

Carbon Dioxide

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Introduction

This remedy was chosen by Micheal Quinn of the Hahnemann Pharmacy. The Master Provers did not know what the remedy was. (Usually, in other provings Like all the other provings, the prover and supervisor did not know what the remedy was.)

The following information is almost complete.

4/26/97 #5	2:30	1st dose	00 00 00
	8:45PM	2nd dose	00 06 15
	9:40 AM	3rd dose	01 19 10
	4:00 PM	4th dose	01 25 30

5/12/97 #3	7:10 AM	1st dose
	4:00 PM	2nd dose
	10:00 PM	3rd dose

MIND:

DREAM:

04,00:XX:XX Flames and yellow leaves; detached, friendly, bemused.

08,00:08:XX War in the jungle like Vietnam. I am an American soldier. I move on from one situation to the next, seeing people being ambushed and killed. I don't see blood. I am trying to survive. I negotiate to keep alive! I move alone in the jungle. I came across a native and another American soldier. The native offered to smoke dope with me and the American soldier. A Vietnamese soldier then took then both away. I felt always in danger. I moved at night. Then I came out of the jungle to the seashore. I see rocks there, I see a woman who is my maid. She is with her family. Then we walked to my house, which is a tropical wooden structure, I hear two woman talking, one of them says its going to be a long night. I get the feeling that one of them is sick, then I feel that I can help that person who is sick.

08,00:10:XX I am at the hair salon with my daughter. The women walking they were wearing sexually explicit costumes - G - string and bare bottoms. They wore bright colors - flamingo pink, bright orange, lemon yellow. Why am I here? The woman doing my hair offers to give me a costume to wear, and if I wear the costume she will give me a body sized picture of myself. It is a whole body suit with a yellow collar with texture like a stuffed animal. I said I was too old for that but I wanted my picture taken, but not in the costume.

08,00:10:XX About a toy that helps teach my daughter to count. There are buttons to learn to count by. I see electricity running inside the toy, then it transforms into something bigger. I thought about how I can send this to my sister for her children.

06,00:13:XX Scotty dog lying on the kitchen floor, 4 legs spread out -- my

family was home and I said Ok guess we have to keep him, he has no place to go.

08,01:00:XX I am outside of the store that belongs to this older man who is a friend or relative. Then a bus comes by and a man comes out of the bus. I now that he is planning to rob the store. I warned the owner and get the owner to duck under the counter.

08,01:10:XX I am at the house I grew up in. There are trees in the backyard. The soil is compacted, I am using a hose to wet the area. Some friends are helping to put construction material around. I am trying to make the place look nice. I bring in the hanging plants to put among the trees.

05,01:37:30 Vivid, realistic dream in the present. Going back from a class at night, I have my book and my laptop computer with out the carrying case. This makes it awkward and obvious that it's a laptop. One of the women in our group (of 5 or 6) needs to stop by her apt first. We find ourselves walking into a slum, desolate dwelling, and outside is the middle of the 4 buildings, (which created a black and white effect--the color in the dream stopped) were African-Americans--they were dark Black-large round eyes-staring. They barely moved but stared. Her apt was close by in and out. Left the plaza and went to a small corner store where the owner (an old black woman) was concerned about our safety. She gave us tips on how to survive and sent us on our way. My friends did not seem distressed. I felt sort of safe, but an ominous feeling prevailed. We went out to the

parking lot there was a very small car. They decided to get in and back it out of a tight parking space, so myself and another person would get in in just a minute. The driver backed out quickly (60mph) and struck another car, they both blew-up in flames, THEIR SOULS EXITED THE BURNING CAR AND WERE ASCENDING TO HEAVEN, and demons were busy trying to pick them off on the way. I felt stunned and relieved. I couldn't believe this just happened.

03,02:XX:XX Supervisor telling her to write things down. NS.

07,02:08:XX Dreamt about playing basketball. I don't play basketball--don't remember too much more about the dream. NS

08,02:10:XX I am in CR (Costa Rica) where I used to live. Cooking a dinner for the people past, present and future, whom I have issues with. I remember saying this in the dream, as I am waking up.

07,02:13:30 Went to N's soccer game and one of his teammates had broken his leg playing basketball. (Coincidence?).

05,02:17:00 In some kind of trouble and an Irish Schoolteacher (set in turn of century) risks her job to help, she's strong willed, and spirited and unafraid.

08,03:XX:XX Getting ready for an event with all these women. Fixing the road. Went into the house and I see this hole in the ground. The texture of the soil is smooth and reddish. I realize the stone on the side of the hole is to warn people of the hole. So I - went in. Those women around

there is a competitive feeling in the air among the women. I go in a back room put this dress on see myself in the mirror looks good. Then turn my body to see the back in the mirror and a piece of material that should go under the neck of the dress is hanging out. The feeling is I need to look good and now I won't because of this. Realized how silly to store all the offenses very carefully to remember them when I need to throw ugliness at people. I now realize how that is festering in my body creating illness. I'd rather forgive and forget. When I think this my body relaxes.

05,03:77:00 Conflict/struggle had difficulty under-standing what to do in a school setting, a teacher helped. Had feelings of being pressured and decided not to do it. I actively resisted suggestions--fought back.

04,04:09:00 Breaking drinking glasses - broken glass pitcher and one jelly glass - into rings, not shards. DREAM: Lost in an emergency room in a hospital.

06,04:13:XX I was supposed to teach a homeopathic 2 day course. I didn't feel prepared to do it and didn't know why I was teaching the course when the people in the course were so much more experienced than I. A woman started talking and ran all day and I was relieved I didn't have to teach. I left the hotel the course was being offered at and was hit on the passenger side of my car by an old white-beige colored car. I pulled over and a blond haired woman with long fingernails tried to get in. I had my window up and locked the doors and drove off -- realizing the woman was with the car that hit me and it was a set-up. I couldn't find the hotel and was out all night and found it in the AM. My hair was greasy and I needed a shower and it was time for class. I wouldn't make it. I had to

get cleaned up. I was somewhat relieved because I wouldn't make the class but wiry from the experience.

05,04:103:00 Had one dream, forgot it. In AM: Woman came up to me and said, "tonight we can go into this Time vortex--go back to first time Beatles played on Ed Sullivan" I refused--she got REALLY MAD. (he has dream Recorded in detail).

07,05:XX:XX I had some dreams last night -- I just remember snatches. NS

I was involved with some guy I had just met. He was wild. We were screwing and afterward realized it was a mistake and I probably was pregnant. Thinking I could get another abortion. Thinking it would have been a good idea to put a diaphragm in my purse just in case. Thought about the dream I kept thinking about being pregnant. We were in someone's house. There was some danger. I slid down a snow covered embankment to rescue someone who had been shot. He was inside a house at bottom of hill and glad to see me. A bad guy got killed by a tiger. I believe the tiger was protecting our territory. Or maybe it was one of us that got killed trying to sneak onto the bad guy's territory.

07,05:XX:XX It was night. I came outside to get some fresh air. J was there. (someone I haven't seen since 1981, we had been best friends but had a falling out, still bother about it) I was happy to see her, we moved to the back yard to talk. I thought I should adjust the lights in the back and went inside to do so. Realized it was the house I grew up in, in Palm Beach. I was asking my mother if that was a blueberry tree outside the door. Feeling: WISTFULNESS, SADNESS AT OLD FRIENDS AND OLD HOUSE (we moved to KY with my mother after my parents divorced. I always missed my friends

there and that wonderful house).

05,05:149:00 (he had watched the last part of "The Shining")

Fragments--guys came in saying "this is how it's going to be" But I refused, I popped "em in the head (they pushed it to a physical level) "I don't want to do this" hit them in the face, got their attention - "you don't know it but you are NOT going to push me into unfamiliar territory--I can go as far as you want to take this thing"

They backed off.

05,05:149:00 Recreation of "The Shining" I've been having dreams of TV shows and situations that I've been in. Conversations or dramatic scenes on TV that are replayed. I don't usually have recreation dreams. Most of these dreams are disturbing.

05,05:149:00 AM: These guys come in demanding I do something that I didn't want to do. I refused -- they come at me again, putting pressure on me to conform. We don't talk but stare down - the feeling we exchange is that I am not about to do what I do not want to. If they want to try to get physical, it is OK with me. I can go there, too. They sense the conviction and back off.

08,06:XX:XX Dream I am in a building I do not recognize, and I am with a baby. It is a baby girl. I am changing her and I put my hand over her crotch and feel sexually aroused. Immediately I catch myself and say to myself What are you doing?! this is sexual abuse! This is incest! The feeling is I am horrified and worried for the baby. It dawns on me that just this single incidence can be traumatic for the baby. With a great deal

of worry I check her face to see if she is showing any indication that confirms that what just happened was traumatic to her. I feel shame while I tell this to Walter and I feel disturbed, horrified that my subconscious mind can produce something like that in a dream. Does that mean that at some level that is in me? Have I done something like that in any lifetime? This dream was upsetting and continued to be upsetting for several weeks.

06,06:15:XX With myself and a friend and a few other people, I didn't know she was trying to sort out a money situation --who owed what. I was a little annoyed and thought it humorous -- what was the big deal, everything had to be even as far as each person.

07,07:XX:XX I had a dream I remembered. YEA!!! I had to get home because someone told me my birds were out of their cages and were dying. They had not been fed for awhile. I had neglected them. I felt horrible and began to run home. I was running barefoot on sidewalks but the sidewalks were covered with small pieces of broken glass. This was in the city. My feet were tough so I kept running. At a certain point I stepped to pick the glass from my feet. A couple of men, African-Americans, came over to help me pick all the glass from one foot and then the other. They were quite nice and concerned. I asked them how all the glass got there and it turns out they did it - just having fun breaking bottles, not thinking of the consequences. They wore shoes, so it

didn't matter to them that glass was on the sidewalk. I told them they really should clean it up. They offered or I asked for a ride home. My feet were sore. But the car took too long in coming and I continued on my way. On the way home, I thought I've got to leave signs around my house to

"FEED THE BIRDS" so that I will remember and not ignore them. Maybe I should put the birds in a part of the house where I will see them more often. On the way home I saw a bird in an aviary outside and I thought what a nice place for a bird - maybe I can find a place in the shade for my bird. When I got home and entered the porch or sun room I saw some very tiny raccoons - just born. I wondered how or WHY they would have come into my house. I was intrigued watching them and was pleased they had chosen my house to come to. There were several of them in all sizes - some looked like cats. I was relieved to find another person outside taking care of them and making sure they were all right. I think the birds were OK. I woke up before I actually went into their room to see about them.

05,08:00:00 I was strongly opposed to negative thoughts. I fought strongly to stay focussed and did not give in to depressing/victimizing thoughts or distractions. Kept on course.

08,09:XX:XX Slept late again- Deck/sidewalk made out of stone with walls that go up to the waist; like a rail of stone. Sense of medieval time. Sense that the sea is beyond that deck but I don't see it. I stand close to a big door looking at this man that [who] is sweeping the floor of this deck-sidewalk thing. His broom is made out of sticks with small branches at the end gathered in a bunch and tied around a pole. There are lots of little mounds of dog shit or animal shit all over. He goes around sweeping, pushing the shit from 1 place to another trying to gather it, it is not sticky shit, but somewhat dried up shit. He is ranting and raving about the stupid idea of building this sidewalk, now he has to clean the shit on it. I start to help him clean the shit but I don't see myself using a broom, I am wondering how he will discard it. No dumpster or bag in

sight. [End of dream.]

08,09:XX:XX I am walking on this reddish dirt road that comes out of this castle-like brown building. There are walls on side of road. Everyone is riding a bicycle.[bicycle] Some people very skillfully make their way with their bike thru the crowded street, I am thinking there is no way I'll make it here riding a bike. I look at the bikes again they almost touch each other with the pedals. Am imagining if someone touches my bike I'll fall or I will be bouncing all over the place, fear of ridicule or embarrassment!

08,09:XX:XX My nephew come[s] to live with my mother, my sister and me. He is 13 or 14. I am maybe 20. He doesn't have any place to stay [in reality He [he] has been getting into trouble] I have the sense in the dream that he is trouble. I am looking for my green dress and I don't find it. I look everywhere, not there. I know he got it and I ask him where it is. I am angry and get out of the house to go and look for my mother. I am running down this long road. Didn't find my mother. On my way back I am going down these hilly roads and I am sliding with my feet as if I had roller blades or skys [skis] i am going so fast; at times fun at times scary. Come home. My mother who is now a man is trying to force open the door because I left the keys inside. I say I am sorry and start accusing my nephew of stealing my clothes. I humiliate him he goes somewhere in the back yard and comes back wearing my beautiful like teasing me.I am so furious I tell my mother he cannot stay here he has to go. the feeling: all I care about is my clothes which are beautiful. I don't care about my nephews situation who doesn't have a place to go.

07,09:XX:XX Slept well last night. I dreamt, but can't quite remember what they were about. One about my 10 year old son being sick and wondering if would ever get well. There was worry but it didn't seem serious.

05,10:00:00 I was in situation where forces were opposing me. I felt like I was barely winning the struggle. I felt like I was struggling (usually in dreams I don't work so hard at this stuff.) I can do lurid dreaming and stop this kind of shit. I finally stood up to these other worldly forces and said NO!!! and it really changed!! I was comfortable after that and was able to relax more.

05,11:00:00 I'm in an opulent house, at a cocktail reception. We're all wearing formal clothing. I'm feeling OK, but just OK. More tense than I'd like to be. I am introduced to Princess Diana of England. We get along and suddenly turn into school children dressed in private school uniforms (age 8 or 9) She leads me back through other rooms and quarters. We run around, going into places we're clearly not supposed to be in. We're playing, laughing, having a great time, running, hiding, holding hands, running down these gigantic, heavily decorated hallways. We hold hands again and begin to grow up. She becomes the likeness of a woman. As she grows up she looks like a likeness of a married woman whom I had an affair with (when I was single.) Hiding, naughty, and sexual thoughts begin. Then she changes to Princess Diana--we hold hands. Now I experienced warm, cuddly thoughts, walked down the hallway holding hands, looking in each other's eyes. A great connection, closeness without pressure. Feels

good.

05,13:00:00 I was in the downstairs finished basement with dark paneling. I'm watching TV. My daughter (but not in real life) comes down and tells me there are ghosts/spirits disrupting things upstairs. I don't believe her until the ghosts come downstairs and open up louver doors and pull clothes out and throw them on the floor. They were moving furniture around. I couldn't think of what to do (a powerless feeling) in front of my kids also. Felt as if ghosts were thumbing their noses. I went upstairs and they started doing stuff upstairs. I felt panicked, disordered, pressure from by family to DO SOMETHING. I went downstairs again and they kept it up. Powerless (I usually don't feel his way in my dreams I usually could change it -- very uncomfortable and panicky with powerless feeling. Victim feeling strong.

05,15:XX:XX This morning woke up - weird sexual dream about my stepdaughter disturbing.

08,15:XX:XX I am in a building with people I intend to go to a certain part of the building. I take the elevator with a woman friend. We come out of the elevator, we both know we are in [on] the wrong floor or section. She leaves. I feel left alone to my own devices. Abandoned. I go back in the elevator and come out into another wrong section. I know I am totally lost. Feeling in the dream: Anxious, fearful of not finding my way. That I will be late or not there at all.

Trying to retrace what I did but I cannot.

08,16:XX:XX I am with this tall blond woman who is [x-husband] L's wife. We are going to the edge of the river. she tells me that Lloyd died. We are both sad and talking about him [don't remember what]. We get in the river to bathe as we come back to the edge the water is running fast where we came in. I say: Oh my God! Let's find another place to come out that water is going to take us down.

I am at a copy/computer place getting prices and repairing some equipment that K [my daughter] delivered before. She is around some place in the store. I go to different section of the store and see Lloyd doing something [copies or labels] for the study group. A woman is helping him. I say "hi do you need any help?" They say "yes" and leave me with pasting these labels that don't fit on the paper right as I paste them they come unglued. I am getting impatient. Why did they leave me with this work? Then I am saying goodbye to the man that [who] was helping me with the equipment and bargaining about prices and joking with him. He has to make a call to the other place where I bought some of the equipment. I leave with K. Then I am home and realize I haven't watered this African violet that I get a sense came from Karen and I feel terribly guilty I let it die. The plant is not totally dead. I realize that the plant doesn't have the plate under the pot and I think that's why, it didn't hold water to keep it moist. I run to give it water.

08,17:XX:XX Dry environment, trees not many leaves, dessert like but tropical. I am walking with S, my husband, enjoying nature looking for birds. I see snakes a lot of them, some are petrified and have a red color. I am fascinated by the petrified snakes. I keep walking marveled [marveling] at the sight. There

was [is] a baby a baby one on top of the mother. I say, "look ! It is petrified too" then I realize there is a live one at the end of the same branch the petrified 'mom' is in. At that point I am under the branches of the tree. S says watch out! I look up there is one hanging close to my head. It is then that it dawns on me this can be dangerous [being around snakes so close].

05,18:XX:XX I'm at a picnic party--celebrating the setting is warm/beautiful. Lots of people I know. Very comfortable. I have a kite that I want to fly while I'm in the middle of this crowd in the city. I decide to try it. A single line kite goes out of my hand whips straight into the sky -- out of the crowd past the telephone lines into the sky--no problem. Very freeing feeling. I surprise it went up so easy. Later on some business associates I know pull up in a car a couple blocks up the street. I see them get out with the numbers on their chest and they begin to run towards the finish line of a road race that we were having. I begin to realize they want to deceive us into thinking they were running the race. Their obvious deceit disgusts me and disappoints me. They posture themselves for public opinion--it's disappointing to me. Feel betrayed by their gap in integrity--especially when I try to keep mine and they expect this of me. What have they done this for? Didn't get angry at them, just thought what a waste of time to do that crap.

06,18:16:XX I went to the mailbox to pick up the mail and found there was moss and leaves (alive) in the box. I pulled it out and my mail was mixed in it.

07,20:XX:XX L carries a bag with him with a EKG strip on it. Looks like some form of bradycardia but I don't know enough to comment. Later in the hospital I realize that must be his rhythmns and that he carries it around with him so in case he collapses medics will know what needs to be done. It's not good and I have a lot of compassion for him, but feel powerless to do anything.

08,22:XX:XX A check is flying in the air coming to my hands and I catch it. My attitude is one of a bit of doubt maybe it won't be enough.

05,26:XX:XX I'm back in high school as a student but my present age. I'm taking classes as an elective I have several choices that afternoon, but decide to choose Scuba diving since I'm already a certified diver. I'd love to go sign up. I have difficulty finding the area to meet the others. The first place I go is in a dark locker room--only a pallet of brightly colored T-shirts in the middle of the floor, and a single lit light bulb. I feel a little nervous because I can't find them. I'm afraid I'll miss the class. I hear them outside, I run by the pool (which we never had in H.S.) and I hear them outside. My wife is with me now. I take off my shoes and socks for some reason. Blue tennis shoes which I currently have. I go outside and they're gone. I believe I know which way they're heading so my wife and I will walk there. We get to the center of town, the instructor Bill (a current friend and Scuba instructor) is yelling out a 3rd floor window, what's going on with the class--simultaneously there is a loudspeaker going off in the square detailing shopping discounts and specials. I can't make anything out. I'm frustrated. I feel like I'm going to be left behind. I'm so close. I keep missing out. Then I feel as if I know where they are, so I go to get my wife who can't hear me

because she's across the street in a shop behind a front window. I'm feeling anxious again because it feels like time is running out. She finally hears me and we walk back. I ask if it's OK that I run ahead and she says Ok. I run, but I still miss them. Nowhere to be found. I'm disappointed. I was so close. I find my tennis shoes and socks. My wife criticizes me for leaving them there to be stolen. We walk off. I'm feeling defeated.

06,34:16:XX Last night I was giving a talk on acupuncture. Was prepared to give the talk to a lay audience. It turned out to be a group of acupuncturists. I got totally thrown off, then restarted and it was over.

05,38:XX:XX Defending my home then community from some space/other dimensional beings. At first, felt overwhelmed by it, could not win physically. I was surrounded, outnumbered, they came falling from the sky. I woke up (for real) and spoke, "No fucking way I'm going to let these guys do this to me." I went back to sleep determined to win. Got back in the dream, relaxed, sat in meditating half-lotus and with visualizing (like an old Star Trek episode.) They were destroyed. No one knew how close they had come to invasion. I find this a bit melodramatic but had a great sense of accomplishment afterwards.

07,49:XX:XX Being chased by a man, I believe it is someone I know but don't like. Kind of an endless chase with elaborate escape routes and places of hiding and traps for this beast. It didn't seem too scary. Seemed like I know it was a dream and looked on in interest.

05,71:XX:XX I was the leader of a group who organized a large terrorist ransom deal with hostages. I just woke up there--in my role--I couldn't believe I had done this, but could not find a way to stop it. Found that the project and people were like a monster that I created--a living organism--no longer controlled by me. I felt desperate to stop it but did not know how. Decided to go with it but suffered self-humiliation. Felt weak by it.

MIND: cont:

07,XX:XX:XX More gloomy and irritable with family for most of the first part of the proving. Symptoms seemed to lift when I was able to be outside and garden or walk.

08,XX:XX:XX No desire to work [N.S. - SINCE BEGINNING OF PROVING].

03,00:09:XX Difficulty spelling (between 4 and 10PM). NS

04,00:10:30 In a class! wandering and watching people without feeling of involvement.

07,00:13:30 Foggy/sleepy feeling. Driving back from shopping at nurseries. Beautiful day, warm sun. Almost seemed other-worldly. Is this drug remedy?

Got home and felt like too much to do--house, work, yard. Overwhelmed.

Where to begin. Would rather go to sleep and avoid thinking about it. AS

07,00:14:00 Ate lunch and felt better.

04,00:14:30 More chatty than usual. Supervisor observation : voice sounds peaceful, sing-songy, and musical.

04,01:XX:XX Soft voiced.

03,01:XX:XX Very pissed off at friend in afternoon. AS. Feeling of friend being inconsiderate. AS. Ready to tell friend off. NS. Sleeping a lot. AS.

03,01:10:XX Spacey, hard to focus. NS. Misplacing things. AS. Anxiety re: work - none. CS. Sense of intoxication. NS. Feeling she shouldn't be driving. NS. No motivation re:work or anything. AS.

05,01:19:10 Was hungry, but was not after the remedy. I've been enjoying looking out the windows into the sunshine this AM. Feels connecting, fulfilling somehow, feeling relaxed and mellow more than usual.

04,01:20:30 "Spasm" of annoyance when a phone call was not returned by Lou. Unusual.

05,01:25:30 This afternoon I found out I had \$5K less in my bank account than I thought. Opened to possibilities. Fired my bookkeeper and hired a new one. Fairly unemotional about it though. Nothing personal.

04,02:XX:XX "I don't feel good, it's like an undertow." I want to close my eyes and not be present. I couldn't read. (My throat sx's are) "evanescent.

04,02:XX:XX "I like all this attention"- Unusual for me to say something like this.

08,02:XX:XX I feel high at edge of tree feeling as if I took Ecstasy. I thought about S, J, J, L and P. I feel at peace with them. I guess I willed the high.

08,02:XX:XX Feeling so moved by my experience I have worked with these issues before but somehow this feels deeper. Deep level of awareness. keep crying. God bless this proving, I finally will clean it out. My eyes feel half closed, blurry, and dazed-like feeling, yet I feel close to Euphoria.

03,02:XX:XX Whole day <. Gentle inebriation eve. Couldn't speak, like a stroke victim, I had to think how to say things. NS. Irritable in AM-picking on husband. AS. Eve. 7-10PM Perception of other people swaying. NS. Very relaxed and calm all day. NS.

08,02:10:XX Thoughts came with headache. Wake up with tremendous pressure over my right eye and around the Eye socket as the headache progresses and when in bed I get this kind of feeling. This is not bad compared to my migraines I used to have over 4 years ago. The first thought that comes to mind: This pain in head, shoulder and liver is the result of negative thought patterns stuck in me since childhood. It is the resentments that were modeled by the family, the manipulation through anger and guilt. The

exploitation of my innocent child's feelings or emotions. I thought that was the way to be so I started acting the same though it felt harsh and destructive. I feel the need to pass my hands over the affected areas. As I do that I think you belong to the distant past. Kindness and acceptance now take the place of pun, negativity and ugliness. People come to mind that I recently have had issues with and a deep feeling of forgiveness takes place. I give you back what you gave me that was not nice and I take back what I gave that was not nice: In our experiences I validate what was positive and what I did that was good and the positive intentions I always had. As I touch every part in my body that is ailing I feel the part relaxing and the pain is easing off. In my mind I put kindness in my eye, my head, my shoulder, my liver I realize that kindness lacks in me when I enter into competition. I feel kindness being this expansion of my awareness in acceptance. After this the pulsing and the pressure in my eye is gone.

04,02:11:XX I watered my plants, without resistance, unusual for me.

06,02:22:XX (8 AM to noon) Rainy, dark day, feel a little down and irritated at things that usually don't bother me. Felt I could cry but didn't. Had errands to run and didn't bother. Noontime, tried calling a friend and my husband to talk to in order to get out of the mood. 8:30PM and I'm ready for bed.

05,02:53:00 For the day I felt energized, but heavy physically. I also felt certain levels of negativity (disgust, down thinking) that I struggled with in the afternoon. Gloom and down felt pulled downward into negativity.

03, 03:XX:XX Bought plants. AS. Desire to do gardening all day. AS.
Very irritable. AS. Forgetfulness. AS. Walked by a tall house and felt
like I was shrinking, felt small and turned corner, went by small house and
felt big. NS. Felt emaciated. NS. Critical. AS.

08,03:XX:XX Thought: There is this softness inside now, all the stuff
about S. I closed off to him with a hardness around it now. I'm softening
about this closing off much more at peace with him [S]. I don't have to
insist on things from the past, issues between us that I would keep
inside. He would go back to past - regurgitate it again - he adds and
subtracts to story. I would keep the memory clear - so when he comes with
a distorted picture of past I could say exactly what happened. I kept that
alive and this damaging now I'm not concerned with that anymore. I am
letting go of the past, I am a nice person, he is a nice person. Whatever
happened, happened. Like my sister... She would do things for me, then keep
bringing them up when she wanted something from me. I would get so
hurt that she did that. Steve would bring up issues that he did for me and
he expects something from me. [I am feeling tension in my chest talking
about this] This is my pattern to hold onto things.

04,03:10:30 Still feeling "friendly."

04,03:10:30 I do not usually like bad news, but I like it even less now.

04,03:14:00 Mental irritation - pressure to get things done.

04,03:20:00 Impatience with idiosyncrasies of patients, detached, "get on with it" feeling. Things look clearer, clearer, better, fresher.

04,03:22:XX Watched the movie "The House of Spirits" in preference to favorite TV show.

05,03:91:00 Negative thoughts protruding. I had situation at work in AM struggled with negativity. Got angry, did not solution think as I usually do, but just got pissed off, or felt defeated and depressed. I began to have thoughts of desperation in business--defeat, business failure (things just aren't that bad.) I'm usually positive, but I found myself withdrawn. I kept struggling with it.

03,04:XX:XX All day feeling and saying that here isn't enough time for anything, to do anything. AS. Feeling of friendlessness - better. CS.

03,04:XX:XX Spacey, better by eating. RS.

08,04:XX:XX All the resentments I kept under the icing of Justification. I am at peace but need to keep the S. resentments to protect my self. Realized until I am at peace with S. I won't be able to move on. Satisfy - I am peaceful. Felt before I will leave because he is a Jerk or this or that. Now I can leave because it didn't work. I want to start vitamins to have him be better and I am having a cup of coffee.

06,04:00:XX (entire day) Non-eventful day, relaxed. Things seemed to go SLOW. Took longer to do things than I expected.

- 04,04:XX:XX Irritability rushed, pressured to get things done. Edgy with patients felt detached, feel very businesslike.
- 04,04:14:30 Anxiety with low back pain, etc. Fear it would prevent sleep so I took licorice as a laxative.
- 04,04:22:30 Feel I antidoted the remedy prior evening because I took licorice to relieve constipation. Conscience stricken.
- 05,04:103:00 I kept saying no to outside pressure throughout the day felt isolated, upset, tight mentally. If someone were to CN or a patient were dissatisfied, I'd get upset, tense inside. I would not say/do anything. Retreat into my office. Ate by myself, very little contact with staff and other co-workers. Very negative, nothing is working out.
- 04,05:XX:XX Do errands. I just get things done...odd for me. Feel guilty about possible antidoting by the licorice.
- 03,05:XX:XX Forgetfulness and must write things done AS
- 04,05:XX:XX Went to visit two Botanical gardens on the same day.
- 06,05:00:XX Desire to get outside all morning, felt had "housatosis" Finally got out and loved the outdoors.
- 08,05:14:XX I feel strong and beautiful.

- 03, 06:XX:XX Mind-more focussed than usual AS
especially with working on cases
Memory improved AS
- 04,06:XX:XX Anger at personal injustice - usually philosophical.
- 04,06:23:00 Fantasy something disgusting was creeping up on me out of
the floor and creeping around my feet. Sense of disgust, had
to throw out all "old food" in my refrigerator.
- 05,06:164:00 Have been putting up less with complacent people in my life.
Intolerance is not as great but still present. Today I put my foot down
with my wife Diane. She was going to set us up with a couple for dinner
who she anticipated would be difficult. I was not going to put up with
it. This situation did not have to be bad. She was putting a negative
spin on it and I wasn't going to leave headed into it.
- 04,07:XX:XX Pervasive mood - friendlier and more outgoing, but also
impatient and cooler. Anger at problems, weighed, down by
chaotic class. Irritated at conversations.
- 06,07:00:XX Woke tired (5:30AM), felt a little down
(8:30AM) and could easily weep, but didn't. By noontime in a good mood but
still tired. Day was a little cloudy, damp.

04,07:19:00 Made effort to be personable.

04,07:20:00 Tired, worn out.

06, 07:22:XX 9:00AM Driving, seeing people in their cars,
walking and thought, so many souls, where are they going?

08,08:XX:XX I want to have time off. I didn't see clients last
week but I worked like crazy trying to get caught up. Now
I feel the need to just enjoy the weather and relax.

05, 08:XX:XX PM - Taught a seminar to other acupuncturists. I felt
relaxed, enjoyed the interaction. I found that many of them felt
victimized or out of control with "the system." (Drs, insurance co.,
patients) I was pushing for them to stand up for themselves for what they
believe in. Stand up for themselves in their ideas and rights as
practitioners. To set up systems (boundaries that help them) I am usually
for this but I was a bit more evangelistic than I usually am.

07, 09:XX:XX Felt foggy/sleepy the rest of the afternoon lasted for the
whole proving. On the way home from watching video of a hypnosis session.
Wonder if part of the trance had worn off. So much consistency. AS.

05,10:00:00 My mind felt less anxious when I'm in a bad situation - being thrown around but still helpless, vulnerable to any attack.

04,10:XX:XX Amiable, wandering around. Sleepy all day.

08,10:XX:XX I find myself more detached or more neutral with the behavior of my husband that normally causes me irritation.

07,10:08:17 6:17 AM Unloading dishes from dishwasher. Putting my plates 1 way and wondering if I'm putting them in the right place. Whether I'm putting big plates in with small plates. NS

04,11:XX:XX Felt irritable, disappointed, and unheard. Left out of a decision process. "Too many words, tired brain" after seminar. If I hear one more theory, I'll spit at them. Embarrassing to talk about my stool (to supervisor) OS Disappointment that more people aren't interested in the proving.

05,11:00:00 is calmer and feels Ok with the urgent stuff that goes on. Night--laying in bed with my wife felt warm and cuddly, still no sexual physical desires that are strong enough to act--but somehow its OK with me. She's not too Ok with it. Feel better in being centered, manifesting . My wife and I had a vision together of walking down a country road together, relaxed, free. Have been noticing females sexually less.

08,11:XX:XX A lot of thoughts of what evil really is my negative judging or distressing thoughts are the seat of evil.

Evil gets created by our own minds. Same feeling as an evil entity doing it to us. Image looks like the devil to me. Idea of a thought that has element of judgment, that I can see the energy that has a physical appearance of the devil. I am concentrating on sending that neg thought into the light. These thoughts create or is [are] the evil entity. I am becoming very observant about small things, my thought patterns and how my thoughts are creating these things. I am aware of these thoughts much more and am releasing this energy. this is why my liver is better because I'm not letting it go to my liver, not carrying these thoughts to my liver. feeling quite grounded, I'm a physical being, I'm here, I'm not floating. I am much more accepting of Steven's energy. His struggle shows in his face when he says something, I used to immediately judge it - but this is not happening now, I'm not judging it anymore - I'm feeling neutral, detached - it his struggle.

05,12:00:00 Busy day at clinic. Still theme of intolerance. People are taking me off my path - no doing what they say. Secretary is a complainer, so I may have to leave. It's coming down to people I have to associate with need to be carefully chosen, Feeling this a lot more, and more steadfast in my energies to change it. Not so tolerant of this stuff.

08,12:XX:XX Still processing forgiveness issue. Need to move more to

neutrality. Cried when running about feeling that I'm finally forgiving S.

I came to feeling of total forgiveness. Commitment of not bringing it into my life anymore. Brings a lot of emotion - sadness [sadness] about the relationship

also gratitude or happiness that I'm finally there at forgiveness. I feel moving toward the creator [creator] with detachment, and neutrality from the center place I have access to what is Good and positive. Desire to do mental work.

04,12:XX:XX "Brain drain" - long day - wiped out.

04,13:XX:XX Wildly busy, but not overly pressured. Just getting it done.
Un- usual for me.

07,13:XX:XX Feeling kind of glum this morning. Not enthusiastic about the day. Thinking I have been having many days like this and wondering if it's me or the remedy. NS.

05,13:XX:XX Still feeling of intolerance around people--saw a busy day at the clinic. People not taking responsibility for their actions and what they say. I need to be more responsible to whom I associate with in business. If I let awful people close to me, it'll be like a virus--infected feeling, just getting tired of this stuff and unwilling to take it anymore!!!

06,13:02:XX Had insight regarding viewing a case. That the essence is always there no matter how the person presents themselves, even if they are not in their normal behavior, they are showing their

essence.

07,14:XX:XX Then haircut. FELT I LAUGHED TOO LOUD at a comment that might be taken as unfriendly or unladylike and felt bad about it. NS.

03,14:XX:XX Difficult articulation-articulation of words still not formed.
NS.

08,14:XX:XX Out of nowhere a few days ago saw high heels [heel/heelled] shoes at the shoe store and wanted to wear heels which I haven't done in 19 years.

04,14:XX:XX Talking to friend on phone- she noticed that I'm nicer. I comforted her and she commented that it was unlike me to do that.

04,15:XX:XX Feeling harassed. Very busy.

08,15:XX:XX I do not want to work. Once I start I am fine. Find pleasure in work. Being behind in accounts and things I offer people wears on me or wears me out. Right now behind with cases I offered to go over for the study groups. I feel pressured I want to get up in the mo. [morning] read inspirational Books, go for a run, eat light and delicious and be in the sun for a while.

05,15:XX:XX Last night at business meeting had to say some things that weren't very nice - but it was OK, I didn't care. I could speak my mind and set direction with person who is usually intimidating - but was able to

get him to listen. But it's not important whether he gets it or not, we are going to go ahead. Stayed focussed and friendly. No tension in neck or back (it's been very strong past two weeks - like a geiger counter - if I'm not being truthful to myself. Insight: can no longer be stored inside. My wife's family- they were super weird - distant, uncommunicative, secretive, holding. Instead of feeling angry about it I just found it odd and my wife and our kids were amused about it.

07,16:XX:XX Note: this part was crossed out: [I am not sure I am getting anything from this remedy or maybe I am too busy to notice.] POSSIBLY MORE LIKELY TO SPEAK MY MIND (but guarding against it. What may come out might be unlikeable.) Certainly, I've had to be more introspective and check things out.

05, 17:XX:XX Stressful situation at work (patients not feeling better, it's not working, etc) I still feel like an outsider in my office, rent space. Feels like the women's club, feel distanced by it. I can handle it, but I'm clearer that I don't need to--not the intolerance as before, but a feeling of needed change.

07,17:XX:XX Nervous before a meeting.

05, 18:XX:XX Talk to D about our separation--we work too much and are away from each other too much. Want more of a connection with my partner. Would feel better. We talked of sexual contact, but were too tired to do anything.

05,18:XX:XX Watch Knot's Landing special with drinking She's a mess, but somehow, I'm not intolerant. I'm OK with her habits. A shift!!

06,18:XX:XX Thinking about proving. Feeling I am wasting my time. Thinking I am not proving the remedy and I hate putting my time in when it appears purposeless. Wish I had repeated remedy the first day and taken better notes and spending more time each day. The day goes so quickly. I'd like to do this again at another time and do it right.

06,19:XX:XX Feeling relaxed and desire to be outdoors, got the garden going.

06,20:XX:XX Feeling I'm always going somewhere doing something. Want to simplify things.

04,20:XX:XX (with diarrhea and vomiting) Forlorn, emotional, I had done a piece of art work - a collage - "it hurting my brain to look at it. It made me "CRAZY" with the diarrhea -I kept imagining things coming out - worms mice. No one will help me and now wants to.

08,21:XX:XX I feel good, centered, inspired. I have to work even though I [I'd] rather read and 'go for runs' My body

feels freer and strong [stronger]

08, Sitting at the computer [as soon as I did] tension in my neck and shoulders distressed anxious, fearful. Fearful of what; why do I feel this way? fearful that I'll make a mistake and the whole thing will be messed up [my accounts] as if I do not know enough to do my own accounting, as if some very disruptive thing [is] about to happen that will take days to fix and I do not have time. Went upstairs where there is no computer, feeling is back [EMR?] [WS].

05,22:XX:XX 12:30 AM I lay down and said, OK going to trust that good things are happening: I told the universe to get my attention. I was half asleep. Then I heard a voice: "David...DAVID!" Very clear! I jumped up and said "WHAT?" Then said, "OK, if you talk to me like that I will not miss a thing." (didn't pay much attention the first time: then it got LOUD) Then fell asleep (I always read diving books and magazines before going to sleep--it put me in the right mood.

08,23:XX:XX 8:00 P.M. at the end of the day. I feel tired, body aches, not knowing if to eat, exercise or continue working: plenty of paperwork to do. FEELING: I decide to go for a walk. I get to the woods by the water sense of oneness [N.S. - ?] [A feeling I get but more often since the remedy] I feel great. A blue heron flies from the edge of the water very close to me.

04,23:XX:XX Cancelled work. Ignored phones. Very big anxiety about money

- sadness, forlorn, "no one with any sense looks after me. - Threatened my friend to resolve the money situation.

-

04,23:XX:XX on going to bed and closing my eyes - a vision of a bleeding, beaten woman standing by the road in tatters. I'm still feeling bruised.

04,24:XX:XX Still ignoring phones - empty feeling. A phone call regarding money.

04,25:XX:XX Still worry about money.

08,25:XX:XX Emotionally I continue to be much more peaceful. It is my choice to keep detached from the turmoil of the negative emotions that people put out. I am able to see what I put out and work with it until it is good.

06,28:XX:XX Noticed lack of wanting to overextend myself. Usually do overabundance of things and will be committed.

05,30:XX:XX Feel like I'm making better choices. Normally have overwhelming sense responsibility. Now seem more careful and discerning

05,33:XX:XX Boundary setting continues getting better at it.

05,42:XX:XX This trip home was different. I set good boundaries with my mother (who complained about the way my brother was raising his son) she

respected that.

06,60:XX:XX Realized missing \$3000 in checking account.

05,78:XX:XX Second day of the workshop--he attacked me verbally through his translator for asking a question. During the surprise taping (video) of which he wanted to later sell. I stood my ground quietly, did not resist and found strength in passive resistance. He backed down and I had the support of the group. He was manipulating us during the last part of the workshop. Usually I react to an attack with more vigor, but this worked well. I felt good about myself and did not make it personal (of which I'm sure I would not have held up as well).

HEAD

07,00:00:00 Fleeting feeling in L temple.

04,01:09:XX Woke with slight headache over right eye. Spasming pain in vertex. Sort of contracting - "gossamer stuff."

08,01:10:XX Waking with headache on the front and the top of the head, and congestion in the head like a hangover. AS

04,01:12:XX Hair quality felt thin, fine, and oily and unmanageable.

08,01:13:30 Headache better by [in] open air and sun. NS

05,01:25:30 Again noticing a [tightening]? in both temples.

04,02:09:XX Headache in bed on waking. (sitting) moving around. Vertex and all over.

05,03:91:00 Head - felt temples tighten.

08,04:21:00 My scalp is itchy and the skin feels raised in areas NS

08,09:19:00 Pain in the back of head. Radiating from occiput toward the top and side of head covered 2 or 3 inches, sharp nerve-like, brief strong. NS

07,10:14:30 AL still more intense. Different modalities of head pain. >light touch; <deep pressure.

08,12:00:00 The itch and raised skin had now extended to occipital area of the scalp, more pronounced on L side AS Head itching up on sides of head NS

03,14:00:XX NS Hair falling - handfuls - X 1 month.06,15:XX:XX - Heavy feeling between eyes and forehead, tired.06,16:XX:XX - headache in forehead all day- weak and tired.

08,17:XX:XX Woke up with headache severe R OS Had to wait to eat lunch and headache intensified and settled in L side. Lasted couple of hours > Pepsi. AS

04,18:09:XX Woke with slight headache.

04,20:XX:XX Frontal, as if bruised, with dry mouth.

08,46:XX:XX [?]From the eczema in my head my hair is dryer and finer
NS. I have had a headache almost every day since day 17.

06,48:XX:XX notice thinning of hair, limp, only got 2" hair ?. NS

08,60:XX:XX Woke up last night at 1 AM with a headache R sided strong.
This morning head achy > caffeinated tea. AOS.

FACE

05,00:00:00 2:30 P.M. 1st Dose - I immediately noted a tightening in my
temples, < LT. went away quickly, went away in 10 minutes.

04,01:12:XX Big dark circles under both eye.

05,03:91:00 Jaw tightened < LT.

05,06:151:00 Woke up this A.M. w/o Jaw pain on LT. This had been
bothering me. Tension in jaw was up over the past few days.

05,10:00:00 Jaw tightened up. < LT. Tried to release it but could not.

04,10:XX:XX Small crop of white head eruptions on cheeks and chin.

008,21:XX:XX Itching. Face itchy especially L side cheek and eye area. NS

08,26:XX:XX Face itching with no eruption since yesterday night severe
NS

08,47:XX:XX From 6/15 to 6/25 I had a rash on my face like a heat rash
especially all over the forehead. Itchy but not severe. NS

EYES

08,XX:XX:XX 7 AM Blurring of vision < since beginning of proving. AS

04,01:XX:XX Slight irritation

08,01:10:XX Eyes heavy and tired with headache. NS

04,02:09:XX Slight irritation

04,07:XX:XX Eyes irritated around eyes, margins of lids, and

04,08:09:XX Eyes itchy and red (margins).

NOSE

04,01:22:30 Scratchy, (inside) and sneezing.

04,01:24:00

Sneezing

08,02:10:30

Came out of shower sneezing & profuse discharge from nose, few minutes.

04,02:20:XX

Sneezes - big sneezes, shake you.

04,15:XX:XX

post nasal drip

MOUTH

06,00:00:01

Tingling (couple minutes). NS

06,00:00:05

Metallic taste (for five day) (like after dentist).

06,00:00:05

Numb tongue (for entire day). NS.

SPEECH

04,23:XX:XX

talking.

A hesitation when I start to talk - cough, as well, preventing

Teeth

07,00:20:00

6pm

Teeth pain - lower bicuspid eating strawberries. NS.

07,00:21:30

Teeth pain upper bicuspid - at E's recital. Sitting listening

to all the kids play and noticed my teeth hurt. Lasted about 10 minutes (unusual). NS.

08,13:XX:XX On waking I have 2 spots inside my mouth; 1 above the upper on the left side, the second is under the cheek at the level between my teeth. They feel like cuts as if I bit myself. The one above my lip looks like an aphthous ulcer. The other I cannot see. OS - CHILDHOOD]]

08,50:XX:XX Cold sore on tip of tongue on R. OS -CHILDHOOD

EAR

06,01:XX:XX Noise - humming or buzzing. NS.

07,30:XX:XX 5pm. Sharp intense pain behind R ear. Had to hold it to keep it from hurting. Neuralgie. At the time I was lying on couch talking to a friend of mine who has some abdominal pain. She was diagnosed with breast cancer several months ago and is worked this pain is cancer. I was trying to reassure my friend and I have this intense pain. NS.

07,16:XX:XX Ate spicy food at dinner and my L ear itched TERRIBLY. The hotter the food the more it itched. I tried to push on the tragus which normally relieves the itch but there was no relief. AS.

08,20:XX:XX Earlobe [R] is swollen itchy and red. Tried to wear earrings, but do not feel good. NS.

08,24:XX:XX Wearing earrings does not work. I thought my earlobe [R] ok but as soon as I put metal thru the pierced place my earlobes [both this time] went nuts itching, irritable, not so red, but they don't feel right. I took them off. NS.

THROAT

04,01:22:30 Scratchy throat.

04,02:20:XX Scratchy throat evanescent.

04,03:14:30 Esophageal spasm slight, while eating lunch (1st appearance of this was 3D before I took Co2) Choking sensation, difficulty swallowing food or liquid - lasted short time and then went away.

04,04:14:XX Esophageal spasm, throat closed with 1st bite of food. Sip of water.

04,18:11:00 Esophageal spasm while eating bread.

EXTERNAL THROAT

04,02:09:XX Cervical glands swollen.

04,07:XX:XX enlarged cervical nodes.

04,08:XX:XX Nodes smaller, hard.

08,56:XX:XX Silver necklace around 4 o'clock I had a rash around my neck, 1 inch wide. I never reacted to silver on my skin before. Nature of rash: bumpy, smaller bumps and irritated chaffed, not itchy.

CHEST

08,06:19:XX I rubbed my knee. While doing that, and in direct relation to the motion of rubbing I get 2 hair-thin lightening sensation[s] inside my [R] breast. [In 2 parts of it.] Do not last longer than a few seconds. I tried it again and it did it again - the lightening. NS.

08,08:XX:XX In the last week or so the smell under my armpit is very strong. I am in search for [of] the ideal deodorant...I have changed deodorant. NS.

04,09:XX:XX Mammal, itchy left nipple seemed to have been going on for a few days prior, but had been suppressing it.

08,10:22:30 Shooting or lightening pain in left breast, came and went in seconds. NS.

04,11:XX:XX Itchy left breast.

08,14:XX:XX Rash under my left arm pit. Chaffed. The whole of it feel[s] raw, not weepy, dry. Covers the whole area of armpit, reddish. NS.

08,75:XX:XX Chest pain [oppression] and shortness of breath with humidity.

For 1 hour or more the pressure feels [felt] behind the sternum. NS.

08,77:XX:XX 9 AM. Pain in my chest/heart [oppression] talking to my mother, when thinking about the pressure of work. Lasted for over an hour.

08,77:XX:XX Pain in the chest/heart at the movies. Lasted one hour.

ABDOMEN

08,01:03:XX Woke with large quantity of gas, flatus. Felt like I could pass it forever. It had a very bad smell and drove me from the room. Acid smell to the gas. Rumbling abdomen, and feeling that I need to expel more gas. NS .

04,03:15:30 Fullness, distension, aching. Bloating with pain.

04,04:15:30 Fullness, distention, nausea (bloating) aching in gut, pants felt tight from distension.

04,07:09:XX Heaviness in abdomen, slight.

06,09:22:XX Cramps sacral iliac area, pelvic border after eating, subsided /2- 1 hour after. > no motion.

04,18:09:00 Crampy feeling, abdomen sore to the touch. Crampy feeling >w / stool.

STOMACH

03,00:XX :XX Nausea in A.M. - slight. NS

07,00:09:50 7:50 - Vague nausea, very mild.

03,01:XX:XX Entire day - Desires sugar. AS

04,01:09:XX Stomach "unsettled" on waking.

03,02:XX:XX Hunger diminished. AS

04,02:09:XX Slight nausea on waking.

04,03:15:30 Nausea.

03,04:XX:XX Sugar craving less. CS.

04,04:XX:XX Eructations during diarrhea.

04,05:20:00 No appetite for dinner.

04,05:23:00 Craved plain white rice. Tummy rumbles. Distension, burping,

bloating.

04,05:14:00 Appetite increased for lunch. Diminished to none for dinner.

04,10:XX:XX Ate no dinner again, unusual.

08,12:XX:XX I got a sharp pain in my stomach [upper abdomen, it feels
right in the stomach]. Burping. NS.

04,15:30:XX Nausea.

04,20:00:XX Very Hungry.

04,20:04:XX Woke up with cramping pains in stomach.

04,20:07:XX Vomiting - stopped at 08 - 09:XX.

04,23:XX:XX Occasional stomach gurgling.

BACK

05,01:31:30 Felt sharp jabbing pain at ASIS. Lasted for approximately 10
min. No known origin. 10 P.M. - standing.

04,02:XX:XX Heaviness and aching in sacrum and coccyx.

04,03:16:00 Low back, ache extending to waist.

- 04,04:XX:XX Low back, kidney area ache, trouble walking (felt it was connected to constipation).
- 04,04:14:30 Aching pain in sacrum extending to waist.
- 04,04:20:XX Worsening ache in sacrum to waist.
- 08,04:21:00 Feel good this morning. Don't feel like eating. Weird muscle aches at base of scapula yest[erday] 7-9 P.M., muscle up/down spine pain in motion bending went away this A.M. NS.
- 04,05:02:XX Worsening ache in sacrum to waist, plus kidney area and coccyx. Pain prevented sleep.
- 04,06:10:XX Sacral dull ache.
- 04,06:19:XX Sacral ache < walking.
- 04,06:21:XX Sacral ache extending to peritoneum.
- 04,07:15:XX Sacral ached right worse than left. Dragged down, achy, tired.
- 04,09:14:XX Long drive in a Toyota, hip, hamstring, sacral pain. Old symptom of driving. OS.
- 04,13:09:XX Sacral ache.

07,17:XX:XX R sacral iliac pain - came on suddenly. I was walking to get to in car. Nervous before a meeting. Fairly severe but lessened as I did deep breaths. This pain seemed to disappear throughout the day but I noticed it again at dinner time. I was surprised it was still there. AS.

04,18:11:00 Gripping pain in upper back.

04,20:09:00 Bruised pain in kidney area, after vomiting / diarrhea <movement, <slightest motion.

04,23:XX:XX Low back ache: kidneys and below - < on waking. Sacrum.

08,34:X:XX Since 3 days ago, aware again of tingly- numb sensation at the level of the 1st, 2nd and third thoracic, between the spine and the shoulder blade more intense on concentrating the mind. NSX.

05,35:XX:XX Woke up left sided lower back pain - no known reason.

07,50:XX:XX My back and R hip started hurting after lifting and carrying these tables from the basement to the car. I shouldn't have done it. But they didn't seem too heavy at the time. It is a puzzle to me why my hip hurts. The pain persisted all day and I walked with a limp. Hurts to stand for any length of time. Leg is > sitting but then I get restless because my back hurts. NS.

EXTREMITIES

- 07,00:00:00 Fleeting wild pain left hip (and left temple). NS.
- 08,00:00:45 Woke up with sensation of pain & itch in right heel. NS.
- 08,00:06:45 My right heel was itchy and cracked.
- 07,01:20:XX Pain in arch of right foot caused me to want to rub it. Lasted seconds but then returned; poking up from bottom. NS.
- 05,02:53:00 Legs tight, difficult to loosen up in quads, hamstrings, and cracking knees.
- 08,03:12:30 Sharp stitching pain intense short. AS. Right foot between heel & arch tear in muscle. Felt it yest[erday].
- 04,03:14:XX Bilateral hamstring pain. <sitting L more than R.
- 04,03:20:XX Hamstring pain continuing < 2 PM.
- 04,04:09:XX Hamstring aching, slight less still there < on right, some on L. < siting < PM.
- 05,04:16:30 Neck, shoulder, back tight and stiff. NS.
- 04,04:20:XX Hamstring pain.

04,05:XX:XX

HAMSTRING TIGHTNESS.

04,05:01:30

Hamstring pain.

05,09:00:00

Phone contact at 11:00am - exhausted in afternoon energy slump 3:30-4:30 PM; extremities stiff - Tai Ch'I instructor said I felt like a stone tablet. He said I was feeling "less urgent" (in response to fist"; reaction time feels like moving ? Physically feeling heavier - like stone - jaw still tightening more, neck still tightening more (these are old Symptoms but now worse).

^05,10:00:00

Went to Tai Qi, continued to feel stiff in upper back and shoulders. It's referred to as "stone tablet body". Stiff and stone like, heavy, inflexible. My mind felt less anxious when I'm in a bad situation - being thrown around but still helpless, vulnerable to any attack.

05,11:00:00

Legs stiff and tight - hamstrings and quads - try to stretch out but found it difficult - even when warmed up. This is not usually the case.

05, 11:00:00

Stiffness continues today. Painful, stiff and inflexible in back, especially upper back and shoulders - heavy feeling. Jaw tight but no knots.

05,12:00:00

Still tight and painful - stiff- useless feeling. I'm beginning to not like this. Took over 1 hour to loosen up. Still feel like stone.

05, 13:XX:XX

Still feeling tight in neck, upper back; legs and jaw

bothering me - crunching. Still feeling like stone - this gives me feeling of weakness and vulnerability. Notice especially in tai ch'i - pushing hands, I get toppled over; like hinges in my arms and scapulae are not flexible- hinges are dry. I am bothered a lot by this feeling of vulnerability.

04,13:09:XX Hip ached.

04,14:01:XX Deltoid pain + weakness < raising arm. Worse on left. Arms sore and weak < left.

04,14:XX:XX Calf cramps - felt started 3-4 D ago but suppressed.

05,14:XX:XX Stiffness and pain in upper extremities has mostly gone, thank God! Feeling of relief. Relaxation - my normal body.

05,18:XX:XX Tai Ch'i - relaxed, Jing power training felt good - pain in the last two weeks was getting stuck in my shoulders but now it is OK. Did kicks in class which I was able to do very well - what a contrast to the tight legs and back I had two weeks ago. I feel strong, less vulnerable, centered focus is good.

07,22:XX:XX Fasciculation left forearm - brachioradialis were distracting. I was working on cases. This lasted on and off throughout the evening. I noticed it while watching TV. NS.

05,34:XX:XX Woke up stiff in lower back. I can't figure out what I did.

Pain is stiff, acute, at level of L-5, PSIS.

NAILS

08,06:XX:XX Biting my nails while at the computer. [I used to bite my nails as a child]. OS.

08,06:19:XX Went for a walk with my friend around 5. Pain in the medial side of knee while walking right in between the condyles of the femur/tibia.

08,10:22:00 Pain left arm, upper arm, behind or posterior aspect. Lasted a few minutes spreading in quality and 'nervy.' Needed to scratch the area to relieve it. NS.

08,14:XX:XX For about 2 weeks shooting, ripping-like pains on [in] both feet from joint [bunion] to tip of toe or side of the nail - medial but a bit to the upper side. [I didn't register it because I thought it was the high heels - out of nowhere I wanted to wear heels again, which I haven't worn since 1978] It doesn't hurt while I wear the high heels. It hurts when I stretch the feet. < on R.

08,16:XX:XX Sensation of crawling on L side. Upper level of scapula,

between scapula and shoulder blades. Last about a minute then back again
NS.

08,17:XX:XX Biting nails while reading [O.S. - CHILDHOOD] [A.S. -
USUALLY JUST CUTICLE].

EXTREMITIES cont.

ERUPTIONS

08,46:XX:XX I haven't been outside a lot, but 6 or 7 days ago I got a
cluster of bites on my right leg inner thigh right in the area it was
itching without eruption before. Today the bites are red, swollen, raised
and have a
head like a blister that is almost white. The biggest is about 3/4 inch
in diameter. NS.

[Note from Prover: This eruption continued for over a month and left bluish
discoloration for 3 months] 2 days ago a pair of scissors fell on my foot
and the handles hit the medial aspect of the top of my foot falling right
on a blood vessel and dark blood (vein) burst out. I had to hold it for
over 5 minutes to stop the bleeding. Now there is a bruise about 1 inch
in diameter and [it] hurts to touch into the arch. I have been bruising a
lot lately. NS.

08,60:XX:XX The bites on my leg continued to be red and raised and itchy.
It got a purplish color around the bites. On June 18th my lymph glands in
the groin were swollen and a bit painful, related to the bites for 1 day.

Then the lymph was > the following day and the bites started to go away with the purplish tint around the where the redness and swelling was. Now four spots remain still somewhat red, but they are dry and on their way out.

URINE

04,05:XX:XX	Urethral burning.
04,06:11:XX	Urethral burning.
04,06:22:XX	Urethral burning.
04,06:XX:XX	Frequency of urination. Scanty urine.

RECTUM

08,01:03:XX	Burning in the anus. OS.
04,02:XX:XX	Grinding and spasms in colon.
04,03:15:30	Constipated feeling with slight nausea and aching.
04,03:XX:XX	Constipated, painful.
04,04:14:30	Constipation / knotty stool.

04,05:11:XX Slight ache in anus, extending to groin.

08,07:19:XX Itchiness in the anus for brief periods in the last few days.
Sight biting sensation goes away quickly. NS.

04,08:09:XX Flatulence, constipation.

04,08:23:XX Straining @ stool with abnormal BM texture.

04,12:11:XX Unfinished feeling with stool, small stool.

04,12:XX:XX Two BM / D unusual.

08,13:XX:XX Bowel movement [s] have been difficult in the last 2 days.
Lot of straining and does not feel complete. Less amount than normal. NS.
Realized bowel movements have changed pattern from going on waking to 2-4
hours after waking.

04,18:09:00 Straining with BM.

04,20:04:00 Violent, copious diarrhea, watery and constant. Every 10-15
mins. for three hours. Forceful, diarrhea < motion.

04,24:XX:XX No bowel movement since diarrhea on Dec 20th.

08,33:XX:XX 6:30 P.M. on 6/1/97 sensation on L side of anal ring achy
sensation. Went away. 9 P.M. on 6/1/97 that sensation is back. NS.

08,34:XX:XX The irritation in the anus is back covering the area of the perineum and almost to the entrance of the vagina. Yesterday from 9 P.M. to 11 P.M. Swollen, red, itchy and intense. This morning there but it had subsided about 60%. AOS.

BLADDER

04,06:XX:XX Incontinence, accompanied by urethral burning. Incontinence on sneezing. Need to pee a lot.

04,24:XX:XX Stress incontinence with cough.

STOOL

03,01:XX:XX Metallic smell to stool. RS.

04,02:XX:XX Comes out in "not quite pellets."

04,02:04:XX Woke w / farting and violent, copious diarrhea, constant.

04,03:16:00 Hard.

04,04:14:30 Hard, knotted.

04,05:XX:XX Knotty, small.

04,07:15:XX

Stools in balls - small and hard.

MALE GENITALIA

05,01:28:15

Distended sensation right testicle at about 7 pm, faded out in an hour.

05, 12:00:00

Tried to have sexual thoughts and get aroused, but no energy, oh well - still feel OK about it.

05,18:XX:XX

Interesting; warm and cozy and cuddly thing sufficing instead of animal grasping thing! Sexual frequency decreased- but satisfied - not urgency.

FEMALE

03,03:00:XX

Sex drive increased - couldn't be satisfied + was bothered by it. AS.

03,10:XX:XX Sex drive decreased to point of none. NS.

SKIN

06,27:XX:XX thru day 46

Fungus nodule between right baby toe and adjacent toe, painful protrusion. NS.

06,48:XX:XX thru day 68 Itching burning skin in upper chest, sternum. NS.

07,XX:XX:XX Discoloration (white, secondary to fungus) cleared on R great toe and appeared on L great toe. Became aware of this at end of proving.

RESPIRATION

04,03:10:15 Yawning.

04,12:19:XX Yawning very big yawns.

04,11:XX:XX Cough slight with talking, OS returning.

04,13:XX:XX Cough back < AM, OS returning.

COUGH

04,01:XX:XX Slight steady cough.

04,15:XX:XX Slight cough, painless, and productive.

04,16:XX:XX Constant slight cough.

04,17:XX:XX Slight cough.

04,18:XX:XX Slight cough that is constant clearing of throat, 3-4 times per day. Cough on talking.

04,23:XX:XX Cough not better. < on speaking. Cough preventing speech, very pronounced.

04,24:XX:XX Cough terrible, like a speech impediment.

GENERALITIES

03,00:XX:XX Chilly.

04,00:07:XX HEAT FLUSH RISING.

04,00:24:XX Heat flush rising.

08,01:03:XX Felt chilled in the night after passing large amounts of flatus. NS.

04,01:07:XX Heat flushes.

04,01:09:XX Heat flushes.

04,01:19:XX Very tired and weary after physical exertion.

08,01:19:XX Unusually tired 5-7 P.M. NS.

03,02:XX:XX Chilly. AS.

08,02:XX:XX Had craving for eggs this morning (hard boiled). Had fried egg tonight.

04,02:XX:XX Tired after exertion > from activity but < exertion.

04,02:11:15 Heat flush.

04,02:22:XX Heat flush, energy getting >.

04,02:20:XX FOOD: desire for white rice (plain).

04,02:14:XX Tiredness.

04,03:14:XX Achiness.

03,04:XX:XX AS. Desire for sunlight. AS.03,04:XX:XX AS. Desire to be outside.

03,04:XX:XX Averse to being closed in - irritable from being inside (at a conference) (if conference outside there would have been no irritability or restlessness. AS.

06,05:02:XX Desires protein, desires eggs - hardboiled.

08,05:19:30 I am exhausted - 6 P.M. Going to bed now. NS.

07,07:XX:XX Drank beer as cooking.

04,07:XX:XX "Wiped out" exhausted. Tiredness, wanted to nap. Dragged down, achy, tired.

05,10:00:00 Felt exhausted in the afternoon 3:30-4:30 - couldn't get myself focused - Tried to read - impossible.

08,10:XX:XX Craving sweets.

06,11:04:XX After lunch took a walk and returned to conference room, felt hungry and shaky. Sat down ate a little cranberry bread - buzzing in ears, heat two people beside me were also hot though), feel a little spacey, vision blurry Increased libido.

07,14:XX:XX Chilly in am (just this day).

06,15:XX:XX Noted had gained 5 pounds since started the proving.

04,20:XX:XX Chills, sweat alt. with heat, with diarrhea.

04,23:XX:XX Feel shaky and dehydrated, bruised and sore.

08,34:XX:XX My whole body is itchy without eruptions chest, back, inner thighs esp. R, buttocks esp. R.

VERTIGO

07,00:09:00 Momentary dizziness in shower, eyes closed. Turning head to

left, and again when leaning over. NS.

08,69:XX:XX 8 P.M. I was teaching the study group and suddenly I felt dizzy - I did not get bothered and continue to teach and the dizziness persisted and got worse to a point that I asked myself, "Will I pass out?" It went on for a minute or 2 but it felt long[er] and pushing the edge, as if I would pass out.

08,70:XX:XX Dizzy on and off very lightly during the day and evening.

SLEEP

03,01:XX:XX Sleeping a lot, all day. AS..

08,01:10:XX Needing to sleep longer than usual, waking later than usual.
Sleep deeper than usual.

04,02:14:XX to 16:XX:XX Nap, heavy sleep - unusual for me.

03,03:XX:XX AS Sleeping a lot, afternoon. NS.

04,03:10:XX Woke late, hard to wake up and get going, staggering around house, slow bemused. Stayed in bed , back to sleep, still yawning.

04,04:XX:XX Woke late.

04,07:09:XX Determined to sleep on left side, Woke on left side, unusual

for me.

07,09:XX:XX Sleepy 10 am.

04,14:05:XX Woke early , couldn't go back to sleep, very unusual.

06, 20:18:XX Woke 4AM, thinking about father-in-law who has trouble with back and right leg. Then started thinking about how husband and I should prepare for our financial future.

06,21:04:XX Took half hour nap at 2:30 PM with son.

04,22:XX:XX Sleepless night.

04,24:XX:XX Sleepless 4:30AM. "Wide awake" nervous system.

06,24:04:XX Took half hour nap in afternoon with son.

06, 28:XX:XX Have not slept well last two nights. Woke feeling wiry, unrefreshed.