

Yellow Boxfish

Ostracion cubicus

Homeopathic Proving

General Downloading Information and General Homeopathy Information

This document is from the web site www.homeopathycourses.com and is a homeopathic proving.. Therefore, first we will describe what a proving and homeopathy is all about. The proving information is below this introduction.

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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.

What is the method?

The practitioner conducts a very detailed interview addressing all major and minor symptoms of mental, emotional, and physical planes. Each symptom is elucidated as to what makes it better or worse, when it occurs, whether there are others in conjunction, what circumstances produce it, what stresses seem to lead to it, and whatever hereditary traits contribute. A total symptom picture is built which is then matched to the best possible snapshot of a person's health and factors that lead to and continue the problem state.

A homeopathic remedy is administered. It is sent to the patient directly or can be ordered from various homeopathic pharmacies. Progress is then monitored at six –eight weekly intervals or longer as needed. The follow up interviews are not as long as the initial interview.

A good homeopath, usually chooses only one remedy (out of 3,500 or so available). This is quite a daunting task but sophisticated computer data bases and modern techniques make the task much more accurate.

If the remedy is correct, there is improvement on many different levels not withstanding the main problem. . If the remedy given is incorrect, essentially nothing at all happens — the patient is neither worse nor better as a whole even despite minor changes. In that case, another remedy is selected.

What are homeopathic remedies?

Made from plants, minerals, earth salts, animal tissue, even poisons, there are approximately 3,500 remedies. Examples from daily practice are *Pulsatilla* (Windflower),

Sepia (ink of the cuttlefish), *Calcarea carbonica* (calcium carbonate from oyster shells), *Sulphur* (the element), and *Natrum muriaticum* (sodium chloride, table salt).

Remedies are all prepared by FDA-approved pharmacies by serial dilutions of

the original substance, with forceful shaking between each dilution. There is no therapeutic effect if the substance either diluted without shaking, or shaken without dilution. However, the effect is very potent when matched precisely to the symptom picture of the patient.

A shocking fact is that the more the remedy is shaken and diluted (serially), the more powerful the curative action! This remains true even beyond the point of there being even one molecule left in the solution! This seeming paradox has been recently elucidated by a variety of studies throughout the world since 1995 — clarifying special Quantum Electrodynamics processes occurring only in dilute solutions of water or other dipolar solvents.

Essentially, the process of shaking and diluting creates clusters of water molecules aligned with associated electromagnetic fields. When there is resonance between the remedy "vibration" and the patient's symptoms, the structure of water changes and improves all the chemical reactions involved in bodily processes. (Bill Gray, MD, Homeopathy: Science or Myth? North Atlantic Books, Berkeley, 2000)

Is homeopathy placebo effect?

There certainly is considerable placebo effect arising from the holistic nature and thoroughness of a well-taken homeopathic interview. However, homeopathy is very effective in babies and animals. And over 89 carefully designed double-blind clinical and laboratory studies have been published proving its effectiveness. Tissue and cell cultures also respond quantitatively to exposure to remedies. (Bill Gray, MD, Homeopathy: Science or Myth? North Atlantic Books, Berkeley, 2000)

Yellow Boxfish Proving Information

Ostracion cubicus

Master Prover: Pascaline Phillips ND

Co-Master Prover: Marty Begin ND



Ostracion cubicus

The Yellow Boxfish is found inhabiting coral and rocky reefs in tropical and temperate marine waters of the Indo-West Pacific, including Indonesia, New Guinea, north to the Philippine Islands and east to Fiji and French Polynesia. Larval fish generally settle on sheltered rocky and coral reefs in the summer months, when juveniles are often found in small aggregations. Adults grow to around 18 inches in length. The Yellow Boxfish is also referred to as the Polka Dot Boxfish, or Cube Boxfish. It's easily recognized by its angular box-shaped body, bright yellow coloration and black spots. The young Yellow Boxfish has an almost perfect box shaped body which becomes more elongated as it grows older. Adult Yellow Boxfish are often solitary and occur on deeper coastal slopes, lagoons and areas where there are crevices and ledges for shelter.

Picking tiny animals like worms, clams, crabs, shrimp and fish from the sand, the yellow boxfish uses its thick puckered lips to blow jets of water at the sand, exposing any hiding animals. It also feeds prolifically on algae.

Ostraciidae comprise one of the oddest of all marine fish groups – encased in a “box” of fused scales, they're not the most agile of fishes, given their body restriction. Its skin is body armour – the fused scales give this fish a rigid shell. **The boxfish** needs this protection because it is a **very slow swimmer**. They are such slow movers that they are easily caught by hand. **They move awkwardly** using their side fins and the tail fin only in case of emergency or to get food. It is common for them to "sit" still in one spot for very long periods of time.

They are cute and colorful, and their engaging personalities and unusual locomotion seduce many hobbyists. This group of fish, however, grows too large for the typical home aquarium. Some reports note that **this fish may be aggressive towards its own kind**; therefore, care should be taken when adding a new boxfish into a tank with an established boxfish.

In addition, **they produce toxins that can wipe out an entire system. These toxins are released by stressed individuals and upon death.** There are many cases reported in which every fish in the tank was killed by a toxic event.

When disturbed or frightened, all species of this family can discharge poisons into the water from their skin. This poison can kill other fishes including the boxfish itself.

Boxfish secrete poison from their skin when they are in danger or stressed. Boxfish toxin – called **ostracitoxin** – is an ichthyotoxic, hemolytic, non-protein poison found in the mucous secretions of their skin. **It is apparently unique among known fish poisons.** These fish are not highly sought after because their organs are poisonous. The poison in the fish actually comes from a type of toxic algae that the boxfish eats.

Skilled Japanese chefs prepare boxfish and porcupine fish, which is called fugu, in a way that retrieves the meat and almost all the poisonous parts are cut out. A slight amount of poisonous meat is left to be served with the safe portion. The diner feels somewhat woozy after eating the fugu, with slight numbness felt at the lips or mouth area. Prepared in this way, these fish are considered a delicacy. On occasion, a person eating the fugu dies.

As an aside:

Mercedes' Bionic concept car: When Mercedes-Benz began to contemplate its next generation of high-efficiency small cars, it sought aquatic inspiration. But instead of considering obvious forms such as sharks, the Mercedes team turned to a fish that resembled a car: the boxfish. *Ostracion cubicus* is surprisingly slick. Wind-tunnel testing revealed a drag coefficient (Cd) of just 0.06, startlingly close to the ideal 0.04 of a water droplet. Like the droplet, the boxfish's face is small in proportion to its overall length, and its streamlined surfaces encourage air to move over it without creating the turbulence that robs aerodynamic efficiency.

Method:

The remedy was administered in a double-blind setting (neither provers nor supervisors know what the remedy was). From the source, the remedy was worked up from a 3c trituration under supervision of Austria's Remedia Homeopathic pharmacy, which then ran it up from to a 30 and 200c potency. Odd number provers were given the 30c potency and evens, the 200c. The proving lasted 1 month: beginning noon Saturday 19 May 2012 and ending 18 June 2012 (date of the extraction meeting). Provers took 1 dose daily for 3 days, unless advised otherwise by their supervisor.

Source of material:

A live juvenile yellow boxfish (~7-8 cm in length), purchased at an exotic fish store ("Sea U Marine" in Markham, ON).

The reason for choosing to potentize the yellow boxfish was to treat a young patient (the case follows). Having gone to the effort to triturate and work up the remedy, it only made sense to conduct a proving. This proving came about a year after Louis Klein's Blue Tang proving (also a coral reef fish, which elicited some very similar symptoms). Compared to terrestrial animal and plant species, there are very few marine organisms in our materia medica. This needs to change, especially given the decline in fish, coral, and other aquatic organisms which is being driven by an increase in toxic compounds in the oceans, over-fishing, as well as a rise in water temperatures.

The yellow boxfish (*Ostracion cubicus*) case:

In October 2011, I saw a new patient – a 9 year old boy whose main symptoms were insomnia, anxiety and bad breath (his mother's concern).

He's a stocky boy, with very short blonde hair, very pale skin and a round face. There's a staring, impassive quality to his face – although he's very intelligent, he appears somewhat vacant or lost in thought.

The insomnia was 'onset' in nature: he usually would lie in bed for roughly 2 hours waiting for sleep. He would look at his clock and note the times – rhyming off times (11:24, 1:08, etc) that he would be lying there "like a lidless fish – staring". He repeated this again later in the appointment, which prompted me to ask what kind of fish he was. His response was "a cube fish". He named his remedy! – which was further confirmed by other characteristics of his (very similar to the boxfish).

He is quite solitary by nature – happily spending hours alone at home on the computer or reading or drawing. At school, he often chooses not to play with the other children at recess. Instead, he walks round and around a tree, thinking.

He has, however, an easily triggered temper. Should another child bump into him (accidentally or intentionally) he flies into a rage and attacks, hitting or punching.

He is ungainly in most sports; although he does "run", he's often the slowest in the group. His mother described him as a "water baby" - from infancy, he's always loved being in the water, and could spend hours in the water. However, he's not a good swimmer; he's quite content just to paddle around.

His anxiety manifests as "stomach aches" which prevent him from going to school; these can last 2 to 3 days. He also describes a feeling of nervousness (to his mother), but can't actually give me much more detail when I ask about the anxiety.

Plan:

I prescribed an acidophilus/bifidus supplement to be taken once per day.

I know that I need to get potentized yellow boxfish (I know it's this species because the patient mentioned that a car company had designed a car based on the yellow boxfish).

Follow-up:

(discussion with the patient's mother)

The day after the interview the patient's father asked what he's been given because he was so dramatically different: the insomnia, the anxiety and the bad breath had all cleared up. The patient remained symptom-free until the first week in January. It was the day before school resumed (after christmas holidays), and the anxiety symptoms returned full-on. His mother, anticipating a night of sleeplessness, gave him a dose of Ostr-c 4c. He was asleep within 10-15 minutes and was fine to go to school the next day.

Provers:

Prover 1: female (40's)
Prover 2: female age 47
Prover 3: female age 27
Prover 4: female age 62
Prover 5: female age 39
Prover 6: female age 30
Prover 7: female (dropped out at beginning)
Prover 8: male (40's)
Prover 9: male age 60
Prover 10: male age 36
Prover 11: male age 43
Prover 12: female age 35

The remedy is available at Remedia Homeopathy

Extraction meeting: (18 June 2012)

The provers gathered to share their experiences, which were transcribed as they spoke. Food and beverages were provided.

The mood was markedly split between easy-going and light for those provers who had a positive experience vs. edgy and suspicious for those provers whose overall experience was not pleasant. Interestingly, each group ended up sitting together – naturally aligning themselves with those who had similar experiences. The meeting was ended with a closing meditation to disperse the proving effect.

Notes from the meeting:

(supervisors talking): there was a sub-theme around 'trouble connecting' – on the phone – or the prover was too busy; irritated by the phone calls.

(P12): I felt like in the 2nd 2 weeks it was over for me.

(P5): (via skype – out of town prover) **you don't need to make me big** (referring to her image on the screen)

(P9): **make me small**

(P5): 6 hrs after the first dose – **stomach pain**. Around 3:30am a **GB attack** – seemed to me. When I stood up it went away. As if the pain was imaginary. The pain came lying down.

And I had an intense dream: that I had to go to the crawl space and put handles inside. I had to prepare to hide. Something was going to occur. Someone was going to come to the house – someone threatening.

(*digestive sx's?*) They started as heart burn. And then by around 11pm – pain on my right side (RUQ). Some nausea. Very steady pain – like a bruise – didn't let up. This lasted till wednesday. Every evening. Started then and went till 2-3am.

I also woke up at 6:30am with a start – unusual for me.

(*sleep?*) Not socially normally – I don't sleep on a socially acceptable schedule.

(P9): I felt very uncomfortable in my solar plexus – felt vulnerable, powerless. Very threatened – similar to a previous situation. I was living with this woman, then I got tossed. I was talking on the phone with her and the moment I hung up, a collage fell on a box (collage of owls and a mouse) – I felt like the mouse – with the owls – all these women – around me. After I got off the phone, I was clasping my hands (strong clasping gesture).

I had several dreams with people who have passed. My parents; a friend who hung himself; another friend who drove his car into a river.

One of the main themes was: I was having a difficult time journaling – a lot of dissatisfaction with where I am in my life. Things were holding me back – seemed to bother me a little bit more.

[(P11) almost didn't make it to the meeting. Serendipitously, the co-master prover ran into him just beforehand and was able to coax him to attend. He was depressed, sleeping a lot, and little appetite. He was filled with self-loathing and angry with himself. He would note something good about himself, and then diminish it. He was complaining about his low-income job and of a breakup with his girlfriend. At the meeting he was outside the room for a time hesitant to enter, diminishing his value to the process. Finally he came in agitated and was unclear about all the people present – what his and their roles were: ie. Who's a supervisor vs a prover – except he said "superior" instead of supervisor – so there was a flavour of hierarchy, and bigger vs lesser roles in the proving. Spent a few minutes discussing and clarifying this for him. One to two days post-extraction meeting, his mood altered entirely. He was happy, confident and had found a new well-paying job.]

(**supervisor L** via skype – representing **P3**): she had stomach aches to start with. On the 19th – no changes. Then took the 2nd dose on the 20th. At 12:30 a **stomach ache** – dull ache till 3:30pm. Didn't recall any dreams.

Suddenly I heard that the prover was in a horrible state.

On May 27 – **lost total interest in sex. Couldn't deal with her husband and kids.**

Had a short fuse: **angry and yelling**. She said "I don't like sharing this: my husband's going to send me to the crazy house."

At work, no problem, but couldn't concentrate. She had more compassion for her clients – but **not** for her kids (2 young girls) and husband. She started dreading driving home from work. Just wanted quiet time for herself. "**I began to feel I didn't want my children. And bitter toward my husband.**"

On May 24 the same **stomach cramps** came about 3:30pm. A knot in her stomach. "I'm usually a very vivid dreamer – it's unusual for me not to recall them."

Also – she didn't tell her husband that she was doing the proving.

On June 13 she was given an anti-doting rx (Sepia). After, she had some diarrhea and by the next day she was feeling better. Her mood was good. She's currently feeling better. But she'll never do another proving again.

(supervisor A): I moved out of my house for a week. I left the kids. Left X(husband). I was done.

(P11): My supervisor split in the middle of my proving. He called me a bunch of times. Then I finally opened up to him – and then he split. It didn't make sense to me. **It's almost like I hate that guy.** I'm a bit pissed at the situation – or at my life. I thought it was my fault at first, when he didn't call me back.

(supervisor L via skype) I felt pissed off at **P3** because she was so pissed off at the whole proving. And, I've been a bit indifferent the past few weeks. Not really wanting to be with people.

(P11): I feel like I don't want to go out – do anything – don't want to talk to anybody. I want to be **not** moving. I've been really, really angry.

***at this point he's really agitated and gets up and excuses himself – he needs to get outside and walk around for a bit.**

(supervisor A): I found it very difficult to get a hold of people. I was getting really irritated – feeling frustration with the whole process. It was difficult – not smooth at all.

(supervisor B): my other prover (P4) didn't want to talk to me after a point. She had too much going on – she'd say "I'm too busy to talk". There was no contact after about 2 weeks. She was pissed off and didn't like the way I was questioning her. I'm not sure that was a huge deviation from the norm for her.

(P9): she (supervisor A) called me for the first few days – then a few times a week. At one point I thought she wasn't getting in touch with me, so I used that to justify not journaling as much as I should have.

(supervisor A): you said in a message that you were kind of angry with me.

(P2): these provings are bizarre. Misconceptions and misunderstandings.... **I've been so agitated.** Hypersensitive to people. Cornered by people (bold) and angry because they dump on me. You know – at a party.....

And dreams about cats! – I don't know why.

I'm agitated coming into this room tonight. **I didn't know who was who – no-one introduced themselves.**

A few days ago I had a dream I was **in a glass room** and I had an anti-gravity thing on – so I was flying up and down, with people looking at me – and it felt so good.

(P10): I had a dream with a black cat. It was strange – it didn't have a reason. And things were technicolour – I felt very aware after 1 dose. It altered my consciousness. I felt sort of spaced out. My mind was racing. **I felt so expansive** – and so connected to the universe. **Consciously I felt huge, but I was restricted by my corporeal self.** That lasted almost a whole day.

(P2): I felt really compassionate toward people - expansive. When the agitation wore off I felt really connected and calm.

(supervisor J): I had one prover with the **agitation and anger**.

(P1): for me, **it was as if I took my constitutional rx**. At the beginning – **lots of numbness for the first few hours: fingers, legs, thumb, and forehead**. It felt as if a lot of anger concentrated there. **As if a little child who doesn't feel equal to adults** – really frustrated because of the age and power difference. **Since then I feel equal**. It's almost a celebration of feeling equal to other people. The theme of connection.....

1st day I had **pain in gall bladder area** – it **aggravated badly** – but then it was gone. Feeling **paralyzed** – inability to move. Theme of disconnection – alone in the world. Another big healing came with me **feeling connected to my family – my roots**. In the past I was estranged from my family. But now, **a deep connection to my parents and grandparents**. I know I'm connected to them.

(supervisor B): (P4) **also had similar physical sx's (liver/GB)** the first few days.

(P1): the 2nd week I wanted to be in my space. Almost like hiding from others. I know I was pushing my limits – being with my children, with work,.....

(P11): really strong feelings of getting out of adolescent head-space; a defiance. But, I've been breaking down the past 4 days. **I want to pull back** – the more you get involved and tangle yourself in relationships, the more karma you create. Why do I want to confuse things more? I get involved, but it all gets screwed up anyway. So, that's why I was crawling, pulling away: to simplify.

(supervisor J): Can I read what (P8) experienced?

Very dark and aggressive. I was gawking at women. No filter. I **didn't care what others thought**; off the cuff with people. **Cynical, sarcastic, and negative**. And **Crohn's was aggravated**.

He had a dream he was with a pit-bull driving a car. **A sense of equality with the pit-bull**.

(P12): I had a lot of vivid dreams. In one – **a black dog with a strong presence**. At first I was nervous – then really connected. Then I took the remedy on Saturday (May 19) – my in-laws had just come into town. My senses were heightened. I was really calm, happy, relaxed; kind of sedated. Normally, I'd be a bit tense as hostess. I felt like a happy cat purring in the sunshine.

I took the rx again – I felt completely carefree, relaxed. Everything seemed really vibrant. With the 3rd dose, maybe slightly less heightened. Then, during the week, back into routine. I also felt less tired than usual; more energy than usual. Then a little more back to normal. Not so glowy and purring cat. But, every time I thought about the rx, a feeling would come over me.

A couple of weeks later I had **another dream** about a dog (I'm a cat person). In one, **a dog with a long snout pressed it into my neck** – it woke me up with a start. It felt like something was there, at my neck. **Like a gun was pressed there**.

(P9): I had a dog in a dream with a hole in its belly – an abscess – where the umbilical cord is. I notice he's neutered but he doesn't have a penis. Somehow, we're connected

through the hole in the umbilical cord. Then I see Jake inside - almost like a snake shedding its skin, giving birth to himself. This is similar to an earlier dream I had – there was an abscess on my face near my lip – sticking straight out.

(supervisor A): This reminds me of when I did the *blue tang* proving, I sat in my sunroom – all glass – windows all around me – for 3 months. Isolated.

MIND

Themes:

Equal/not equal

(typically more shy with criticism) Now: I'll defend myself; my point of view is equally valid – they are not an authority. 11, 03: XX:XX

- Typically I have a subservient attitude. On set today, the leading actor and director came by. I spoke with them like it was no big thing. Usually I would be really shy, trip over my words, be really uncomfortable, star-struck. 11, 03: XX:XX

...feeling equal. Equal, not inferior. Not a child in front of a powerful adult. Being free grown up. Hope it will stay with me. 1, 01: 16:30

- Desire to clench my hands, inability to move. Like in front of authority figure. 1, 01: 16:26

The remedy has a therapeutic effect for me - still feeling equal with others..... 1, 25: XX:XX

- Dreamed of a pit-bull, driving in (my) sports car. (I) was really dressed down, picking up chicks, and looking kid of dirty. And, there was a sense of equality – that he's (pit-bull) not that different than I am. 8, 08: XX:XX

Transitioning from child to adult

There's this tug of war, me feeling like a man, but my life is so infantile. Inside I'm this strong guy that should be something otherwise. (I'm) feeling like a man, not an adult, but a grown-up. 11, XX: XX:XX

My emotional state is great. As if from a child I finally became an adult. I'm equal!

Focused. I do things without an effort. Productive. 1, 06: XX:XX

Big, expansive/small

In the beginning I was walking around like superman; felt I was taller. 11, 03: XX:XX

- ..the idea that I think sun and nature makes us bigger. If people spend their time in nature they'd be bigger, I'd be bigger. Like seagulls – in nature grow bigger, they're out in nature. Here in the city there's these little things with shrivelly feet. I've got to get out in nature because it's going to make me bigger. 11, XX: XX:XX

My consciousness embraced the vastness of the universe while recognizing the insignificance of my physical being to the larger picture. 10, 07: 12:19

Numbness – emotionally & physically

I've been frustrated and depressed. I feel completely hopeless, like I'm going through the motions of the habits and relationships I created, but there's a numbness about it. 11, XX: XX:XX

- Slight numbness of legs, right leg is worse (from knee down). Numbness of the face (slight). Numbness of the tongue, the tip of the tongue. General sense of numbness in arms, hands, face, legs. Numbness on the surface, skin. 1, 01: 12:10 – 13:00

Numbness of right hand fingers. Went away in 10 minutes. 1, 02: 11:00

- If I would think what numbness represents it's more like a fear to connect, being not sure. Desire to clench my hands, inability to move..... Or feeling paralyzed by. 1, 01: XX:XX

Confidence, clarity & strength

If decisions had to be made I felt I would be more solid and decisive on my decisions. 11, XX: XX:XX

- Aware of what I want, my needs, following them. 1, 01: XX:XX
(dream) working at the hospital – freely talking that I'm also working as a homeopath, not shy about it, proud; understanding that knowing more, deep knowledge, connecting both professions... 1, 01: XX:XX

- Feeling very calm and self-assured. I could care less what people are thinking – not concerned about what people think about me... The world is calling out my name – people are responding well to me. 2, 06: XX:XX

I'm not caring much how others think, but feel satisfied and noticing more "being pretty". I have been choosing to wear mini skirts and feel it's pretty. It is like a self-satisfaction – I'm not even trying to prove I'm pretty. 2, 11: XX:XX

Loss of confidence

I was thinking about women and I'm usually really confident with them, but now if a girl looks at me, I don't even really want to look at them. I feel I'm hideous – don't look at me, I'm an ugly dude. 11, XX: XX:XX

Feeling high, rushing.....

Instant euphoria, giddiness; Big awareness of my 3rd eye, the 6th chakra. 10, 01: 11:45

- Mind racing. Vibrating like a coffee high. Felt like a caffeine rush. Body working quicker, body was rushing. Symptoms of heart racing but not racing. Hard to keep an open mind with treatments (at work) – difficult to articulate (because) distracted by random thoughts. Too many thoughts in too many directions. Open to energy, open to thought. 10, 01: 13:45

(took 2nd dose) The next 2-3 hours energetic; awareness with crown chakra. Felt on a high. 10, 04: 13:00

- Felt very open with crown chakra and the universe. Crown sensation vibrates to intense feeling at 6th chakra. Felt like large wound/heat on forehead. Felt like opening up of the skull; sloughing off of an exoskeleton. Like a cracked egg. 10, 05: 17:23

I was more happy – on cloud 9. Got my porch done – washed, painted. More energetic; crazy busy. 4, 02: XX:XX

- It was noticed that I was incredibly energetic and "busy". 6, 02: XX:XX

I had the same effect throughout the day – high energy level and constantly keeping myself busy. Felt like my mind was racing – what if... what if..... 6, 03: XX:XX

Relaxed, calm

Felt really relaxed in a happy way, glowy – like a happy cat lying in the sun. 12, 01: 17:00

- For the first three days, strong relaxation, happy relaxed feeling: relaxed, flowy, easy-going. Usually stressed after a long week-end – but felt totally relaxed. 12, 04: XX:XX

Feeling very calm and self-assured. 2, 26: XX:XX

Connected – to family, others,

Thinking about my day today noticed that (I) was able to feel connection and speak open(ly) about my beliefs to a person that I thought she is not interested in me much. I was involved, it was easy to express myself. Before I would feel not included, not interesting. 1, 01: XX:XX

- Was watching family movie from my mom's birthday last year. My parents sent it to me. (I) was crying deeply. Deep sense of forgiveness and connection to my family. (I must say that since my childhood I did not feel that connection, idea of support was foreign for me, feeling alone in the world and having to do it on my own). I feel different now. 1, 11: XX:XX

... sense of connection with the family and sense of unconditional love towards them. Easy to express myself; no fear. 1, 25: XX:XX

- Feeling more connected to people, more compassion and patience. 2, 05: XX:XX

Had a very lovely time socially this week-end. 2, 30: XX:XX

Overly sensitive, overwhelmed socially, intolerant

(after 2nd dose) Feeling very agitated. Agitated socially, sensitive to light, sound, intolerant, impatient. Things are hyper-real. Overwhelmed by the intensity of conversation(s) and feeling ambushed socially by those seemingly needing to unload angst..... everyone was yelling. (I) just wanted one person to talk to me at a time. 2, 03: XX:XX

- Felt very agitated tonight (extraction meeting) as soon as I entered the group/room tonight since I was friendly and forthcoming with my name yet no one was clear on who they were, their names, were they provers?, etc. (thought there was a lack of social concern). 2, 31: 19:00

Anxiety

Anxiety: fluttering in stomach, a couple of times. 2, 03: XX:XX

Uneasy feeling in abdomen. More like fear/anxiety. 1, 01: 12:47

Jittery in the morning. Felt very uncomfortable (in the) solar plexus; very vulnerable. 9, 02: XX:XX

While I was watching TV and knitting I had an overwhelming sense of anxiety and worry – panicky and heart racing - which continued until I went to bed. 6, 03: XX:XX

Impatient and anxious – need to get out of the house. 9, 07: XX:XX

Wanting to be alone - feeling detached from family; depressed

Depressed. Nothing to look forward to. I don't like this state. I can't say it is new, more concentrated than usual. Sleepy, would stay in bed all day if I could. Want to be alone, not follow what others want.... I see in a mirror that my eyes are dull looking, no life.... 1, 15: XX:XX

- Not happy. Feeling pulled out in different directions. Detached from my husband (strange and upsetting). Feeling not living my own life (OS); frustration. 1, 25: XX:XX

Had an episode where I felt not important, not considered. Almost could not stop tears (in public place). Not a new feeling, but came very intense, felt vulnerable, alone. But, at the end, decided not to take it personally and did not dwell on it. 1, 25: XX:XX

- The second half of the proving I've been feeling down.... I sent help messages out. If the world responds back I take that as a sign. Left to my own devices I'd let myself rot. Strange, wanted the place dark. A light would go on, I'll shut it off. Unusual for depression. 11, XX: XX:XX

I've been frustrated and depressed. Usually I'll snap out of it, even the strength part, but I didn't this time....I felt like I could be and do anything, and now I feel completely hopeless, like I'm going through the motions..... 11, XX: XX:XX

- I didn't want to talk to anybody. At the same time, there's this humanity in me.... avoiding it..... I didn't want to disappear. 11, XX: XX:XX

Our family has a trailer, I feel hesitant to go as my youngest needs to stick to routine. I went out and was extremely miserable. The following night, I began to feel extremely down. My youngest would not sleep. I was getting very frustrated. I had thoughts of not wanting to care for her at this time. I put her in her play pen and she cried for 10 minutes as I buried my head in the blankets. I did not cry, I was just annoyed that she would not sleep. 3, 08: XX:XX

- While husband was away I hardly spoke to him on the phone – I usually phone him 4+ times per day. While he was away I worked through the week and cared for our two children.... I began to feel like I didn't want these two children. I was short-tempered and angry with them (this is a new symptom to me). 3, 22: XX:XX

I feel very depressed. I don't want to care for my kids, don't want my husband around. I am short with my children and would rather they go someplace else (another care provider) just so I can have time to myself. I dread having to care for them. 3, 24: XX:XX

Aggressive, defiant, negative, angry

I'm more defiant. Typically when given orders I want to please, do it well, the way they (supervisors) want it. Now: I'm going to do it the way I think is best.... I'll show you I can do it. 11, 03: XX:XX

- I was bitter towards my husband, didn't want him near me, but didn't want him to be away. I yelled at the kids. Was just grumpy. 3, 23: XX:XX

I emailed (supervisor L) and told her I could not continue to feel this way. I felt as if I was going crazy, or was going to hurt someone if I didn't reach out for help. 3, 24: XX:XX

(***this prover was given a single dose of Sepia 200c day 26 and "felt immediately better, mood was good throughout the whole evening". The following day stomach felt queasy and had diarrhea, and then continued to improve**)

- (There's a) lack of filter. (I'm) outspoken, no holding back, just letting everything come out: harsh language, and not feeling bad about it. 8, 05: XX:XX

(My) mood is different. (A) dark cloud is lifted in the last 24 hours – now lighter, happier. During the proving (I) felt **dark, aggressive**. Would gawk at women, and not care what they would think..... Wanted to tell people they looked bad – especially attire.

Uncharacteristically sharp comments that were off the cuff and exactly what I was feeling – **no filter, stark observations, cynical, sarcastic, negative. Don't care – I will do whatever I want, say whatever I want.** Driving by someone and (I'd) think wtf are you looking at? – this would happen all the time. At work, booked an appointment with the director – to change a program or I'd leave. (I) was ready to quit if it doesn't change. "No-care" attitude. 8, 10: XX:XX

MIND

Other:

- I yearn to get away from all this and cleanse my spirit.... live healthy; be in nature..... The city is holding me captive, I'm running out to nature in my dreams. 11, XX XX:XX
- At work - **no memory**; can't concentrate. I feel that my memory is horrible. 3, 24: XX:XX

Dreams:

Dogs

- Dreamed of a pit-bull, driving in (my) sports car. (I) was really dressed down, picking up chicks, and looking kind of dirty. And, there was a sense of equality – that he's (pit-bull) not that different than I am. After the dream everything dissipated and felt back to normal. 8, 08: XX:XX
- Dreamed about a dog. Very unusual – (I) never had a dog, (I'm) not a dog person. 12, pre-proving.
- A dog wanted to give me a gentle bite; initially nervous. 12, 04: XX:XX
- Vivid stressful dream of a large dog pressing its nose to my neck. It woke me up around 4am with fear. It felt like a gun pressed against me. 12, 17: XX:XX
- Petting a friend's (Jake's) dog and notice a hole where an umbilical cord is; notice he's neutered but he doesn't have a penis. Somehow we're connected through the hole in the umbilical cord. He (Jake) is inside himself, like a snake shedding his skin, or giving birth to himself – like an aboriginal Indian wearing an animal skin. 9, 06: XX:XX

Cats

- Dreamt about a talking white cat who was leading me through a house. I wanted to lead instead so I established myself in front of the cat – no fight, no friction. The cat had a male energy about him. 2, 05: XX:XX
- Keep dreaming about a cat, but not remembering the scene. Not communicating with the cat this time. 2, 15: XX:XX
- Dreamt about my old cat again and I was hugging him warmly; what's with the cat dreams? 2, 31: XX:XX
- Black cat drawn to me. 10, 03: XX:XX

Fish

- I had to eat deep sea fish. Very ugly and wasn't very appealing to eat: grotesque looking fish. 2, 01: XX:XX

Violence/War/Threat

- Finding an apartment to live, **domestic violence**. Fighting to have my space, a lot of frustration, very deep frustration. Wanting partner to leave; physical violence. 1, 02: XX:XX
- A lot of dreams. **Soldier-captive dreams**. I'm escaping from them. I was being marched. I'm being held captive but I escape. I was being marched in a dark swampy land by Coney soldiers, Ugandan, being held captive. I knew they were going to chop me up or something. Others were being held captive, another fell. I ran, they were shooting and shooting. I dove over this hill. Was rolling and rolling, and I escaped. I did it man, I escaped. I was in a room held captive, a tiny window. A soldier opened the door, and I bashed through him, ran through the other soldiers, ran and felt "I'm free"! I did it. I'd look for an opportunity and go; a non-planned escape. My previous dreams were apocalyptic and I'd be dead at the end. Then I'd accept they got me, I'm beat. This was more determined. 11, 02-03: XX:XX
- Jousting; war; shields; of swords. Having a duel – friendly. 10, 03: XX:XX
- I was being told to put handles on the inside of the crawl space door because something was going to happen. The feeling was that something not good was going to happen. I physically dug (my) nails into hands so hard that there were welts. 5: 02: XX:XX
- A large man (weight lifter) at the door of an art gallery or night club. He picked me up against my will – I was scared. 12, 18: XX:XX
- My friend is living with a high-end call girl. Clients come and go. I am there visiting my friend and meet her – very congenial. (I'm) massaging her shoulders. (Then) a gangster client with a couple of thugs comes down the hall to visit with her. Old style machine guns – like Al Capone. I make myself scarce. Go to the washroom, come out, and the client is standing there with jacket off, white shirt with suspenders, carrying his tommy gun. We greet each other. When I leave, I walk out with her and part company. 9, 08: XX:XX

Work

- Working at the hospital – freely talking that I’m also working as a homeopath, not shy about it, proud; understanding that knowing more, deep knowledge, connecting both professions... 1, 01: XX:XX

No Dreams

- I’m not remembering my dreams since I took the remedy. 4, 13: XX:XX
- Not able to recall my dreams. This (is) something new for me because I am a very vivid dreamer and can recall a dream or go back to a dream. 3, 06: XX:XX

Other dreams

- Woke up after a nice dream – remember **swimming in the ocean**, seeing waves become bigger and thinking that it will be hard to get back to shore. To my surprise when I turn back it took me very little time and effort to get back. 1, 22: XX:XX
- I have dreamed about family and my university friends. I’m back in time, which is quite rare. I don’t remember the contents. There were two dreams of “**decision making**” with a group of people. One was with my university friends – we were trying to find a room to rent. There was some **youthful feeling, excitement**. The 2nd was with my family. Somehow I felt I was a teenager or in my 20’s. trying to leave the house for a trip, but everyone’s agenda is different. Trying to make some decision or conclusion. 2, 11: XX:XX
- Dreamt I was **in a glass room with people staring/gawking at me while I jetted up and down** in an anti-gravity machine. 2, 26: XX:XX
- Auditorium full of people, not a lecture but a sporting event. People recapitulating. Younger guy being a smartass. Everyone laughing. Definitely vivid. 10, 01: XX:XX
- A small human baby covered in black fur on my back – holding on like a monkey. I was looking after a bunch of kids – that was the safest place for the baby. 12, 03: XX:XX
- Vivid: I’m on a bike looking for my dad. His wife (my step mum) had left him. I was worried about him and had to find him. 12, 02: XX:XX
- Teeth coming out of a space in my gums where there is a tooth missing. They are buried inside the gum and come out. Not my regular teeth – **like the hole is spitting out teeth**. (Similar to previous dreams of teeth breaking). 9, 10: XX:XX
- Had dream about an **abscess on the right side of my face** under the corner edge of my lip. Cone-shaped, about 1” sticking straight out. It eventually shrinks to a small pimple-like whitehead. 9, 18: XX:XX

Vertigo:

Very light light-headedness. 1, 01: 12:10

Head:

Headache – vertex and between eyebrows. Like a pressure. 1, 02: 18:08

Headache behind my eyes (this type of head pain I would get before or at the end of my period – today is the last day). 1, 02: 22:50

Headache – all day, behind my eyes (OS). 1, 08: XX:XX

Headache with pressure and fullness in my eyes (OS). 1, 25: XX:XX

Eyes:

Fullness sensation in both eyes. Slight swelling – bags around eyes. 1, 02: 9:28

Ears:

Today I had pain in upper part of my ears (helix) – it is an old symptom. 1, 06: 11:00

Nose:

Face:

Found a very **few small pimples under my lip** on the left. 1, 01: 19:36

A rash at the corners of my mouth – dry, sore – like a cut. Not bleeding, but crust a bit yellow. 12, 17: XX:XX

Mouth:

I noticed **my lips were puffy**. I thought it was sunburn, but notice it again a few times and I felt pretty. 2, XX: XX:XX

Throat:

Throat and ear pain by the evening after bike riding. 1, 25: XX:XX

Neck:

Muscles of the neck relaxed. 1, 01: 12:10

.....swollen lymph node on the right. 1, 25: XX:XX

Stomach:

Slight **nausea and gripping pain in the stomach**..... Nausea, fullness in the stomach, Sense of heat in the stomach, moving to abdomen – soreness. Increased salivation; sense of fullness. Better lying down. 1, 01: 20:40

- **Nausea and stomach discomfort** (with) desire for food. 1, 01: 20:45

Not much of an appetite during the day. Desire liquids (unusual for me) and very light food. 1, 02: XX:XX

- Stomach is worse; as if filled with fluid; fullness sensation. Burning sensation – stomach and esophagus. 1, 14: XX:XX

Digestion is great. 1, 25: XX:XX

- **Eating more – intestines feel good** (has celiac); full but still hungry. Very unusual for me. Rediscovering the value of food. 11, 03: XX:XX

I've not drank anything, I feel like thirsting myself to death. Now I have an appetite, but not for the past two days. At the start I was eating like crazy; now, the opposite. 11, XX: XX:XX

Appetite: (I'm) **hungry all day and eating more than usual**. 2, 06: XX:XX

- Bouts of fainting-like feeling. Not dizzy, but almost like a white-out. Nauseous. Felt the need to lie down for about 20 seconds or so. It almost felt like some magnetizing like pulling from my right shoulder, and my whole body was falling into that direction. After the nausea was gone, had a stomach ache (lower). It felt like I'd have diarrhea, but then it disappeared. 2, 13: 17:00

Began to feel **stomach pains from 12:30 until 4pm; a dull ache**. I felt like carbohydrates would get rid of these feelings, but it did not subside it. 3, 02: 15:30

- Same stomach cramps around 3:30pm – ordered a bagel toasted and buttered but still had knot feeling in stomach. 3, 06: XX:XX

Sick for one hour with an upset stomach. Couldn't eat anything, had no appetite – didn't want to eat. 4, 05: XX:XX

- **Stomach pain.** 5, 01: 18:00

6 hrs after the first dose – stomach pain – **bad heartburn**. Around 3:30am a GB attack – seemed to me. When I stood up it went away. As if the pain was imaginary. The pain came lying down. 5, 01: XX:XX

(I) was **eating food I knew would harm me**, but did it anyway – again, “didn't care” attitude. 8, 10: XX:XX

Abdomen:

Uneasy feeling in abdomen. More like fear/anxiety. 1, 01: 12:47

- **Pain in liver/gallbladder area** and under right shoulder blade and collection of air that comes out through mouth (ROS). 1, 01: 16:26

Aggravation of my old symptoms – air build up in gall bladder area, pain – pressure from inside out, better after air released. 1, 02: 19:26

- Pain in right ovary or colon. Abdomen distended. 1, 02: 22:50

Nausea and liver discomfort at night. 1, 01: XX:XX

- Dull pain in liver. Irritability. 1, 14: XX:XX

Gallbladder pain (on my right side) started at 6pm until 3am. Consistent steady pain lying down. Feels like it is swollen, like a bruise on the inside. Some nausea. Persistent very steady pain, didn't let up – makes you pay attention. This lasted till Wednesday (day 5). Every evening. Started then and went till 2-3am. 5, 03: XX:XX

- Crohn's has acted up, more cramps; sensitive digestion, exaggerated for 2-3 days and then gone. (I) felt the proving aggravated the Crohn's. 8, 10: XX:XX

Rectum/stool:

Second bowel movement today (normally one a day). 1, 01: 19:36

- (after sleepless night) **Diarrhea** in the morning. Feverish, flu-like symptoms, pain in forearms. Desires to stay in bed. 1, 10: XX:XX

Diarrhea. **Strong bowel movements** – more than expected. 2, 03: XX:XX

- Great bathroom visit – ease of bowel action and general clearing. 2, 30: XX:XX

Loose bowel action two times today; the 2nd was almost acidic/toxic. 2, 31: XX:XX

Female:

For the last couple of days symptoms of PMS. Water retention, headache; last night right elbow joint pain...Irritability, tired feeling. It is 4 days now I have spotting and no menses (lately I would get spotting for day or two). 1, 25: XX:XX

- **Menses still very light.** Unusual. 1, 25: XX:XX

No sexual interest. I felt bad and explained to (my husband) that I just had no desires at this time. 3, 10: XX:XX

Heart:

Symptoms of heart racing but not racing. 10, 01: 13:45

Back:

Back pain as if upper back is locked. 1, 14: XX:XX

Pain at the base of the head, upper back. 1, 25: XX:XX

My neck and back are very achy. Yesterday I felt fine, today I feel like crap. 9, 04: XX:XX

Extremities:

Pulsating pain in the right ring finger from morning to about 5pm. Numbing fingers on my right leg. Pain above little finger on banding my foot (OS). 1, 12: XX:XX

Sleep:

Sleep is good. Waking up early in the morning easily. 1, 06: XX:XX

- **Sleeplessness until 3am. Legs mild jerking** (OS – usually a couple days before menses – but, nearing mid-cycle). 1, 09: XX:XX

Falling asleep more easily at 3am when I get home instead of staying up till later. 11, 03: XX:XX

- Didn't get a good night's sleep. Slept, but up 4x – every couple of hours. Just woke up – used washroom – not sure why. 2, 02: XX:XX

Seem to be sleeping better – not waking up as often from the washroom. 9, 03: XX:XX

Skin:

General sense of **numbness** in arms, hands, face, legs. Numbness on the surface, skin. 1, 01: 12:25

- A **rash** at the corners of my mouth – **dry, sore** – like a cut. Not bleeding, but crust a bit yellow. 12, 17: XX:XX

On the day of the extraction meeting I noticed these three **red lesions** on my wrist. Two of them looked like they had had fluid, but dried. Another was just starting to become full of fluid. The **blister** grew as the day went on. They felt a bit **burning-itching**, but tolerable. It grew the biggest just before the meeting. After the meeting it burst and was starting to dry. The lesions very slowly got better, but left pretty major marks, but there remains a scar (months later). Co-Master prover; 14 Aug, '12

Generalities:

Heat

- Felt warm, like my body was emanating heat. Felt like I had an aura of heat surrounding me. 10, 09: 22:00
- Body has heated up; hot flashes. Metabolism is high. 2, 03: XX:XX

Flu-like symptoms

- Low energy all day, upper back is stiff, locked sensation between shoulder blades. No desire to formulate any thoughts. 1, 10: XX:XX

Energy

- Low energy. Want to discontinue the proving. 1, 13: XX:XX
- Low energy. Desire to lay down. Red tired eyelids. 1, 14: XX:XX

Sensitive

- Sensitive **to light and sounds** for a few days. Noises are loud – everyone was yelling. 2, 06: XX:XX
- Nature was clearer. **Things had a different clarity**. Birds etc **more detail**. 10, 04: XX:XX