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Homeopathic Proving of LAC CAMELI DROMEDARI: CAMEL'S MILK

Conducted by Nadia Bakir ND FCAH DHANP CCH HMC
Master Prover

August 1998 at
THE CANADIAN COLLEGE OF NATUROPATHIC MEDICINE

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Kingdom: Animalia
Phylum: Chordata
Subphylum: Vertebrata
Class: Mammalia
Order: Artiodactyla
Family: Camelidae
Genus: Camelus
Species: Camelus dromedaries

Camelus is Latin for camel
Dromeus is Greek for runner
Camelus dromedaries = running camel

NATURAL HISTORY:

Dromedary is known as the one humped camel. They actually have 2 humps but only the rear one is well developed. The hump acts as food storage for fat, which is bound together by fibrous tissue. The hump becomes smaller and bends to one side during periods of starvation. True wild dromedaries have been extinct since ~ 2000 years. They are semi-domesticated. Freely ranging but under the control of a herdsman (or so we like to think). On our last trip to Egypt we had the pleasure of riding camels in the Sahara desert and the Sinai. It became obvious to us that camels have little respect for their herdsman/owner. They are very temperamental and constantly defy their owner's commands. We observed repeatedly how camels show little to no response to the yelling, rebuking and disciplining attempts of their Bedouin owner. At times we felt we were riding at our own risk. The average life span for camels is 40 years. Unfortunately the age of the camel used to produce milk for this remedy was not known. Dromedary prefer desert environment and are sensitive to cold and humidity. They do not adjust to new climates.

CAMEL'S MILK PREPARATION

The milk was collected from a semi-domesticated female camel at a camel's market in Cairo. It was immediately frozen for preservation. It was then transported to Canada in a frozen baby's milk bottle. Then to Hahnemann's Labs Pharmacy, San Rafael, CA where Michael Quinn defrosted the milk and potentized it. Potencies used 12C and 30C.

METHOD OF PROVING

The proving protocol used is outlined in "The Dynamics and Methodology of Homeopathic Proving" by Jeremy's Sherr. The potencies used ranged from 12C and 30C.

The provers and supervisors were provided with diaries and journals for data collection. Each prover was assigned to a supervisor. All the provers recorded their baseline symptoms 2 weeks prior to the proving. 9 provers completed the proving. They consisted of 7 females and 2 males ranging from age 26 to 40. Each prover received a maximum of 9 doses over three days, and they were instructed to stop sooner if any symptoms developed. Contact with Supervisors was a daily basis for the first week and then several times a week for the following 3 weeks. One prover needed to be monitored further for a few months following the experiment.

Proving Overview

ANOREXIA

Lots of problems with body image/distortion

Versus: not shy about body. Confident, carries herself strong

Touchy person-no physical barrier

Many provers felt like **teenagers.**

Irritability/relaxed feeling

One prover had a **temper tantrum** on the kitchen floor kicking their feet

Serious

Peevish

Absent minded/forgetfulness

Missing appointments-lateness without caring

DEFYING AND DISRESPECT FOR AUTHORITY

ARGUMENTATIVE

One prover stood up to a judge at a court defending speeding ticket

Freeze frame/zoning out

Busy

Hard to get together

PROBLEM FOCUSING/CONCENTRATION

Idea of magic

Milky taste in the mouth; yogurty feeling

Increased energy as if on steroids/versus very tired

Breast pain; imagines breast cancer with axillary pain

HOT FEET/HEAT IN GENERAL

Loose bowels/constipation

Right temple headache

Dry scalp and dandruff

Dreams: Lots:

-HIGHSCHOOL

-friends, boyfriends from past-e.g.: boy friend cheating on her

-strange men/satanic men

-body image

-guns/hunting

-teeth falling

-x-girlfriend said hair is in a mess

-revenge on x-boyfriend and feeling good about it

-Egypt

-camels

-taking care of a baby

MIND

BODY IMAGE (DISTORTION/lots of problems) V.S not shy about Body, confident, strong

(DAY 2, P6) dream: early this morning: watching an outdoor play of a football game, which I thought was rather stupid because the actors weren't very good football players so it ended up being a bad game and a bad play; the scene looked like St. George circle at U of T, a high school girlfriend appeared in it, she called me away from the play/game to tell me that my hair looked bad and I should do something about it; a current classmate was in the dream also, I think we smoked at his place after leaving the game early, he agreed that my hair was a mess; I didn't seem to care that my hair was a mess

(Day11, p4) aversion to food "it feels like I haven't eaten in too long", MIND:

anorexia: "the one thing I never wanted to have", feels as if she wasn't so rational, she would not eat at all, thinks of being thin, "I spend so much of my energy fighting that energy" (of wanting thinness)

(DAY1, P4) AVERSIONS: fat lady on bus

(Day11, p4) "I spend so much of my energy fighting that energy" (of wanting thinness)

(Day12, p4) thoughts of high school: "not my high school" but: shopping, whispering with girlfriends, worrying about how one looks all the time, partying, not giving a shit, selfish: no concept of other people

(Day12, p4) wants to go shopping (2): wants nice clothing, wants to look good

(Day12, p4) wants to protect supervisor from her "thin fantasy" b/c supervisor is susceptible

(Day9, p4) wants to be sexy for next weekend (gay pride parade, etc) "sexy" is back on priority list wants to wear a short skirt with belly exposed, small shirt going shopping for self on Wednesday (rare!!)

(Day8-p2) Tired but feeling strong emotionally, mentally and spiritually.

(DAY4, P5) more confident and more energetic; "as if I had an adrenaline rush "

(DAY2, P4) dream that she wore dress that she has on today because she was going on television. is not having anxious / rushed feeling in sleep

ANOREXIA V.S OVEREATING, CRAVINGS,

(DAY3, P1) - she felt good on waking, her overall energy is slightly better, she has taken time to eat a little more than previous days.

(DAY7, P6) Stomach not feeling well this eve, but ate rich and excessive today

(DAY3, P8) ate a lot more this day

(DAY3, P8) energy is < after eating (lunch) especially in evening after dinner

(DAY1, P4) more hungry (possibly)

(DAY1, P4) EATING: eructations more often than before thinks may be lying to self about not burping (!)

(DAY3, P4) eating lots of fruit: oranges and apples

(DAY3, P4) eating so to pacing self for hypoglycemia

(DAY6, P4) APPETITE: tending towards spicy foods, HAS NOT EATEN

CHOCOLATE SINCE TUESDAY (4)

(DAY6, P4) cravings for sugar have greatly decreased (3) has only had raspberry sherbet since proving began

(DAY7, P4) APPETITE: forgetting about food (1) getting hungry later: not eating as much on schedule

(DAY6, P4) hypoglycemia: less sugar = less hypoglycemia

(DAY6, P4) was just eating dinner at 7:52 pm. very unusual!!

Not planning day around food not taking as much pleasure in food (2): not as exciting as usual feels neutral about food / eating hopes this does not last because she likes the pleasure of food!

(DAY7, P4) went over to her friends, craving chocolate, she brought in a big bin of cookies and only ate one!!! Normally she would binge in a situation like this she has wanted to stop eating chocolate, so she feels good about this

(Day8, p4) APPETITE: feels "hollow in tummy" after eating, doesn't want to eat more, but has "all gone feeling" food is "not exciting" "i have lost my food pleasure":0/10

craving for chocolate: did not eat any today, and it was available

(Day9, p4) HUNGER: ate at 12, hungry at 5:30. not ravenous

(Day810 p4) CRAVINGS: sour dairy: ate tons of sour cream at lunch, and feta (DAY6, P4) feels she is getting full easier now cheese (1)

(Day10, p4) APPETITE: "food has gone out of my consciousness" hollow feeling after eating still strong

(Day10, p4) did not want to eat: lost appetite drank alcohol instead: got drunk on 1 _ drinks

(Day12, p4) eating a lot again: strong, most hungry in am

(Day10, p4): "i cant take care of myself" wanted to smoke marijuana, but felt she couldn't handle being high it feels like "yesterday i was a teenager" a theme of irresponsibility: did not want to eat "oh, i will get thin" felt like a teenage girl because she wanted to not eat to be thin drinking: normally does not drink, also drank beer at her potluck shopping at Eaton's: has not been there since high school the exchange with her mother felt high-school-like "not necessarily me in high school, but a girl" obsessed with clothing: meeting Danielle, and has to go shopping aversion to food (2): forced herself to

at toast in the morning liked her lunch at work b/c she made it. "Didn't occur to me to eat morning: before and after breakfast: nausea "morning sickness"

(DAY2, P4) CRAVING: yogurt / milk yesterday (unusual)

(DAY6, P4) feels she is getting full easier now

Touchy person-no physical barrier

(DAY4, P5) patience - usually very patient but lately been getting impatient more easily; "could be flipping away "

(DAY6, P4) has been easily insulted in past few days (2) ie) was insulted when others did not eat the lunch she brought for everyone, and when people did not answer her questions not angry, more HURT feelings

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Many Provers felt like TEENAGER

(Day12, p4) thoughts of high school: "not my high school self, I was very political": shopping, whispering with girlfriends, worrying about how one looks all the time, partying, not giving a shit, selfish: no concept of other's people

(Day10, p4): "I cant take care of myself" wanted to smoke marijuana, but felt she couldn't handle being high it feels like "yesterday I was a teenager" a theme of irresponsibility: did not want to eat "oh, I will get thin" felt like a teenage girl because she wanted to not eat to be thin drinking: normally does not drink

Cured symptoms: In mid august the prover had to go to the hospital with a severe rectal pain that was an aggravation of the earlier menstrual symptoms. She had commented, "i am 17 today!!" Something in the remedy certainly let her return to old states that had not been fully explored, as in the irresponsible teenager, and the non-attentive girlfriend. She is beginning a relationship with a long time male friend of hers, whom I also know from my childhood as a wonderful and very special man... so, she will be adventuring into new territory there as well. The remedy in her own word has 'decreased her anxiety'. She is living by herself, last I heard, staying at someone's house for a few months while they travel. She chose not to live with another female friend after all... I really respected the power of the remedy to support her making choices that she had been holding but not acting upon: breaking up with her girlfriend being one of the stronger ones, as well as decreasing the amount of chocolate and sugar she consumed, and spending more time alone. I think the face of anorexia in the remedy was also a powerful one, as it brought out one of her fears of being anorexic and excessively body conscious, which seemed as though it had not been voiced before.

Anxiety

(DAY7, P4) ANXIETY / WORRY: small stress attacks when realized what she has forgotten is not keeping her awake

(DAY2, P4) spending lots of energy trying to figure out what remedy is feels remedy is curative to her anxiety” “so relaxed” (3) is organizing major party for friends wedding: not stressed about it

(DAY3, P4) “This is my ideal homeopathic”, “less on my mind... calmed internal dialogue” ANXIETY: “so reduced”, 4/10 biggest change without situational change PATIENCE: INCREASED (3)

(Day8, p4) gripped with fear of driving (highly unusual) on drive home low intensity fear, anxious drive home, FEAR OF PEOPLE BRAKING IN FRONT OF HER, not a fear of speed

(Day14, p4) SENSITIVITY: to meanness (3): easily cries, reprimand # 1: feels a sense of panic just saying it

IRRITABILITY/relaxed feeling/ Peevish/ANGRY

One prover had a temper tantrum on the kitchen floor kicking their feet

(Day6-p2) PM: Ringing in left ear, a higher pitch sound. I am angry at this time.

(DAY4, P5) patience - usually very patient but lately been getting impatient more easily; "could be flipping away "

(DAY6, P5) since the initial dose he has been on the defensive from a family member residing in the same household which he previously had no negative feeling towards any un-provoking interactions with this family member caused him extreme anger

(DAY4, P5) patience - usually very patient but lately been getting impatient more easily; "could be flipping away "

(DAY 2, P6) mood has been generally short and angry today, partly because a slow day at work, partly because of daughters health, even though she is becoming better.

(DAY5, P6) my disposition has been quite positive lately, and I feel less moody than I did one week ago

(DAY12-P2) feeling, crying- sad- a release of stress since it is the first time I have cried since leaving the stress of school.

(DAY16-P2) much more calmer

(DAY7, P4) PATIENCE: “not tons better” feelings of impatience for different reasons before: felt impatient because wanted everything done now: feeling impatient because wants to be on her own (2), wants to “chill by herself”

(DAY3, P4) less easy to anger: not as “pissed off” (1)

(DAY3, P4) “this is my ideal homeopathic”, PATIENCE: INCREASED (3)

(DAY7, P4) ANGER: has not come up

DEFYING AND DISRESPECT FOR AUTHORITY, ARGUMENTATIVE

One prover stood up to a judge at a court defending speeding ticket

(DAY3,P5)7:30pm- experiencing a sense of impatience with everything not with any specific thing it’s just a burning feeling that I’m getting

(DAY3,P5) I haven’t got into any disagreements or arguments with anyone since I’ve started taking the remedy

(DAY5,P5) I notice a general disregard for authority i.e.: disrespect in traffic court
(DAY5,P5) S.R.P.- Ever since I've been taking the remedy I haven't had one argument with my brother. I mean we haven't disagreed on ANYTHING. But, I have been on the defensive mode with my mom, even though she is doing nothing to get me mad. This is very odd, since I never fight (argue) with my mom, and usually have one argument with my brother. WEIRD!!!

(DAY5,P5) S.R.P.- once I start a project I get annoyed if someone tells me to do something else.

(DAY5,P5) patience level is low acceptance of authority figures is low to moderate

(Day10, p4) DREAMS: three other provers all smoked marijuana and they said it was totally fine

(DAY7, P4) writing in her diary about feeling UNRELIABLE unreliability is the worst thing in her family

it feels good to her that she has been more unreliable usually her brother is the unreliable one

“it would feel good to trade places with him”

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brother is the unreliable one “it would feel good to trade places with him”

(DAY3, P4) less easy to anger: not as “pissed off” (1)

Serious

(DAY8, P6) I may be more serious than usual, and this may partly due to our daughter's whooping cough – it has kept us up at night & has caused us both some worry & concern, it has also made me rethink where I stand on the vaccination issue & I'm not sure what the outcome of that is yet

(DAY7, P4) EMOTIONS: feels “flatter” than usual (1) not giving out as much as normally does

PROBLEM FOCUSING/CONCENTRATION, Freeze frame/zoning out

ABSENT MINDED/forgetfulness

(DAY 2, P6) continued concern over daughter's cough is generating feelings of peevishness & anxiety; losing focus/concentration for brief periods during the day,

(DAY7, P6) felt myself to be especially contemplative today with some “zoning out” for short periods

(Day 4, P1) Dreamt again last night but couldn't remember what about.

(DAY3, P5) had a dream something to do with school but cannot remember details, the more I try to remember the quicker and went away

(DAY3, P8) – difficult time concentrating/studying

Ate lots, slept lots (slept 2-4 pm – had a dream)

(DAY6, P5) still difficulty remembering dreams

(DAY10, P6) today I noticed that I feel I am loosing my train of thought – like going into a room and forgetting why I've gone there – more frequently than usual

(DAY2, P8) 3 things in the dream that he could differentiate between (he forgot what they were!!)

(DAY3, P4) FORGOT TO TAKE LAST DOSE LAST NIGHT. TOOK IT TODAY

(Day10, p4) aversion to exercise remains: not as strong as before, forced self to do yoga, still feeling lazier: working less hours at work.

(Day12, p4) doing ND research on the Internet, “surfing” rather than doing her work she comments that she is doing work for herself

(DAY7, P4) I had to cut the conversation off here because i needed to get off the phone. She was supposed to call back so we could check in again, but she never did....

(DAY3, P4) not planning future events: stopped (3)

(DAY7, P4) MIND: forgetful (so unusual) did not remember to call last night, left all of the lights on in her parents house (unusual), forgot to put money in the meter on queen street, absent minded

Hard to get together, want to be alone

Missing appointments-lateness without caring

POSTPONING Responsibility, LAZY,

(DAY3,P5)better mood than normal, still no motivation to do anything planned, I know that I should start studying for the NPLEX but motivation is not there

(Day3, P5) it's as if I don't seem to be concerned by what others will think, commitments don't matter to me right now

(DAY5,P5)Procrastination mode is slowly dissipating; I am actually getting determined to do things. i.e.: screen door is busted and I am determined to fix it.

(DAY4, P5) constantly putting off plans “I know I have to do something but I just don't do it”

(DAY4, P5) has a " don't care attitude "but I don't feel it's a procrastination "it's more of a commitment think ", he keeps telling himself to do it but he doesn't do it

(Day4, P8) procrastinated from studying (> with communication) (DAY5, P5) seems to have less “procrastination” today, getting more things don throughout the day than yesterday, still not yet willing to take too much on

(DAY9, P5) desire to begin studying which had previously not been present

(Day9, p4) cannot fathom studying for exams not thinking about future, so not as stressed

(Day8, p4) spending a lot of time in her parent's basement, this is her second time going there: wants to be there alone.

(DAY7, P4) PATIENCE: “not tons better” feelings of impatience for different reasons before: felt impatient because wanted everything done now: feeling impatient because

wants to be on her own (2)

wants to “chill by herself”

(Day8, p4) “crazy shit has happened”: sleeping over at friend's house (alone), forgot to take out contact lenses last night before going to sleep (3) first time that she has forgotten since she was 16 year old and drunk, has been getting a lot done: but is forgetting routine basic things

(DAY7, P4) AVERSIONS: to exercise (1)

(DAY7, P4) feeling physically lazy skipped yoga class and teaching yoga class at work

(DAY7, P4) taking bus instead of walking

(DAY7, P4) feeling indecisive: i.e.) taking a long time to buy presents in stores

(DAY7, P4) lay in bed thinking about needed privacy (1) wants to be alone: "hiding in parents basement"

(DAY7, P4) feels abnormal to prefer solitude to company

(DAY5, P4) SUPPOSED TO MEET the prover AT ROSEDALE SUBWAY STATION AT 9 AM SHE CALLED AT 8 AM TO SAY SHE WAS LEAVING AND COULD WE MEET EARLIER. I ARRIVED TO THE STATION AT 8:45 AND BY 9: 10 JEN HAD NOT YET ARRIVED. I CHECKED MY MESSAGES, AND AT AROUND 9:10 SHE CALLED AND LEFT ME A MESSAGE SAYING SHE WAS AT SHERBOURNE STATION: THOUGHT IT WAS ROSEDALE STATION. SHE SAID SHE WOULD WAIT UNTIL 9:45. I WENT Straight TO THE OTHER STATION, BUT SHE WAS NOT THERE ANYMORE. SHE CALLED ME AT 10:30 AT WORK. I TRIED TO CALL AT LUNCH, NO ANSWER. NEVER DID TALK TO HER THAT DAY...

Busy

(DAY3, P8) – self reflecting thoughts – Why am I so quiet?, felt slightly down (depressed), this was one day that he had no plans with any friends etc.

Idea of magic

(DAY2, P4) moon: magic realm" necklace, wearing dress, no makeup

DREAMS

Dreams: Lots:

(Day 2, P1) -had more dreams than usual and different themes than usual:

Good dreams

(Day 2, P1) -had more dreams than usual and different themes than usual: "Good dreams",

Dreams about X-PARTNER

Friends, boyfriends from past- e.g.: boy friend cheating on her

X-girlfriend said hair is in a mess

Revenge on x-boyfriend and feeling good about it, HIGH SCHOOL

(DAY11, P8) in class at CCM, D--- was a rep of some sort & P--- was at the front of the class suggesting that one of D---'s proposals was not appropriate. D--- was suggesting that for the PCD exam we leave a specula in the patient's nose so that we don't waste time during the exam.

DAY7, P8) other than his break-up with girlfriend he feels positive

(DAY2, P1) X-boyfriends that have upset her in the past and hurt her where in the dreams and "I was getting them back for hurting me", essence was that of revenge. She feels good when she wakes up

(DAY12, P8) prover & a female friend were in it, but he can't remember more than that – other than this was a girl he had considered dating & now she is engaged.

(DAY9, P8) I was at a Mosque – he remembers being outside with his ex-girlfriend (he was fully clothed at this point). He had assumed he could get a ride home with her. He then entered the Mosque & he noticed his clothes were scattered around the entrance way (at this point he is hardly wearing any clothing (perhaps just his underwear). (NB: at the Mosque there are 2 times that people attend – ie. 3am & evening). I was scrambling to retrieve his clothing before people showed up to start Morning Prayer.

(DAY5, P8) he was at his recently ex-girlfriend's house being intimate & she asked him to kiss or massage her shoulder & he went down to her arm & she said “go back to my shoulder”.

(DAY5, P8) Graham was at Western University with a female friend; they bumped into a friend of the girl he was with who knew Graham, but Graham didn't know her. This girl implied that she liked Graham.

(DAY4, P8) – in morning before waking up: Graham was at a gathering & a 4th yr student was there. He noticed 2 other people that he recognized – friend named s---. She was wearing a light blue outfit & he spilled something on her. Jokingly she was bothering him about it. Apparently it was some kind of blush that Graham had put on his face. She asked why do you put blush on your face? Graham responded, “to give myself color.”

(DAY3, P8) Graham & classmates were at CCM, but the classroom looked unfamiliar. Some kind of social function was going on. He thought it was near the end of the school year b/c someone was writing a joke on the blackboard saying that a classmate of theirs (who was working full time) had just recently started reading the course material. In the dream, Graham felt like telling him that a lot of students have other commitments such as family & work. In the same room on a bulletin board the names of 2 previous 4th yr students were listed stating that one of these people were requested to go to Russia & work with a famous Dr. (whose picture was also posted).

(DAY3, P8) dream from his afternoon nap 2-4pm (couldn't concentrate this day), with his girlfriend at her house, but the house didn't look familiar. He was playing music CDs – he erased a song from the CD. He felt like he shouldn't have erased it so he wanted to record it again from one of her CDs (she had the same one)

(DAY1, P8) an ex-girlfriend was sleeping over & at that time there were guests over at his house (grandfather's sister & some other young kids - 3-5 yrs old). At one point in this dream (may be a separate dream) Graham was outside in their backyard garden & he noticed a plant that was growing really well (tall). The head of the plant was resting on top a CD stand that Graham & his girlfriend had purchased.

(DAY6, P4) her friend is leaving her 3rd relationship, she is supposed to potentially live with this woman next year this is triggered relationship history with old boyfriends

Strange men/satanic men

(Day12, p4): “psycho dream” this am, disturbing nightmare: was with “psychos in ritual abuse, plotting to abuse children and her in a deserted camp, very satanic and “witchy”: many candles one man was completely bonkers: sick”, i woke trying to convince him to put off plan”, she was going to contact police, then woke up

Body image, guns/hunting, teeth falling, Egypt, camels, taking care of a baby, sports

(DAY1-P5). a W. W. F. wrestling theme but probably

(DAY3, P5) had a dream something to do with school but cannot remember details, it was back in high school, the faces were familiar but couldn't define exactly who they were, the more I try to remember the quicker and went away

(DAY 2, P6) dream early this morning: watching an outdoor play of a football game, which I thought was rather stupid because the actors weren't very good football players so it ended up being a bad game and a bad play; the scene looked like St. George circle at U of T (my alma mater, except I went to Mississauga campus); a highschool girlfriend appeared in it, she called me away from the play/game to tell me that my hair looked bad and I should do something about it; a current classmate was in the dream also, I think we smoked at his place after leaving the game early, he agreed that my hair was a mess; I didn't seem to care that my hair was a mess

(DAY3, P6) another dream about sports this morning, this time it was basketball flashbacks (i.e. old film of pro basketball), I don't really like basketball & have never played it.

Dreams others

(DAY9, P8) The Elements store took over CCNM's present location. They were having a promotional day. I went behind the counter & saw a bag of literature & to my astonishment noticed that my presentation of Naturopathic Medicine was in the bag. (NB: in real life gave a presentation to students in his religious community at a Mosque a couple weeks ago). The owner of Elements saw me behind the counter going through this bag & came over to speak with him. I noticed discomfort b/t them – perhaps b/c he shouldn't have been behind the counter. The owner & I critiqued the presentation.

VERTIGO

(DAY12, P8) – 11:15 pm head felt foggy after sitting down in his car & getting up suddenly

(Day 4, P8) did work out ie. ST crunches, light weights – directly after getting up, after doing crunches he felt dizzy

(DAY 4, P8)AM – after getting out of bed he felt light headed/dizzy

(DAY3,4, P8) upon waking head felt dizzy & visual field was darkened

Right temple headache

(Day11-p2) Had forehead pressure

(DAY12-P2) Head pressure over eyes and forehead.

(DAY1, P6) mild RHS headache at temple about 7pm

(DAY9, P5) pains -dull pain above right eye and temple area

(DAY 2, P6) headache started 6pm on RHS at temple, first very mild but now (12:30am, June 17), pain is sharp & < RHS temple extending to RHS of R eye;

(DAY4, P6) another dull RHS headache this evening at 6:30pm, around temple & radiating somewhat into eye socket, it is very mild & dull, lasted 2 hours

(DAY5, P6) LHS headache at temple much like those previously described but sharper & on opposite side, lasted 6pm – 9pm

(DAY3, P8) diffuse H.A –mostly posterior – after 1 _ hrs of sun exposure

(DAY4, P8) same diffuse H.A, but more superior – after riding bike

-both H.A < heat & noise

(DAY5, P8) -mild anterior central H.A for approx. 1hr from 9-10am

(DAY6, P8) - H.A, generalized to whole head especially anterior central, bothersome

(persistent) – started approx. 1:30pm – 10 pm

< During & after sun exposure (may have triggered it)

< light, noise & heat

(P8) At times with this H.A he felt like he might vomit.

(DAY6, P8) H.A in the occipital area, - as it progressed, his head felt like it was being filled with fluid - the H.A progressed anteriorly to the central area (> with fresh air

NOSE and Sinus

Sneezing

(DAY1,P5)sphenoid sinuses feel slightly congested, as if starting to “clog up”

(DAY2,P5)right nostril blocked

(DAY2,P5)can't sleep since difficult to breathe S.O.B.

(DAY3, P8) sneezing fit – 2 fits of 2-3 sneezes each time (although he has some allergies ie. pollen, he doesn't recall this to be a regular pattern)

(Day4-p2)Throat still sore, nothing moving

(DAY18-P2) mucous feels tight,

(DAY12-P2) bending head gives mucous - trickling out of nose.

(DAY1, P3), sneezing spasm when I got up, runny nose, and also watery eyes. This continued for about 3 hours

(DAY7, P4) EYES: very puffy (2) (no precedent or obvious cause)looks like allergic reaction (but nothing changed)puffy below lower lids (1) red conjunctiva rubbing eyes alot: itchy sclera both eyes affected equally

THROAT

(Day 3-P2)Throat sore- hard to swallow

EYE

Soreness, burning

(DAY1,P5)feeling of slight soreness “under” left eye, more towards the outer canthus

(DAY1,P5)left eye watering

(DAY1,P5)slight heaviness behind left eye and on left side of face from the temple to the cheek; feels like something is weighing it down (like lead)

(DAY2,P5)slight soreness of left eyeball

(DAY2, P8) his sight perception appeared paler (hazy, white) for 1-2 minutes

(DAY3,4, P8) upon waking head felt dizzy & visual field was darkened

(DAY8,P5)dull pain over left eye and left temple

(DAY8,P5) can see blood vessels in eyes when looking in mirror

(DAY7, P4) EYES: very puffy (2) (no precedent or obvious cause) looks like allergic reaction (but nothing changed) puffy below lower lids (1) red conjunctiva rubbing eyes a lot: itchy sclera both eyes affected equally

(DAY2, P4) burning last night (1) 10 pm, couple hours after last dose. (contacts??)

EAR

Ringling

(Day6-p2) PM: Ringing in left ear, a higher pitch sound. I am angry at this time.

(Day13-p2)Left ear starting to hurt,

MOUTH

Milky taste in the mouth; yogurty feeling

(DAY1-P5). after each dose of three pellets he had a taste " like drinking too much milk "- a yogurt taste

(DAY2, P5) still maintaining the pasty taste in mouth

(DAY1,P5) pasty yogurt/milk after taste in mouth

(DAY1,P5) tongue:-has a pasty white coating on top

(DAY8,P5) tongue has white tongue fur

TEETH

(DAY1,P5)teeth feel sensitive ie: gums are sore when pressing teeth together

(Day15-p2) Teeth felt/ feel like they are detached: sore and achy.

CHEST

BREAST PAIN, imagines breast cancer with axillary pain

(DAY5,P5)soreness on left side of chest occurred in the morning; 9:00am- 10:30am, in 4th-5th intercostal space

(DAY1,P5)pain in 5th-6th intercostal space (left side) more towards the midline of body

(DAY1,P5)slight stabbing pain (very brief) under left pectoralis muscle (DAY3,P5)-tenderness in the 4th-5th intercostal space on the left side

(DAY3,P5)I notice a burning/tender sensation on left pectoral region, medial to nipple, feels like “heat burn”, < with pressure

(DAY3, P5) chest pain on the 4th to 5th intercostal space after taking the remedy; which lasted about 1 minute and returned each time taking the remedy

(DAY3, P5) pain on the left pectoralis muscle on the medial side of the left nipple was a burning heart pain sensation

(DAY6, P5) pain in side of chest, around the 4th to 5th intercostal space, only occurs in the morning on first movement, fades after about 1.5 hours and seems to occur around 9 AM

(DAY2, P4)BREASTFEEDING: (2) keeps coming into her Mind

(DAY3, P4) thinks breastfeeding thoughts could be granules of lactose of remedy

(DAY6, P4) BREASTS: seem bigger: non-tender (1) at least one week away from menses (will be at new moon) water retention?

(Day10, p4) BREASTS: still feel larger, not tender anymore

(Day12, p4) BREAST: 3 cherry angiomas showed up on chest, new flat skin tab on L breast (2) (J. has many moles on her torso), noticeable area of induration (3)

(Day16, p4) since this proving started having strong breastfeeding images and thoughts.

(DAY2, P4) breasts have been more tender than usual

ABDOMEN/STOMACH

Increased thirst

(DAY1,P5)abdomen feeling “light”- sort of like “butterflies in my stomach” but not as strong

(Day12-p2) very thirsty,

(DAY3, P8) 11-12noon played tennis drank more ie. 4-5 glasses of water

(DAY1, P8) – increased thirst i.e. 4 full cups throughout the day – he feels it’s due to his increased physical activity:

(DAY2, P8) – had sweet craving early afternoon (moderate)

(DAY1,3,4, P8) Stool: noticed blood on bathroom tissue (very tiny drop). He didn’t notice it in bowl or in/on stool, only on the paper.

(DAY1,2, P8) – felt gas in central umbilical area

(DAY2, P8) – felt slightly constipated – he had not had much to drink on Wed. 07-01 all day at the Beach

(DAY1, P8) early afternoon had sweet craving – satisfied it with 2 oatmeal cookies & a chocolate bar, ate the same cake that he ate at beginning of proving, but this time it did not effect him i.e. no gas, no bloating \ probably were symptoms of the remedy

(DAY11, P8) gas in ST never felt it before – disappeared within 20 minutes. For breakfast ate cake, ginseng tea, 2 whole-wheat toast & jam & supplements.

Early afternoon 12-1pm studying – cramp in ileus psoas R-side – massaged helped then disappeared.

(DAY2, P8) 2-3 pm ate lunch & muffin (possibly had milk in it that caused gas & bloated feeling in intestines)

(DAY14, P8) 5:30-8:30pm mild ache around the umbilical area – central abdomen Disappeared within 1 hour

(DAY3, P4) loss of thirst: hardly 1 or 2 drinks per day

Loose bowels/constipation

(DAY2,P5)-experiencing a dull, diffuse pain in URQ of abdomen; liver area, but seems to come from (originate) from the lower border of my rib cage- <with

(Day7-p2) constipated

(DAY16-P2) diarrhea and flatulence

(DAY1, P3), regular BM after breakfast, then another one about 2 hours later, but of a softer consistency

(DAY1, P6) urgent need for BM at 11am with some cramping in lower abdomen

(Day9, p4) ROUGH MORNING PHYSICALLY: related to menses

(Day9, p4) felt like constipation causing pain in rectum (1) pain returned with bowel movement: pain radiated to ovaries, no pain after bowel movement ceased

ANOREXIA V.S OVEREATING, CRAVINGS,

(DAY3, P1) - she felt good on waking, her overall energy is slightly better, she has taken time to eat a little more than previous days.

(DAY7, P6) Stomach not feeling well this eve, but ate rich and excessive today

(DAY3, P8) ate a lot more this day

(DAY3, P8) energy is < after eating (lunch) especially in evening after dinner

(DAY1, P4) more hungry (possibly)

(DAY1, P4) EATING: eructations more often than before thinks may be lying to self about not burping (!)

(DAY3, P4) eating lots of fruit: oranges and apples

(DAY3, P4) eating so to pacing self for hypoglycemia

(DAY6, P4) APPETITE: tending towards spicy foods, HAS NOT EATEN

CHOCOLATE SINCE TUESDAY (4)

(DAY6, P4) cravings for sugar have greatly decreased (3) has only had raspberry sherbet since proving began

(DAY7, P4) APPETITE: forgetting about food (1) getting hungry later: not eating as much on schedule

(DAY6, P4) hypoglycemia: less sugar = less hypoglycemia

(DAY6, P4) was just eating dinner at 7:52 pm. very unusual!!!

not planning day around food not taking as much pleasure in food (2): not as exciting as usual feels neutral about food / eating hopes this does not last because she likes the pleasure of food!

(DAY7, P4) went over to her friends, craving chocolate, she brought in a big bin of cookies and only ate one!!! Normally she would binge in a situation like this she has wanted to stop eating chocolate, so she feels good about this

(Day8, p4) APPETITE: feels “hollow in tummy” after eating, doesn’t want to eat more, but has “all gone feeling” food is “not exciting” “i have lost my food pleasure”:0/10 craving for chocolate: did not eat any today, and it was available

(Day9, p4) HUNGER: ate at 12, hungry at 5:30. not ravenous

(Day810 p4) CRAVINGS: sour dairy: ate tons of sour cream at lunch, and feta (DAY6, P4) feels she is getting full easier now cheese (1)

(Day10, p4) APPETITE: “food has gone out of my consciousness” hollow feeling after eating still strong

(Day10, p4) did not want to eat: lost appetite drank alcohol instead: got drunk on 1-
drinks

(Day12, p4) eating a lot again: strong, most hungry in am

(Day10, p4): "i cant take care of myself" wanted to smoke marijuana, but felt she
couldn't handle being high it feels like "yesterday i was a teenager" a theme of
irresponsibility: did not want to eat "oh, i will get thin" felt like a teenage girl because she
wanted to not eat to be thin drinking: normally does not drink, also drank beer at her
potluck shopping at Eaton's: has not been there since high school the exchange with her
mother felt high-school-like "not necessarily me in high school, but a girl" obsessed with
clothing: meeting D., and has to go shopping aversion to food (2): forced herself to eat
toast in the morning liked her lunch at work b/c she made it. "didn't occur to me to eat
morning: before and after breakfast: nausea "morning sickness"

(DAY2, P4) CRAVING: yogurt / milk yesterday (unusual)

(DAY6, P4) feels she is getting full easier now

Nausea

(DAY12-P2) Feeling nauseated.

(DAY1 to 6, P8) "Didn't occur to me to eat morning: before and after breakfast: nausea
"morning sickness"

URINE

(DAY8-P2) Urinating frequently,

(DAY1, P8) urine was brighter

Kidney Pain

(DAY1-P5) sore in the kidney region on the anterior side of body

(DAY9, P5) very sharp pain in the area of C7-T1 (nape of neck), electric pain-like feeling

(DAY6,P5) slight abdominal pain

FEMALE

Leucorrhea, early menstruation, cramps (cured symptom)

(DAY12-P2) Evening: uterine pain.

(DAY1, P3), heavier spotting this morning - feels like a period, but my last period was
only 13 days ago (It is a period)

(DAY3, P4) LEUKORRHEA: none

(Day8, p4) started period today: "feels weird" no cramps (often has warning cramping),
brown flow, light (normally fresh red: looks like last day does normally)

(Day9, p4) ROUGH MORNING PHYSICALLY: related to menses

Note: she normally has no dysmenorrhoea. She may normally have some lower back
cramping, but had none today. Lower abdominal cramps radiating to rectum (2) "I felt
like my uterus was coming out my rectum"

Very intense pain : 8/10 very unpleasant and sharp (2)

SKIN

Dry skin, scalp and dandruff, flaking, pimples, itch

Athlete's foot

(DAY11-P2) pimple on neck (RHS) in the thyroid region, (DAY3, P5) dry skin under the pectoralis muscle, notice it is better shattering, just wiped off the dry skin

(DAY4, P8)– morning mildly itchy, R-umbilical region

(Day3,P8) (new rash) - noticed a couple flat red macules located on lower chest area (lower than where he gets his tinea versicolor), upper chest / neck he still gets tinea versicolor

(DAY11, P8) after sun exposure, again noticed 1 or 2 red patches

(DAY12, P8) noticed tinea again on neck & upper R-upper chest

(Day8, p4) SKIN: has “underground pimple” on forehead

(Day8, p4) skin has been very itchy: voluptuous itching last night had an itch attack before bed

“i turned on my toe and scratched for 10 minutes” itches like a wound healing

(DAY6, P4) SCALP: itchier than normal

(DAY11-P2) pimple on neck(RHS) in the thyroid region,

(DAY7, P4) FOOT: doesn't hurt as much: not as worried nail will fall off nail bed at base: swollen cuticle, yellow crumbly nail TX: pau d'arco foot bath

(DAY6, P4) middle toe on left: swollen and red (2) painful. aware of toe most of day “nail fungus” nail looks like it may come off, sudden onset

(DAY6, P4) specific parts: toe is hot (3)

Extremities

PAIN, back

(Day1- P2)Tired and legs feel quite heavy

(DAY1,P5)soreness in left scapula; around the upper 1/4 of the medial border (Day4-p2) PM: right knee a bit sore

(DAY1,P5)stabbing sensation on inner anterior edge of left leg

(DAY1,P5)tingling sensation in ring finger (4th finger including thumb in count) of left hand

(DAY4, P8)– – feet severely itchy upon waking

(DAY2,3, P8) Hands – middle finger 2:30pm (finger pain on R-middle finger tip lateral side – only felt it when pressure was applied such as holding a pen

(DAY5,P5)sensation of having been scratched by an iron nail across my forearm, but nothing is there

(DAY5,P5)hamstrings of my right leg are tensing up and I don't know why

(DAY1,P5)sore and itchy sensation on medial part of left shin

(DAY2,P5)soreness in area of left clavicle

(DAY2,P5)tender sensation on inner part of right knee

(Day3, P5) 9:35pm- chest pain sitting down,

(Day3, P5) tightness in left trapezius muscle

(Day7-p2) Legs restless
(DAY7,8,9,11, P8)–Around midnight – feet were itchy – plantar surface of ball of R-foot
(Possibly d/t wearing sandals for most of the evening)
(Day8- P2) Evening: Knees weak- I know I am tired.
(DAY16-P2) R& L axillary pain - vague and non-localized,
(Day 18-p2) Sore back (lower)
(Day21-p2) right knee is hurting - an achy pain,
(DAY12-P2) right shoulder pain
(Day8, p4) knuckles on right hand: MCP / phalanges have “arthritic pain” (2) feels achy
and painful better: motion, better cold
(DAY2, P4) neck doesn’t hurt at all: spontaneous resolution “last week ROM was
pathetic”
Right sided pain, sharp, tension, dull, as if ready to burst out
(DAY1,P5)-sharp pain in 5th intercostal space on left side
(DAY16-P2) R& L axillary pain - vague and non-localized,
(Day 18-p2) Sore back(lower)
(Day21-p2) right knee is hurting - an achy pain,
(DAY12-P2) right shoulder pain
(DAY12-P2) Evening: Right axillary pain, uterine pain.
(DAY2, P5) member pain on right side at the border of the liver, like a Bruce pain, which
was a worse talking
(DAY6, P5) pain in right forearm, feels like an “over flexion” and “as if ready to burst
out of the skin
(DAY6, P5) right hamstring muscle has been tensing up, occurred for two hours and
actually during the time of the questioning
(DAY9, P5) pains -dull pain above right eye and temple area

Sleep

Napping

(DAY3,P5) sleep was deep, but as soon as I heard noises (ie: family waking up) I was
listening to everything that was going on, even though I was still sleeping
(day3-p8) late afternoon felt tired (probably due to studying – bored!!) –going for a walk
helped clear his head
(DAY8,P5-I took a nap that lasted for 4hours!!! this is HIGHLY UNUSUAL since I
never take naps
(day6-p8) had problems waking up i.e. hard to get out of bed, drifted in & out of sleep
for 2 hours
(day12-p8) same trouble waking up in the morning & getting out of bed
(DAY3, P4) clothing while sleeping? Is nude
(DAY3, P4) falling asleep much easier
(DAY2, P5) still dropping off quicker to sleep
(DAY9, P5) sleep- napped for 4 hours today
(DAY3, P5) still dropping off quick to staple

(Day8, p4) falling asleep suddenly (lenses and all) in a strange bed usually takes her 10-15 minutes at least in a new bed...

GENERAL

Agg Bending:

(Day8- P2) Still mucous especially when I am exerting myself physically

(DAY12-P2) bending head gives mucous - trickling out of nose

(DAY13-P2) head pressure on back of head when I bend over.

Weather

((DAY3, P4) happy with rain

(Day8, p4) WEATHER: felt good in sun

(Day8, p4) opening windows: liking wing / warm air (vs air conditioning)

ENERGY INCREASED, as if on steroid vs. very tired

(Day 5, P1) She has been busy working a lot. She sounded like her energy was really high, and happy.

(Day14-p2) Lower energy, tired and heavy feeling again.

(Day16-p2)Can't give anymore, feeling stress, cried- tired- fatigue,

(DAY2,P5)energy level increased while taking pills

(DAY3,P5)energy level increased

(Day1- P2)Tired and legs feel quite heavy

(Day 2-P2) feeling raw/weak through my upper body. I know I am tired.

(DAY1-P5) energy increased towards the evening

(DAY2, P5) energy was higher than usual

(DAY3, P5) energy at 8/10, which means it, has increased from previous days

(DAY4, P5) energy level still at 8 or even 9 but motivation to do things is still low

(DAY5, P8)– – went out dancing & feet felt really tired & achy (progressively worsened – faster than normal)

(DAY9, P5) extremely drained of energy today (4/10), napped for 4 hours today

(DAY4, P5) more confident and more energetic; "as if I had an adrenaline rush "

(DAY1, P6) very tired at 9:30pm, but now it is 11:30pm and feeling second wind;

(DAY1, P6) mild RHS headache at temple about 7pm, pain is vague and mild; very lethargic briefly riding home from work 6pm, but didn't have same "freeze-frame" perception that I had on way in morning

(DAY 2, P6) very tired all afternoon but had disturbed sleep last night due to daughter's illness (thought she was getting better bur frequent coughing last night);

(DAY5, P6) began day with bike ride 7am, E 9/10 throughout day

(DAY3, P8) energy highest 1-2 hours after wake up, lowest mid-late afternoon

(Day12, p4) eating a lot again: feeling strong, most hungry in am

(DAY9, P8) 10-11 pm feet start to get hotter

(DAY12, P8) soles of feet hot on waking in morning

(DAY3, P4) others thought she was extra energetic

(DAY3, P4) energetic, friendly, enthusiastic

(DAY6, P4) more tired today, low energy after lunch

SENSATION: HEAT IN GENERAL/ HOT FEET, perspiration

(Day1- P2) Noticed red spots on my left hand dorsal side (heat rash?)

(DAY1-P5) temperature was better taking the remedy, felt hotter than normal, "like a fever coming on "

(DAY1,2, P8) - feel hot in general – played tennis in sun for 2 hrs so drank more (DAY2, P5) again fell to hotter than normal but not sweating

(DAY3, P5) temperature still elevated

(DAY5, P5) have a “heat feeling “over body

(DAY4,P5), general “heated” feeling

(DAY1, P6) co-worker comments that I am giving off “a warm aura” (he is not aware of proving) but I don’t feel unusually warm

(DAY3, P8) In general feel warmer probably due to the weather changes

(DAY2, P8) feet were so hot that he had trouble falling asleep – he kept putting his feet in & out of the covers

(DAY7, P8)– still hot in general, but thinks it’s b/c it’s so humid outside!

(DAY8, P8) feet temperature in general feel warm to the point of mild irritation ie. dry & slightly burning

(DAY9, P8) 10-11 pm feet start to get hotter

(DAY12, P8) soles of feet hot on waking in morning

(DAY13, P8) 11pm had to remove socks

(DAY5, P8) hot feet while studying – afternoon

(DAY7, P8)– sweating in proportion to the weather

(DAY1, P4) TEMP: chilled in office: air conditioning

(DAY3, P4) became warm teaching yoga

(Day9, p4) PERSPIRATION: very stinky (1), she was enjoying her smell, but her mother asked her to shower

(Day10, p4) “Body gets warm at night, but i am not hot”

One prover’s experience:

Cured symptoms: In mid august the prover had to go to the hospital with a severe rectal pain that was an aggravation of the earlier menstrual symptoms. The cramps were subsequently disappeared. She had commented, “I am 17 today!!” Something in the remedy certainly let her return to old states that had not been fully explored, as in the irresponsible teenager, and the non-attentive girlfriend. She is beginning a relationship with a long time male friend of hers; so, she will be adventuring into new territory there as well.

The remedy in her own word has ‘decreased her anxiety’. She is living by herself, last I heard, staying at someone’s house for a few months while they travel. She chose not to live with another female friend after all...

I really respected the power of the remedy to support her making choices that she had been holding but not acting upon: breaking up with her girlfriend being one of the stronger ones, as well as decreasing the amount of chocolate and sugar she consumed, and spending more time alone.

I think the face of anorexia in the remedy was also a powerful one, as it brought out one of her fears of being anorexic and excessively body conscious, which seemed as though it had not been voiced before.