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Introduction to Homeopathy and Homeopathic Provings.

What are Provings?

Homeopathy is based on the principle of "similar curing similar". This means that a substance that can create a set of symptoms in a person can cure those same symptoms, when given in a diluted and "potentized" form to a person suffering from similar symptoms.

The basis of information for homeopathic remedies has traditionally been from recorded poisonings and from what are called "provings". Provings are when in an organized fashion, a group of individuals take *the diluted and potentized substance* and carefully record the symptoms that they experience over a period of time. The information is then organized and compiled together.

About Homeopathy

Homeopathy is an elaborate and very detailed system of healing based upon the principle of stimulating the body to heal itself. It is non-toxic and highly effective. Widespread throughout Europe, Great Britain, Central and South America, India, and Africa, homeopathy is experiencing an explosive resurgence in the United States and Canada as part of the movement toward alternative medicine.

Homeopathic remedies and pharmacies are regulated by Health Canada and the FDA in the United States. The principles underlying the specialty of homeopathy have been systematically proven throughout two centuries of practice and validated by over 200 scientific studies meeting modern criteria of acceptability.

What are the principles underlying homeopathy?

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

The basic principle, verified by vast clinical experience, is: Like Cures Like — A substance that produces symptoms in a healthy person will cure those very symptoms in a sick person. Healthy individuals called "provers" are given a substance in a highly dilute form and carefully record their symptoms. This highly diluted and specially prepared substance is then given to a sick person with similar symptoms. Homeopaths observe that virtually all substances — plant, mineral, or animal — may produce symptoms if given carefully to sensitive individuals or in larger quantities to less sensitive people. These symptoms are painstakingly catalogued in *Materia Medica*s, which are then elaborately analyzed (in modern days, by computer) to match the symptom properties of substances to symptom pictures of patients.

The basic concept is that symptoms are manifestations of the organism trying to heal. In acute disease, the fever, malaise, pain, and diarrhea or discharges are attempts to kill the offending organism and expel the toxins while encouraging the person to slow down and rest. In chronic disease, the symptoms are attempts to heal which are not succeeding — thus, they are chronic. In the homeopathic perspective, symptoms are any limitations of freedom — whether mental, emotional, or physical. The goal is cure and not just suppression of these symptoms.

The Proving of Vanilla Planifolia

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Doctrine of Signature Vanilla Planifolia

Species: Planifolia

Genus: Orchidaceae-largest plant family on the planet with estimated 25-30,000 species vanilla being the only edible fruit; 90% of all orchids live on trees.

Origin: Madagascar

Vanilla planifolia is a large green stemmed, fleshy vine climbing perennial plant with fleshy, succulent stem. The bright green leaves are smooth, thick, oblong and lanceolate with numerous twining aerial roots used to cling to trees; a vine growing on a host tree. If left unattended, the vine can grow to 30 meters climbing to the tops of tall forest trees. The vanilla orchid grows under the natural shade provided by the trees.

The greenish flowers are about 4.4 centimeters (2 inches) across taking one year to flower and then every 6 months in the morning sunrise the orchid will open and is ready to pollinate. The flower develops into a "bean" which is then used as the spice. Vanilla beans are about 13-20 centimeters (6-9 inches) long.

The pod develops over a period of 8 to 9 months, and to about 200mm in length. The pod is green, plump and still immature. It does not have any aroma at this stage. A good vine can produce 100 pods per year.

There are several methods of treating the pods to turn them into fragrant black beans. They are dipped in hot water for two to three minutes, then sweated and dried, or the pods are spread on trays in the sun to heat for two to three hours, and then folded in blankets to sweat until the following morning. This process continues until the beans become pliable and are deep brown (this may take several months). The pods are then dried in well ventilated shade or drying rooms for a further two to four weeks

The vanilla used in this proving was from Madagascar. The Vanilla plants on Madagascar are primarily pollinated by hand and were transplanted from Mexico. It is believed Totonac Indians in Mexico, around 1000 AD, could have used vanilla. Aztec Indians in Mexico discovered the seemingly inedible fruit (bean) of a tropical orchid acquired an

exotic aroma when cured by months of heat and humidity. The Aztecs then required the Totonac Indians who produced vanilla to give some of the finest pods to the emperor Montezuma as a tax payment.

Cortez in 1518 observed Aztec Emperor Montezuma enjoying a royal beverage of vanilla scented with chocolate. Cortez was so impressed by this kingly drink he returned to Europe with bags of cocoa and vanilla along with gold, silver and jewels of Montezuma's fallen empire. Modern history has the origin of vanilla in the 16th century. During the 16th to 19th Century vanilla was considered to be an aphrodisiac and to also have therapeutic values by aiding digestion and preventing headaches. It was also thought to counteract poisons and bites. Europeans continued to use vanilla in combination with the cocoa bean until 1610. Queen Elizabeth's apothecary Hugh Morgan suggested the use of vanilla as an isolated flavouring. Vanilla soared in popularity since that time making it more popular than chocolate or any other flavour known before or since. Vanilla is the second most expensive spice-flavouring agent next to saffron. It is also the most time intensive crop when cultivation and processing is taken into consideration.

Vanilla was cultivated domestically for the first time in the middle of the 19th century by Edmond Albius. Albius was a slave who lived on the French island Reunion, near Madagascar which is a large tropical island off the east coast of Africa. Albius was the first to manually pollinate the vanilla flower and his simple method is used today. Madagascar was the first Island that developed commercial producers of vanilla. Currently, Madagascar produces approximately 1,000 metric tons of vanilla beans per year. "Bourbon" Vanilla, from Reunion Island, which is close to Madagascar, is well known as the most intensive and balanced variety of vanilla in the world.

The wild *Vanilla planifolia* in Mexico is pollinated by the tiny Melipone Bee (euglossine bee). This bee is only found in the vanilla districts of Mexico, is uniquely equipped to bring the plant to fertilization - common insects cannot pollinate the vanilla orchid. Pollination is achieved by gluing the whole supply of pollen to the visiting melipone bee in a mass called the pollinia → when the bee visits another orchid of the same species thousands of pollen grains are delivered allowing the plant to mature thousands of tiny dust like seeds. (It is interesting to note that the idea of bees and bee stings came out so strongly in the proving).

Vanilla bean matures turning the colour of green to yellow and finally brown when the bean is ready to be dried out in the sun. The pods have no flavour when picked flavour develops during the curing process when beans are very dark brown and contain tiny black seeds.

*Orchids have anatomical traits in common. Some mimic female insects so well that the male insect from the species tries to mate with the flower and in so doing pollinates the flower and gets nothing in return.

Orchid seeds are the smallest in the plant kingdom; texture of cornstarch, there may be 1 million seeds in one pod.

Many baby orchids survive as a parasite of mycorrhizal fungus – the fungus lives in and around roots of other plants in a symbiotic relationship. Embryo, baby plant, is so small it cannot support itself and would quickly die without outside nourishment. The orchid is able to survive in treetops in part because many species form mycorrhizal associations with fungi. The fungi increase the area over which the orchid can acquire nutrients and water while the orchid provides food to the fungus, which it makes by photosynthesis. The small orchid is unable to photosynthesize food for it so it steals carbohydrates and mineral nutrients from the fungus. Eventually the orchid matures and produces chlorophyll so it can photosynthesize and make its own food. The baby orchids are like human babies - they need to be fed, kept warm and protected from harmful pathogens. Once the baby orchid makes it out of the critical stage orchids become some of the hardiest plants.

Twelve provers participated in the blind proving of Vanilla comprised of ten (10) women and two (2) men. Within one day of taking the remedy one of the men “antidoted”.

Vanilla is a pleasant, and aromatic. It is considered an aphrodesiac and may possess magical influences in physical energy as well as love. Old Totonac lore has it that Xanat, the young daughter of the Mexican fertility goddess, loved a Totonac youth. Unable to marry him due to her divine nature, she transformed herself into a plant that would provide pleasure and happiness. She became the vanilla orchid so that she could forever give to her human youth and his people. The local Mexicans still celebrate the Vanilla Festival at the end of the harvest with dances and feasts.

MIND

Time and Pace Goes Slowly or Quickly

1 01: XXXX everything seems like it is going slower- doing things, walking, thinking, but things are still getting done

1 26: XX:XX Time is passing quickly

2 22: XX:XX Realize that Lyrics to “Sittin’ on a Dock of a Bay... watching the tide roll away, sittin’ on a dock of a bay wasting time ...” running through my head, sitting in hot tub last night, alone, I sang the lyrics out loud, I would never do this normally, I was not shy to do this, even if someone came I do not think it would have bothered me. I have been humming or singing it in the shower, in the bathroom, near water? Has my pace slowed, not just the fact that I am having a business- holiday trip, even before I left home I felt I was not being as efficient, but may just be that my pace has changed

6 03: XX:XX – Felt relaxed most of the day. Not concerned about being on time. Never felt rushed even though I was late. Couldn’t believe I actually made it on time.

8 01: XX:XX Anxious, feeling tight for time. My heart is squeezed and feels tight. My breath is in my upper chest. Breathing deep causes my heart to hurt a little bit.

8 03: XX:XX I can't believe how much I have accomplished in such a short time. When I look at the clock, I am startled to see that so little time has passed.

8 03: 13:00 I am grazing on roasted pumpkin seeds. It would take too long to sit down and prepare a meal to eat it. Grazing is faster and there is so much urgency to work outside in the garden and gather my food. I feel hurried and I need to keep moving.

8 05: XX:XX I have 2 hours of free time before my next appointment. I am aware of how slow time is. I have a few errands that must be done in this time and there is so much time left over. I drive to far corners of the city and I am surprised that I take routes that are unfamiliar to me. I drive these routes as if I know them. (Usually I will take the path that is familiar and the one that I am accustomed to.)

8 05: 13:27 I look at the car clock and notice that the time is 13:28. I look a few seconds later and the time is 13:27. When I first glanced at the time, I had calculated the number of minutes before my next appointment and when looking a second time, I had gained a minute. I am convinced that time is moving in reverse and I have an abundance of time.

8 16: 20:00 I am watching the clock and it is moving so slow. Minutes seem as if they are hours. I am in my Hungarian language class and I am hungry and we are talking about food and tea and coffee and my hunger is worst. Each time I look at the clock, only a minute passes yet it feels like many minutes.

8 25: 14:20 I have made the trip in record time and I am astonished that I even have extra time. I am completely convinced that time is moving slower on my clock. I arrive in London and make a turn to save time and I get lost and then I find my way again. By fate I arrive at the University and find the parking lot.

10 04: I was late at this parents' meeting and as I arrived in class I dropped everything on the floor. I felt embarrassed about being late....Hurry and running more and more

Busy and Hurry

3 03: XXXX Had a really busy day didn't notice any symptoms

3 17: XXXX Had a very busy day, didn't get a chance to eat

8 03:XX:XX Scurry is my activity. I feel that my body is tiny and I can accomplish a lot. I am like a squirrel or a chipmunk hurrying and scurrying.

10 24: XX:XX Very busy but feel better and in control.

Desire to Cook and Dinner Parties

1 08: XXXX –desire to cook, spent spare time cooking savory foods – lasagna

2 07: 19:30 - Cooking dinner for my family made a roast and veggies. Smell of meat ok, I could even eat some

7 01: 18:00 prepared roast chicken dinner (had been craving for a few days)

7 03: 18:20 made chicken soup, chocolate muffins

8 06: XX:XX I made 3 different kinds of cake/cookies simultaneously. This is the closest I have been to multi-tasking since my accident.

8 19: XX:XX I was preparing for a dinner party for 10 and I had to give a talk in Guelph in the afternoon. I returned from my talk and despite the stress of preparing the food, I was not raveled like normally by the time constraints and the pressure of having so little time to do everything. The meal is incredible.

Irritability, Frustration and Critical

1 11: 17:30 Irritable-at husband- petulant --husband's family obligations (before menses)

1 13: 12:30 I was stung on my right calf. Got very agitated after I was stung. Husband stood their stunned and I barked instructions at him

1 15: 19:00 slightly irritable, short of patience, ended after Board meeting. Eyes are sore rubbing both eyes (During menses)

1 22: 16:00 Very short temper with people, told by a friend to chill out.

1 24 XXXX tired all day. Frustrated that I could not shake off lethargy. Feel like I am going through the motions.

1 28: 14:00 short temper- enrage easily

1 32: 2:30 someone stood very close to me and I got a real feeling of being crowded more so than usual. I usual back away when someone comes too close, but this action made me mad and I noticed it.

1 42: XXXX irritable, critical

1 44: XXXX down and irritable all day. Critical and feeling overwhelmed with home responsibilities

4 04: XX:XX Irritable

5 05:XXXX felt very frustrated trying to make a decision about what to do for the weekend - very upset, felt empty and very tired

6 08: 15:00 – Became suddenly irritated and angry when I was making phone calls about practice opportunities. I was extremely anxious as soon as I started to go through the list of numbers. Suddenly I felt I wasn't doing this thoroughly and I couldn't figure out how to go about doing this properly as to be sure I covered them all and this made me so irritated and anxious. I was still irritated for the rest of the day even though I stopped pursuing anything to do with my practice. I took it out on my husband – I felt so irritated and I didn't know what to do with these feelings. I just wanted to go read my book.

6 14: XX:XX – Mild Headache and tired all day. Felt irritated and didn't really want to go look at rental places but did anyways and felt so irritated by it.

7 01: 17:30 bought 2 large whole chickens, on special, cashier had problem with barcodes, long line of customers behind me. Normally I would be very irritated, I was very calm and watched while cashier became more and more flustered

7 02: 6:36 “ , during this time I wasn't frustrated, or tossing and turning with thoughts going through my head, which I would normally do, I just lay there, not thinking about anything in particular, quite comfortable

7 04: 18:50 gossiping about co-worker (very unlike me)

8 03: 7:00 I wake with anxiety that I have too much to do and I won't be able to do it all today yet that is not the case.

8 04: XX:XX I am working in the garden and feel that others should help me. I am resentful that no one is helping.

10 08: 07:00 Sent rude e-mail to rep. from Mac.

Giving Orders, Terse, Scolding and Cursing

1 13: 12:30 I was stung on my right calf. Got very agitated after I was stung. Husband stood their stunned and I barked instructions at him

2 07: 18:00 - Picked my Mom up at the airport after her return from a business trip I appeared to give orders to a traffic monitor at the pick up area, he said, “I don't listen to any one who tries to give me orders”. I apologized for his perception and reworded my comment. He was very nice after this. I had not realized I had spoken in such a manner, this is not my normal state. I have been told I am normally gentle, and kind when speaking. I do not remember exactly what I said or how I said it.

7 25: XX:XX There seems to be a lot more nasty customers than usual over last few weeks, colleague also mentioned this. She is taking their comments very personally, at times having to leave the till to avoid exploding.

7 47: XX:XX I asked a colleague if she had noticed any changes, she mentioned that I was very 'terse' (her words) early in the proving.

8 03: 17:30 While driving with my teenage son I am feeling a heavy wave of fatigue. My eyes are heavy and I feel that any conversation is too much. When we get home, my son wants to drive the car instead of the truck. I feel irritated but I don't have the energy to give him an explanation. My response is short and indifferent. I don't want to discuss anything with him.

8 05: 8:10 I am yelling as loud as I can at my son for missing his school bus. I don't care how profane I am. I am angry at him for a long list of behaviours that I lump together. I'm angry at his selfishness and self-centered attitude.

10 03:XX:XX I went to Sears and became very aggressive with salesperson in appliances as they delivered my appliances and no hose for the washer was included. I insisted that they take the delivery charge off my bill and I was very persistent and forward about it.

9 03: 6:30 I was cooking a meal and although I'm known to drop things, it was ludicrous how frequently I was dropping things while making a meal, especially cutlery and spatulas, and I broke a glass. And I found it so irritating and I was loudly cursing after every drop.

7 05: 10:00-18:00 customers at work (health shop) were complaining a lot. Mainly about trivial things, or things out of our control, ie. no particular product, as suppliers were out of stock and the items were on back order. This explanation wasn't good enough for them and they continued to complain, as though there was something we could do about it. A co-worker took these complaints very personally and on more than one occasion snapped at the customers and in some instances had to walk away.

The Perfect Quality, Texture and Finery While Shopping

2 20: XX:XX I have naturally curly hair except for my bangs which remain straight. I normally dry my hair straight, but since coming to Arizona my hair is puffy to unruly, looks like there is too much. So I give up on blow drying it and let it curly. I do have thick hair but this is just too wild, usually I blow dry it straight to settle down the body, but it is having the opposite effect. I should have had a hair cut before coming. I have always thought it looks unruly and too wild or unprofessional when it goes curly, but it seems to be ok for this situation. I will see if I can tolerate it once I am home

3 X: XXXX shopping-big issue, want to buy beautiful, fine things, shoes

8 01:XX:XX I am chilled so I go to get a sweater. I try several on before one is the right one. The one with the loose turtleneck is too confining, the others aren't soft enough or warm enough or too thick or too thin. I settle for a Cashmere and it is perfect.

8 02: 16:30 I take my son for a chiropractic appointment. I have a half an hour to do a few errands. I am shopping for items for my Open House this weekend and I go the Dollar Store. I spend my time looking at dishcloths instead of buying the things I need. I examine each of the colours and the different types and marvel at the texture of the weave of the cloth. I am fascinated by these dish rags. I buy a package of green ones. The purchase of dishcloths fills me with excitement. I spend too much in the store looking at the dishrags that I have no time to look for the things I need so I quickly choose things at random. I arrive late to pick up my son. I am not worried. (Since my accident, if I am late, I will be frantic and upset and nervous.)

2 14: 14:30 While shopping had to exercise great restraint to keep from buying pottery that was a beautiful teal blue slip contracting w the warm orange - redness of the terracotta. I had a very intense feeling of attraction to these colours. I have always liked good colour combinations, these being complementary, but I am overly attracted and want to buy several pieces for myself and well as for others as gifts.

Sensually Enchanted

2 14: 14:30 While shopping had to exercise great restraint to keep from buying pottery that was a beautiful teal blue slip contracting w the warm orange - redness of the terracotta. I had a very intense feeling of attraction to these colours. I have always liked good colour combinations, these being complementary, but I am overly attracted and want to buy several pieces for myself and well as for others as gifts.

8 01: 19:30 Eating supper, and not really tasting the food. My son comments on how good the feta cheese tastes and I can't really differentiate its taste. I am eating but there's no enjoyment.

8 02: 16:30 I take my son for a chiropractic appointment. I have a half an hour to do a few errands. I am shopping for items for my Open House this weekend and I go the Dollar Store. I spend my time looking at dishcloths instead of buying the things I need. I examine each of the colours and the different types and marvel at the texture of the weave of the cloth. I am fascinated by these dish rags. I buy a package of green ones. The purchase of dishcloths fills me with excitement. I spend too much in the store looking at the dishrags that I have no time to look for the things I need so I quickly choose things at random. I arrive late to pick up my son. I am not worried. (Since my accident, if I am late, I will be frantic and upset and nervous.)

8 13: XX:XX I am witnessing a special wedding from a fairy tale. I am absolutely enchanted by the events at the wedding. I stay up late dancing with no foot pain.

8 25: 13:00 I am an hour late to pick up a bouquet of flowers for my sister who is graduating with her Masters in Engineering and I feel like I will never make it on time for the ceremonies. While the woman is wrapping the flowers and putting them in water I am attracted to a row and tables of orchids. There are purple, white and yellow ones. I linger and take my time looking at every one of them unable to decide which one I want. I have completely forgotten how late I am. Although I have seen orchids many times before I am so entranced by their exquisite beauty. I decide that I have no room for another plant and leave but on a table near the cashier is

a beautiful purple orchid with 2 branches of flowers. I cannot resist and buy them and decide to give them to my mom.

8 25: 20:00 I am at a restaurant and my sister orders Tartar. It comes with a raw egg on top of a mound of raw hamburger meat. I shudder looking at it. My sister offers me a taste and I strangely accept. The taste is delicious and my sister gives me more and I eat loving every bite.

8 26: XX:XX I tell my husband how much I loved the raw meat and insist that we go to this restaurant for dinner sometime.

8 27: XX:XX I was given tickets to hear Deepak Chopra at Roy Thompson Hall. He was charming, smooth and articulate. His sentences were each like a strand of pearls, flawless, and seamless. He mesmerized the audience and as I peered from my balcony seat down on the people in the seats close to the stage, I wondered how it was that there were so many people transfixed and holding on his every word. I felt like I was a witness to a cult and its' saintly leader. Deepak Chopra reminded me of my experience that I had when I had visited India and watched Rajneesh in Poona. Rajneesh had the same charm and was a master at manipulating his audience of followers.

10 04: I was crying while a man gave flowers to his wife for their anniversary.

Productive, Happy and Energetic

1 13: 24:10 Do not feel tired, continues with trend of proving, staying up later.

1 16: 23:30 desire to stay up and watch TV until midnight.

1 45: XXXX very productive and happy today

3 10: 07:30 Able to get right out of bed when my alarm went off, I usually don't get up for 30min or so. More energy today in general

6 02: 15:00 Then great towards afternoon. Positive and energetic.

6 03: 20:00 – Lots of energy. Went for a run. Came alive at night – lots of energy, not ready to go to bed at 10:00 as usual.

6 05: XX:XX – Great day. Positive and excited about the future.

6 15: XX:XX – Felt great all day. Decided on a game plan for tomorrow – excited about doing my thing now.

8 13: XX:XX I attend a wedding that is held at a ski resort. It is a beautiful autumn day and just looking at the empty ski lifts and mountain slopes makes me feel that I could ski again. I am very excited about the hills and ski shops in the village near by.

8 14: 7:20: I wake up after a short sleep of 6 hours to start my day. I am energetic and ready to go. During today there is a long car ride to travel to Windsor for Thanksgiving dinner.

8 15: XX:XX I drive home and I am tireless and feel that my stamina is endless.

8 21: 17:00 I see an ad in the Globe for ski trips to Tremblant. I have not skied since the car accident and feel that this year would be a good time to see if I could ski again. I made reservations for my two sons and husband. I am very excited to go skiing.

8 31: 13:00 While on the equipment that does not require running, I glance at the women who are running so easily on the tread mill. I am reminded of my dream and wonder if I should try. I choose not to because I know I won't be able to. (Dream: I am at my fitness club and I am running or jogging on the trend mill. I can feel the air blowing through my hair and the feeling is exhilarating being able to run so easily and fast. (In real life I am unable to run because of broken bones in my right foot.))

10 01: 3:30 went to Grocery store and was laughing and giggling—vegetables rolling on floor and thought it was really funny. I was also very tired. My daughter told me “Mom you are acting weird”.

11 02: 6:30 No trouble getting up this morning.

Lack of Focus, Procrastination and Lazy

6 03: 10:00 Spacey feeling. Unable to focus. Vegetative. Happy to be just sitting, not moving or thinking even though I was with a friend. Lasted about 1.5 hours.

6 06: XX:XX – Lazy day, felt fairly lethargic and wanted to just relax and be with my husband. Normally I feel much better talking out my feelings but I can't be bothered. Not a whole lot going on. I feel like I should have accomplished more this week towards my business but I don't really care. I just needed time to chill this week and I'm okay with that.

8 08: XX:XX I am so tired and feel that the previous days which had been filled with occupation, cleaning and a deep sense of urgency to finish my work has finally caught up with me. I am so tired that the day feels empty and bleak.

8 08: XX:XX I have delayed in recording my dreams and so by the time I get to the computer, I have forgotten them. It is too much effort to record my symptoms and I am overwhelmed by the lethargy. Lethargy breeds more lethargy. In the past few days I had so much energy and now I am on the complete opposite end.

8 09: XX:XX I procrastinate today. Little jobs are efforts and I am easily distracted. My sense of accomplishment for the things needing to be done is little. Instead, I vacuum the hundreds of flies that have come to the windows. The weather is warm and flies have left their hibernation

places and the windows attract them. I vacuum the flies in the deck and also start vacuuming the floor of miniscule debris.

8 22: 9:30 I wake up exhausted and feel that something has shifted in my energy. I am so tired and I have to work. I am dragging my but.

10 10: 7:00 I want to sleep longer and have difficulty getting up. It's a deeper sleep. I feel annoyed because I cannot remember any dreams. My alarm clock goes off and I forget everything (all I remembers from my dreams is a lot of people).

Depression

7 18 XX:XX Had ultrasound appt., got impression problem was uterine fibroids (have hx of fibroids)

Depressed for most of day, feel due to above, colleague at work mentioned that I seemed very subdued, sad, not usual self

7 32: XX:XX Colleague made a 'seal' to protect herself from the negativity of the customers and ward off any evil sent her way. I'm curious. I mentioned that I was feeling a lot more negative than usual and wondered if I could do with one myself.

7 39: XX:XX Depressed most of the day

8 08: XX:XX I am so tired that the day feels empty and bleak.

Repel Evil Spirits

7 32: XX:XX Colleague made a 'seal' to protect herself from the negativity of the customers and ward off any evil sent her way. I'm curious. I mentioned that I was feeling a lot more negative than usual and wondered if I could do with one myself.

7 47: XX:XX Friend gave me 2 'seals' that she made for me, one repels evil spirits, the other destroys evil

Absent Minded and Not Sharp

1 26: XXX not sharp intellect, feel like a slug, feeling flat

1 28: 11:00 realized I totally forgot I had a computer training seminar yesterday. It totally blanked from my mind. I don't do this usually. I usually remember at the last moment. I may have done this twice in my life.

2 07: XX:XX - My nephew, who I take care of, asked me if I was ok as I was "more blond than usual". I think he meant ditzy, or absentminded? We were shopping and running errands most of the afternoon

2 33: XX:XX Realize I have been listening to Santana Album, the song ,“Leave your lights on” ,Over this proving I have been leaving lights on at my home accidentally, in my car, usually try to be environmentally conscious and turn them off. Since starting the proving I have been leaving a full spectrum light on in the living/dining area 24/7 that I usually use only as winter days become shorter and exposure to sunlight is less. Also been leaving turn signal light on in car and forgetting to turn it off especially when changing to left lane

10 02: 8:00 a.m. Had a little coffee this morning – slept very well (9 hours) – much better than usual -- still feel foggy --- not so sharp.

10 04: I ended up missing one of the teacher’s meetings. (at a parent’s night for daughter) Feel not collected. Scatter brain

Re-living the Past

1 05: 14:30 -ate almost a whole box of crackers and had Coke with ice for the first time in many, many years (I craved it). It reminded me of when I was in high school and used to love having it all the time.

1 15: XXXX I thought I should call Ed (old boyfriend) he is now in town and then I started thinking about him.

Anticipation

1 08:13:00 Worrying that there will be an accident when we travel to California in December. Wonder what would happen to our dog if we died?

6 09: 15:00 – Really starting to get anxious about going to see the psychic tonight

6 09: XX:XX Anxious all day, but worse as our appointments with the psychic approached

7 16: 9:20 decided to hold off buying car, as there are too many unknowns about future

Seeing Eyes with Cataracts

2 32: 6:30 Delusion on waking seeing eyes w cataracts, I was not dreaming, I was awake

Pregnant

10 07: XX:XX Thinking of pregnancy, as if I’m pregnant.

Presence of someone or something touching or crowding

2 05: XXXX - Seeing shapes moving – dashing in peripheral vision, can’t really make the out. May be only on right, can’t be certain

2 16: 19:45 Stopped on the side of the road in the desert to look at the stars, safely pulled off onto trail entrance w put flasher on and turned off lights. In my normal state I could look at the stars, and the various constellations, for a long time, especially when it is so clear as I miss the stars as there is so much light pollution now where we live. When I stopped to look up at these many stars I was normally awestruck and felt wonder, then this feeling was quickly replaced by a sensation of falling except UP into the stars, up into the sky, I felt fear. I felt if I stayed there too long, looking up I might go up and get lost in looking at the sky, while my concentration was up my body might be unprotected I felt fear something might come from the surrounding desert from the side, out of my awareness and ?? attack me?? Not sure, but I know I did not enjoy this experience as I normally would have and left quickly

2 29: XX:XX Upon walking or while in motion, as while driving in a car, Delusion as if someone, or an animal such as a deer in woods, is ahead, directly in centre of my vision, as if they stand there, and as I focus on them they move quickly out of field of my vision. At the beginning of proving this occurred in peripheral vision NOW in centre of visual field

2 03: 15:45 - while driving, delusion that someone is grasping my right hand as if to help me stand up. Feel warm finger around right hand.

2 05:1800 - While driving delusion that I see a squirrel run over at an intersection on the street to my right

1 32: 2:30 someone stood very close to me and I got a real feeling of being crowded more so than usual. I usually back away when someone comes too close, but this action made me mad and I noticed it.

2 02: 12:00 – 12:40 during walk woods, delusion I'm surrounded by many people looking at me, crowded feeling, sensation of oppression, accompanied by tight feeling in oesophagus

2 02: 12:00 – 12:40 during walk woods, delusion surrounded by many people looking at me, crowded feeling, sensation of oppression, accompanied by tight feeling in oesophagus

6 03: XX:XX That day and a few of us that were living in the house decide to explore upstairs (huge house). We were squashed downstairs and then we find this huge upstairs with a large master bedroom, however the bed took up the whole room (huge). Then I went and opened a glass sliding door on the other side of the main room and there were 4 of my classmates from CCNM lying in the sun on a porch there. I was confused and annoyed that they were there but even more confused and annoyed that we didn't know about this part of the house sooner when we were living in crowded conditions before.

Clumsy, Uncoordinated and Dropping Things

2 01: XXXX Clumsy, uncoordinated, dropping things

2 02, 03: XXXX Clumsy

2 06: 1845 - While serving dinner dropped steak on floor after coming in from BBQ
Had to cook it more to sterilize it, my partner and I laughed it off, but I feel so out of balance and uncoordinated

2 07:12:30 - After enjoying and walk in the woods w my dog I hit my head on side of car door frame getting back into car, not sure why I did it as there was no reason for the miscalculation, and I did not slip that I recall. Left welt on forehead. Did take Arn 30 C upon returning home about 15 minutes later. Have been very clumsy, family and friends are noticing. So far we have been laughing it off, but this incident resulted in a broken pair of glasses and a pretty good sized lump. Sore neck after for a long time right side.

2 16: 18:00 Still clumsy, broke my friends small glass pitcher when helping to prepare dinner. Felt so badly, had a hard time letting it go. My friend was not the least concerned

2 23: XXXX Bruising easily or clumsiness?, Bruise badly right breast 25 mm as the result of getting up to quickly and catching corner of a cupboard left open

4 02: 20:00 cannot type on computer, tremor and bad coordination in hands

7 02: 12:13 slammed drawer shut on L index finger

9 03: 6:30 I was cooking a meal and although I'm known to drop things, it was ludicrous how frequently I was dropping things while making a meal, especially cutlery and spatulas, and I broke a glass. And I found it so irritating and I was loudly cursing after every drop.

10 17: XX:XX feel clumsy - dropping things on floor etc.

10 04: 4:XX I was late at a parents' meeting and when I arrived in class I dropped everything on the floor.

Losing Way

2 02: XXXX Loose way on well or fairly well know streets, even though I have a compass on my dash

2 15: 11:30 while visiting the Grand Canyon (G.C) turned the wrong way and drove for a long time before realizing it

3 11: XXXX While driving missed my exit on the highway – didn't even see the sign and I drive there all the time. Then made a wrong turn just trying to get back. Although I do not have a good sense of direction to begin with it I had no sense of direction today!

4 XX: XX:XX Lost in roads, no sense of directions, calm, then lost

Desire to Clean/Organize/Work Efficiently or Disorganized/Inefficient

2 12: XXXX Packed way too much. Was told by friends in Flagstaff that it was near freezing at night, but it they experienced a heat wave when I got there. I normally an efficient in my packing, this time brought WAY too much!!!

3 08: XX:XX - I am leaving soon on a business trip and feel as if I am just not getting as much accomplished, not as efficient, or organized

4 X: XX:XX Re-organized whole house, threw away any garbage related things.

6 02: XX:XX Desire to clean the house, much more clean than normal. I did a thorough cleaning of the kitchen – every cupboard, washed the outside of the cupboards – insane

6 08: XX:XX Time is a weird thing. When I have been out doing errands – I feel like I can accomplish a lot, but I feel like I am not getting anywhere with my business. I almost feel like I am in a fog about all of it. Normally I am so good at this stuff – I usually enjoy organizing things like this.

7 07: 12:00-18:30 at work (health shop) working more efficiently

7 20: XX:XX More cleaning

7 40: XX:XX Was supposed to go to friend's, she called at last minute to cancel, got really annoyed as I could have stayed at work to help out as they were short staffed

7 47: XX:XX generally, I did housework more frequently including those aspects that I have been avoiding for some time, i.e. handwashing sweaters, sorting out papers, etc. (normally I hate housework). I cleaned and also tidied on a regular basis (no set time each day) early in the proving, and at times went a bit to extremes. Early on, I felt I was able to think more logically and work more efficiently. Unfortunately, it was only for short periods of time.

8 02: XX:XX Everywhere I look, I can see cleaning needing to be done but, I don't do anything.

8 03: XX:XX Scurry is my activity. I feel that my body is tiny and I can accomplish a lot. I am like a squirrel or a chipmunk hurrying and scurrying. I want to clean floors and all kinds of areas in the house that normally do not concern me about their cleanliness. I refinished a piece of furniture and there were tiny bits of wax fallen on the deck floor. It bothers me to see the dirt and the wax on the floor. I meticulously wash the deck floor using steel wool to remove the smallest trace of dirt or wax. I washed the floor a second time to be thorough.

8 03: XX:XX I can't believe how much I have accomplished in such a short time. When I look at the clock, I am startled to see that so little time has passed. Yesterday, I accomplished the impossible. I had finished my newsletter quickly and within a very short period of time.

8 03: XX:XX I am putting things away as soon as I use them. I want order and tidiness. As I work, the words, toil, toil come to mind. I toil quickly and do my tasks as efficiently as possible.

8 03: 13:00 I am grazing on roasted pumpkin seeds. It would take too long to sit down and prepare a meal to eat it. Grazing is faster and there is so much urgency to work outside in the garden and gather my food. I feel hurried and I need to keep moving.

8 04: XX:XX I feel like I have to clean all the time. Nothing can be missed. I am completely immersed in my cleaning. It gives complete fulfillment.

8 04: XX:XX I have such an urgency for work that I do not take the time to record my dreams. By the time I sat down to record the dream, it was gone.

8 05: XX:XX Over the past days, I have noticed that I do not have time to drink tea in the afternoon. It feels like a waste of time.

8 06: XX:XX I wake up lazy and after eating breakfast, I am brought to life. Urgency to finish all my preparation and cleaning for my open house at the clinic.

8 06: 11:45 I talk to a friend on the phone. I have no time to talk and I tell her, I must get back to my cleaning.

8 06: XX:XX I made 3 different kinds of cake/cookies simultaneously. This is the closest I have been to multi-tasking since my accident.

8 07: XX:XX I am preparing for the Open House and I need to clean the sunroom where the talks are taking place. I finish the organization and cleaning of the room in record time. My ability to multi-task is easy and I have so much more time to do more.

8 10: XX:XX I have deadlines and managed to make them. Life feels like it has switched again and I am efficient and there is a flow. I am to accomplish the impossible.

8 12: 16:25: Ever since a child, I have had a phobia and horrible fear of snakes. The thought of a snake can cause me to shake and tremble. I am bicycling on a gravel road and during a 15 minute period I see 3 dead garter snakes on the road. My reaction is of sadness for the poor little snakes and a momentary thought perhaps there maybe others. There are no reactions of fear and dread to the snakes and I continue cycling.

8 12: 10:50: I make calls that I have postponed and procrastinated about for the past week. I call the insurance company who always fills me with dread. The call is made with none of this feeling. It is a casual call and I am prepared to ask for what I want without anticipating the confrontational responses that normally come from the insurance adjustors. The call goes easy and the adjustor is co-operative, apologetic, compassionate and concerned about my welfare. He discloses personal information about his previous job as a nurse and that he has experienced colon cancer. I am surprised by his personal revelations and I am caught wondering about his

motives and his sincerity. He takes a long time to close the conversation and I am feeling myself to be impatient and I am counting the seconds under my breath.

8 13: XX:XX I am talking with colleagues and family of the wedding party and it dawns on me that complaining of topics that is worthy of complaining is exhausting. I realize that complaining is tiring and is a way of procrastinating and not doing creative work. I am more drawn to begin my book project, more than ever before. I spend time thinking about the details of the book that I want to write.

8 14: XX:XX I overhear my sister say that she is tired of serving and cleaning. (Normally, my sister is energetic and very robust and does much to make life comfortable for those around her. Every time my sister visits me, she voluntarily cleans my house, sweeping floors, washing dishes and cleaning everything.) I automatically begin to tidy and clean her home. I use the vacuum to clean the carpets and dining room. Although, I spent 6 hours driving during the day, I am able to continue helping to bring order and cleaning the dishes from dinner and helping with the kids.

8 16: 9:00 I begin cleaning the debris and dead leaves from the indoor plants.

8 18: 9:30 My 9:30 patient is late and arrives 35 minutes late. This is her first time to the clinic and she got disoriented. I finish the appointment on time despite her lateness.

8 19: XX:XX I was preparing for a dinner party for 10 and I had to give a talk in Guelph in the afternoon. I returned from my talk and despite the stress of preparing the food, I was not raveled like normally by the time constraints and the pressure of having so little time to do everything. The meal is incredible.

8 XX: XX:XX Another symptom resulting from my car crash has been my inability to multitask and for the past years I am an Uni-tasker. Since the proving, this has improved dramatically. I am able to keep several tasks in mind and not feel over whelmed or forgetful.

10 13: XX:XX Tired but not as exhausted. More disorganized than usual.

Blue and Orange Colors

1 29: XX:XX craving oranges-realize buying lots of them and eating them way more than I usually do, especially this time of year

2 02: 6:10 BM foul smell like cooked lamb meat, and orange-yellow colour, formed but looser than normal. No reason for colour change as no change in diet

2 04: XX:XX Generally attracted to blue colours, find I am wearing blue more since beginning of proving, light to cyan blues and Navy

2 14: 14:30 While shopping had to exercise great restraint to keep from buying pottery that was a beautiful teal blue slip contracting w the warm orange - redness of the terracotta. I had a very intense feeling of attraction to these colours. I have always liked good colour combinations, these

being complementary, but I am overly attracted and want to buy several pieces for myself and well as for others as gifts.

2 14: XXXX While hiking fascinated by the ORANGE against the BLUE of the sky in the Sedona park area we are in. Seem to be more attracted to the teal and blue terracotta pottery made by the Lakota, Sioux aboriginal artist

2 15:17:00 – 18:00 Sunset photos of G.C. w polarized lens had great contrast of orange - redness of rocks and blueness of sky, very intense feeling of attraction to these two colours

7 04: 20:50 called dealer for information to buy a car, didn't feel comfortable with him, will buy from brother-in-laws dealer, first choice of colour: dark blue, second: light blue

7 25: XX:XX Went to ski show to buy used ski boots at ski swap. Also ended up buying the boots, colour red, new skis with bindings, poles, gloves and a ski suit, mainly dark blue with some lighter blue accents. . The brand name is 'spider'. It has numerous spiders on the jacket, and webbing going up the zipper. It kind of freaked me out, but I still bought it. Having buyer's remorse about the jacket.

9 01:15:30 I was attracted to this color blue – a bright deep blue- that was a backing for the 2nd Cup advertisements. The day after the coalescing meeting, when I looked to see what this backing really was, I saw the advert was for 2nd Cup's vanilla bean latte.

No tomorrow; Eat As Much As You Can

2 23: XX:XX Huge desire for food and eating become is big issue. Put on 10 pounds. Can not get on diet, have no control over it. craving sweets, meat, salty

2 XX: XX:XX Sensation like there is no tomorrow: eat as much as you can, have as much sex as you can, buy stuff like there's no tomorrow, it will be gone forever.

7 01: 19:30 ate 1/3 of bird, housemate was preparing dinner, made comments that she didn't have much food in the house and had no protein with her meal, I didn't offer her any chicken, even though she had given me bits of her meals on previous occasions, without asking. She ended up borrowing an egg.

Making Contact and Connections

1 39: 12:00 - a bit teary and weepy after talking to my father. I am feeling really close to him.

2 15: 8:00 ...Rode horse back around the G.C. forested area with just the guide and myself. I learned a great deal more than if I had been in a big group and made a good connection w the person to whom I was speaking.

2 16: XX:XX Connected with several Aboriginal (Native American) people on the Hopi Mesa's and had wonderful talks. Heard many goods stories of their oral tradition and found myself very

quite inside as I listened, and I was very interested even though they took time to tell their stories. I felt very patient with the method of delivery, a different pace from most “city people”. The stories touched me; a few relating to the Katchina, their spirit guides often represented by dolls carved in cotton wood, some relating to ceremony like the basket dance or up coming wedding, some relating to the sadness of personal experience - the alcoholism - the abuse of the residential school system that now no longer exists. Every one kept telling me not to expect much from my visit, Hopi’s are closed and secretive. I have not found this to be so. One on one they are open to talking w me. I feel honoured, my heart is lighter for having had this experience of sharing, even though some of the stories were sad. The connection again!!!

2 17: 12:30 Seem to be making better contacts with others. I am usually always very friendly, and often over the years people have randomly come up to me to talk to me even about private matters, even though I do not know them. I am a good listener, but there is something I FEEL about a different kind of connection with people, a different level of friendly. I also realize that I am not as tired as I sometimes get when I am with a large group of people. Before taking the remedy, if exposed to a lot of people on going, I would get weary of too many people and have to find quite alone time to recoup my energy, now I do not seem to need to do this. I am enjoying the connections, especially one on one, and energized by the exchange.

2 20: XXXX - Making wonderful connections with people, really seem to be intuitively connecting w what people want to talk about, where they are at, always felt intuition guided me, but seems more clear now, somehow allowing for open friendly connections, people sense this willingness of my attentiveness, my attunement. What am I doing differently or how am I being perceived differently? I am more open to connect, invited to sit down and join people much more than normal and I am not exhausted by it

4 18: XXXX Have a long discussion about Homeopathy with a pharmaceutical rep. at the reception – normally wouldn’t feel confident enough for this. Enjoyed the conversation

6 05: 19:30 – Energetic and ready for company. Very sociable.

6 14: 9:00 Couldn’t answer the phone because the cordless phone was dead. I could hear my husband leaving his message on the answering machine and I was so upset. I started to cry. I felt so helpless and angry at the situation. Felt sorry for myself. I just wanted to talk to him so badly. My head hurt more with the crying – I had to stop, too painful(10/10).

7 04: 8:50 called Aunt in England – haven’t spoken to her in 6 months

7 11: 18:00 went out to Octoberfest party, talked to more people than I normally would

7 12: 20:45 went to party only knowing 2 people, normally would stick with them, preferring not to socialize. I felt much more confident, speaking to a number of people.

Sad and Lonely, Desire to be Alone and Not Communicate

4 04: XX:XX Sad, calmly sad, lonely, but want to be alone, no desire to communicate

4 04:XX:XX Sad - it is bigger than me, depressed with no reason, very sad, anguish, do not want to communicate with people at all

4 X: XXXX Does not want to communicate: stop to talk to friends, stop to communicate with relatives and many friends, have no desire as well to talk to supervisor.

5 X: XXXX (Supervisor) Had trouble keeping in touch with Prover...felt wanted to call, but never seemed to contact each other...also kept meaning to call but did not actually do it as much as I meant to.

6 05: XX:XX Felt irritated at having to call my supervisor. He was difficult to get a hold of and I felt like I was taking away from his day to do this thing and I didn't want to talk anyways. I feel like -what's the sense, I am writing it all down anyways.

6 08: XX:XX Still have not really communicated with my supervisor much. I don't feel the need to though.

8 10: I had conflict of scheduling and I semi-solved it. I went to my meeting and hoped that my patient would pick up her messages. When I am at the meeting I am wondering how so much talk can be made over very little that has no relevance to us. There is really so little that needs to be said.

Losing Things

4 01: 14:00 start to loose things, lost sunglasses, parking ticket

4 04:XX:XX Couple of things happened in house- my daughter lost a dog (he was with me at that time)(lost) She was very upset, then she played with dog and almost killed him, not on purpose, he fell down the stairs, and again she was very sad and cried.(loosing)

8 14: 9:22: The phone rings in the hotel room where I am staying and it is the bride calling to tell me that she found my Visa card and sunglasses under the table where I sat. We were just about to leave our hotel room to return home. The timing could not have been better.

9 -01: XX:XX Went to take the remedy, and was intent on taking it, but couldn't locate it even though it wasn't well hidden.

9 04, 05: XX:XX The weekend of the same week I took the remedy seemed to be rich with the theme of revolutionary – fight heroically against the “man” type films that I saw, like The Weatherman Underground. I also had my laptop stolen, with quite a dramatic chase of the perpetrators going on around me as I waited to make the police report.

Ebb and Flow of Clientele

1 40: XX:XX concerned about the slowdown of new clients into my practice

9 XX: XX:XX I had a fairly unusual increase of new patients coming in, contrary to my bad luck with the laptop theft.

Redundant Reiteration

2 12 -19:XXXX Repeating phrases word for word: I observe that I have been repeating the same phrase at the end of a statement as what I start a statement with when I am formulating my point at the beginning of a statement. I thought back over last few days I realize I have been doing this since at least Day 12, possibly before, but did not clue into pattern until I was in the shower this morning - then it became clear. Example: the sky is blue...statement...the sky is blue. A real life example: I was speaking with some one about teaching my nieces and nephews to drive. I said, "My father taught me to give large transport trucks lots of room because they need plenty of space to start and stop due to their size and the weight they carry." Described some thing about teaching the kids to drive...then said again, "so the kids know me to give large transport trucks lots of room because they need plenty of space to start and stop." Seems to be redundant reiteration, this is not my normal state

Bees and Wasps

1 13: 12:30 stung by a wasp!! I was putting on some pants and felt a sharp sting not once but three times before I had a chance to take my pants off. The wasp was hiding in my pants. I was stung on my right calf. Got very agitated after I was stung. Husband stood their stunned and I barked instructions at him (when I was 15 I carried an Epi-pen for bee stings as I was allergic) afraid I would have an allergic reaction. Put first baking soda, then rubbed garlic on it, then put arnica on it.

7 47: XX:XX On the way back I was cycling through a wooded area and suddenly a number of wasps were around me, they just seemed to appear, they were only around me for a few seconds then disappeared. I hadn't thought anything about it. Also with the leaves falling off the trees I had made a mental note that I was seeing quite a few hornets nests in trees.

8 XX: XXXX During the proving, I got stung by a small bee and didn't pay any attention to it and therefore didn't record this.

10 03:XX:XX My daughter was bit by a bee during the day on her leg and it swelled up right away as well.

10 16: XX:XX Bees (2) inside the house and hard time to get out of house. And next day there was another bee coming inside and hard time to get it out. And Afternoon same thing 2 bees came inside the house and hanging inside house and do want to leave house.

Poems/Meditations

2 22: 4:00 Woke w poem, rhyme in my head
Light, lightness, lifting

Let go - drifting

Orange Blue - what to do?

Run rush gush

2 (-1): XXXX Meditation after the Remedy:

Toronto Best Western

- Sitting by pool on recliner
- Eyes closed
- Sensation as if rising up, lifting, light
- Wrist and forearm ache as I hold remedy
- Oesophagus as high as tongue feels tight, thin, long, too tight, feels as if nausea and trying not to vomit
- Feel cool, like cool water or cold in chest, ribs at sides, lateral
- Feel as if I am thinner than I am
- Sensation of a cool spot in the centre of the forehead at hair line as if a cool patch the shape of an oval
- Forehead feels odd shaped, as if higher or longer
- Quivering jaw as if about to cry. Like when a baby cry's and chin quivers
- Left arm feels very light and right arm feels very heavy
- See blue colour even though eyes closed
- Looking at my own feet from far away, as great distance/height
- Can see my ribs standing out, as if I have no breasts in the way and very slim/emaciated?, but have a very distended belly, stomach
- Blue image floating to left like dolphin or fish, then turns away
- Noisy Belch, open mouth (this is unusual for me, I did not even cover my mouth)
- Bigger or higher on the Right side than on the left, imbalance
- Image of a gaping mouth/opening, tear dropped shaped, then seems like fish mouth wide open, swims toward me then turns away
- Cold feeling between the eyes
- Raising arms over my head and clasping hands together, palms rotate to sky, above my head, head tilted upward, amel oesophagus sensation of tightness, nausea, and abdominal bloating feeling, > stretching longer
- Belch again
- I am really enjoying the sun shining on me, even on my head, normally I would need a hat if I were to sit this long in the direct sun as I have had serious heat stroke in the past and do not normally do well in direct sun. I am enjoying the sun and its warmth
- Image of a petal, tear dropped shape, blue
- Pressing head ache between eyes, forehead, as if separating left and right hemisphere
- Hypothalamus word comes to mind
- Plant bacteria comes to mind?
- Open eyes = fascinated w blue sky and blue of pool, desire going up, floating, into blue sky
- Lost of load belching during meditation
- 30 minutes since the beginning of mediation, had to get up urgently to have a BM. Had to use WC by pool as I could not take time to make it back to my room.

- Loose foul smelling diarrhoea, yellow pale orange in colour, reminds me of the first few BM of new born baby
- Feel light headed after BM

Miscellaneous

6 10: XX:XX Can't stop processing everything the psychic said – in awe at how many memories he brought up, overwhelmed by this whole change in my perspective on life and death, and amazed at how I feel as if I know myself so much better.

7 06: 13:35 went to local cinema to see matinee, there wasn't a romantic comedy playing, so I left.

7 06: 19:20 changed earrings from pearl studs (which I always wear) to drop earrings with garnites, to go out.

7 08: 8:20 changed hair style, normally wear hair up. Felt like a change. Wore it down to work (bank), got some positive comments

7 08: 18:00 met friend for Ethiopian meal, she commented that I looked healthier, more relaxed

7 09: 9:45-4:30 helped brother move to new apartment, lots of heavy lifting. He made comments on how strong I was

8 09: 1:55 I wake up and see the time on the clock. I am unable to sleep. I am not hungry. My mind is awake and it won't shut off.

8 10: 17:55 On my way to my exercise class, I see 3 hot balloons in the air and watch the configurations that they make. The triangular shape turns into a straight line.

8 11: 16:25: Ever since a child, I have had a phobia and horrible fear of snakes. The thought of a snake can cause me to shake and tremble. I am bicycling on a gravel road and during a 15 minute period I see 3 dead garter snakes on the road. My reaction is of sadness for the poor little snakes and a momentary thought perhaps there maybe others. There are no reactions of fear and dread to the snakes and I continue cycling.

8 13: XX:XX I am talking with colleagues and family of the wedding party and it dawns on me that complaining of topics that is worthy of complaining is exhausting. I realize that complaining is tiring and is a way of procrastinating and not doing creative work. I am more drawn to begin my book project, more than ever before. I spend time thinking about the details of the book that I want to write.

9 01: 17:00 I was approaching a woman who I was convinced was using sign language. Then when I got close enough to see hear her I saw that she wasn't signing at all. 5- 10 minutes later

on the subway 2 women were sitting across from me signing back and forth for real this time. The experience was odd and so I thought it had to do with the proving.

9 04, 05: XX:XX The weekend of the same week I took the remedy seemed to be rich with the theme of revolutionary – fight heroically against the “man” type films that I saw, like The Weatherman Underground. I also had my laptop stolen, with quite a dramatic chase of the perpetrators going on around me as I waited to make the police report.

(Prover 8 had this dream: Images of children of all nationalities wearing warrior masks are parading around me. They do not provoke any harm but I feel their pain and struggle of social and economic barriers.)

10 08: XX:XX Confused and difficult finding information on (computer) screen.

DREAMS:

OLD BOYFRIEND

1 15 XXX I thought I should call Ed (old boyfriend) he is now in town and then I started thinking about him.

8 10 My dreams seem to have a theme of old and new with things old, people from the past dominating. Even the dreams that I have forgotten are about people from the past and somehow they are here now.

6 11 Something about an ex-boyfriend but it was all confusing and I lost it as soon as I woke up.

6 12 My ex-boyfriend (7 years ago), has come to see me.

10 36 Dreamt she was at a party with her old boyfriend and he was looking for his son. He looked older in the dream.

Sexual and Male Genitals

1 16 XXX- two dreams- can't remember but the first one had sex in it. Think it was about former boyfriend felt like a continuation of night before.

5 3 Was flirting with a couple of guys by offering them water.

5 8 I have a pimple in the middle of my forehead (in real life) – in my dream I tried to squeeze it but what came out of the pimple was an actual size penis – in my dream I just thought that it looked exactly like a penis and wished that I had thought to hang on to it to show people how strange that was – once it was out there was a bit of a crater in my forehead because it was so big but it closed up with cold water like a regular pimple.

8 8 An erotic dream of sex with my husband. A most pleasurable dream.

10 7 Sexual dream about male genitals and crazy things. That is all I remember. I was thinking that I may be proving (male sperm).

Food, Parties and People

1 2 Then there is a scene an outdoor food tent with lots of pop and food. I thought this is the guy whole stole the money. It started to rain and I left.

1 25 XXX We are going to be late to a party (I know there will be drugs there) and are driving there.

1 48 XXX Second scene was a young guy helping me cook he was very helpful we were in a small apt. kitchen. We were making a meat dish which had 3 chicken legs in it. He is very busy helping me and my friend takes me aside and says the young guy really likes you and he makes the case to me. I did not realize this and so I go around the corner and kiss him.

2 4 4:00 a.m. Woke from a disturbing dream but do not remember details. Theme was as if I am standing still facing one direction and there was a large crowd of people coming at me from the other direction. Not sure what was disturbing about it.

2 8 5:30 a.m. Woke from a disturbing dream were I was at a party with many people, not sure why but I felt deceived, wanted to leave, but I was there w my partner and friends.

6 8 I then take Annie to my Grandma's front porch and have her sit so I can get her some food.

6 9 3:30 a.m. I was babysitting these three kids (ages 4,6,7). They decided to get up at 3:30 and make this huge meal (two older ones). They were really rangy and I was trying to get them to go to bed, but I didn't want to get mad at them. There were some grandparents there (not sure who) and they were doing the dishes but I wanted them to just leave so I could deal with the kids – get them to bed. The whole thing was rather frustrating but I was calm throughout.

7 4 3:10 a.m. still awake dream (I very seldom remember my dreams): small gathering of people from work I don't know well (normally this would be very stressful for me). The atmosphere was very comfortable. Later, I'm jumping on the white couch in the room (which is fun, and doesn't faze or shock anyone). Later, another person joins me.

7 5 a group of guys I know were horsing around at someone's house. One of them was playing practical jokes on everyone. Later, to get him back, they sent him downstairs to get more beer. They know that he is afraid of the dark (I don't know if he actually is), they turned the light off while he was down there. He was terrified, and runs back upstairs. They say it happened accidentally. The partying carries on, something happens that makes him go back downstairs again. He knows that it's a set up and that the light will go off again. He braces himself, the light goes off, he races down there, gets what they need and comes back up. He is fine.

dream: a group of 'friends' (I don't actually know them) and I were outside in terrible weather with nowhere to go. One of them knew of this empty house where we could stay. So we got inside and stayed for a while. Things felt really creepy. One of us got separated from the rest and later was found dead. We all ran from the house and later heard that they found the people responsible and been locked away. So the same guy suggested that we go back to the same house, which we did. I felt something wasn't right and finally figured out that it wasn't the people arrested that were responsible for the death of our friend, but the house, and the person that kept bringing us back was actually part of the house. Once I realized this we all panicked and tried to leave, then realizing that we had again lost one of our friends. After some effort we got out and were about to run when we saw our friend in the upstairs window. They were trying to get out, but couldn't. We called to them frantically and told them what to do to get out. After what seemed ages, they were finally able to get the window open and jumped. The house was furious, the boy that led us there was still inside. The house killed him.

8 4 : There is an outdoor party and people are lounging around. I suggest that we play a game and we are making our way across a vast distance so that we can play a game that is like baseball and something else.

8 5 : I was on a boat with many people. I felt the swaying of the boat and felt the people were false friends.

8 7 I am at my uncles' house as I remember it when I was a little girl. I am watching a young teenage girl with pity because she is married to an old man. She is cleaning and preparing food all the while she is doing her tasks, my aunt is watching her and correcting her mistakes. My aunt is her mother-in-law. It seems strange that my aunt is the mother-in-law and is also the mother of this girl and the wife of her husband. In the dream, I am filled with pity and sadness for this young girl's destiny and fate.

8 14 I am in a Japanese grocery store that is also a café and I am watching a man take a jar of rice that is in the shape of a gourd. He picks it up and begins shaking it and it makes a beautiful sound. I tell my husband about them because I want to buy them and he tells me to get them. I find the box on a bottom shelf of shelving unit and there are about a half a dozen of the gourds in a wooden box. I am intrigued by them and their beauty. I take the whole box with these 6 or so rice gourds and as I rise from a crouched position I see on an upper shelf, many strangely twisted shaped chop sticks. They are very long and it seems impossible to use them. I ask a Japanese elderly woman what are they used for and she tells me that the pair I am holding are specific for rice and the second pair are for rice prepared in a special way. She tells of a woman friend who is a celebrity who uses a pair of chop sticks that are extremely long and has a long hook at its end. I marvel at the story of the friend that she could be so dexterous in their use.

8 17 I am in Montreal with my elder son and I am looking for a bistro that I know serves excellent food. I am on a small street that resembles Paris more than Montreal. We are looking for this incredible bistro and I don't think we find it.

9 That night (about 3 am) had a dream that I was with a small crowd of people and we were all attacked by bats flying at our heads.

10 10 all she remembers from dreams is a lot of people

10 14 Dreams with lots of people being active.

11 4 I write a story and the director of a company used it to make a movie. He showed us his office which was quite messy, littered with papers. Then he let people eat chicken free of charge so the mood was happy. He told me he will be able to make a movie with office staff for only \$60,000 but I was disappointed because he didn't acknowledge it was my story and didn't let me give the finishing touch to the story.

11 6 I drop shell of shrimps into water to feed the swimming lobsters in front of the building. The lobsters are nibbling at big chunks of cooked lobster tail without the shell. The water is crystal clear and the feeling is that food is plentiful.

Dream2: I do or say something so funny that I laugh and laugh. I laugh so much that in the dream I wake up from the dream.

Dream3: I help carry heavy bags of fruit and vegetables downstairs. Then I feel the weight is lighter and find the bag of vegetables is almost empty. I keep on going downstairs and a man brings a thick stack of vegetables saying that it is what I had dropped. I go to a place. A lady is cooking and says if today is an important day for me she can share some food with me. I said no my birthday is in October so I walk away. Another group of people is getting dinner ready so I tell my husband and we both go to join them for dinner.

12 1 – I had a dream that I was informally acting in front of a group of people, trying to make them laugh. I was acting like I was George Burns, whom I told them was the best actor ever. I was speaking as if I had a small burnt out cigar in the right corner of my mouth, and I was holding it and placing it in and out of my mouth. I was also speaking with his accent. Later in this dream, I switched into speaking with a thick southern accent.

12 1 I also had two dreams of drugs. In one, a shady man standing beneath a tree asked me if I wanted to buy "coke," so I asked him if he had peyote and mushrooms, and he said, he did. He took me into a house, where they were some men and women sitting around a kitchen table, and in the adjacent room on a sofa, three people were watching TV. One woman had a plate of salad that she was eating. There were extremely large pieces of marijuana that she was eating in the salad, casually. I was surprised at how much there was and how much she was eating and that no one was making a big deal about it.

SHOPPING AND CLOTHES

1 25 XXX- I am in a room where there is a Asian girl getting ready to go out, first she is plain, drabbily dressed then she goes to a light pink top and skirt. The refrigerator is almost empty. We are going to be late to a party (I know there will be drugs there) and are driving there. It is me and a guy in the front seat Because of the technological nature (lots of it) of the car if we stop at

any time we have to get a hold of one of the other two cars (their driver) and tell him and get it signed off that we stopped.

1 48 XXX I was at a jewelry store getting some funky colorful earrings , the same ones that were stolen from me three times already. When I came back a second time they seemed irritated and perplexed (like again!). After the third pair were stolen they said they did not have any more in stock and had to order them.

3 14 Dream that I was at the Health food store where I work and I was closing and a bunch of people came in the back door and were planning on staying and I was a little frightened of them.

8 1 go into an old bookstore. There are very few book cases and the few that have books are sparsely placed. I reach for a title of a book on “Archetypes” and as I leaf through the pages, I see that it is beautifully printed. The style of type is as if it has been handwritten in a simple but elegant calligraphy. I pick up another book from another shelf called “The Life and Death of Captain Tom Dooley”. It is a book about a sailor and even without looking in the book, I know what is in it. The story is about a sailor who drinks too much, loves too much and dies young.

8 6 : I was leafing through a 1959 catalogue for household items. I remember looking at kitchen things: dishcloths, towels.

8 10 There is a clothing sale in a beautiful home with many beautiful women with lots of money to spend. The clothes are beautiful and displayed on exquisite hangers. Each item costs \$15.00. I chose many items, hats, shoes, dresses. Several women comment by murmuring that I have a lot of things. I react by questioning myself whether that is true but I conclude that I like everything and I will buy them all. I pay for them and immediately notice that I have purchased items that I already own. I bought a pair of shoes that I don't wear and dresses that I don't wear. The more I look, I notice that I have bought things that I own. I find the woman in charge who happens to be my fitness trainer and CH tells me that I can return anything I don't want. As I survey the huge pile of things that happen to be lying on a bed, I notice that I have a huge brimmed hat along with a couple of old fashion hats with feathers and veils. I choose these hats because they are so rare and old that I will never be able to find them anywhere again. I decide that I do not want the 2 new dresses that were not previously owned by me and I return them, along with the pair of shoes and other items that I owned. As I gather the things that I did buy and carry them to my car, I am feeling that I misjudged my purchases and even the hats are things I do not want any longer. My indulgent shopping spree is empty and full of regret. My dreams seem to have a theme of old and new with things old, people from the past dominating. Even the dreams that I have forgotten are about people from the past and somehow they are here now.

8 12 My mother has moved to a new home (which is her present home that she has lived in for about 30 years). I am looking in her closet for some dresses, particularly two to wear and I cannot find any that belong to me. I ask my mother for these two dresses and she instead gives me polyester blue fuzzy sheets for a bed. I look at these extremely warm sheets in puzzlement because it is very hot and it is summer.

8 12 I am going off to camp and I arrive with no clothes that are suitable for camp. I have only winter clothes and no swim suit or shorts or cool blouses. I am frantic that I have nothing to wear. I am given a few articles of clothes but no shorts or bathing suit by G. (ex-partner). No one has clothes to share and no one seems concerned that I need some.

8 15 I am getting dressed for my wedding. I put on a light blue top and an orange skirt. The skirt looks ok but the blue top is not the one I like. I remember that I have a gorgeous white blouse in my closet. I am late and I am frantic removing my blue top. I am trying to do too many things at once and I feel so late.

8 17 I lost an earring which is my most favorite and cherished earrings. I am sad and so distraught that I could have lost it. The earrings were a gift from a friend who bought them at the Metropolitan Museum in NY. I am afraid that they are no longer making them. Such grief.

CARS AND STEALING

1 2 I was staying with my friend Julie overnight at her place in a queen bed one of two. Next scene was her in a store(I am at a fair distance) with her two sons and daughter (she doesn't have a daughter). They are all well dressed (boys ties and jackets and girl dress). She disciplined her son and he was not happy then she comforted him. I thought how nice what a good mother. When I woke up the next day and I went home, I saw a street car in an accident with a car as I came up the hill I saw that someone had taken the car contents away, then I saw boxes in a garage and I go through them with others all the time thinking this was stolen. I was afraid the bad guys were coming. Afraid they would see my finger prints on the stuff, I see a grey plastic cash box, it was empty I think someone got to it first. Then there is a scene an outdoor food tent with lots of pop and food. I thought this is the guy whole stole the money. It started to rain and I left.

2 1 = many people crammed into one vehicle. Like a fraternity trial, see how many will fit in a car?

3 2 XXX Dream of trying to get somewhere in my car. Have directions but they stop at a certain point and now I'm lost. Annoyed because I'm going to a farm and the directions go on and on about the horses there but don't tell me how to get there. End up calling my sister who has a better set of directions and I get them from her.

3 2 XXX Dream of waiting for friend with my Dad in a coffee shop. I could see my car parked down the street. I saw 2 people breaking into my car and realized it was my friend and another person. Ran out to catch them but they got away. They had taken my wallet and my cell phone. I was really angry, saw her later and she didn't know that I knew and I didn't say anything to her about it.

4 6 Dream of robbers (clairvoyance?) 2 man and 2 woman come to my house to take something from me.

4 16 Dream: three car can not use single one.

4 16 Dream came to night club half an hour before , park and then children (gypsy) came for money and I was sending them out, during I was cleaning the car, throwing away cherry pits and where was some money a little bit, couple of dollars so the girl picked it up, like I did not want to give it but I did anyways, so felt very good

5 8 . Had passed a car on the road which looked like my parents' car but wasn't them – the car started following me to try to harm me – I faked going one way to try and lose him but had a hard time losing him – kept playing out different options of where to drive to try to get away – very scared.

6 4 Going to get a ride from a neighbor with a truck. He backed into another neighbors' driveway to get gas. I was just confused by it all.

ANIMALS

4 6 Dream about wolfs.

5 7 something about mice I think? I see a terrier in this dream and felt like I'd like one (this is true).

8 9 As soon as I lay down and closed my eyes, I see strange images of an oversized and fat dog bouncing a ball from his belly and head. The ball goes up high and he bounces it again. Next image is of a girl who is throwing something in the air and again it goes even higher. Next image is of a bald headed monkey who is doing something silly. I watch these images go by and I am not moved or changed by them.

8 16 I see all kinds of bird beaks that transform into different bugs

9 The second night after taking the remedy I had a dream I was at a trailhead of bright green grass at the foot of a forest. Suddenly I noticed a young moose calf, at least that's what I made it out to be, a few feet from me. Then this orangey-brown orangutan like creature came from the right side just behind me and put its long arm close to my shoulder but didn't quite touch me. I turned toward the trail and a zebra-horse like animal was in front of the trail. It moved out of the way and I went on my hike.

DEATH AND GRAVEYARDS

5 3 in a graveyard/spooky shed setting being told a story about how a boy had been killed/died in this shed – doll replicas of the people who had dies were here – there was a woman/witch doing a talk was drawing devil symbols on one doll (to try and wake the devil?) and he did – woman who had almost been tempted by devil before was being tempted again and was going to be killed (K think that it was me though didn't look like me) but was saved when my dad came by and made everyone go golfing rather than the ritual

8 6 I am conversing with someone about my husbands' nephew (who died in a motorbike accident.) I am talking about when he died. I am saying that he died exactly one hour after buying his new bike.

4 21 Dream of coming home and see a lots of corps under bridge after some kind of accident happened

4 6 Dream of killing -tried to kill a boy from terrorist group, by knife.

PEOPLE WITH NO FACES

2 21 a crystal ball, or crystal shape, of some kind, w a flaw, or cloud, in it that makes me constantly move my head so that I can get the right angle to see clearly, or focus, on the other side. Looking in I am able to see others clearly for who they really are in the ball, but when I look around it I can not make out the people faces, they are not their, like the artwork of the green apple in front of the businessman face in that dream of the painting, but I am not sure what is in front of the faces that prevent s me from seeing. Afterward realise it is as if looking at a person through a bottom of a glass as when taking a drink where the head is blurred by the curve of the glass and the body is in focus in the centre of the glass.

2 31 Dream on waking of a man standing in shadow, front facing silhouette back light, facing me, long coat, wide flat brim hat, can not see facial details, feel ominous, foreboding?

Tumors on Foot

4 21 dream of tumor on my second toe on right foot. tumor was destructive, I open it and tried to clean it. it ate almost two fallings off.

Clumsy

8 10 I am lying in bed and I am challenged by the difficulty to turn my body around in bed. Each time I turn, it is clumsy and awkward and my movements are occupying a large space. The exercise of turning has the same quality as a competition. I sense that I must make my turn so that I will win the race, but each time that I turn, I cannot succeed in doing it in the space that I am suppose to.

VERTIGO

2 14:XXXX headache and dizziness on and off all day, consuming at least 5 L water daily, so do not think it is related to dehydration

? 7 41:XXXX Tired, faint, probably due to detox

HEAD

1 02:0900 sinuses feel dehydrated, pressured and sensitive

1 06:1300 my sinuses keep draining, I feel pressure and then I swallow and they feel open and not congested. I keep doing this until 19:00
1 08:XXXX right inner ear is itchy , use finger inside to rub
1 09:XXXX right inner ear is itchy , use finger inside to rub
? 1 25:1000 lots of sneezing
1 42:XXXX sinuses feel full and draining
2 03:1130 felt feverish spike heat ears and cheeks. Sensation as if forehead widening or separating at frontal corpus callosum area, light headed
2 03:XXXX Low grade fever remains, feel a bit light headed.
3 02:XXXX In the evening notice a pimple on my head at the vertex - sore
? 3 11:XXXX Felt out of it all day. A little light headed at times and very tired
? 3 15:XXXX Felt a bit light headed in the afternoon
6 11:0800 Woken up by alarm - feel terrible; nasal congestion, head feels full. Can't breathe through my nose, lips are all dry and cracked.
7 01:1002 feel weight in back of head, yet somehow clearer at the front, more focused
7 01:1003 feel band over eyebrows and occiput (throbbing slightly)
7 01:1009 occiput itchy
7 02:1517 feel band over eyebrows
7 19:0835 Phoned mother to wish her happy birthday, she wasn't well, had come down with a R sided earache that rapidly moved to a big blister on the roof of her mouth at the back, making it difficult for her to swallow and at times breath. Told her to see her doctor who put her on antibiotics
7 37:XXXX Tired, light headed, started a detox today.
8 01:1405 Immediately upon taking the remedy, I feel energy swirl and pulsate in the occipital region of my head.
8 01:1406 A faint pressure behind my eyes begins and the back of the head feels airborne. The back of my head feels elongated.
8 01:1515 Pressure reduced in temples. I can't focus on what I want to do. I am a little bit concerned that the headache is happening.
8 01:1530 The back of my head is still feeling full of air which I feel its pressure.
8 01:2015 While having a hot tub, I begin to feel a vise around my temples. There is a pressure and tightness at the temples. Head feels better after I am out of the hot water. headache is happening.
8 02:1020 Low grade pressure left temple. Pressure sensation in occiput.
8 02:XXXX Back of head feels enlarged and full of air.
8 02:1755 I take a short nap. I feel bone and brain tired.
? 9 00:XXXX hesitated 2 weeks to do remedy because of a cold: sore throat with a sensation of sand; head cold, full feeling in head and sinuses, and a lot of thick yellow mucous constantly discharging; developing into a tickling cough.
10:02:0900 Feel warm in the face - on the neck and behind ears (same as yesterday).
10 02:1115 One sinus - and skin eruptions

HEAD PAIN

1 02:1300 dull frontal headache along with sinuses, feels empty.

1 10:1530 pressure headache comes on . Feels like a sick headache. Wondering if I am coming down with a cold. Continues on with a stiff neck (18:30)

1 15:1600 Sinus pressure-dull throb. Felt spacey and tired. Lasted until I went to bed.

1 38:1600 sinus headache

1 42:0930 quickly developed a sinus headache. Head feels full and sore.

1 43:XXXX noticed I have bad breath today

2 02:0230 Awakened from sleep w pain in Right jaw as if hit or struck 1/2 way along mandible

2 05:0700 Upon waking had cold pressing pain in left parietal lobe, near the suture

2 07:1230 After enjoying and walk in the woods w my dog I hit my head on side of car door frame getting back into car, not sure why I did it as there was no reason for the miscalculation, and I did not slip that I recall. Left welt on forehead.

2 13:XXXX Altitude headache? I feel like constitutional Aur Mur Kali would help or maybe Arnica or Gnaphalium Leopodium comes to mind w the sensation. Pressure headache according to Vermeulen may be nautilus, may have to add this to first aid kit.

2 14:XXXX headache and dizziness on and off all day, consuming at least 5 L water daily, so do not think it is related to dehydration

2 26:XXXX no PMS head ache normally lasting one day, which is normal state, but headache on first day of flow, low grade, had a slight temporal pressure head ache on day of heaviest flow

3 05:XXXX Got shooting pain in left temple while in drug store

3 05:2000 Headache followed - dull pain in forehead
Possibly from all the odors in the drug store

3 06:1500 Headache later in the day but probably from not eating - typical for me

3 11:2015 While lying on the couch got shooting pain in the left temple - happened twice in 20min.

4 17:XXXX Headache on first day of menses, temporal, heavy.

4 28:XXXX headache constant

4 33:XXXX headache for month, mostly temporal

4 33:XXXX PAINS: HEADACHE, BACKACHE, constant, severe

6 01:1500 Headache, frontal and around eyes, I= 4/10 dull ache

6 01:1800 dull headache around both eyes.

6 02:0900 Dull achy headache - whole head.

6 02:XXXX Felt terrible in the morning - tired and headachy. Then great towards afternoon (15:00 on).

6 14:XXXX Mild Headache and tired all day.

6 16:0900 woke up to the phone ringing. Had a skull splitting headache - difficult to get out of bed. Could feel my whole skull cracking and throbbing (8/10). Felt slight nausea. Couldn't answer the phone because the cordless phone was dead. I could hear my husband leaving his message on the answering machine and I was so upset. I started to cry. I felt so helpless and angry at the situation. Felt sorry for myself. I just wanted to talk to him so badly. My head hurt more with the crying - I had to stop, too painful(10/10). I went back to bed until 4:30pm. Felt as if I was passed out and in a whirlwind of dreams with slightly waking and then passing out again.

6 16:1630 Husband woke me up. Felt somewhat better. Still had the headache but it was milder (4/10).

6 16:XXXX As the evening went on I started to feel worse again. The headache felt worse and I was so tired. I think this could be a hypotensive crisis like I had last December after a medicinal peat bath. BP this evening was (88/38). My husband got really worried and wanted me to take a remedy. Couldn't get in touch with my supervisor. It's been quite a while since we spoke. I wanted to tell him what happened for the sake of the proving but I really didn't want to talk. It would be ok if we could just keep it short.

6 17:0800 Still have the headache today but milder. Just don't feel myself. Tired and no energy to do anything. Lay around and dozed all day.

6 18:0700 Headache is still there.

7 01:1209 beginning of frontal headache

7 38:XXXX Tired, slight headache, possibly due to detox

8 01:1420 Temples pulsating, a slight headache. I feel tired.

8 01:1515 Pressure reduced in temples. I can't focus on what I want to do. I am a little bit concerned that the headache is happening.

? 8 02:1020 Low grade pressure left temple. Pressure sensation in occiput.

10 01:1600 headache on temples.

11 09:1010 dull ache in left back head next to the left ear for a few seconds

11 11:1630 A very slight dull ache on the crown of head.

11 12:1400 slight dull ache on the right side of the back of the head for 20 minutes.

EYES

1 15:1900 Eyes are sore rubbing both eyes

1 16:0730 woke up with slightly yellow mucus coming out of inner corners of both eyes.

1 16:1230 noticed red eye (lhs)

1 17:0800 woke up with mucuosity eyes, slightly red lhs eye

1 22:0730 woke up with mucus in both eyes

1 24:1300 red, sore eyes.

2 01:1305 left eye tearing

2 05:XXXX Seeing shapes moving - dashing in peripheral vision, can't really make the out. May be only on right, can't be certain

2 15:1100 Eye lids almost swell shut, redness on eye lids remains for most of the afternoon like sun burn

Thought I ate something I was allergic to, but see Wed, this repeats, not diet or environmental correlation repeats over these two days

2 17:1120 Eye lids less swollen this time and redness did not remain.

2 19:XXXX Left lateral aspect under eye swelling, a bit baggy

Whites of eyes have been a bit blood shot since flight. I at first contributed it to dehydration from flying, then to high altitude, then to heat, but I am in relative cool hydrated A/C air most of the day and my eyes are still blood shot, will continue to watch if this remains upon returning home

2 22:XXXX Whites of eyes still v red today

2 25:XXXX Upon waking whites of eyes a little red upon returning home not just related to trip to Arizona

2 27:XXXX Circle under eyes, dark
2 28:XXXX Circle under eyes, dark
2 29:XXXX Upon walking or while in motion, as while driving in a car, Dels as if some one, or an animal such as a deer in woods, is ahead, directly in center of my vision, as if they stand there, and as I focus on them they move quickly out of field of my vision. At the beginning of proving this occurred in peripheral vision NOW in center of visual field
2 29:XXXX Circle under eyes, dark
2 30:XXXX Circle under eyes, dark
2 31:XXXX Circle under eyes, dark
2 32:XXXX Circles under eyes seem to be less
? 6 01:1500 Headache, frontal and around eyes, I= 4/10 dull ache
? 6 01:1800 dull headache around both eyes.
7 01:1154 eyes achy, tired
7 01:1451 eyes tired, slight pain L eye
7 02:1445 eyes suddenly very dry, scratchy
8 01:1406 A faint pressure behind my eyes begins and the back of the head feels airborne.
8 02:1020 Pressure behind left eye.
? 8 02:1730 While driving with my teenage son I am feeling a heavy wave of fatigue. My eyes are heavy and I feel that any conversation is too much.
10 08:0700 felt sand in right eye lasted all day, got better as day went on.
11 01:2306 usually when I enter the dark bedroom from the bright sitting room my eyes feel uncomfortable because the left eye sees darker than the right eye but tonight I feel okay; not the slightest discomfort
11 12:0700 notice discharge in the left eye for the first time since provings

Ears

1 8:XXX right inner ear is itchy, use finger inside to rub
1 9:XXXX right inner ear is itchy

NOSE

1 17:0800 stuffed up nose, blew it and yellowy mucous.
3 01:2230 Ticklish nose followed by very forceful sneeze, twice in a row while in bed
3 02:1132 Really ticklish nose followed by a forceful sneeze
3 03:1608 Ticklish nose followed by very forceful sneeze
3 09:1630 Felt a few drops in my nose, went to the washroom and it was blood not mucous
3 09:2200 Epistaxis on leaning over the sink to wash my face. Very thin bright red blood flowing from left nostril. Flowed for about 3-4 minutes then stopped
3 13:XXXX Nose bleed after washing face in the evening. Only lasted a minute or so. Bright red blood.
3 20:XXXX Nosebleed in the evening after washing my face. Left nostril, only lasted a few seconds, bright red blood
3 27:XXXX Nosebleed in the evening after washing face. Right side, didn't last long

- 5 03:XXXX no symptoms - nose clogged and sneezing (usual)
- 6 10:0800 woke up with lots of nasal congestion.
- 6 10:XXXX Nasal congestion got worse throughout the day
- 6 11:0800 Woken up by alarm - feel terrible; nasal congestion, head feels full. Can't breathe through my nose, lips are all dry and cracked.
- 6 11:1000 Woke up after sleeping for 2 more hours. Still tired and nasal congestion but a better.
- 8 03:1845 After my exercise class, I am driving in the car and my nose gushes blood. The blood is dark and full of large clots.
- ? 9 00:XXXX hesitated 2 weeks to do remedy because of a cold: sore throat with a sensation of sand; head cold, full feeling in head and sinuses, and a lot of thick yellow mucous constantly discharging; developing into a tickling cough.

FACE

- 1 11:0830 Noticed I have more pimples than usual at this time of my period.
- 2 11:XXXX Medial aspect left eyebrow feel as if a boil is developing, area is tender, no redness and only slight swelling observed
- 2 15:1100 Allergic or hive reaction on face like a hot flushing moving downward from forehead primarily on right then left. All face red esp forehead, long oval shaped redness, duration 20 min
- 2 17:1100 Allergic or hive reaction on face like a hot flushing moving downward from forehead this time the whole face went red esp forehead, long oval shaped redness, duration 20 min (see Day 15)
- 2 17:1120 Stomach burn 20 min after face burn settled down had to lie down, lying down cold cloth placed over face. Amel in about 15 min.
- 2 21:1100 Developed more severe, and farther spreading, hive reaction that lasted 40 min and almost whole body affected - red, red face, arms then chest and back in strange pattern, see drawing, not elevated, as if I were wearing a white bathing suit on my body - core
- 2 21:XXXX Face overly oily even in this dry climate, esp on forehead
- 2 22:XXXX Face overly oily even in this dry climate, esp on forehead
- 2 31:XXXX Face flushing again lasting 20 min, like before
- 3 02:0800 Hot face with redness after taking a shower. Lasted about 20min.
- 3 02:2230 Got upset while talking on the phone and felt face get hot
- 3 04:XXXX Noticed my face feeling hot while speaking with a customer at work
- 4 01:XXXX tics on upper eye lid through day
- 10 01:1030 felt warm (heat as if in the sun) on upper part of body - like a fever - hot flushes - hot cheeks
- 10 02:0900 Feel warm in the face - on the neck and behind ears (same as yesterday).
- 10 17:XXXX Daughter arrived from Victoria and her face was beat red and she said look at my face - completely flushed.

MOUTH

1 16:1000 secretion in mouth at back of tongue, like when you taste something tart. The secretion was slightly bitter and had a very distinctive taste. Happened in a dry mouth.

1 39:0700 mouth dry(sugar) and voice was hardly audible, like I had lost my voice.

1 43:XXXX have a full sinus headache. Headache is worse bending over.

2 01:1305 Salivation increased

? 2 01:1305 Systems affected digestive tract mouth to rectum

2 05:1145 Increased salivation suddenly (like before vomiting, but no other sensation associated

2 12:XXXX Sore on right side of mouth whole time in Arizona and a few days later

2 19:XXXX Salivation increased suddenly two or three times almost feels as if I will choke due to volume and suddenness

2 22:1100 Observe a crack in right side mouth, between lips, feels as if a cold sore may be developing

Tip tongue very red

3 05:XXXX Woke and realized I had been sleeping with my mouth open. Seemed really strange. Mouth and throat were very dry and a little sore for a few minutes after getting up.

3 15:XXXX Woke with really dry mouth, think I was sleeping with my mouth open.

6 11:0800 Woken up by alarm - feel terrible; nasal congestion, head feels full. Can't breathe through my nose, lips are all dry and cracked.

7 01:1209 jaw hurts while eating

7 02:1535 after drinking tea, skin on roof of mouth peeled off

7 19:0835 Phoned mother to wish her happy birthday, she wasn't well, had come down with a R sided earache that rapidly moved to a big blister on the roof of her mouth at the back, making it difficult for her to swallow and at times breath. Told her to see her doctor who put her on antibiotics

8 01:1530 I am eating a piece of bread with my mouth open. The chewing is aggressive. I am indifferent to the sounds that I am making. My mouth feels bigger and much bigger than the rest of my head.

10 15:XXXX Sore on left corner of mouth - strange.

10 15:XXXX The sore on her mouth has disappeared.

10 17:XXXX She now has cankers in her mouth on left side of cheek and tongue.

12 02:1004 Tasted a strange taste in my mouth right after taking the remedy, like a chemical taste, resembling cantaloupe. Lasted about 20 minutes.

Taste

12 1:10:04 tasted a strange taste in my mouth right after taking the remedy, like a chemical taste, resembling cantaloupe. Lasted about 20 minutes

THROAT

1 06 :1300 my sinuses keep draining, I feel pressure and then I swallow and they feel open and not congested. I keep doing this until 19:00

1 16 :1000 secretion in mouth at back of tongue, like when you taste something tart. The secretion was slightly bitter and had a very distinctive taste. Happened in a dry mouth.

1 16 : XXXX all day clearing throat and swallowing mucus down back of throat.

1 17 : 0800 woke up with mucousy eyes, slightly red lhs eye, clearing throat slightly stuffed up nose, blew it and yellowy mucous.

1 42 : XXXX feel like on edge of getting a cold all day, lots of swallowing, sinuses feel full and draining

1 43 : XXXX noticed I have bad breath today and doing lots of swallowing like yesterday.

2 01 : 1300 systems affected feels like muscle, smooth, cartilage, digestive tract mouth to rectum.

2 19 : XXXX Salivation increased suddenly two or three times almost feels as if I will choke due to volume and suddenness.

3 05 : XXXX Woke and realized I had been sleeping with my mouth open. Seemed really strange. Mouth and throat were very dry and a little sore for a few minutes after getting up.

3 15 : XXXX Woke with really dry mouth, think I was sleeping with mouth open. Throat is also dry but this goes away shortly after waking.

3 16 : XXXX Sore throat is gone.

6 01 : 1600 Sharp pain on left side of throat < swallowing, lasted for approx. 1 hour.

6 03 : 0745 Feel tired. Scratchy throat.

7 02 :1900 Throat tickling (as if getting a cold)

9 Hesitated 2 weeks to do remedy because of a cold: sore throat with a sensation of sand; head cold, full feeling in head and sinuses, and a lot of thick yellow mucous constantly discharging developing into a tickling cough.

10 Frequent tonsillitis- strept as a child. (initial case)

11 15 : XXXX Has caught a cold but she did not have a sore throat which she usually does when she gets a cold.

EXTERNAL THROAT

1 37 : 0830 Dripping sweat upon exertion in warmth doing yoga from chest, throat/neck, face equally.

1 43 : 1400 noticed small pimples on the lhs of my neck, center to back of lhs of neck.

3 15 : XXXX Also noticed my glands are swollen and the left side of my throat is sore in the evening.

10 16 : XXXX Feels a pain on the left side of her neck under her ear down to her shoulder (she mentioned that this pain started right after she took the remedy but she kind of ignored it thinking it was normal) but now she realizes that it is not normal. She feels as if her glands are swollen-either muscles or glands swollen not sure which.

10 17 : XXXX Today feels better with her cold. The pain on left –side of her neck is also better.

10 24 : XXXX Pain on side of neck is almost all gone.

Speech/Voice

1 39 07:00 Voice hardly audible, like I had lost my voice

2 07 18:00 Speaking as though giving orders, I am normally gentle and kind when speaking

7 47 XXXX I asked a colleague if she noticed any changes, she mentioned that I was very 'terse' early in the proving

STOMACH

1 02 : 1400 Low appetite, want to eat but I don't have any lunch.

1 08 : XXXX Not much appetite today. Ate very little.

1 09 : XXXX Eating way more than usual today. Have a big appetite.

1 12 : XXXX dreamt that I was covered with old (brownish kind of healing) spots on my belly and on my back. When I woke up and remembered the dream it reminded me of a roseola patient I had earlier in the week.

1 35 : XXXX Appetite increased in general not for any food in particular.

1 35 : 1500-2030 heartburn fairly mild.

2 01 : 1300 Belching, Nauseau, Salivation increased , tightness in epigastrium.
Narrow, tight oesophagus, esp at the back of the mouth/pharynx .

2 01 : 1430 abdomen feels bloated/mostly in stomach

2 01 : XXXX Like indigestion, burning/reflux in oesophagus upper, not sure as I
have rarely had indigestion but this is what I think it must feel like.

2 01 : XXXX Eructations.

2 02 : 1400 Nauseau and oesophageal reflux increased, unable to eat more than half
apple for lunch.

2 02 : 1800 Small bowl plain whole grain rice is all I wanted for dinner.

2 02 : 2300 Small bowl plain whole grain rice before bed w digestive tea.

2 02 : XXXX Sensation heart burn, reflux upper oesophagus as high as naso pharynx,
light nausea, Anorexia.Eructations.

2 03 : XXXX Nausea less severe than yesterday, still desire to eat light, plain .
Oesophageal reflux much diminished. Eructations. Aversion to eating or no appetite
for food, know I should eat but nothing really appeals, esp, I am having hard time w
meat, but since this is part of my normal state I am not sure if I should specifically
mention meat. I can not even cook it for any one else, and even If I do not like the
smell of cooking meat in my normal state I normally can tolerate cooking it for
others, but not right now.

2 04 : XXXX Nausea pretty much gone. Oesophageal reflux gone. Eructations fewer
but continue.

2 05 : XXXX Eructations fewer but continue.

2 06 : XXXX Eructations , still a few over the course of the day. Seem more thirsty
than normal and I usually drink water through out the day.

2 08 : 1145 Eructations w nauseau and weakness suddenly while driving.

2 14 : 0700 MST +1000 EST Getting lots of hiking and exercise and no change in
quantity eaten, may even be eating less than home as more grazing eating here w bite
at rest stops while hiking, there is no scale so do not know if there is weight gain.

2 17 : 0820 MST +1120 EST Stomach burn 20 min after face burn settled down.

2 21 : XXXX Gnawing hunger continues and I continue to ignore it.

2 22 : XXXX Gnawing hunger continues and I continue to ignore it, even woke hungry.

2 36 : 1200-1600 stomach type flu sx nausea, anorexia, worst least smell or thought of food, great weakness/ prostration, needed extra sleep.

2 37 : XXXX Stomach type flu sx continue, able to work a bit, but had to pack for Toronto and nauseated by looking down into suitcase as if sea sick.

2 38 : XXXX Motion sickness increased, it is the worst I have experienced it for years in any moving vehicle, plane, car and bus, not tried boat. Even a short taxi ride caused major feeling of nausea , beginning of perspiration, passed quickly once out of taxi.

2 meditation proving.

Oesophagus as high as tongue feels tight, thin long, too tight, feels as if nausea and trying not to vomit.

Can see my ribs standing out, as if I have no breasts in the way and very slim/emaciated?,but have a very distended belly, stomach.

Noisy belch, open mouth (this is unusual for me, I did not even cover my mouth)

Raising arms over my head and clasping hands together, palms rotate to sky , above my head, head tilted upward, amel oesophagus sensation of tightness, nausea, and abdominal bloating feeling,>stretching longer. Belch again.

3 01: 1400 Had feeling of heat in my stomach

3 01: 1435 Another wave of heat in stomach.

3 17 : XXXX After dinner feel nauseous and as if I might faint.

3 22 :1715 Really terrible stomach pain, made me feel light – headed and a little nauseous. Started at 17:15 and continued in waves for about an hour and a half.

4 34 : XXXX Huge desire for food and eating become is big issue. Put on 10 pounds. Can not get on diet, have no control over it. Craving sweets, meat, salty.

5 03 Dreams- 1) Was in a university type setting – house with roommates- was flirting with a couple of guys by offering them water (?)- was always thirsty.

6 01 : XXXX Very relaxed and spacey through the afternoon. Had no desire to eat, only ate because I felt hungry – very unusual.

7 45 : XXXX 1st day off detox, ravenous, craving sugar.

8 02 : 0930 I wake up after sleeping 11.5 hours. (It has been a long time since I needed to sleep this long.)I feel full and I have no appetite.

8 03 : 0845 I get up with the sensation that my stomach is full. No appetite.

8 04 : 0930 I wake up so tired and no appetite.

8 16 : XXXX Nibbling all day. Not eating meals but small amounts continuously.

10 05: XXXX She was crying (emotional situation) while a man gave flowers to his wife for their anniversary. Her daughter was wondering what was going on with her. Felt nauseated after meals.

10 06 : XXXX She felt tired and rushed. She felt very hungry and eat then she felt very nauseated (carry crackers in her purse) as if she was pregnant.

10 07 : XXXX Again she feels very hungry, eats a lot and then feels nauseating. Again eats crackers(carries them in her purse)

10 09 : 0700 Feel fine the morning . No nausea in morning but just in afternoon between 2-6 p.m.

10 10 : 1400 –1800 No nausea in morning but just in afternoon between 2-6 p.m. Nausea used to be all day but now later in day and less time.

10 11 : XXXX No nausea, no heat but tired. Is this a cleansing remedy?

ABDOMEN

1 09 : XXXX Very gassy today, constant farting.

2 01 : 1430 Abdomen feels bloated/mostly in stomach.

2 09 : 2345 Sharp pain in ileocecal valve region, quickly gone.

2 10 : 1200 Sharp pain the cecum area, quickly gone.

2 14 : 0400 MST + 0700EST Lots of gas w BM as if sputtering, no foul odor.

2 14 : 0700 MST +1000 EST Feeling and looking abdominal bloating lower abdomen, belt one notch looser for comfort, lymph feel clogged such as swollen fingers, but is systemic.

2 18 : 2100MST +2400 EST Went for a swim and to do some water aerobics before bed. Put on my bathing suit and caught a glance of myself side ways in the mirror, my lower abdomen above pubis seems to be protruding usually. Bloating? I am still exercising each day other than for a day of flight to phoenix. I am eating lighter due to heat, drinking lots of water 4 to 5 L daily.

2 21 : XXXX Feel overly bloated all day. I feel like I need to go on a diet my cloths feel too tight, I have not weighed myself but I feel like I have gained 10 lbs . I want to do juicing diet.

2 22 : XXXX Loose BM's again today, no colour or odour change, gurgling lots today during flight.

3 02 : 1052 Left side of abdomen just under ribs feels like there's a bubble of air there > pressure , <deep breath. Notice its gone after I eat something.

3 19 : XXXX About 1-2 hours after thanksgiving dinner had terrible pains in lower abdomen. Lots of pressure, feeling as if going to have bowel movement but nothing happens .No position comfortable except lying on stomach on hard floor (this usually helps me when my stomach is upset) stayed like this for about an hour then was O.K.

3 22 : 1715 > passing gas . Decided it must be trapped gas going through my intestines.

4 05 : 0800 Woke up with pain in abdomen, whole region under umbilicus, like intestine will torn apart.

5 04 : XXXX Actually , felt a little gaseous yesterday.

6 07 :1700 Thought I must have a rash on my abdomen- the skin was suddenly feeling very raw, then it felt prickly and warm all over my abdomen, worse touch of any kind. Intensity ~ 8/10 for discomfort. Didn't want to have my clothing touch it . Lasted for a couple of hours.

6 08 : 1200 Noticed the raw, prickle sensation on my abdomen again. This time it was less intense(~5/10). Noticed a few small round red spots -2 around the umbilicus and a few just under the costal margin on the right side

6 08 : XXXX Noticed the rash on and off again all day starting at noon. Wore soft light clothing , as to avoid aggravating it.

7 01 : 1001 Felt a cascade flowing over me from head to abdomen, not so much to my feet..

Rectum

11 2:15:05 pain shooting up from rectum for 1 second

Stool

2 1:13:10 gushing diarrhea, yellowish

2 2:13:40 loose stool small amount

2 1:18:00 another small loose stool
 2 2:06:00 BM foul smell like cooked lamb meat, orange-yellow colour, formed but looser
 2 3:08:30 BM delayed, normally within a short time of waking I go; BM not formed, thin like ribbon or worm, breaking apart easily, still orange-yellow colour
 2 3:10:06:30 BM very loose and yellow orange again
 2 3:24:00 diarrhea, yellow-orange, profuse, no smell
 211:06:00 BM very loose and yellow orange
 211:18:10 very loose BM yellow orange, smells like eggs, I do not eat eggs nor am I aware of eating anything with high sulphur content
 13:04:15 at first constipated, but when passed loose BM foul smell yellow orange
 17:XXXX have a very watery BM with heat, as if having eaten a large amount of spice or chili – it was just one bite at dinner
 21:xxxx bladder still feels overly full, need to urinate but not a lot of urine
 22:XXXX loose BM no colour or odour, gurgling lots today
 2 4:XXXX constipated
 5:XXXX BM with very large stool
 7:XXXX BM afternoon with very large stool
 12:11:00 diarrhea on rising with particles of food in the stool
 6 3:09:50 hard painful bowel movement; small dark stool

2 10: 12:00 Diarrhoea, yellow – orange, profuse, no smell

Bladder

2 1:16:30 bladder feeling overly full, like ultra sound full, upon urination normal
 8 10:01:15 I wake up needing to go to the bathroom. Very Urgent. (this is very abnormal for me)

Kidneys

10 3:10:00 pain (soreness) in left kidney and throughout the day and evening

Urethra/Urine

1 19: 0830 – urinated four times in an hour
 2 2:06:00 morning urine smells strong, bit foul
 12:XXXX sensation of bladder being overly full yet there is not copious urination
 4 10:10:00 pain in urethra, desire to urinate often, small amount, pain after urination amel, then return again, cystitis – sitting amel
 10 7:XXXX Urinates often and a lot of urine during day (bladder, liver, kidney affected)

FEMALE GENITALIA

1 11 :0830 Noticed I have more pimples than usual at this time of my period.

1 11 : 1800 Slight cramping (period), slight diluted stain like blood.

1 11 : 1900 Started period.

1 14 : 1430 Noticed sharp pain in my vagina, left in 20 seconds after going to the bathroom. Repeated again at 17:00 when going to the bathroom.

1 14 : 1800 Noticed a sharp reduction in my period flow. This is a very short time (2 days full flow and even then the flow was not that Big)

1 14 : 2200 Flow is back to bright red stain.

1 15 : 2200 Flow is still a bright red stain.

1 26 : 1000 mid period light pink blood.

1 36 : 0500 Woke up with painful menstrual cramps. Had to curl up into a ball and took an Advil. Flow had started. My period is two days early. This is not abnormal. The intensity of the cramps is.

1 37 : 1015 I have some small clots in my menstrual blood.

1 37 : 1630 Menstrual cramps at the level I usually have.

1 39 : 1000 Menstrual cramps 1hs come in waves. Feels like sick cramps meaning I could throw up if got worse. Also have sore tight 1hs lower back and hamstring.

2 09 : 2345 After working late go to urinate before bed. Very strong smelling urine, like hormonal or fishy, I am ovulating, but this does not occur as part of my normal state.

2 23 : XXXX First day menses but not come (came on day 31 of cycle, late usually on time)

2 26 : XXXX Menses on day 31 of cycle usually I am 28 days, first day menses late, came later in day, usually arrives on waking or early AM.

No PMS headache normally lasting one day, which is normal state, but headache on first day of flow, low grade, had a slight temporal pressure headache on day of heaviest flow. Day of heaviest flow sharp pain through left breast nipple as if stabbing or drawing back to chest.

2 XX: XXXX after extraction meeting- Increased sexual drive, but thought it was related to my partner and I traveling a lot and being away from each other.

3 01 : XXXX Menses started and didn't have my usual leg ache in right thigh.

4 03 : XXXX Menstrual flow much heavier than usual.

3 04 : XXXX Menstrual flow still heavy today.

3 05 : 2000 Menstrual flow back to normal.

4 04 : XXXX Sexual desire increase.

4 19 : XXXX Headache on first day of menses, temporal , heavy.

4 29 : XXXX Menses prolonged, 10 days, not finished yet.

4 34 : XXXX Pain in breast from the middle of cycle to the end of menses.
Need to take a long nap 3 hour before menses started, complete exhaustion.
Menses painless, first 3 days scanty, then 3 heavy days, then 3-4 scanty again.
Leucorrhoea, clear or clear- yellowish continuously.

6 03 : 0745 Feel tired. Woke with menstrual cramps and the start of flow(I never really get cramps)

7 17 : XXXX Went to doctors appt , for yearly physical, found large growth in pelvis, urgent appt. made for ultrasound.

7 18 : XXXX Had ultra sound appt. Got impression problem was uterine fibroids (have hx of fibroids). Depressed for most of day, feel due to above, colleague at work mentioned that I seemed very subdued, sad, not usual self.

7 23 : XXXX Got results from ultrasound, have numerous fibroids including 2 large fibroids that have enlarged the uterus to 1 and half X the original size. Even though have this result, feel relieved that it isn't something more serious.

8 08 :XXXX Dream: An erotic dream of sex with my husband. A most pleasurable dream.

10 initial case – Pre menopausal skipped 2 months in summer and now back to normal. Menses heavier after skipped period. Good pregnancies and deliveries. After 2nd child- mastitis (swollen breasts) . sore nipples.

10 07 : XXXX Thinks of pregnancy , as if pregnant. She also urinates often and a lot of urine (bladder, liver , kidney affected).

Dream: Sexual dream about male genitals and crazy things. That is all she remembers. Thinking that she may be proving (male sperm)

11 02: 0950 Noticed my hands are not dry; nice and shiny. Also feel my vagina is moist and comfortable. Is it the Tai Chi or the remedy?

RESPIRATION

- 6 17:XXXXBP was 90/40 then increased to 90/58 after taking a brisk walk in the evening. Had trouble getting air while I was walking, never felt like I was getting enough even with deep breathing

COUGH

9 – Hesitated 2 weeks to do remedy because of a cold; sore throat with a sensation of sand; head cold , full feeling in head and sinuses, and a lot of thick yellow mucous constantly discharging; developing into a tickling cough. After taking remedy the tickling cough worsened and developed into a bronchitis.

Larynx / Trachea

- 1 16: XXX all day clearing throat and swallowing mucus down back of throat
1 39:0700 mouth dry (sugar) and voice hardly audible, like I had lost my voice

Chest

- 1 35 15:00-20:30 Heartburn fairly mild
2 01 13:00 Narrow tight esophagus
2 02 12:00-12:40 Tight feeling in esophagus
2 02 14:00 Esophageal reflux increased
2 02 XXXX Sensation heart burn, reflux upper esophagus as high as nasopharynx
2 04 XXXX Esophageal reflux gone
2 23 XXXX Right breast bruised badly as a result of getting up too quickly and catching corner of cupboard that was left open
2 26 XXXX Day of heaviest flow sharp pain through left breast nipple as if stabbing or drawing back to chest
3 16 XXXX New mole starting to grow on chest between breasts
3 21 XXXX Mole bothering me today, it's getting bigger, I want to check on it often
4 01 21:00 Pain behind sternum right side
4 35 XXXX Pain in breast from the middle of cycle to end of menses
8 02 XXXX My heart is squeezed and feels tight. My breath is in my upper chest. Breathing deep causes my heart to hurt a little bit.
11 01 22:36 Chest feels immediately congested for a few minutes, then very relaxed and comfortable

Back

- 1 08 15:30 Tight lower back
1 10 18:30 Stiff neck
1 10 20:00 Stiff lower back
1 15 13:30 Sore lower back, left side

1 22 07:30 Woke up with sore back
1 23 07:00 Very stiff low back my back is very sore, had to go into tight ball to relieve the pain. Got better quickly
1 38 10:00 Pain lower right hand side of back
2 01 13:00 Ache in back T12 left side
3 20 XXX Late in the afternoon, sore back, feels like a pulling sensation in the muscles of mid-back. Want to shrug forward to stretch muscles out
4 05 08:00 XXXX Pain in back, felt paralyzed, could not move for a couple of seconds
4 20 XXXX Backache
4 35 XXXX Backache, constant, severe
6 17 XXXX Back really sore today, felt like my lower back was breaking. Bowen therapy treatment tonight aggravated my back – couldn't get comfortable to sleep, too sore
6 18 07:00 Back is killing me. Feels as if breaking. Difficulty walking with the pain.
7 01 10:16 Upper back achy
7 01 10:53 Back of neck stiff, achy
7 01 14:51 Back achey/stiff
7 01 16:05 Lower back and neck stiff
7 01 XXXX Lower/upper back and neck achy, neck stiff, gradually lessening as day went by
10 16 XXXX Feels a pain on the left side of her neck under her ear down to her shoulder Pain started right after she took the remedy but she ignored it thinking it was normal, now realizes it's not normal. Feels as if glands or muscles are swollen, not sure which.
10 24 XXXX Pain on side of neck almost gone. Achy back.

Extremities

1 02 13:00 Legs feel like rubber, having to concentrate on walking, feel uncoordinated in my legs
1 12 10:00 Two hard zit-like spots on my hands (one below large index finger knuckle on left hand, other on right thumb below knuckle) Both pin head size and hard and white. Do not hurt. Tried to squeeze them and nothing came out.
1 12 13:30 Possibly sprained left index finger, top joint, could barely move it, felt like a pulled muscle, though I have no idea how I did it
1 14 16:00 Squeezed two little zits on hands again, both popped out hard white stuff
1 34 09:00 Noticed I have 3 small pimples on my bum
1 45 11:00 Pin-head size blister on left hand index finger
2 3 15:45 Feet cold
2 5 07:00 Right foot feels as if I have stepped on something sharp. Pain in right hand to wrist making it hard to hold pen
2 10 XXXX Developed blister over the course of the day even though wearing very comfortable shoes that have not bothered me before, left Achilles

2 18 04:00 While bathing notice blister on my left Achilles tendon, dark oval thick lesion. Not healing. Have been wearing comfortable shoes, no logical reason to blister. In addition Achilles tendon appears to be thickening.

2 22 06:45 Woke with sensation of paresthesia (tingling, crawling). There is motion from distal to proximal in the lateralis of the left thigh. It's superficial, skin deep and maybe the fascia. Feels overly sore, sensitive to touch, easily irritated

2 23 XXXX Bruising easily

2 28 XXXX Left elbow, on TCM small intestine meridian sharp pain extending down meridian from proximal to distal

3 02 08:30 Noticed an ache in the top of my right foot

3 03 20:10 Left hand became quite warm while hanging off the edge of a chair, > by putting it on the arm rest

3 04 22:15 While sitting on the couch feel wave of tingling in the back of my thighs radiating downward (from nates to knees)

3 12 12:45 Left hand went numb while sitting in the car

3 15 XXXX Got some tingling in my left leg in the afternoon

4 02 20:00 Can not type on the computer, tremor and bad coordination in hands

7 01 10:16 Arms and legs feel heavy (almost like flu symptoms)

7 01 10:34 Cramping in left calf

7 01 14:55 Pins and needles in left foot and right palm

7 02 10:12 Knuckles sore

8 13 XXXX Curative – no foot pain when stays up late dancing

10 07 XXXX Hands are warm

10 14 XXXX Cold hands and feet

11 02 09:50 Noticed my hands are not dry; nice and shiny

11 02 14:50 Sharp pain in right elbow shooting up to arm for a few seconds

11 02 15:00 Pain shooting up from left ankle for 1 second

11 08 12:00 Pain in mid little finger of left hand

11 08 12:30 Pain in the mid section of front of left thigh

11 11 16:30 Dry hands Right hand especially, pain is worse than left palm

11 22 08:30 Left big toe tingling and numb

SLEEP

1 08: 22:30 Desire to stay up not go to bed, end up going to bed at 12:30

1 13 24:10 Do not feel tired, continues with trend of proving, staying up later.

1 16: 23:30 Desire to stay up and watch TV until midnight.

1 21: XXX- not sleeping well, tossing and turning, got up at 5:00am

1 24: 5:00 woke up from wind. Did not sleep well. Tossed and turned all night.

1 24: XX:XX tired all day. Frustrated that I could not shake off lethargy. Feel like I am going through the motions.

2 04: 4:30 Upon just falling asleep woke w start, dream as if I were slipping going down stairs, again image of foot far away. Saw the old carpet I used to have in my home office before renovating, blue green colour. – startle awake

2 04: 7:00 Slept late more tired than usual for this time of the month

2 05: 7:00 Again slept later than normal

2 06: 9:00 Very exhausted slept much later than normal even for Saturday. I naturally wake between 6-7 am.

2 07:10:00 Again very exhausted slept much later than normal

2 08: 5:30 Woke from a disturbing dream...

3 03: 10:00 Just getting up. Didn't want to get out of bed which isn't unusual for me, but I never sleep this late!

3 07: 09:00 Really didn't want to get out of bed. Had to force myself

3 10: 07:30 Able to get right out of bed when my alarm went off, I usually don't get up for 30 min or so.

3 11: XX:XX Felt out of it all day. A little light headed at times and very tired Yawning a lot all through the day and the evening

3 21: 13:20 Feel really tired, have the urge to lay down which I do but only for a few minutes – I can't sleep I have too much to do

4 01: 18:00 Extremely tired, falling asleep

5 04: XX:XX Terrible dream – woke at 5 am and had a hard time getting back to sleep

6 02: 8:50 – solid sleep last night. Woken up suddenly. Tired all morning.

6 03: 7:00 Sleep – Rough sleep. Difficult falling to sleep and not a sound sleep. Lots of dreaming and waking all night. Woke too early before alarm.

6 04: XX:XX – Once again felt tired and lethargic until late afternoon. Didn't feel ready to go to bed at 11:00, lots of energy and mentally alert.

6 05 XX:XX – Slow start to the day then high energy by the afternoon. Energized all evening.

6 11: 10:00 – Woke up after sleeping for 2 more hours. Still tired

6 16: 7:00- woke up feeling really tired. Tried to read but felt overwhelmingly tired so went back to sleep.

7 03: 1:00 wake up can't get back to sleep
1:20 looked at clock
2:20 "
3:45 "
5:39 "
6:39 " , similar to Day 2 quality of sleep
8:20 period started
10:39 sudden feeling of exhaustion
12:38 difficulty concentrating
13:00 left work due to exhaustion
14:40 napped
17:10 woke up

7 05: 00:45 went to bed
03:10 still awake

7 06: 17:10 feel exhausted, had a nap
19:15 woke up

8 02: 9:30 I wake up after sleeping 11.5 hours. (It has been a long time since I needed to sleep this long.) I feel full and I have no appetite.

8 06: XX:XX I wake up lazy....

8 10: 1:55 I wake up and see the time on the clock. I am unable to sleep. I am not hungry. My mind is awake and it won't shut off.

8 10: 2:55 I awake and see the clock again. I think it strange that I am waking every hour to the minute. Eventually, I fall asleep soon after.

8 14: 7:20: I wake up after a short sleep of 6 hours to start my day. I am energetic and ready to go. During today there is a long car ride to travel to Windsor for Thanksgiving dinner.

8 15: 17:30: I nap for a short period and I dream...

8 22: 9:30 I wake up exhausted and feel that something has shifted in my energy. I am so tired and I have to work. I am dragging my but.

8 22: 18:40: I am exhausted and nap. I am too tired to prepare dinner.

8 23: 9:00: Wake up exhausted. I began my menses today without a hint of it coming.

10 01: 19:00 till bed time -- Very tired and not making any sense.
10 08: XX:XX Feel tired at nights (in the evenings)
10 09: 7:00 Want to sleep longer and difficulty getting up. She has a deeper sleep.
10 10: 7:00 I want to sleep longer and have difficulty getting up.
10 11: XX:XX Very tired and slept 12 hours.
11 02: 6:30 No trouble getting up this morning.
11 03: 20:30 Went to bed early.
11 04: 6:30 When the alarm clock rang at 6:30 am I didn't want to get up. Reset it for 7:00 am.

Chill/Fever

2 01 XXXX Low grade fever
2 03 11:30-12:20 Felt feverish spike
2 03 15:45 Feel slightly more feverish at this point, feet cold
2 03 XXXX Low grade fever remains
2 04 XXXX Low grade fever gone
7 01 10:16 Feel cold
7 01 10:28 Whole body shaking (trembling)
7 01 13:29 Cold generally
7 01 14:00 Chills
7 01 16:05 Chills
8 01 XXXX I am chilled so I go to get a sweater, have to try on many before finding the right one – Cashmere is perfect
10 01 10:30 Felt warm (heat as if in the sun) on upper part of body – like a fever, hot flushes, hot cheeks
10 02 11:15 Really hot – burning hot like high fever (38 Celsius). Took temperature, no fever, feel annoyed about feeling this way
10 02 XXXX Much more heat today than yesterday. Feel like being in a cool room. Feel like going outside with no clothes on in order to cool off.
10 04 XXXX Still feeling hot – lower body

Perspiration

1 20 XXXX Noticed all day during exercise how much I was sweating more than usual. Only when I exercise. It reminded me of when I was sick once
1 23 10:00 Again profuse perspiration, dripping sweat while doing yoga
1 30 08:30 Profuse, dripping sweat while doing yoga

1 37 08:00 Am dripping sweat upon exertion in warmth doing yoga from chest, throat, neck, face equally
1 42 12:00 XXXX Sweating like a fiend in yoga again, like a tap and comes on as soon as I start exercising
2 37 XXXX Sweat went through 2 sets of pajamas at night
2 38 XXXX Perspiration with nausea during short taxi ride

Skin

1 06 17:00 My palms are dry (both hands) so much that I have to put cream on them
1 07 10:00 Palms are still dry (both hands) again I put cream on
1 08 XXXX Both palms are still dry, but not as dry
1 11 08:30 Noticed I have more pimples than usual at this time of my period
1 43 14:00 Small pimples on left hand side of neck, center to back of left hand side of neck
2 15 08:00 Allergic or hive reaction on face
2 17 08:00 Allergic or hive reaction on face
2 21 XXXX Developed more severe and farther spreading hive reaction, lasted 40 minutes and almost whole body affected – red face, arms, chest and back in strange pattern, as if I were wearing a white bathing suit on my body
2 21 XXXX Face overly oily even in this dry climate, especially on forehead
3 16 XXXX Mole growing on chest between breasts. Thought it was a pimple a few days ago but now realize it's a mole

GENERALITIES

Food

Sweets, Junk Food

1 01: 20:00 eating only a little, but it is junk. Craving sweets.

1 05: 14:30-ate almost a whole box of crackers and had Coke with ice for the first time in many, many years (I craved it). It reminded me of when I was in high school and used to love having it all the time.

1 24: XX:XX eating lots of sugar (Pumpkin pie, chocolate) and wanting coffee.

1 38: 21:32 craving sugar, had cookies.

1 43: XX:XX craving sugar all day. If I have it I feel the effects (dryness in mouth, slight headache, mucousy) MUCH more than if I have too much sugar. But in this case it happens if I have any sugar, i.e. a piece of cake or a couple of cookies.

2 23: XX:XX huge desire for food and eating become is big issue. Put on 10 pounds. Can not get on diet, have no control over it. craving sweets, meat, salty

7 03: 20:45 ate 2 chocolate muffins and 2 cups of black tea – surprise – I didn't sleep well that night.

7 45: 1st day off detox., ravenous, craving sugar

8 03: XX:XX I made 3 different kinds of cake/cookies simultaneously.

Crackers and Coke

1 05: 14:30-ate almost a whole box of crackers and had Coke with ice for the first time in many, many years (I craved it). It reminded me of when I was in high school and used to love having it all the time.

10 06: XX:XX I was really hungry and carried crackers in my purse as if I was pregnant.

10 07: XX:XX Again eating crackers and carrying them in my purse, as if I am pregnant.

Coffee

1 24: XX:XX eating lots of sugar (Pumpkin pie, chocolate) and wanting coffee.

8 11: 9:10: I drink a cup of coffee. I never drink coffee for breakfast or even have a desire for coffee at home. Over the past few days, I have drunk about a half a dozen coffees and I enjoy it.

8 XX: XX:XX During the proving, I have drunk a lot of coffee and forgot on many occasions to record it. I love tea and make coffee to drink perhaps 2 times a year.

Chicken

1 03: XX:XX- have a craving for chicken (had it twice today)

7 03: 18:20 made chicken soup, chocolate muffins

7 01: 19:30 ate 1/3 of bird, housemate was preparing dinner, made comments that she didn't have much food in the house and had no protein with her meal, I didn't offer her any chicken...

Raw Meat

9 25: 20:00 I am at a restaurant and my sister orders Tartar. It comes with a raw egg on top of a mound of raw hamburger meat. I shudder looking at it. My sister offers me a taste and I strangely accept. The taste is delicious and my sister gives me more and I eat, loving every bite.

Peas

8 02: 19:00 Crave small green peas for supper. I eat a whole plate of them and they are so filling (1_ cups).

Soup

7 27: Realized that I have been eating a lot of soup recently (very unusual for me)

7 03: 18:20 made chicken soup, chocolate muffins

Chocolate

1 24: XX:XX eating lots of sugar (Pumpkin pie, chocolate) and wanting coffee.

7 03: 20:45 ate 2 chocolate muffins and 2 cups of black tea – surprise – I didn't sleep well that night.

Protein

9 03: 10:30 Hungry for protein. I eat tofu.

Fruit, Nuts and Seeds

8 02: 11:00 I am hungry for nuts. I roast pecans so that they are warm and they taste delicious. I eat a slice of banana bread only because of the walnuts.

8 02: XX:XX Craving for nuts, seeds and fruit.

8 03: XX:XX 13:00 I am grazing on roasted pumpkin seeds. It would take too long to sit down and prepare a meal to eat it. Grazing is faster and there is so much urgency to work outside in the garden and gather my food. I feel hurried and I need to keep moving.

1 29: XX:XX craving oranges-realize buying lots of them and eating them way more than I usually do, especially this time of year

8 02: XX:XX Craving for nuts, seeds and fruit.

Simple, digestible

2 03: 7:00 Wanted only simple, easily digestible breakfast, plain brown rice and digestive tea

Sugar aggravates

1 39: 7:00 mouth dry(sugar) and voice was hardly audible, like I had lost my voice.

1 43: XX:XX If I have it (sugar) I feel the effects (dryness in mouth, slight headache, mucousy) MUCH more than if I have too much sugar. But in this case it happens if I have any sugar, i.e. a piece of cake or a couple of cookies.

8 02: 15:30 I sample son's candy and fruit drink and I am grossed out by its sweetness. For next several minutes I can't rid the taste of the sugar and I am sickened by it. Yuck.

Ice-cream ameliorates

3 05: XXX Ate ice cream in evening and felt good afterwards

Spicy aversion/aggravation

2 17: 21:30 having dinner with friends I am eating a salad that has TexMex flavour and I get a piece of chilli. It is very hot, normally I love hot food, I really enjoy spicy, but this seems to really bother me and I start to tear and have to drink water and stop eating the salad. Later upon returning to my hotel I have a very watery bowel movement with heat, as if having eaten a large amount of spice or chilli, but it was just one bite.

Temperature

Cold

1 09: XX:XX-woke up a bit depressed about the weather, already wearing sweaters. Usually I love this time of year. Feeling sluggish.

8 01: XX:XX I am chilled so I go to get a sweater.

10 14: XX:XX Cold hands and feet. No more heat.

Heat ameliorates

2 19: 14:00 – 16:00 To Phoenix desert botanical gardens today, last free day before seminar with Sherr. Really enjoying the heat, surprising because I am not usually good in heat since having serious heat stroke in Sri Lanka at age 19.

Hot Bath Ameliorates

5 15: 8:00 – Had a hot bath and read a book – felt wonderful.

Desire for Fresh Air, Cool, and Sunshine

8 02: XX:XX I want to work outside even though it is cold and windy. I prefer the sunshine and the fresh outdoor air. I must work in my office and I don't because, it is inside. I bring my computer and work outside on the deck. Its cold, the wind is blowing and I continue to work, accomplishing a lot even though my fingers are cold.

11 02: XX:XX Much more today the heat than yesterday. If this continues, I will call Marie. She does not feel like writing anything about it. Feel like being in a cool room. Feel like going outside with no clothes...

Sensations of Brain/Head

2 02: XXXX CNS corpus callosum of brain connecting left and right hemispheres feels as if moving apart, disconnecting at frontal, hypothalamus?

2 03: 11:30 – 12:20 - felt feverish spike heat ears and cheeks. Sensation as if forehead widening or separating at frontal corpus callosum area, light headed

2 05: 7:00 - Upon waking had cold pressing pain in left parietal lobe, near the suture.

7 01: 10:02 feel weight in back of head, yet somehow clearer at the front, more focused

8 01: 14:05: Immediately upon taking the remedy, I feel energy swirl and pulsate in the occipital region of my head.

8 01: 14:06: A faint pressure behind my eyes begins and the back of the head feels airborne. The back of my head feels elongated.

8 01: 15:30: I am eating a piece of bread with my mouth open. The chewing is aggressive. I am indifferent to the sounds that I am making. My mouth feels bigger and much bigger than the rest of my head. The back of my head is still feeling full of air which I feel its pressure.

8 02: XX:XX Back of head feels enlarged and full of air

Sensations of Pain

2 02: 2:30 Awakened from sleep w pain in Right jaw as if hit or struck _ way along mandible

2 05: 08:00 Pain in back, felt paralyzed, could not move for couple of seconds

2 05: 08:00 Woke up with pain in abdomen, whole region under umbilicus, like intestine will tear apart

2 10: 12:00 Sharp pain in the Cecum area, quickly gone

3 15: XX:XX Felt very achey all over in the afternoon. Felt similar to symptoms I had right before starting the proving but not as severe.

3 16: XX:XX Still a little achey on rising this morning. Have the urge to stretch out > stretching

3 16: XX:XX Felt very achey all over in the afternoon. Felt similar to symptoms I had right before starting the proving but not as severe.

3 20: XX:XX Feels like a pulling sensation in the muscles of mid-back
Want to shrug forward to stretch the muscles out

5 16: 9:00 – woke up to the phone ringing. Had a skull splitting headache – difficult to get out of bed. Could feel my whole skull cracking and throbbing (8/10). Felt slight nausea.

5 17: XX:XX Back really sore today, felt like my lower back was breaking (I = 7/10).

5 18: 7:00 – Still so tired and back is killing me. Feels as if it is breaking. Difficulty walking with the pain.

6 01: 15:00 – Headache, frontal and around eyes, I= 4/10 dull ache

6 01: 16:00 – Sharp pain on left side of throat <swallowing, lasted for approx. 1 hour

6 01: 18:00 – dull headache around both eyes.

6 02: 9:00 – Dull achy headache – whole head.

7 01: 10:16 upper back achy, arms/legs feel heavy (almost flu like symptoms), feel cold

7 01: 10:34 cramping in L calf

7 01: 10:48 upper body achy

7 01: 10:53 back of neck stiff, achy

7 01: 11:54 eyes achy, tired

7 01: 12:09 beginning of frontal headache, jaw hurts while eating (I never get headaches)

7 01: 13:29 cold generally

7 01: 14:51 slight underarm sweating, back ache/stiff, eyes tired, slight pain L eye

7 01: 14:55 pins and needles L foot and R palm

7 01: 16:05 chills, lower back, neck stiff

7 01: XX:XX lower/upper back and neck achy, neck stiff, gradually lessening as day went by

7 01: 10:03 feel band over eyebrows and occiput (throbbing slightly)

7 02: 15:17 feel band over eyebrows

8 01: 20:15 While having a hot tub, I begin to feel a vise around my temples. There is a pressure and tightness at the temples. Head feels better after I am out of the hot water.

8 02: 10:20 Low grade pressure left temple. Pressure behind left eye.
Pressure sensation in occiput.

10 24: XX:XX Achy in back.

11 02: 14:50 sharp pain in right elbow shooting up to arm for a few seconds

11 02: 15:00 pain shooting up from left ankle for 1 second

11 02: 15:05 pain shooting up from rectum for 1 second

11 09: 14:00 slight dull ache on the right side of the back of the head for 20 minutes.

11 22: 8:30 left big toe tingling and numb.

Swelling, Weight gain

2 14: 7:00 feeling and looking abdominal bloating lower abdomen, belt one notch looser for comfort, lymph feel clogged such as swollen fingers, but is systemic

2 18: 21:00 Went for a swim and to do some water aerobics before bed. Put on my bathing suit and caught a glance of myself side ways in the mirror, my lower abdomen above pubis seems to be protruding usually. Bloating? I am still exercising each day other than for day of flight to Phoenix. I am eating lighter due to heat, drinking LOTS of water 4 to 5 L daily.

2 21: Felt overly bloated all day. I feel like I need to go on a diet my cloths feel too tight, I have not weight myself but I feel like I have gained 10 lbs. I want to do juicing diet

Swelling, Hot Flushing, Red Discoloration

2 15: 8:00 Allergic or hive reaction on face like a hot flushing moving downward from forehead primarily on right then left. All face red especially forehead, long oval shaped redness, duration 20 min. Eye lids almost swell shut, redness on eye lids remains for most of the afternoon like sun burn

2 17: 8:00 Allergic or hive reaction on face like a hot flushing moving downward from forehead this time the whole face went red especially forehead, long oval shaped redness, duration 20 min. Eye lids less swollen this time and redness did not remain.

2 21: 8:00 Developed more severe, and further spreading, hive reaction that lasted 40 min and almost whole body affected - red, red face, arms then chest and back in strange pattern, see drawing, not elevated, as if I were wearing a white bathing suit on my body – core

3 02: 08:00 Hot face with redness after taking a shower. Lasted about 20min

(Concomitant with emotion)

3 02: 22:30 Got upset while talking on the phone and felt face get hot

3 04: XX:XX Noticed my face feeling hot while speaking with a customer at work

5 07: 17:00 – Thought I must have a rash on my abdomen – the skin was suddenly feeling very raw, then it felt prickly and warm all over my abdomen, worse touch of any kind. Intensity ~8/10 for discomfort. Didn't want to have my clothing touch it. Didn't notice anything on the skin. Lasted for a couple of hours.

5 08: 12:00 -Noticed the raw, prickle sensation on my abdomen again. This time it was less intense (~5/10).

10 01: 10:30 a.m. felt warm (heat as if in the sun) on upper part of body – like a fever – hot flushes – hot cheeks

11 02: 11:15 – really hot – burning hot like high fever; took your temperature – no fever – feel a bit annoyed about feeling this way – _ hour on the way home – I will not do anymore proving after this one

Desires Bathing

2 24: XX:XX Prefer bath to showers, every since moved to hotel in Phoenix and now once home, usually do not want to take time to have a bath, now prefer them, like putting a bit of sea salt or Epson salt in water. Continues until leave for Toronto Nov 03

5 15: 8:00 – Had a hot bath and read a book – felt wonderful.

Sleep Aggravates/Ameliorates: Morning on Waking

2 02: 07:00 wake up full of energy, though had not have enough sleep

2 06: 9:00 Very exhausted slept much later than normal even for Saturday. I naturally wake between 6-7 am.

2 07 10:00 Again very exhausted slept much later than normal

3 03: 10:00 Just getting up. Didn't want to get out of bed which isn't unusual for me, but I never sleep this late!

3 10: 07:30 Able to get right out of bed when my alarm went off, I usually don't get up for 30 min or so.

8 14: 7:20: I wake up after a short sleep of 6 hours to start my day. I am energetic and ready to go. During today there is a long car ride to travel to Windsor for Thanksgiving dinner.

8 22: 9:30 I wake up exhausted and feel that something has shifted in my energy. I am so tired and I have to work. I am dragging my but.

8 23: 9:00: Wake up exhausted. I began my menses today without a hint of it coming.

10 10: 7:00 I want to sleep longer and have difficulty getting up.

11 02: 6:30 No trouble getting up this morning.

11 04: 6:30 When the alarm clock rang at 6:30 am I didn't want to get up. Reset it for 7:00 am.

Sluggish and Exhausted

1 09: XX:XX woke up a bit depressed about the weather, already wearing sweaters. Usually I love this time of year. Feeling sluggish.

1 24: XXXX tired all day. Frustrated that I could not shake off lethargy. Feel like I am going through the motions.

2 06: 9:00 Very exhausted slept much later than normal even for Saturday. I naturally wake between 6-7 am.

2 07 10:00 Again very exhausted slept much later than normal

3 03: 10:00 Just getting up. Didn't want to get out of bed which isn't unusual for me but I never sleep this late!

3 07: 09:00 Really didn't want to get out of bed. Had to force myself

3 21: 13:20 Feel really tired, have the urge to lay down which I do but only for a few minutes – I can't sleep I have too much to do

4 01: 18:00 extremely tired, falling asleep

6 17: 8:00 – Still have the headache today but milder. Just don't feel myself. Tired and no energy to do anything. Lay around and dozed all day.

7 01: 21:30 normally exercise before going to bed, didn't

7 02: XX:XX exhausted

7 03: 10:39 sudden feeling of exhaustion

7 03: XX:XX exhausted

7 04: XX:XX exhausted

7 06: 17:10 feel exhausted, had a nap

8 02: XX:XX Everywhere I look, I can see cleaning needing to be done but, I don't do anything.

7 02: 9: 30 I wake up after sleeping 11.5 hours. (It has been a long time since I needed to sleep this long.)

8 02: 17:55 I take a short nap. I feel bone and brain tired.

8 22: 18:40: I am exhausted and nap. I am too tired to prepare dinner.

8 23: 9:00: Wake up exhausted. I began my menses today without a hint of it coming.

10 01: 19:00 till bed time -- Very tired and not making any sense.

10 12: XX:XX Very tired and slept 12 hours.

11 04: 6:30 When the alarm clock rang at 6:30 am I didn't want to get up. Reset it for 7:00 am.

11 06: 11:20 During a lecture I keep yawning in class. I yawn more than ten times continuously then stop.