with
mind-impatience-others with
mind-indifference
mind-indolence-aversion to work
mind-introspection
mind-irritability
mind-kill; desire to
mind-loquacity
mind-memory-acute

mind-mistakes making
mind-mistakes making-localities in
mind-mistakes, making- traffic lights; in red and green
mind-mistakes making-writing in
mind-mistakes making-writing in-confounding letters
mind-morose, sulky, cross, fretful, ill-humor, peevish
mind-mirth, hilarity, liveliness
mind-mysticism, cosmic
mind-offended easily
mind-optimism
mind-quiet-desires
mind-quiet-wants to be
mind-quarrelsomeness, scolding
mind-religious affections
mind-restlessness, nervousness
mind-sadness
mid-sadness-alternating with-mirth
mind-sadness-depression
mind-sadness-despair with
mind-sadness-gloomy
mind-self control-general
mind-self control-increased
mind-self control-loss of self control
mind-sensitive-want of sensitiveness
mind-seriousness-earnestness
mind-spirituality
mind-spoken to-aversion of being
mind-suspicious
mind-taciturn, indisposed to talk
mind-talk-aversion to
mind-taking-talk aversion to-taciturn
mind-talk, talking, talks-desires to, to someone
mind-thinking aversion to
mind-thoughts-clearness of
mind-tranquility-serenity-calmness
mind-vacation, holiday desires
mind-weary of life
mind-weeping
mind-weeping-causeless

mind-dreams-amel
mind-dreams-accidents
mind-dreams-accidents of-car with
mind-dreams-accusations
mind-dreams-accusations-crime, wrongful of
mind-dreams-anger
mind-dreams-animals
mind-dreams-animals-snakes-of
mind-dreams-belonging not
mind-dreams-cars

mind-dreams-clairvoyant
mind-dreams-conspiracies
mind-dreams-cooking
mind-dreams-danger
mind-dreams-danger-wind from
mind-dreams-dead-people of-relatives
mind-dreams-death
mind-dreams-dirt, dirty-toilets
mind-dreams-distorted people
mind-dreams-drowning-people
mind-dreams-eating
mind-dreams-escape-of
mind-dreams-fainting
mind-dreams-fights
mind-dreams-friends
mind-dreams-friendly, being
mind-dreams-frightful
mind-dreams-food
mind-dreams-guilt
mind-dreams-helpless feeling
mind-dreams-houses
mind-dreams-injustice
mind-dreams-isolated, being
mind-dreams-jungles
mind-dreams-killing
mind-dreams-knives
mind-dreams-knives-threatened with, he is
mind-dreams-late, being
mind-dreams-money
mind-dreams-mortification
mind-dreams-murder
mind-dreams-murdering
mind-dreams-murdered, of being
mind-dreams-nightmares
mind-dreams-poisoned, of being
mind-dreams-power of
mind-dreams-pursued; of being
mind-dreams-responsibility-children for
mind-dreams-revenge
mind-dreams-sexual
mind-dreams-studying
mind-dreams-teeth-falling out
mind-dreams-unsuccessful efforts to
mind-dreams-urinating of
mind-dreams-vegetables
mind-dreams-violence
mind-dreams-water
mind-dreams-water-dirty
mind-dreams-water-pool of water
mind-dreams-water-sea

mind-dreams-water-waves
mind-dreams-work
mind-dreams-worries full of

VERTIGO

vertigo-lying-agg
vertigo-nausea-with
vertigo-sitting-agg
vertigo-standing-amel

HEAD

head-congestion
head-congestion-temples
head-dandruff
head-dullness
head-heat-temples
head-pain
head-pain-accompanied by-eructation
head-pain-afternoon
head-pain-afternoon-17-21(h)
head-pain-bathing-amel
head-pain-dreams after; unpleasant
head-pain-dull-vertex
head-pain-eating-amel
head-pain-extending to; ear
head-pain-extending to; jaws
head-pain-extending to; teeth
head-pain-forehead-burning
head-pain forehead-dull pain
head-pain-gastric
head-pain-lancinating
head-pain-left
head-pain-pressure-amel
head-pain-pressing-temples-inwards-right
head-pain-pressing-occiput
head-pain-pressing-temples
head-pain-pulsating-temples-left
head-pain-pulsating
head-pain-pulsating, throbbing-sides-left
head-pain-pulsating, throbbing-temples
head-pain-sides-left
head-pain-sides-left-pulsating pain
head pain-sides-right
head-pain-stitching pain
head-pain-night-agg-eleven pm
head-pain-talking-agg
head-pain-temples
head-pain-temples-left
head-pain-temples-left-pulsating pain
head-pain-temples-stitching pain

head-pain-temple-right
head-pain-vertex-dull pain
head-pain-vertex-pulsating pain
head-pain-walking-agg
head-pain-waking, on
head-perspiration-forehead
head-pulsating, throbbing

EYES

eyes-blinking
eyes-discoloration-red
eyes-heaviness-lids
eye-itching
eyes-lachrymation-coryza, during
eyes-pain-burning
eye-pain-pressure-amel
eyes-photophobia-sunlight
eyes-sunken-general
eye-tingling

VISION

vision-flickering-vertigo-in

EARS

ears-pain
ears-pain-left-right, then
eye-pain-pressing pain-inward
ears-pain-pulsating, throbbing
ears-stopped-sensation

NOSE

nose-catarrh
nose-catarrh-watery
nose-coryza
nose-coryza-cough-with
nose-discharge
nose-discharge-acrid
nose-discharge-watery
nose-sneezing-general-violent

SMELL

smell-acute

FACE

face-desquamation-nose
face-discoloration-red
face-discoloration-red-blushing
face-dryness
face-dryness-lips

face-eruptions
face-eruptions-herpes
face-eruptions-herpes-lips
face-eruptions-itching
face-eruptions-jaws-lower
face-eruptions-pimples
face-heat-sensation of
face-heat-sensation of-flushes
face-heat-burning
face-heat-flushes of heat
face-herpes-lips-mouth around
face-itching
face-pain
face-pain-burning
face-pain-burning-forehead
face-pain-cheeks-stitching pain
face-pain-malar bones
face-pain-spots-on
face-pain-stitching-cheeks
face-perspiration
face-perspiration-forehead

MOUTH

mouth-aphthae
mouth-dryness-lips
mouth-itching-palate
mouth-salivation
mouth-saliva-metallic taste
mouth-taste-metallic

TASTE

taste-acute
taste-bad
taste-metallic
taste-sour
taste-sour-food-tastes sour
taste-sour-headache during

THROAT

throat-lump, plug sensation-esophagus
throat-lump, plug sensation in-swallowing amel
throat-lump sensation
throat-pain
throat-pain-needles, as of
throat-pain-stitching
throat-pain-swallowing-agg
throat-pain-swallowing-saliva-agg

NECK

neck-stiffness
neck-stiffness-right

STOMACH

stomach-appetite-diminished
stomach-appetite-easy satiety
stomach-appetite-increased
stomach-appetite increased-night
stomach-appetite-increased-midnight-after-3-4 h
stomach-appetite-increased-ravenous
stomach-appetite-ravenous
stomach-distension-sensation of
stomach-eructation
stomach-fullness
stomach-fullness, sensation of
stomach-heat-sensation-of
stomach-heaviness
stomach-lump sensation of a
stomach-nausea
stomach-nausea-accompanied by-flatus, passing
stomach-nausea-eating after
stomach-nausea-eating amel
stomach-nausea-eating-while
stomach-nausea-evening
stomach-nausea-evening-8 pm
stomach-nausea-headache during
stomach-nausea-noise from
stomach-nausea-odor-agg
stomach-nausea-perspiration with
stomach-nausea-sitting amel
stomach-nausea-sitting-agg
stomach-nausea-tabacco-odors-agg
stomach-pain
stomach-pain-cramping
stomach-pain-dull pain
stomach-pain-extending to-back
stomach-pain-extending to-heart
stomach-pain-extending to-hypogastrium
stomach-pain-hypochondria
stomach-retching
stomach-thirst

ABDOMEN

abdomen-distention
abdomen-emptiness
abdomen-flatulence
abdomen-flatulence-obstructed
abdomen-fullness
abdomen-itching
abdomen-itching-hypogastrium

abdomen-itching-inguinal region
abdomen-pain
abdomen-pain-bending double-amel
abdomen-pain-bending double-must bend double
abdomen-pain-burning-hypochondria
abdomen-pain-dragging, bearing down
abdomen-pain-dull pain
abdomen-pain-eating after
abdomen-pain-flatulence, during
abdomen-pain-hypogastrium
abdomen-pain-hypogastrium-left
abdomen-pain-left
abdomen-pain-lower abdomen
abdomen-pain-lying amel
abdomen-pain-night
abdomen-pain-night-eleven pm
abdomen-pain-rubbing-amel
abdomen-pain-pressing-hypogastrium-left
abdomen-pain-side right
abdomen-pain-sharp
abdomen-pain-solar plexus
abdomen-pain, stitching pain-burning
abdomen-pain-stitching-hypogastrium-left
abdomen-pain-stitching-knife, as of a
abdomen-pain-stool-before
abdomen-pain-upper abdomen
abdomen-turning sensation

RECTUM

rectum-constipation
rectum-diarrhea
rectum-diarrhea-fat food from
rectum-diarrhea-morning
rectum-flatus-copious
rectum-flatus-offensive
rectum-flatus-offensive- egg; spoiled
rectum-urging-frequent

STOOL

stool-dark
stool-forcible, sudden, gushing
stool-green
stool-hard
stool-sheep dung, like
stool-soft
stool-thin
stool-yellow-brownish
stool-watery

BLADDER

bladder-calculi
bladder-urination-frequent
bladder-urging-night

KIDNEYS

kidneys-calculi

URINE

urine-blood

MALE

male-excitability of genitals-dreams, during erotic
male-sexual desire-diminished
male-sexual desire-wanting

FEMALE

female-menses-appear as if
female-pain-menses-acrid, corrosive, excoriating
female-pain-menses-during-agg.-burning
female-sexual desire-diminished

RESPIRATION

respiration-asthmatic

COUGH

cough-drinking-amel
cough-dry
cough-dry-morning
cough-irritation in air passages, from
cough-sleep-during-waking him

EXPECTORATION

expectoration-blackish
expectoration-color-black
expectoration-mucous

CHEST

chest-eruptions-itching
chest-eruptions-rash-red
chest-pain
chest-pain-burning-lungs
chest-pain-burning-nipples
chest-pain-lungs-burning
chest-pain-mammae-nipples
chest-pain-pinching-heart
chest-pain-pinching-pain
chest-pain-pressing pain
chest-pain-pressing-walking-agg

chest-pain-ribs-left
chest-pain-sternum-stitching pain
chest-pain-stitching
chest-pain-stitching-left
chest-palpitation of heart
chest-tingling

HEART and CIRCULATION

heart & circulation-palpitation heart-sleep on-falling asleep on

BACK

back-eruption
back-eruption-itching
back-eruptions-rash-itching
back-eruption-scales
back-itching
back-pain
back-pain-accompanied by-heat
back-pain-bending-amel
back-pain-bending forward-amel
back-pain-breathing-agg
back-pain-broken as if
back-pain-burning
back-pain-cervical region
back-pain-cervical region-bending forward-agg
back-pain-cervical region-extending-upper limbs to-shoulders to
back-pain-cervical region-lying-amel
back-pain-dorsal region
back-pain-extending to back, down
back-pain-extending to- downward
back-pain-lumbar region
back-pain-lumbar region-right
back-pain-lumbar region-stitching
back-pain-lumbar region-stitching-burning
back-pain-sacral region
back-pain-sacral region
back-pain-sacro-iliac region
back-pain-sacral region-bending forward-agg
back-pain-spine
back-pain-spine-burning- stitching pain
back-pain-spine-stitching pain
back-pain-lancination
back-pain-lightning like
back-stiffness
back-stiffness-cervical region
back-stiffness-dorsal region
back-stiffness-left
back-stiffness-cramping

EXTREMITIES

extremities-cramps-finger cramps, twitching, jerking
extremities-cramps-hand-left
extremities-cramps-hands-right
extremities-cramps-upper limbs-left
extremities-cramps-upper limbs-right
extremities-eruptions
extremities-eruptions-itching-upper limbs
extremities-eruptions-vesicles-upper limbs
extremities-heaviness-hands-right
extremities-itching-ankles
extremities-itching-lower limbs-ankles
extremities-itching-lower limbs-feet-toes between
extremities-eruptions-lower limbs-feet-toes-between
extremities-jerking-legs
extremities-pain
extremities-pain-crushed; as if
extremities-pain-fingers-joint
extremities-pain-fingers-third
extremities-pain-groin
extremities-pain-hands
extremities-pain-hands-bones
extremities-pain-hands-broken, as if
extremities-pain-hands-right-burning
extremities-pain-joints
extremities-pain-legs
extremities-pain-lower limbs- ankles
extremities-pain-lower limbs-joints
extremities-pain-lower limbs-legs
extremities-pain-lower limbs-nerves-sciatic
extremities-pain-lower limbs-nerves-sciatic-left
extremities-pain-lower limbs-nerves-sciatic-warm amel
extremities-pain-stitching-upper limbs-elbows-left
extremities-pain-shoulders-broken, as if
extremities-pain-sore, bruised-upper limbs-shoulder
extremities-pain-thighs
extremities-pain-thighs-cutting pain
extremities-pain-thighs-tearing pain
extremities-pain-thighs-standing-agg
extremities-pain-thighs-standing-agg-stitching pain
extremities-pain-thighs-standing-agg-tearing pain
extremities-pain-thighs-stitching pain
extremities-pain-thighs-walking-amel
extremities-pain-upper limbs-shoulder-left
extremities-pain-upper limbs-raising the arm-agg
extremities-pain-wrists
extremities-pain-wrists-left
extremities-pain-wrists-writing; agg
extremities-pain-upper limbs-wrists
extremities-perspiration-clammy-upper limbs-hands
extremities-numbness-hands

extremities-numbness-hands-lying agg
extremities-pain-upper limbs-hands-right
extremities-restlessness-legs
extremities-restlessness-lower limbs-legs
extremities-stiffness
extremities-stiffness-joints ;of
extremities-stiffness-lower limbs
extremities-stiffness-lower limbs-ankles
extremities-upper limbs-right-left, then
extremities-twitching-finger
extremities-twitching-legs
extremities-weakness-hands

SLEEP

sleep-deep
sleep-disturbed
sleep-disturbed-cough-by
sleep-falling asleep-difficult
sleep-falling asleep-early
sleep-heavy
chest-palpitation of heart-sleep-going to sleep-on, agg
sleep-prolonged
sleep-restless
sleep-sleeplessness-headache, from head-pain-temples
sleep-sleeplessness-midnight-after
sleep-sleeplessness-pain from-abdomen in
sleep-unrefreshing
sleep-waking
sleep-waking early, too
sleep-waking-frequent
sleep-waking-late, too

SKIN

skin-discoloration-brown-liver spots
skin-eruptions
skin-heat-sensation of

GENERALITIES

generalities-afternoon
generalities-evening
generalities-forenoon-agg-10:30 am
generalities-forenoon, nine am-noon-amel
general-night-nine pm-five am-agg-ten pm
generalities-time table generalized- 10:30(h)
generalities-time table generalized-22:30(h)
generalities-cold-agg
generalities-collapse
generalities-darkness-agg
generalities-eating-amel
generalities-emaciation

generalities-energy-excess of energy
generalities-energy-increased
general-energy-lots of
generalities-faintness
generalities-faintness, fainting
generalities-faintness-eating while
generalities-faintness-transient vertigo
general-forenoon-nine am-noon-agg-ten am
generalities-food and drinks-alcohol-aversion
generalities-food and drinks-alcohol-des
generalities-food and drinks-chocolate-desire
generalities-food and drinks-eggs-desire
generalities-food and drinks-sour food, acid-desire
generalities-food and drinks-spices, condiments, piquant, highly seasoned
food-agg
generalities-food and drinks-stimulants-aversion
generalities-food and drinks-sweets-desire
generalities-food and drinks-sweets-aversion
generalities-food and drinks-wine, des
generalities-heat-flushes of
generalities-heat-flushes of heat-headache; during
generalities-hypertension
generalities-jerking
generalities-jerking-sleep-falling asleep on
generalities-lassitude
generalities-left
generalities-obesity
generalities-restlessness-physical
generalities-tabacco-agg
generalities-twitching-electric current-like
generalities-vitality-decreasing
generalities-vital heat, lack of
generalities-warmth-agg
generalities-weakness
generalities-weakness-faint-like
generalities-weakness-headache-during
generalities-weariness
generalities-wounds-heal-slow

NEW SYMPTOMS

mind-colors-light blue-desires
mind-cooking-desire
mind-dreams-ear-itching
mind-maturity
mind-nutrition-great interest in
generalities-food and drinks-avocado-agg
generalities-food and drinks-avocado-desires
generalities-food and drinks-honey-desires
generalities-food and drinks-msg-agg