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Please visit the school's website for further information: www.homoeopathyschool.com

For further information on homeopathy please see Steve Smith's book:
Medical Homoeopathy ISBN (13) 9781874581901 medhom@winterpress.net

Proving of Mobile Phone Radiation

Acknowledgements

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Why this proving?

The proving was started in January 1999. For well over the past year or two it was becoming increasingly obvious from press and TV coverage that concerns were growing over the possible dangers of using mobile phones, whilst the mobile phone companies and others with vested interests all assured us that they were totally safe. Suddenly, nobody could live without a mobile phone! It became *the* essential item for all teenagers, and top of the list for Christmas presents that year. Go to any public place - shops, buses, trains, even the refuge of the local pub - and sure enough, those conversations would spring up from every corner. Suddenly all our private business became public, and the rest of us became expert eavesdroppers. Meanwhile, it seemed like every day a new article appeared in newspapers and magazines, or a television programme, warning of the dangers, and describing the ever-increasing range of symptoms experienced by users. It seemed an obvious choice for a proving.

The Substance - Toxicity & Resources

Research is currently being conducted around the world on the effects of radiation emission from mobile phones on the brain and is being widely reported in the Media. At present one of the main causes for alarm are the effects of microwave fields on the blood-brain safety barrier, an opening of which may allow proteins and toxins to enter the brain. Some researchers warn that low level radiation from mobile phone handsets heats the brain, causing headaches, memory loss and dizziness. Concerned organisations such as Waveguide and Powerwatch can be reached via the Internet:-

Pharmaceutical Preparation

We asked two moderate users of mobile phones for their assistance. They were each given a 4g. bottle of lactose which was attached to the mobile phone, and the number and length of calls were logged. They were also requested to avoid leaving the phone and attached lactose close to any other interference such as TV's or microwave ovens, etc.

Phone 1:

Model: Eriksson GH337

Digital

Server: Cellnet

Total call exposure time: 5 minutes

Phone 2:

Model: Nokia 5.1

Digital

Server: Orange

Total call exposure time: 2 hours, 16 minutes

Equal quantities of the two exposed lactose powders were then mixed together and triturated to a 3c in accordance with footnotes to paragraph 270 of the 6th edition of the Organon. Potentisation in liquid form was continued up to a 30c.

The Provers

The proving was started in January 1999. It was conducted using guidelines as laid out in '*The Dynamics and Methodology of Homoeopathic Provings*', by Jeremy Sherr.

The provers were instructed to take up to a maximum of three doses, twice a day, for a maximum of two days, and to stop as soon as symptoms appeared. For the majority, only one or two doses were necessary.

PROVER POTENCY

- 1 Female Placebo No symptoms
- 2 Female 30c
- 3 Female 30c
- 4 Female 12c
- 5 Female 6c Null & void - antidote attempted after 1 day
- 6 Female 12c
- 7 Female 12c
- 8 Female 6c

And finally.....

Please forward any more information, clinical experience, symptoms, to The South Downs College of Homoeopathy, email littlemiracle@freeuk.com or to, Helios Homoeopathic Pharmacy, 89-97 Camden Road, Royal Tunbridge Wells, Kent TN1 2QR, email pharmacy@helios.co.uk

Phyl Eyre approached this proving as she did everything in her life - with zeal and dedication. It was her fervent wish that this work should be made available to all in the hope that it may be of help to humanity. Please feel free to use, copy and distribute this proving as necessary.

Proving

Mind

ALERTNESS & CLARITY

3 01:07:50 I feel that my thoughts and ideas are more resolute - more cut and dried than normal
2 02:XX:XX Feeling more alert and less tired (curative)
3 03:11:XX Felt more mentally clear at work this evening. Very tired on way home (physically) but mind active
3 04:12:XX ?driving home from work, saw a village I'd never noticed before. Eyes felt incredibly clear considering it was late, dark and I was driving
6 05:XX:XX Felt alert and responsible when I woke up
3 05:03:XX Feel as if I'm firing on all cylinders!
8 12:XX:XX I feel as though I have to let go of all the intellectualising and just 'be'. I need to feel more, intuit more.
8 12:XX:XX Observation by collators: This prover spent much time theorising on this day.
2 18:XX:XX I have the feeling that I no longer want to be constrained or legally bound to another person. This is a problem that I have quite successfully pushed to the back of my mind and not thought about for 6 months or more. This week I haven't been able to suppress these thoughts and I feel as if my mind is trying to focus on the problem in order to come to a decision.

DULLED INTELLECT

3 00:00:45 Finding it very difficult to concentrate. Typing is awful, am having difficulty in hitting the right keys.
3 00:00:45 Rang supervisor. Had difficulty in locating the right numbers to dial. Had to say them out loud.
6 00:00:48 No concentration.
3 00:01:00 The only way I can make my fingers type the right words is by spelling them out loud as I type them. Now I'm finding that I can't remember how to spell a word typed in the previous sentence.
3 00:01:15 I'm giving up typing - I can't concentrate on spelling.
6 00:02:00 Heard people at the front door, but couldn't summon the energy to talk. Felt I'd look silly, wobbly, not know what to say.
3 00:08:30 Confused. Called a cucumber a cauliflower.
3 00:21:20 Am still experiencing difficulty in spelling words properly. I have to think really hard. Working out the time on the digital clock isn't easy either.
6 00:22:30 Feel a bit slow and in my own world.
8 01:17:15 Found it very hard to concentrate on the assignment I was working on. I felt that my intellect was blurred.
8 01:XX:XX Noticed a tendency to drift off and stare at things
2 02:11:XX My mind is wandering
2 02:11:XX Feel tired, and don't feel like applying myself to study.
8 04:23:XX I felt very confused after talking to my supervisor. I felt as if I was a bit stupid to phone up with so little to report. I paced around a bit and ended up watching TV. as I couldn't get my head around it all.
7 07:23:XX I'm feeling a bit dazed. Can't quite focus mentally. Can't think straight.
8 08:XX:XX I found it very hard to wake up, and later found it so difficult to concentrate on my work. I just stared at my notes - a jumble of disconnected, meaningless words that made no sense. I read them over several times, and it still felt like reading a foreign, unknown language. I cried from frustration, knowing that time was running out before the College weekend.
8 08:XX:XX I'm muddling my words a lot and making lots of typing errors. Probably hurrying too much.
2 09:XX:XX I have noticed I've been more absent-minded than usual. I forgot to go to work.
7 09:XX:XX I keep getting a bit confused. Not sure what I'm doing.
2 10:XX:XX Am now experiencing quite serious lapses of memory. I have had occasional bouts of forgetfulness in the past, but nothing quite as bad as this. It's now embarrassing. I don't feel myself.
8 11:XX:XX (At college weekend) became colder and more tired through the afternoon. Very, very hard to concentrate.
2 11:XX:XX I still feel as if I have great holes in my brain where my memory keeps falling through. Memory is a disaster. Forgot basic things like forgetting to put on make up before going out. I *never* forget usually!

2 12:XX:XX (College weekend) great difficulty in concentrating. Better for fresh air and a walk. I find it hard to focus.

8 18:XX:XX He asked me several times what was wrong. I couldn't answer because I didn't know. He told me to go and write it all down. I couldn't.

8 20:XX:XX I nearly set fire to the house today. I left the soup to simmer, forgot about it, and went out with the kids. I was gone over an hour, when I suddenly wondered if I'd turned the cooker off. I returned to find smoke alarm full on and house full of dark gray smoke, so dense, I couldn't see the end of the hall.

7 XX:XX:XX Collected my photos. Had ordered the wrong prints last week. I seem to be getting a lot of things wrong.

DUTY/WORK, INDIFFERENCE, INDOLENCE

6 00:00:01 About to take the remedy. Momentary panic - where is the remedy? I find the bottle, take the lid off. The pillules are stuck, and can't get them out of the bottle. Have to put my finger in and pull them out. Eleven pillules spill on the bed. I take a fresh one. I have the others in my hand - where should they go? I am fascinated by them, but overwhelmed with the responsibility as to the honourable thing to do with them.

3 00:00:15 I had planned to start typing up my homework, but really can't be bothered. Just happy to sit and let my mind drift.

6 00:00:30 I paced and stared, looked at everything in the room, but nothing could animate me, interest me. I can't find what I should be doing.

6 00:00:40 Too much of an effort to go down and get this diary.

6 00:22:00 I found making a decision about what to do today very difficult. I would leave it to someone else. I thought 'I just can't make a decision'.

8 00:XX:XX I seem to have to get in and out of the car all day. It was all a bit tiresome and I felt I was going through the motions. I especially feel this about partner's birthday, like I'm just pretending to be jolly.

6 01:19:30 Wanted to keep sleeping and keen to get into my dreams.

2 02:11:XX I just potted instead of sitting down, getting a grip and doing my homework.

6 02:21:XX Started on homework at 9.00am (unusual). Went out this afternoon to buy pansies, came home and put them straight into the garden (very unusual - normally put things off). Everything is still peaceful, everything seems to flow, a really nice feeling. No panic or irritability, and nothing getting in the way of doing things. Often I get so many interruptions. It took less time than I thought, it looked OK, and I did it.

8 02:XX:XX I've felt like just stopping all this diary business and have concocted little diatribes against this whole proving business all day. It feels like it's taken over yet there's nothing to show for it. I've had no significant symptoms. (*Observation by collators*: this prover was actually producing some good symptoms)

8 08:XX:XX I have been very fed up with this proving over the last few days, and being so busy, have found it hard to write the diary regularly and carefully. (*Observation by collators*: prover's diary was actually very detailed and meticulous)

8 09:XX:XX I really wanted to clean the house today so it is nice for the lads over the weekend (college weekend). So I worked hard and found it satisfying.

6 11:XX:XX Circling, prevaricating, all take so long, and time is flying. Lists get longer, tick some off - even more to do! House is full of tasks in progress.

8 12:XX:XX I feel like I need lots of rest. Usually I press on with all my jobs; nothing seemed that important. I felt I was the one I had to care for.

6 13:XX:XX A sense of feeling 'I'll never get this right'

2 13:XX:XX Bad memory still. Forgot an appointment with someone.

8 17:XX:XX I could not think straight. I couldn't smile. I could not feel anything.

OUT OF SPACE AND TIME/INTEGRATION

6 00:00:15 I felt really aware of the shape of my head. I felt like I was carrying my head like a ball on a stick.

6 00:00:40 I feel slower, clumsier. I move my head, then its aura/awareness follows after.

6 00:00:40 Everything required great effort. While writing, whenever she moved her head, she felt disconnected, her consciousness from her body. Didn't want to do anything. Felt she couldn't drive even if she needed to. Sensation of being almost drugged or dozey.

3 00:01:15 Feeling really dozy

3 00:04:15 Planning to go for a walk by the sea. Strange experience on the way there, almost as if I'd never been that way to the sea before. Everything seemed new.

8 00:13:30 At the tutorial this evening, I felt a sensation come over me that felt a little like a rush from a very mild joint. My limbs felt quite light and spacey, fizzy, and I was drawn to look at pictures on the wall instead of focusing on the conversation. Not unpleasant, quite a nice feeling, but one in which I felt both there and a little bit not there. The slightly warm and spacey feeling lasted twenty to thirty minutes, and faded as I become more engrossed in the task we were doing.

6 00:23:30 Went to Pulborough Brooks. I felt in a protective cocoon. I felt ever so slightly removed from reality. My feet were going pitter-patter, but I felt somewhere else. There was just an edge of unreality and separateness, but all felt nice. It felt a tiny bit like when I have a headache, and I walk around on automatic pilot, but this was nice, without the pain.

8 00:XX:XX Felt pressured by time constraints

3 01:23:XX After argument with daughter I felt unusually positive and clear in my actions.

8 01:XX:XX At odd times this week I've noticed that I've felt slightly detached from all that's going on around me, and found myself staring at things, even very familiar things.

8 03:13:15 Brushed my teeth in the wrong bathroom.

7 07:23:XX Feeling a bit dazed. Can't quite focus mentally.

3 08:XX:XX I have a sense of altered/different energy within myself. It's on a level I haven't experienced before. Definitely a higher level than a lower level. I feel more calm inside and I want to talk to people more than usual. It's like I need to make contact.

7 09:XX:XX Went out in the car with Mum. Missed a turning, made two attempts to turn round in the next road, came out and turned the wrong way. Got it right third time.

2 10:XX:XX I don't feel myself, I feel almost spacey.

6 10:XX:XX Not connecting feeling. Feel spaced out. Don't belong. Removed from it all.

6 11:XX:XX Electric gadgets causing confusion. I notice that the time on the new clock is the same as the waveband setting on the radio.

6 11:XX:XX All takes so long, and time is flying.

2 13:XX:XX Feel dazed and not with it.

6 13:XX:XX I felt as the college weekend wore on, more and more on my own planet. I felt quite lonely. I felt like I didn't share the same reality. I became very oversensitive and a bit tearful.

2 14:XX:XX Still feeling spacey, but not quite as bad. I feel I may be getting back to normal a bit.

8 17:XX:XX J. was very chatty. I was on auto-pilot. He was so jolly, and talked about so many things, but I always felt about half a second behind - out of sync. somehow.

3 17:XX:XX On driving to and from work, I realised I had missed huge chunks of the journey.

3 17:XX:XX Had a strange sensation on the way to work that my head was filled with two brains. One could focus on what needed to be done, but the other one stopped it from functioning. As a result, concentration on finer details at work became very difficult.

RESTLESSNESS & AGITATION

6 00:00:25 Sensation as if walking on duvets. Been pacing - what can I settle to?

8 02:XX:XX I've felt extremely cross, irritable and restless most of the day.

8 03:XX:XX I'm so restless this evening, that I ended up playing patience. My God, I *never* play patience! I'm now so agitated, I'm going to have a bath and go to bed. I feel like I've had a cup of coffee or something (I haven't).

8 13:XX:XX I feel I want to unblock blocked channels and release some trapped energy.

6 18:XX:XX Something is wrong but I don't know what. Vague, creepy, unsettled - I don't like this feeling.

8 15:XX:XX Went to a PTA meeting. I felt extremely upset by the negative vibes from some people there. I felt agitated that the agenda wasn't being kept to. I felt there were power struggles and felt so agitated when I got home I was trembling, wringing my hands and waving them about as I explained briefly to M. I couldn't get to sleep.

CHEERFUL

6 00:00:48 *Prover was unable to write due to inability to concentrate and clumsy/enlarged feeling in fingers, so her daughter wrote down the following observations:* She finds things funny which aren't. She laughs at me and mimics things which I say without realising. She laughs really loud and forgets words.

8 00:XX:XX The tension, depression and great irritability I have been feeling recently have melted away. I have felt more cheerful and so much less hassled by life's little ups and downs today.

6 00:01:15 Silly laughing - it's so funny! Phyl rang and during phone call we were both laughing, dropping things, unable to find things. I feel like I've had laughing gas, a bit drunk and clumsy.
8 10:XX:XX During lunch I had an outburst of laughing, that turned into a fit of giggles, which I couldn't control. The tears were flowing down my cheeks and I felt on the verge, the very edge, of tipping into weeping rather than laughing.
7 XX:XX:XX Emotionally I feel open, full of optimism and happiness. Great stuff!

SADNESS

8 03:XX:XX My bath has now run cold while I've been writing this. I'm fed up with it! I want to go off by myself and please myself for a few days - a cottage in the mountains, remote and romantic.
6 13:XX:XX Became very oversensitive and a bit tearful.
2 16:XX:XX Felt quite depressed in the afternoon, almost suicidal, but better in the evening and for alcohol.

ESTRANGED/ISOLATED

8 11:XX:XX College weekend - I found myself moving to the back row, ostensibly to get out of the sun, but partly because I wanted to hide away.
6 13:XX:XX I felt as the weekend wore on, more and more on my own planet. I felt quite lonely.
6 13:XX:XX College weekend - I didn't feel I really connected with the others. I didn't really feel I talked to anyone properly all weekend. Lots of isolation and lack of connection.
3 50:XX:XX Felt I was attracting hatred from other people around me who would suddenly turn on me and tell me exactly how they felt about me.
3 50:XX:XX Feelings of intense hatred against races and foreigners. It wasn't a colour thing - just everything about them.

COMMUNICATION

3 00:23:20 I keep getting visual flashes of an axon and dendrite, and a large brown telephone that sits at an angle of 45 degrees. Lots of buttons to push, and I know that I've stored all the phone numbers of people I know on it, and dread the thought of the numbers being unstored.
3 01:07:50 I feel more ready to express my views than usual.
2 01:XX:XX I feel much more confident. When talking to people outside the family, I feel I am saying the right things instead of coming out with daft comments. I am enjoying this feeling (curative).
8 04:XX:XX On leaving the party I kissed and hugged this woman with whom I had exchanged only four or five sentences when there were many folks there I knew much better. On reflection I realise a need to make links with people, to communicate on a more meaningful level.
8 17:XX:XX The whole day felt very depressed. I did not wish to communicate with anyone. I just longed to hide away and sleep. I didn't particularly care where.

ANGER & IRRITABILITY

4 00:XX:XX Have felt more relaxed than recently. Nothing dramatic, but have been less irritable today.
2 01:XX:XX Felt calm with my children. Quite nice. I can only describe it as calm and self-confident, as if I'm more in control of things about me (curative).
2 02:XX:XX My husband said this morning that I'm more laid back. In his word, I haven't had one of my 'squawking rages' in the morning.
2 13:XX:XX Very bad outburst of anger in the evening. Hurling plates against the wall! I was out of my head with anger. I remember thinking 'this doesn't feel like me'. It was an over-the-top reaction for me.
8 18:XX:XX I wanted to have home made bagels and coffee for breakfast. I didn't want to worry about the proving any more. I wanted it all to stop so I had some coffee. That was probably a mistake as I bickered with M. several times over *stupid* things.
3 XX:XX:XX I realised I had no irritability before my period started (curative).

COLOURS

2 01:XX:XX Urge to wear black jeans last night and urge to wear all black, but felt it was a bit severe, so put a bit of gold on (yellowy cardigan).

ENLARGED/BODY DELUSIONS/CLUMSINESS

6 00:00:15 Aware of the shape of my head. It feels like I'm carrying my head like a ball.

6 00:00:40 I feel slower, clumsier, like my fingers are bigger. When I talked, my tongue felt fatter in my mouth. Noticed cap of video lens was off and really had to concentratedly fumble to put it back on
8 12:16:XX I did not have enough energy to entertain him (child). I felt sort of light and somehow that everything was OK.

2 16:XX:XX My tongue wouldn't work properly when I was talking and I couldn't get my words out. It lasted from 4.00pm till 7.00pm. Felt depressed with it. A general feeling of real depression, bordering on suicidal.

CHILD

6 00:00:40 Writing this, I flopped on the couch and made a nest.

6 00:00:48 I'm sure I'm slightly childlike.

6 00:10:00 I feel a bit cuddly. There has been something a bit childlike about the afternoon. A slight dependence on other people. I want to be looked after, and feel I want to be cosy. This afternoon, felt I wanted to hold my husband's hand across the road.

6 00:23:30 Feel in a very light, protective cocoon.

8 03:XX:XX In a deep bath, I had to put my head right under the water as I did as a child, and listen to the watery sounds.

4 00:00:01 Took the tablet, emptied my mind and held the bottle for a minute or two. Had images of a volcano, followed by the ocean waves.

3 01:02:15 I had to turn the radio off. Some female conservationist was whinging on about how long it was taking for African authorities to let her bring electronic collars into the country. Surprisingly, the government wanted to levy a vast tax fee on her. What a surprise! Is she in the real world? Felt quite irritated by her seemingly naïve approach and have moderated my language in this entry.

6 01:XX:XX *Supervisor's notes:* She's giving herself permission to do what's right for her. She's suddenly realised that she doesn't always have to please her boss - that she has a choice. There seems to be quite a shift in her direction of thought (curative).

6 03:01:XX I threw out some stuff today that I had kept for a while that I thought would come in useful. It usually feels a sin to throw out anything that might come in useful, but today I felt cleansed, it was great. It felt like respecting our space. Usually our bedroom is a tip. Claiming our space back.

8 08:XX:XX Supervised infant disco for two hours. Usually I'm very sensitive to extreme noise, and I wasn't here.

8 10:XX:XX Sensitive to what kind of music was on, and changed the CD several, because it did not quite fit my mood. The vibes were wrong.

8 12:XX:XX I feel I need to make space for meditation and contemplation.

7 XX:XX:XX I have felt particularly relaxed and laid back over recent weeks. I feel very contented and much less stressed than I used to be. I am more easy-going. I feel more confident. In conclusion, the proving has perhaps improved my health. I feel well and vibrant. I feel I am out for myself and somehow feel selfish, but positive and excited for my future. I'm more relaxed and laid back, and have more energy generally. I have had no pre-menstrual symptoms.

DREAMS

4 00:XX:XX I was leading a black horse along a path which passed by a lake and a river. I me up with lots of old friends in a room, including my ex-husband and his sister, who seemed to be suffering very badly with osteo-arthritis in her hands.

3 00:XX:XX I was in a spaceship above the earth with other people. The ship was angular, like lots of hexagons joined together. On the roof were lots of aerials, and they were being knocked off by an alien spaceship, so we were not able to be in communication with earth. Felt a bit worried.

6 00:XX:XX Busy dreams of boats and meeting people and having to have things ready.

6 00:XX:XX Forgot to breastfeed a child I was meant to be looking after. When it was time to give the child back I realised it had slept all day and I hadn't fed it. I felt 'how could I get this wrong?'

6 01:XX:XX A dead body had to be moved whilst lots of other normal activities were going on. I felt OK when I woke up and frustrated I couldn't remember more.

3 01:XX:XX I'd been in a lecture with lots of other people I know. The room was T shaped, so not all of us could see the speaker. I was left to tidy up, and was left looking after a man who'd been taken ill.

3 01:XX:XX A hazy dream. One thing I remember is a spike, but my feeling is that it was part of a flower.

3 01:XX:XX A hazy, barely remembered dream about talking to people. I was in a room with lots of doors, possibly a ladies loo, and having a serious conversation in which I needed to be listened to seriously.

7 02:XX:XX Me and husband not getting on. I just didn't want to see him.

2 02:XX:XX Woke at 2.00am feeling frightened, and with my heart pounding after dreaming I was burning bodies on a bonfire. Grinding up the skulls and using the powder as body paint. Painting it on me. I then noticed I was naked, and that my body was that of an African woman, completely different to my own. By that time it was blurred. I was walking along the undercliff at Brighton; I was me, but in a different body. Woke with very uncomfortable, evil feeling.

2 02:XX:XX Someone I know, tall and blonde and well-covered, was holding a bottle of blonde hair-dye, and kept saying 'This remedy is related to Glonoine'.

6 02:XX:XX The scab on my back finally came off, and as I looked closely in it, there was movement. The longer I looked, the more I could see. Eventually four flies emerged singly, slightly shiny, iridescent purple, and flew around the room together. I felt I had to catch or contain them in case they spread contagion or multiplied. I asked someone else to help catch them, and I think two or three did get squashed on the walls. The fly swat felt useless. I never finished the dream.

3 03:21:XX Lots of random dreams, all unremembered.

3 04:13:XX Had a really bad dream. I was in an aircraft with a large, clear canopy, and could see into another plane with a similar canopy. There were two people in it who appeared to be having sex. The whole of the rear of the inside of their canopy was suddenly covered in gushes of orange blood, and I realised that one of the people who was kneeling at the head of the other was wielding an axe, and hacking the other one to pieces. This left me feeling deeply disturbed and keeps coming back to haunt me. I just can't get it out of my mind.

8 04:XX:XX I was on a pebble beach with a town on the landward side like Aldeburgh, or another Suffolk seaside town. Women were in a sort of contest or display trying to fly. They would run along the beach with a variety of contraptions strapped to their arms or backs. I knew this kind of flight was not possible, but I was intrigued by their optimism and determination. I was then in a house with a group of strangers who were welcoming. It was a good place to be but I felt like a visitor. Later, I was seated with a group of women who were talking about their climbing group, and gave out leaflets about it - called the N'gai Climbing Wall Group. There was an Aum symbol, and each woman who knew about it crooked their little finger to imitate the symbol like a sign shared by initiates.

3 05:XX:XX An increasing number of moles over my abdomen. They were in a straight line, level, just below the umbilicus. I got the impression they appeared in order from right to left.

8 05:XX:XX A dream of a nice old house.

7 05:XX:XX I was in a house, some of the time with two other people, and at other times looking after my niece and nephew (5 year old twins). I was myself some of the time, and a man at other times. I was sitting eating cornflakes on the step of an American-style house, and I saw a big white shiny car arrive at the house opposite, where a white door appeared in front of their garage, apparently suspended in the air. I thought maybe I was hallucinating. A man and a woman got out of the car -I didn't trust them. They pretended the woman was injured with a broken foot. As they were on their way over, I went over to them and they started telling some story. I just pulled a gun and shot them. I ran indoors in a panic, issuing instructions to other people and justifying my actions. We were all terrified. I ran and shouted it was my Mother's fault I had the gun - it was hers. She was mentally unstable, paranoid, and kept a gun, I think because her husband had left her. The others in the house thought I'd been hallucinating, imagining the door I'd seen. They thought I'd been taking drugs which I hadn't.

7 05:XX:XX I was looking after the twins and trying to get them to playschool in time. It was hard work and stressful. Driving to school I got lost and didn't know the way.

3 05:XX:XX I was hiding in a deep ditch with some other people. One man was injured and had been disguised as a nun. One of the other people hid us under a 'Bewberry bush' which was always used by the gypsies to disguise their scent from the dogs. Apparently the smell of the bush smells like a huge, fiercely aggressive dog to other dogs. The foliage was like a Christmas tree, but much brighter, finer and denser. When you looked up through it to the sky, it looked like a green haze. One of the party was hiding a long gun with a large sight in his clothing which seemed to be a cape or a flowing robe and was a pale colour. We watched our pursuers and dogs pass us by.

3 07:XX:XX Living in a different house with a focus on the dining room.

7 09:XX:XX My husband and I were living with our next door neighbours. There was a big party there. I ended up spending the evening with a bloke I thought was either Puerto Rican or maybe Tunisian. When I said I was married though separated, he was really angry. The next part of the dream involved a scene at night, in a town. This bloke and his gang followed me. This gang were very threatening and I was terrified. Later in the dream I discovered another of the gang visiting the daughter of a family I was staying with and they had a baby between them. It was all secretive - a bit like 'West Side Story'.

6 10:XX:XX On a bus, many people were standing, seeing a spaceship, in Japan. Crowded, hot, summer clothes, then all bobbing down to watch spaceship pass by, low, fast and huge close-up. Mum

and I are talking, but when I point out the spaceship she just keeps talking and dismisses it. I focus on her presence beside me and can't believe I'm that close to my Mum.

6 10:XX:XX Japan-style; people and neon signs, but tracks and road-sides as in France. Looking through a pile of swimsuits to hire - thick, warm, stiff material, red but bleached with age. I was working at a big place with a notion that the grass had to be cut. My eyes scanned the huge expanse and thought of how hot the job would be and that it would take hours. I wanted a swim - those cardboard suits were useless! A Japanese-looking lady was very stern and unfriendly, and she said 'No swim!' Didn't they realise it was too hot, and too much to do and no swim?

6 14:XX:XX Morocco? Busy streets and contrasting narrow, quiet alleyways. People everywhere. Something big is going on. I'm in there among it, but standing still. Then I'm in a quiet pathway leading up and out, walking, talking, climbing, looking for the house I'm going to. My senses alternate between being in the busy-ness and climbing, walking, moving purposefully towards the end of the path.

6 18:XX:XX Awful dream. I had left a child sleeping outside in the rain all night. The girl, a toddler, was on a slab, and at the bottom of the garden were vegetable patches and compost heaps. She could have been chilled to death and it was all my fault. She was very cold and still, but alive. So grateful she's alive. So sorry. How could I have got this wrong?

VERTIGO

3 00:01:15 General feeling of light-headedness. It's a bit like I've had too much champagne, but there's no incoordination when moving.

3 00:01:45 Light-headedness much worse going upstairs, and worse for moving around.

3 00:02:03 Symptoms worse leaning head backwards, better resting side of head against cushion.

Light-headedness goes, replaced by feeling of pressure.

6 00:02:40 Slightly blurry feeling, particularly turning my head. It was like I was turning a figure of eight - wobbly.

8 01:XX:XX I felt a bit dizzy, slightly unwell, with a tendency to drift off and stare at things.

HEAD

3 00:00:10 Tingling sensation at very top part of back of head.

3 00:00:25 Definitely feeling light-headed now. It's almost like having flu when you feel bunged up and muzzy, but there's no congestion or headache, just a feeling of pressure or weight at the top of the back of the head.

6 00:00:30 Head feels watery and blobby.

3 00:02:35 Two sips of red wine and all head symptoms better!

3 05:05:00 Definite feeling of pressure in my temples. There's a clearly defined line from the temples to the middle of the forehead at the hairline. It's a deep pressing ache going inwards, and is better stretching the neck in any direction.

3 05:07:XX Pain in right temple, as if rod sticking in it. There's a feeling of pressure going down the spinal chord to mid-thorax area. It was like a rod or pole, but tapered at the far end.

4 06:XX:XX Started period, but didn't get migraine like I often do. (Cured symptom).

6 18:XX:XX Pre-menstrual. I'm amazed I haven't got a bad headache. (Cured symptom).

EYES

6 00:00:30 Eyes watering

6 00:00:48 Weepy eyes, small pupils. Eyes look half sleepy and half drunk.

8 00:01:45 Sensation of eyelash in right eye.

VISION

3 00:01:30 Vision blurred in left eye, not better for blinking.

3 00:01:45 Left eye blurred, worse concentrating. Clearing when I walked around.

3 00:23:20 Keep having visual flashes of an axon and dendrite.

EAR

3 00:01:51 Brief pulsating pain in right ear, close to surface where the ear joins the face.

3 15:XX:XX Both ears blocked on waking.

HEARING

3 15:XX:XX Both ears blocked on waking, causes mild deafness

NOSE

3 00:06:43 Numbness in nostrils, alternating sides, always begins in the left and goes to right side.

FACE

3 00:00:10 Jaw bones feel as if gripped in a vice, but the sensation is in a circular area the size of my index finger.

2 00:00:20 Small pain, under left cheekbone, lasted a few seconds, then faded.

3 00:00:25 I have still got the two numb spots on my jawbones.

8 00:01:45 Sensation of hair on right side of nose/cheek.

8 00:04:45 Pronounced twitching under right eye, visible to naked eye.

3 00:06:05 Formication on chin and above left side of mouth. Spots or lumps forming on chin.

Formication spreads to inside left nostril. Left hand side of mouth now numb, area can be covered by index finger.

3 00:06:XX Random patches of numbness alternating with tingling sensation over face and head.

6 01:03:00 Two spots, right side of chin, unusual for this time of the month.

3 03:22:XX Painful lump on forehead, to right of mid-line.

3 04:04:XX Very itchy nose, maddening! A bit like hairs on the nose. Worse over right nostril, as if hair hanging over it.

3 04:23:45 Face has gone numb. General numbness over both cheeks.

3 05:00:18 Folds at side of nose itchy and tingly.

3 05:00:35 Right half of lower lip numb, like I've had an injection at the dentist.

8 04:23:XX Left cheek feels a bit numb.

7 04:XX:XX I have noticed that the skin on my face seems clearer and healthier - no spots (Curative).

MOUTH

2 00:00:20 Strange taste in mouth, better for breakfast.

6 00:00:48 Stutters.

3 00:01:30 Taste in mouth as if I'd smoked a cigarette. (Gave up 10 years ago).

2 00:02:20 Unpleasant bitter taste, really strong. Better for eating, but it comes back.

3 00:02:03 Still got tobacco taste in mouth and lots of saliva.

2 02:08:XX Tongue evenly coated white. Taste in mouth is bitter again. Nothing takes the taste away. Even a cup of tea tastes foul.

2 02:10:XX Tongue feels large and swollen with a slight tingling sensation. Imprint of teeth on both sides of tongue.

8 06:XX:XX Conscious of a metallic taste/sensation from amalgam filling.

8 10:XX:XX I realised that I have felt as if my tongue was too big for my mouth and interfered with my speech. This has been going on since I began the diary. The sides of the tongue are rubbing against the teeth and when going to sleep or on waking, I feel the tongue is pressed up onto the front of my upper palate.

TEETH

8 01:04:00 Strange sensation in lower left molar like great pressure had been exerted on the tooth.

8 06:XX:XX Sensation that the tooth has been pushed. There is no pain, but it feels as if silver paper is touching it.

THROAT

6 01:13:44 Coughing. Loads of mucous stuck down throat.

EXTERNAL THROAT

3 00:15:35 Ring of perspiration around neck, like a halo.

STOMACH

3 00:01:30 Thirst for a drink of cold squash, but mouth full of saliva

3 00:03:06 After lunch, feeling of pressure, high in epigastrium, worse right side - almost a burning pain right under lowest rib.

3 00:04:37 Uncomfortable bloated feeling, extending from umbilicus to rib cage. Slightly nauseous, better bending forward.
8 00:05:15 Rumbling in stomach with hunger-like empty feeling. No pain.
7 XX:XX:XX I used to suffer indigestion and pains in lower abdomen after eating cake and biscuits, but this seems to have gone. (Cured symptom)
7 XX:XX:XX I have desired chocolate recently which I don't normally.
7 XX:XX:XX I have been drinking more coffee over the past couple of months and have craved it.
7 XX:XX:XX I have been smoking, having not smoked for four years.

ABDOMEN

3 00:01:45 Sharp pain in appendix area, can put finger on it exactly. (Appendix removed Summer 1975).
4 00:13:15 A pre-menstrual-type dull ache, right hand side of abdomen, better within one hour.
3 03:21:XX One itchy patch right hand side of lower rib cage after warm shower.
3 05:21:XX Woke with sharp pain on right hand side next to top of hip bone (iliac crest). On moving around the pain dulled to an ache, but now extends from front to back.
8 01:17:15 I felt a strange prickling sensation lower left side of abdomen. The sensation repeated itself several times over the next three hours, moving around, but still in that region.
8 05:23:15 Bloated sensation like wind in lower intestine, especially right iliac/inguinal area. Bearing-down sensation and dull pain like a period pain in inguinal regions. Some flatus, but it didn't make it better.
7 09:XX:XX This morning I had a terrible cramping, griping pain in lower abdomen, right, just above groin, just over appendix scar. It was a terrible pain. I felt inclined to bend over. Pain worse touch and pressure, it took my breath away. Lasted about five to ten minutes.
6 10:05:XX Twinges of pain, deep right-hand side of groin, ?appendix? At times every minute, on and off for four and a half hours.
8 13:01:XX Feel quite bloated after eating. Have done for the past few days, in the evening.
8 01:XX:XX I passed a second stool with some preceding flatus, and then felt slightly nauseous.
6 02:19:XX A lot of flatulence for about half an hour. Inoffensive.
8 07:XX:XX Desire for stool. Unusual this late in the day, with great straining to produce tiny stools. Pushed out a haemorrhoid.
8 19:XX:XX Large spiky-feeling stools, soft, which caused haemorrhoid to bleed slightly.

STOOL

7 01:18:10 Stools soft and pale brown.
3 04:03:XX First stool for 5 days, more orange-coloured than usual.
7 04:XX:XX Stools loose and smelly. Strange smell, perhaps metallic.
8 19:XX:XX Soft, large, spiky-feeling stools.

KIDNEYS

2 00:02:20 Twinging, back, right side. Stabbing pain just over kidney area. Lasted half an hour.
2 00:05:20 Stabbing pain again in back. Right side, waist level. Doesn't last long, comes and goes, gone after fifteen minutes.
2 00:08:50 Stabbing pain, waist area of back, slightly to left of spine. Lasted two minutes.

URINE

3 01:07:50 Have noticed my urine is more marmalade-coloured than usual.

FEMALE

7 00:00:XX Period due yesterday, but not arrived. Usually very regular, 34 days.
4 03:22:25 Had three or four sharp twinges, left ovary area, made me draw my breath
3 05:02:XX Orange-tinged vaginal discharge.
7 06:16:30 Menses started eight days late.
3 06:XX:XX Period started six days early.
3 07:XX:XX I was still flooding. Bright red flow, one dark, thin clot about one and a half inches long.

CHEST

3 00:05:13 Energetic restlessness in heart area. No palpitations, just a feeling of energy

3 00:15:35 Perspiration, chest area.
7 01:22:05 I've just noticed my right breast is now painful, tender to touch, worse hard pressure, feels lumpy.
4 04:18:55 Breasts feel very full and swollen, pre-menstrual, more noticeable than usual.
4 06:XX:XX Didn't get swollen lump, left breast, like I have done for the past eighteen months, mid way through menstrual cycle. (Curative)
8 07:XX:XX Nipples tender and sensitive and sort to touch, even with nightdress.
7 10:XX:XX Fluttering in my chest area, worst left side, under left breast. Feels like air bubbling around.
7 XX:XX:XX I've had no pre-menstrual symptoms, breast tenderness and back pain.

BACK

3 00:01:51 Back of neck stiff, also top of shoulders.
3 00:02:03 Head and neck symptoms worse leaning head backwards, better resting side of head upright against cushion.
4 00:14:00 Slightly burning pain, left scapula, spread up left side of neck. Stretching made it burn, but it did feel better. Better after 20 minutes.
3 00:22:16 Formication and itchy patches moving down body, on back, let to right.
3 03:XX:XX Lumbar pain on and off all morning, worse bending forward and backward. Onset mid-morning.
3 05:07:XX Feeling of pressure going down spinal chord to mid-thorax area. It felt like a rod or pole, but tapered.
8 07:19:XX My spine was very clicky and it felt as if all my vertebrae were loose.
7 XX:XX:XX No back pain pre-menses. (Curative)

EXTREMITIES

6 00:00:25 Sensation as if walking on duvets.
3 00:01:45 Finding it hard to right (sic) neatly. Feel I should be making more accurate and neat notes, but I don't seem to be able to control it.
3 00:01:51 Top of shoulders stiff
3 00:02:35 Noticed a white spot on right forearm, two inches from wrist, below the thumb.
3 00:05:35 Feeling very chilly, especially legs and feet. Want legs covered and better covering legs.
3 00:08:XX Limbs heavy and tired during the evening.
8 00:13:30 I felt a sensation as if a rush from a very mild joint. My limbs felt nice a spacey - fizzy.
3 00:22:16 Have realised that left calf muscle no longer aches. Has ached since 1984.
3 01:00:30 Still getting tingly, itchy patches. Couldn't bear to wear trousers.
3 01:23:XX Sharp pricking pains on sides of fingers.
7 03:03:00 I have a strange sharp pain in my right leg, just above the knee in the muscle, when I walk. Better for being still, or sitting.
3 05:00:10 Round, red, slightly raised patch appeared on right hand. It's hot, burning, dark pink, no swelling, slightly painful.
3 05:00:18 Folds at side of buttocks itchy and tingly.
8 05:XX:XX Noticed less pain in right hip than usual. (Curative).
8 07:03:45 Throbbing veins in right leg, particularly marked in right lower leg, not in the usual place.
2 11:XX:XX Am very clumsy today, dropping things.
8 21:XX:XX By late afternoon my right leg was throbbing badly, Varicose veins were warm, a bit swollen and very tender touch around a small area just below the knee where there is a venal flare.

SLEEP

6 00:00:30 Yawning every minute.
4 00:XX:XX Slept incredibly well last night, very deeply. Felt reasonably refreshed.
6 00:01:15 Yawning every 5 minutes.
3 00:16:35 Awoke after a dream. Felt a bit worried.
3 01:20:XX Woke very refreshed despite having woken couple of times, I know I had a good deep sleep.
4 01:XX:XX Found getting to sleep very difficult. Wasn't very refreshed this morning.
2 02:19:XX Woke feeling frightened with my heart pounding, after nightmare. Went back to sleep all right.

4 03:01:25 Woke feeling cold in bed. Very unusual for me.
4 04:XX:XX Woke earlier than usual again. Am also finding it takes me longer to get to sleep at night. I don't feel ready to sleep despite being tired.
2 XX:XX:XX My sleep patterns are back as they used to be (after 21 days). As a prover, I slept really well. (Curative).

SKIN

3 00:23:20 Tingling, itching patches, now appearing randomly all over body, either side and no logical pattern.
3 01:10:20 Skin very sensitive and itchy, much better scratching. I need four people to each take a limb and scratch!
3 02:12:XX Have noticed a mole on right abdomen has been itching on and off. When I looked, I noticed new growth, paler than original. I don't know how long it's been this new shape.

GENERALITIES

3 00:00:45 Feeling very sleepy & drowsy, as if coming down with flu, but no flu symptoms. Rang supervisor and symptoms improved as I talked about them.
3 00:01:05 Told husband what was happening to me and the symptoms went away
6 00:02:00 Heard people at front door, but couldn't summon energy to talk.
3 00:02:03 Thirst is better for sips of cold drink only.
3 00:06:XX Random formication alternates with numbness over upper body, right to left, in small round spots.
3 00:20:25 Woke: all joints ache where muscles attach, especially bad clavicle and lumbar areas. Buttocks are sore.
4 01:23:30 When I went to bed last night I was really warm, despite it being a cold night. I felt like opening the windows and throwing off the duvet. I was radiating heat.
3 01:23:XX Still getting faint tingly patches, still random, over the body, but concentrated more on left hand side, then switched to right hand side.
6 02:21:XX Everything seems to flow. No panic or irritability and nothing getting in the way of doing things. Often I get so m any interruptions, it took less time than I thought.
7 XX:XX:XX I have desired chocolate recently which I don't normally.
7 XX:XX:XX I have been drinking more coffee over the past couple of months and have craved it.
7 XX:XX:XX I have been smoking, having not smoked for four years.
7 XX:XX:XX Feeling like I've needed fresh air recently.
8 11:XX:XX Became colder and tired through the afternoon.
8 12:16:XX Made some soup. Needed comforting, warm food.
8 17:XX:XX So exhausted, as if wading through heavy mud. Limbs felt heavy and stiff.
8 18:XX:XX Better for being hungry and really look forward to a hearty supper. I haven't felt so empty in my stomach for ages and need to feel that more often.

REPERTORISATION

All rubrics from Synthetic, unless otherwise stated. (NR) = new rubric. (NSR) = new sub rubric

MIND

Abstraction of mind
Absent-minded
Activity desire for
Activity, mental
Activity, work, at
Affectionate
Ailments, embarrassment
Alert
Anger, morning
Anger, throws things away
Anger, trembling with
Antagonism with herself
Awareness heightened
Bed, remain in, desires to
Busy
Busy, fruitlessly

Change, desire for
Colors, black, aversion to
Colors, black, desires to wear (NR)
Concentration difficult
Concentration difficult, attention cannot fix
Concentration difficult, studying, reading, etc., while
Concentration difficult, writing, while
Concentration, difficult, air, amel in open
Confidence, want of self
Confusion
Confusion, dream, as if in a
Confusion, loses his way in well-known streets
Confusion, reading, while
Countryside, mountains, desire for
Decisive
Delay. As if catching up - speech (8), aura (6)
Delusion, brain, holes in, where memory falls through (NR)
Delusion, brains, has two, one opposing the other (NR)
Delusion, herself, she were not
Delusions, alone, world, she is alone in the
Delusions, body, lighter than air, is
Delusions, child, he is again a
Delusions, childish fantasies has
Delusions, despised, is
Delusions, enlarged, body is
Delusions, enlarged, fingers are (NR)
Delusions, enlarged, tongue is (NR)
Delusions, failure, she is a
Delusions, head shaped like a ball (NR)
Delusions, influence, is under a powerful
Delusions, neglected his duty, he has
Delusions, nesting she is (J Houghton)
Delusions, new everything is
Delusions, places, two at the same time, of being in
Delusions, pure, she is
Delusions, separated from the world, he is
Delusions, separated, mind and body are
Delusions, succeed, he cannot, he does everything wrong
Delusions, telephone, brown, with stored numbers (NR)
Delusions, unreal, everything seems
Delusions, volcano (NR)
Detached
Dream, as if in a
Dullness
Emotions predominated by the intellect
Estranged, friends, from
Estranged, society from
Express oneself, desire to
Fear, duty, to neglect his
Fear, say something wrong, lest he should
Forgetful
Forsaken feeling, isolation, sensation of
Gestures, automatic
Gestures, wringing the hands
Giggling
Hatred, foreigners, of (NR)
Hide, desires to
Hurry, duties, as by imperative
Imitation, mimicry
Impatience, trifles, about

Indifference, duties, to
Indifference, everything, to
Indifference, surroundings, to the
Indifference, work, with aversion to
Indolence
Industrious
Introspection
Irresolution
Irritability
Irritability, children, towards
Irritability, coffee, after
Irritability, menses, before
Irritability, trifles, from
Laughing childish
Laughing, easily
Laughing, hysterical
Laughing, loudly
Laughing, ludicrous, everything seems
Laughing, serious matters over
Laughing, trifles, at
Laughing, weeping and laughing at same time
Memory, weak expressing oneself, for
Memory, weakness of
Memory, weakness of, business for
Memory, weakness of, do, for what was about to
Memory, weakness of, write, for what is about to
Memory, weakness of, written, what he has
Memory, weakness, words, of
Memory, weakness, objects, for where he has placed
Mental exertion, aversion to
Mistakes, localities, in
Mistakes, space and time in, sensation as if awareness delayed (NR)
Mistakes, space and time, in
Mistakes, speaking in, says plums, when he means pears
Mistakes, spelling, in
Mistakes, work in
Mistakes, writing, in
Morose
Optimistic
Positiveness
Postponing, everything to next day
Prejudices, traditional
Quiet, repose and tranquility, desires
Rage, stupidity of others
Rage, violent
Responsibility, aversion to
Restlessness
Restlessness, daytime
Restlessness, morning
Restlessness, pacing back and forwards
Sadness
Sadness, difficult speech, from (NR)
Sensitive, music, to
Sensitive, noise, to
Sensitive, oversensitive
Slowness, behind hand, always
Slowness, motion, in
Spaced out feeling
Staring, thoughtless
Suicidal thoughts

Talks, himself to, of his sufferings constantly
Theorizing
Thoughts, clearness of
Thoughts, wandering
Time, passes too quickly, appears shorter
Timidity, talk in public, to
Undertakes many things, perseveres in nothing
Unreal, everything seems
Vivacious, intoxication, as from
Weeping laughing at same time, weeping and
Weeping, reading, while
Weeping, tearful mood
Will, muscles refuse to obey the will when attention is turned away
Work, mental, seems to drive him crazy, owing to the impotency of his mind
Writing, difficulty in expressing ideas, when
DREAMS
Aerials (NR)
Blonde hair (NR)
Blood, orange (NR)
Bloodshed
Body, has a different (NR)
Body, moles on abdomen (NR)
Burning, flesh (NR)
Busy, being
Children
Children, babies, about (CD)
Children, babies, neglects (NR)
Climbing
Coition
Continuation of dreams after waking
Cutting, person cut up
Dead bodies
Dogs, pursued by dogs, being
Flies, purple, emerging from scab (NR)
Flying people (CD)
Foreign country
Friends, old
Grinding skulls for body paint (NR)
Guns (CD)
Hiding, from danger (Murphy)
Horses
Houses
Journeys, bus, by (NR)
Many
Mother (CD)
Murder
Nightmares
People
Pursued being
Pursued by enemies
Relatives
Remorse's
Reproaches, himself
Secrets (A Bond)
Shooting
Sick people
Spaceships (NR)
Spikes, radiating (NR)
Talking, someone with
Threats

Unremembered
Woman, African, she is (NR)
Work
VERTIGO
Vertigo
Intoxicated, as if
Walking, while
Ascending stairs
Bending head backwards, on
Sitting, while, amel
Turning or moving the head
HEAD
Heaviness, occiput
Pain, forehead, eyes above, left, menses before (NSR)
Pain, menses, before
Pain, nail as from a, temples, right
Pain, pressing, temples, lying with head high amel
Pain, wine amel
Tingling, vertex
Water, sensation, in the head
EYES
Lachrymation
Open, half open
Pupils contracted
Hair, sensation of in eye
VISION
Flashes
Blurred
Blurred, left, walking amel (NR)
EARS
Pulsation, in front of ear
Stopped, morning
HEARING
Impaired, pressing on ear amel
NOSE
Numbness, of tip, alternating sides (NSR)
FACE
Eruptions
Eruptions, mouth, around
Eruptions, pimples, chin
Eruptions, pimples, forehead, painful
Formication, chin
Formication, chin, ext. left nostril (NSR)
Hairs, sensation of, cheek (NSR)
Hairs, sensation of, nose (NSR)
Numbness, cheek
Numbness, chin, ext. nose (NSR)
Numbness, lips, lower
Numbness, mouth, about
Numbness, zygoma
Pain, cheek, left (NR)
Pain, pressing, zygoma
Tingling, chin and nose
Twitching, eyes, below, right (GV)
MOUTH
Discoloration, tongue, white
Enlarged, tongue, sensation as if
Salivation
Speech, difficult, heaviness of tongue
Speech, stammering

Swelling, tongue, sensation as if
Taste metallic
Taste, bitter
Taste, offensive
Taste, smoky
TEETH
Shocks, electric
Pain, pressing, as if pressed into sockets
THROAT
Pain, stitching, left
Pain, stitching, swallowing on, amel
Mucus, difficult to detach
EXTERNAL THROAT
Perspiration
STOMACH
Stone, sensation of, eating after
Fullness, eating, after
Nausea, sitting bent over amel
Indigestion, farinaceous food, from
Desires chocolate
Desires coffee
Desires tobacco
Emptiness midnight
Thirst, salivation with (NR)
ABDOMEN
Itching, hypochondria
Pain, stitching, ilium, crest of, ext. to small of back
Pain, ileo-caecal region
Pain, aching, dull
Pain, inguinal region, right
Pain, ileo-caecal region
Distension, eating after
Distension, evening
Pain, stitching, inguinal, left
Fullness, sensation, inguinal region
Pain, burning, hypochondria, right
RECTUM
Flatus, odorless
Flatus, stool, before
Pain, tenesmus, stool, during
Haemorrhage from anus, stool, during
STOOL
Yellow, orange
Odor, metallic (CD)
Brown
Soft
Large
KIDNEYS
Pain, stabbing, region of
URINE
Color, yellow, orange
FEMALE
Leucorrhoea, orange (NR)
Menses, bright red
Menses, bright red, mingled with dark clots
Menses, frequent, 6 days early (NR)
Menses, late
Menses, late, 8 days
Pain, cutting, ovaries, left
CHEST

Fluttering
 Nodules, Mammae, in, left
 Nodules, Mammae, in, right
 Pain, sore, mammae, menses, before
 Pain, sore, mammae, right (NR)
 Pain, sore, mammae, right, pressure agg (NR)
 Pain, sore, nipples, touch of clothing
 Perspiration
 Restlessness in
 Swelling, Mammae
BACK
 Pain, lumbar region, bending backward
 Pain, lumbar region, leaning forward
 Pressure, sensation of, ext. down spine (NR)
 Stiffness, cervical region
 Stiffness, cervical region, bending head backward (NR)
 Pain, burning, dorsal region, scapulae, left
 Pain, menses, before
 Loose, sensation as if vertebrae (NR)
 Cracking, spine, on moving
 Itching
EXTREMITIES
 Awkwardness, hands, drops things
 Awkwardness, hands, drops things
 Bubbling, sensation
 Coldness, lower limbs
 Discoloration, forearm, spots, white
 Eruption, hand, burning
 Eruption, hand, red
 Heaviness, tired limbs, evening
 Itching, nates, between
 Lightness, sensation of
 Motion, hands, write, when trying to, power of direction impaired
 Pain, aching, leg, calf, left (NR)
 Pain, boring, hip, right (NR)
 Pain, cutting, knee, walking, when
 Pain, stitching, hand, pricking
 Pulsation, leg, calf
 Stiffness, shoulder
 Swelling, lower limbs, painful, pulsating
 Uncover, inclination to, lower limbs
 Unsteadiness, lower limbs, walking while (CD)
SLEEP
 Disturbed, dreams, by
 Disturbed, nightmare, by
 Falling asleep, difficult
 Falling asleep, difficult, with sleepiness
 Unrefreshing
 Waking, coldness, from
 Yawning, frequent
SKIN
 Moles, itching and stinging
 Itching, eruption, without
 Itching, wandering
 Sensitiveness
GENERALS
 Air, open, desire for
 Covers <, intolerance of
 Efficiency increased
 Fasting while ameliorates

Food, chocolate, desire
Food, coffee, desire
Food, warm food, desire
Formication, externally
Heat, flushes, bed in
Heaviness, externally
Lassitude
Lassitude, afternoon
Numbness, upper half of body
Pain, muscles of
Pain, wandering, suddenly
Reflexes diminished
Side, alternating sides
Side, right then left
Talking am.
Thirst, small quantities for, often
Tobacco, desire for tobacco
Uncovering, desire for
Weariness