



A homeopathic
proving of
Oplopanax horridus
-Devil's club -



Lucy De Pieri

"The world is a dangerous place, I need protection"

Words of a prover

Extraction meeting, June 9th, 2007

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It was a great pleasure to learn from the experience of Bob Lawrence for the Helios Pharmacy, he gave generously of his knowledge about proving. The early morning discussions to England were stimulating and enjoyable. Thank you Bob, for your advice and wisdom. What would I have done without Skype!

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The substance

Worldwide, there are only three species of the Genus *Oplopanax*. They include

- *Oplopanax elatus* from North East China, Korea and far eastern Russia;
- *Oplopanax japonica* from Japan, and
- *Oplopanax horridus* from Western North America

The substance used in this proving was *Oplopanax horridus*, or Devil's club. The name *Oplopanax horridus*, is derived from two Greek words: *hoplon*, meaning weapon and *panakos* meaning panacea a hypothetical remedy for all ills or diseases, once sought by the alchemists. *Horridus* meaning horrible, frightening refers to plant being covered by thorns.

Oplopanax horridus is classified as follows:

Plant Kingdom

Division: *Magnoliophyta*

Class: *Magnoliopsida*

Order: *Apiales*

Family: *Araliaceae*

Genus: *Oplopanax*

Species: *Oplopanax horridus*

Common names: Alaskan ginseng, Devil's club and Devil's walking stick

The *Araliaceae* is a family of flowering plants, the family includes 254 species of trees, shrubs, lianas, and perennials herbaceous plants. The species in this family may have pinnate or palmate compound leaves, the flowers are small and in large panicles.

Devil's club is related to a number of well known medicinal plants including Asian ginseng (*Panax ginseng* C.A. Meyer), American ginseng (*P. quinquefolius* L.), Eleuthero (*Eleutherococcus senticosus* Maxim., formerly called Siberian ginseng), and sarsaparilla (*Aralia nudicaulis* L.) (Lantz *et al*, 2004).

Plant description

Oplopanax horridus is a large shrub native of the Pacific Northwest coastal forests of North America, reaching heights of over 6 meters (about 20 feet). The stems are erect and covered with stout spines of over 1 in length. The leaves are spirally arranged on the stems, simple, palmately lobed with 5 to 13 lobes, 20 to 40 cm across. The flowers are produced in dense umbels 10-20 cm in diameter, each flower is small, with five white petals, has spiny stems, large palmately lobed leaves, resembling maple leaves. The flowers are whitish or greenish occurring in terminal panicle. The fruit

is a small spherical red drupe, 4-7 mm in diameter. The underside of the leaves is also unexpectedly covered in spines.

Habitat

Oplopanax horridus is a common deciduous understory shrub found in rich and moist but well drained, forest ecosystem, where mature Western Red Cedars and Western Hemlock dominated the overstory. Other tree species that shade *Oplopanax horridus* in the coastal region include Douglas Fir, Grand Fir, Pacific Silver Fir, Sitka Spruce, Mountain Hemlock, Yellow Cedar, Black Cottonwood, Bigleaf Maple, and Red Alder. *Oplopanax horridus* grows in forest ecosystems from coastal Alaska southwards to central Oregon, eastwards to the southwestern Yukon. Its range extends past the Canadian Rockies, to Alberta, Montana and Idaho. Populations of *Oplopanax horridus* are found as far as the northern Lake Superior in Michigan and Ontario (Lantz *et al*, 2004). *Oplopanax horridus* often grows along stream banks and seepage faces in rich, black soil from sea level to sub alpine elevations (Turner, 1998).

Chemical composition

Research on the chemical composition of *Oplopanax horridus* is ongoing, however an extensive review by (Lantz *et al*, 2004) reported that phytochemical studies (Bloxtton *et al*, 2002) found a number of sterols and four sesquiterpenes, one of which (spatulanol) is novel to the genus. Kobaisy *et al* (1997) found two novel and three previously described polyenes, one of which (oplopandiol) has recently been synthesized (Moore 1993). These acetylenes all display significant antimycobacterial and antifungal activity (Xu L, 2000) and most are active against common bacteria such as *Staphylococcus aureus*, *Bacillus subtilis*, *Pseudomonas aeruginosa*, *Escherichia coli*, and *Candida albicans*. These compounds are also active against *Mycobacterium tuberculosis* and *Mycobacterium avium*, both of which can cause significant clinical tuberculosis, particularly virulent in immuno-compromised hosts, AIDS patients being especially vulnerable. Notably, these pathogens are also responsible for the epidemic status of tuberculosis in Canada's indigenous population. Since many strains of *M. tuberculosis* and *M. avium* are also resistant to the most commonly used antimycobacterial drugs, there is considerable interest in the potential of devil's club in tuberculosis therapy. Extracts of devil's club inner bark also partially inhibit a respiratory syncytial virus. (McCutcheon (1995)

It has been reported that Devil's club has anti-microbial effects on upper and lower respiratory tract infections (Wigod 2001)

However there is a growing concern (Lantz *et al*, 2004) that Devil's club is in danger from over harvesting especially because of its slow rate of growth. Marketing strategies relies on unsubstantiated claims of similarities between Devil's club and the highly valuable ginseng species, speculating that since Devil's club is in the Araliaceae family it should share the same chemical constituents. Unfortunately this presumption is a threat to the wild stock of *Oplopanax horridus* that is already in the USDA Threatened and Endangered species list in Michigan where it is listed as Threatened.

Hence *Oplopanax horridus* is a plant that needs protection, a theme that was found during the proving.

Collection

In the afternoon of Sunday September 24, 2006 (about 5 p.m.) a well developed and healthy individual of *Oplopanax horridus* was found on the Mel trail leading up to Simon Fraser University in Burnaby, BC, Canada. A branch of 255.7 cm was cut from the plant. To ease transport, the branch was further cut into sever pieces. At the end of branch there were dried berries which were included in the remedy as well as one large and one medium sized leaves. No root was included, as I did not want to kill the plant and I though it was sufficient to use the regenerative parts of the plan. At that time I did not know of the theme of protection that surrounds this plant and that will be shown in the proving.

The plant material was packaged in brown paper and mailed by Expressed Post to Bob Lawrence at Helios Homoeopathic Pharmacy 97 Camden Road, Tunbridge Wells, Kent TN1 2QR, UK.

When sending plant material by mail, it is important to prevent any possible growth of molds, more likely to happen when the substance is wrapped in plastic. Using heavy-duty packing paper allowed some ventilation, and the substance arrived in good conditions. Bob Lawrence prepared the Mother Tincture using the following method:

“ The tincture was made by chopping the leaves and stem and immersing this in 65% alcohol, just enough to cover the plant matter. This was left to macerate for several weeks before filtering the liquid. This was then potentised in 90% alcohol.”

The remedy was brought up to 30C potency.

The Method

The proving started on March 24 with 14 provers, and 13 supervisors. However, soon 5 provers dropped out and the proving carried on with the remaining 9 provers. Each prover was allocated a supervisor. The supervisor had a supportive role, his or her task was to be in daily contact with the prover during the first week to verify and clarify the symptoms of the provers as soon as they were experienced. During the second and third week, contacts were less frequent, but at least few times a week. From the fourth week onwards, contacts were left to the discretion of the supervisor and the prover. There were 8 females and 1 male provers, and 8 females and 1 male supervisors.

The proving was a double blind Hahnemanian proving which included 2 placebos. The provers did not know what substance they were given or if they were given the remedy or a placebo as in Table 1. I did not know who had the placebo, as the potency/placebo code was held by Helios and was opened at the end of the analysis. I did know the substance. Having decided not to have an initial meeting (see later) I did not know most of the provers and some of the supervisors.

Seven provers were students from Year 1 and 2 of the Vancouver Homeopathic Academy, Vancouver, BC, Canada, while 2 provers were from the general public.

Table 1 Provers and their potency.

Prover #	Sex	Potency	Prover #	Sex	Potency
OH002	Male	30 C	OH008	Female	30 C
OH003	Female	30 C	OH009	Female	30 C
OH004	Female	Placebo	OH010	Female	30 C
OH005	Female	30 C	OH011	Placebo	30 C
OH006	Female	30 C	OH012	Female	30 C

Proving often starts with an initial meeting where provers and their supervisors are debriefed in what to do and what to expect during the proving. During the initial meeting, provers often spend 1-2 hours quietly, without talking, either together or alone, in some cases provers spend time meditating together after taking the remedy at the same time. In the book *Tobacco*, Richard Pitt (Pitt, 2006) explained that the spending time together has a specific purpose:

“The intention behind this was to create an atmosphere where the consciousness of the substance and the provers could be elucidated more clearly”

Although the initial meeting is a common practice, Bob Lawrence noted that it creates a group dynamic that could interfere with the proving. I accepted the advice from Bob Lawrence and did not have a initial meeting but contacted each prover and supervisor individually to give them the appropriate instructions and the remedy. Provers and supervisors were emailed their documents (see Appendix 1 and 2) on lifestyle during the proving and how to record the symptoms and frequency of contacts.

Provers were given the option of writing their journal by hand or on a word processor. If they chose the latter, the automatic spell check was to be switched off. No correction of spelling or words was to take place. Notice the misspelled words amongst the symptoms of a particular prover. Each prover promised not to talk with anyone about his or her symptoms or experiences until the Extraction meeting the day when the proving ended.

The supervisors were emailed the “Instructions to supervisors” (see Appendix 2) which lighted how to support their provers and how to clarify and verify symptoms.

Prior to taking the remedy the prover met with her/his supervisor so that a baseline case was recorded. This document was eventually used to establish if a symptom was “of the prover or of the remedy”. The prover was encouraged to start keeping a journal a week prior to taking the remedy, to get into the habit of observing her /him self and to get into the habit of allowing time for writing.

Each prover was given a single dose (3 pellets) of the remedy and was advised to take the remedy in the morning of a quiet day. Doing so the early symptoms that can be missed when the remedy is taken at night were observed. Provers started to experience symptoms within 30 minutes of taking the remedy.

The decision to give the provers a single dose was based on Aphorism # 130 (O'Reilly, 1996)

“If, right at the outset, a properly strong medicinal dose has been administered, then one has the advantage of being able to record the exact sequence of symptoms that the prover experiences, and the times when each appears. This is very instructive for knowledge of the medicine's character because the order of the initial actions, and also the reciprocal actions, come to light most unambiguously. Even a very moderate dose is often sufficient for the proving if the prover is fine-feeling enough and very attentive (as much as possible) to his condition. The duration of a medicine's action only becomes known through the comparison of several tests [in which only one dose is given]

Further in Aphorism # 137 (O'Reilly, 1996)

“For such experiments, up to a certain degree, the more moderate the medicinal dose used, the more distinct the initial actions emerge, and only those that are more worth knowing [being aware of] without any after-action or counter-action of the life principle. This is the case provided one endeavors to facilitate the observation by the selection of a fine-feeling person who loves the

truth, is moderate in every regard, and who directs the most attention to himself.

On the contrary, with excessively large doses, not only are there several after-action to be met with amongst the symptoms, but also the initial action crop up in such confused haste and violence that nothing may be exactly observed, not to mention the danger of excessively large dose [for the prover]. This cannot be a matter of indifference to anyone who has regard for humanity and who prizes the least of the people as his brother.”

However, after almost 2 weeks some provers kept complaining – erroneously – that they were not experiencing any symptoms and the remedy was repeated giving 3 doses in 24 hours.

Hahnemann encourages that to fully understand the actions of a remedy, its proving should be carried out a number of times. The current proving is but the first time that *Oplopanax horridus* is proven and only repetition would give a total picture of this remedy.

The proving lasted from the week of March 24 for 11 weeks to June 9, 2007 when the Extraction meeting took place. During that meeting it became clear that although I had communicated by email or phone with the provers and their supervisors, several times, I not only did not know most of these people but I also had not idea what most of these people looked like. The provers were recruited by giving a small presentation while they were in class, a form was circulated and if interested they completed the form with their name, address, phone number and email address. Most of the supervisors were practicing homeopaths and they were found in the Canadian Society of Homeopaths website.

During the Extraction meeting of June 9th, 2007, provers and their supervisors were finally meeting the people involved in the proving. The main aim of the meeting was preparation of an “Extraction Journal” by each prover/supervisor pair. Prior to the meeting, provers and supervisor received instructions of how to write the Extraction journal (see Appendix 3), so as soon everyone had a chance to briefly give their impressions of the proving, the source of the remedy was revealed and the extraction process began.

The criteria used to include a symptom were as follows:

- If in serious doubt, leave it out
- If the prover is seen to be under the influence of the remedy (as can be seen by the general appearance of the symptoms), then ALL other new symptoms belong to the proving
- Any symptoms that are usual or current for the prover should be **excluded** unless *intensified to a marked degree*, in which case it should be noted as such.
- Symptoms should not be **included** if they have occurred in recent history (note such symptoms **RS**), meaning that if the prover has experienced the same symptom within a year

of less, do not record the symptom. How recent depend on the totality of the circumstances of the case. We should **discard** symptoms that may have appeared naturally or spontaneously during the proving. For example if a prover get running nose due to allergies from tree pollen every year, the running nose is not to be considered a symptom of the proving as it occurred regularly in the past.

- A symptom that is current but that has been modified or altered should be **included** while clearly describing the current and modified components and marked with (**AS** Altered symptom). For example, in the annual symptom of running nose due to allergies as above, if during the proving eyes were also streaming and there was also sinus congestion, which were symptoms *never experienced before*, then the symptom is accepted and noted as AS.
- Any symptom that has occurred a long time previously, especially longer than 5 years, and that would seem to have no reason to repeat itself naturally at the time of the proving should be **included**. As Hahnemann writes in aphorism #181

.... All the suffering, accidents and changes, of health of the prover... must be regarded and registered and belonging peculiarly to this medicine, as symptoms of this medicine, even though the experimenter has observed, a considerable time previously, the spontaneous occurrence of similar phenomena in himself. The reappearance of these during the proving of the medicine only shows that this individual is, by virtue of his peculiar constitution, particularly disposed to have such symptoms excited in him. In this case, they are the effect of the medicine”

This is the reason that old symptoms should be marked as **OS** and please records the best of your recollection the time of last appearance.

- Accidents that occurred during the proving are valid proving symptoms as Hahnemann mentioned in aphorism 139 with the word “Zufall” meaning “to fall upon one”. Therefore, accident or coincidences that arise during the proving should be recorded. For example “I cut third finger of my left hand with a knife” or “I had a fender bender while driving” are to be included.
- If a present symptom has disappeared during the proving, it should be made clear that this is a Cured symptom, **CS**. The precise nature of the symptom previous to the proving should be fully noted. This should include both sensations and function. So, instead of “my sleeplessness was much improved during the proving” should be more written in a more specific manner for example “my sleeplessness which had been due to repetition of thoughts or events of the day, has improved. I previously would lie awake for up to 2 hours, but have been falling off to sleep within 10 minutes of my head hitting the pillow.” Cured symptoms were not included in the Materia Medica, but are presented in the Potential cured symptom section.

- If you have a slight doubt to whether include a symptom or not, include it in brackets, and it will become clear during collating, the symptom will only be included if it is also present in other prover(s).
- Intensity and frequency are also important. If a symptom is particularly intense and it occurs daily, it is likely to be a proving symptom, unless the intensity was present before the proving. If the frequency of a symptom is strongly increased or greatly decreased, these are notable symptoms. These symptoms belonging to the Altered symptoms category and classified as **AS**
- The inner knowledge and conviction of the prover that these symptoms do not belong to him/her and therefore belong to the proving state, is a definite and reliable consideration that the symptom should be included.

Finally, all the above factors may still never give us 100% certainty until the final proof from clinical verification.

Note: Instructions for provers, Instructions for supervisors and Extraction meeting instructions were a modified version of the instructions given during the proving of the Giant green sea anemone by Cynthia Shepard.

The day that the prover took the remedy is called Day 0, the day after is called Day 1 and so on.

The coordinator of the proving extracted the symptoms from prover's journals. In order to avoid "looking at the symptoms of the provers through the eyes of the supervisor", I used the provers journal almost exclusively. I used the supervisor journal only to check if more information was available. The extraction journal and at times the supervisor's journal were used to "navigate" the provers journal, by cross-referencing.

From the prover journal symptoms were isolated, but they were accepted only after comparing the symptom in the prover's baseline case. In several occasions I phoned provers in order to confirm or verify symptoms when it was not clear if a symptom "was of the prover or of the remedy". Once the symptoms produced by the remedy were established, they were translated in the Repertory language using the categories as in the Synthesis, 2001.

Two of the provers received a placebo dose. Interestingly, one prover had symptoms similar to provers that took the remedy, the other prover had very few symptoms, but this is more likely to be due to the prover ability to observe symptoms than the fact that she was given a placebo. Symptoms from these provers were included in the proving.

It is very common in homeopathic proving that provers that have been given placebo have similar symptoms to those given the remedy, this inability to differentiate between placebo and treatment is a controversial issue especially amongst allopaths with little understanding of homeopathy.

Material Medica

Themes

Confidence and calmness. Two worlds or other worlds. Foolish or childish behavior. Heavy and light. Water and fish. Effort, struggle. Sickness. Birth and dying. Gatherings. Violence, vulnerability and protection. Sexuality /Androgynous. House.

Confidence and calmness

A total of 7 out of 9 provers experienced a increased sense of confidence, calmness, of being able to easily work throw situations that in the past would cause anxiety and irritability. Provers also reported an increased feeling of wellbeing, and being able to relax easily and relax others. Symptoms are found in the Mind and Dreams sections.

Mind

I also felt a little calmer and maybe more centered while in class

Prover #12, Day 0

Feeling pretty harmonious today

Prover #12, Day 1

Have felt a little calmer inside - like when I drink chamomile tea

Prover #12, Day 1

Laid back, confident, usually I get exited

Prover #2 Day 1

I had a very energetic day making pots on the wheel and felt the same calmness and concentration I felt the day before

Prover #12 Day 1

Confident

Prover #2 Day 1

I don't flustered like sometimes before the past but I have a quiet confidence that I get things done in time

Prover #12 Day 1

Don't get worked up about things too much, not worried, more relaxed

Prover # 2 Day 2

I felt more confident, like nothing gets to me as much as it used to when I am under pressure.

Prover # 2 Day 3

Little more confident, don't get all worked up even when hectic

Prover # 2 Day 4

Feeling good, relaxed, one lady said I really calmed her down

Prover # 12 Day 4

Self assured, I don't get as anxious. Feeling laid back

Prover # 2 Day 4

I feel a better version of myself i.e. far less irritable, happier, ... lightened if you will. I feel better than I usually do.

Prover # 5 Day 5

Self- assured don't get as anxious. Feeling composed

Prover #2 Day 5

In good spirit and let things drip off my shoulders. It is OK when someone is upset with me (She doesn't make up words, usually)

Prover #8 Day 7

Was out with a friend for a glass of wine and had this sense of happiness. Generally I am a happy person but I just said to my friend "aren't we so lucky", we have nothing to complain about. Just felt happy to be where I was.

Prover #4 Day 9

Better concentration

Prover #10 Day 12

I resent her bossy, intimidating ways, I always was very careful around her and appeased her because I wasn't very fond of her energy but now I decided to stand up to her. Why should she walk on me?

Prover #12 Day 13

I feel at peace today. Good not to clutter my mind up with too many things

Provers #2 Day 13

Peace, felt nice. In peace, no worries

Provers #2 Day 15

Clear mind, calm, no stress, and no irritability.

Prover #10 Day 16

The one thing I noticed was the inner calmness again

Prover #12 Day 17

Calm feeling still there, feels as if I just had drink chamomile tea. Don't feel it anywhere in body, its in the mind.

Prover #12 Day 20

Calmness is still here

Prover #12 Day 22

I still have that nice calm feeling

Prover #12 Day 23

Emotionally feeling quite strange, confident

Prover #9 Day 28

Feeling strong and confident

Prover #9 Day 31

Feeling more capable and confident now. My classmate who drives in with me in the morning commented that I seem calmer. I'm not walking and talking in such a hurried manner.

Prover #9 Day 33

Dreams

I dreamed of being accused of making this First nation street woman pregnant. I felt this was serious and needed to prove I didn't do it. She looked familiar, but I didn't know her. I was surprised by this accusation, in my dream, but felt confident I could prove it I didn't do it. In my dream I felt sorry for her because she was mixed up

Prover #2 Day 2

However after a while the deep sense of calmness became too much, provers started to experience it as dullness, or a depression. When the provers experienced the inner calmness they either did not mention a need for company, some want to be alone at peace. However, when the calmness turned into dullness or in some cases to depression, provers started they crave company.

Mind

Medicine took the edge away, but also took vitality away, like losing joy of doing things, not so hyper and active about everything like I usually am. Kind of made things dull, made me dull in a sense

Prover #12 Day 3

The calmness turns almost into being depressed when I am by myself but that goes away as soon as people are around me.

Prover #12 Day 20

That medicine really calmed me down, almost a bit too much, ... I felt a little depressed

Prover #12 Day 30

Less social the past couple of days / nights. The feeling is that I am content in my own little bubble and do my own thing without consulting or accommodating anybody else. No sadness, or anxiety involved. I just don't want to speak. I want to be by myself, I don't want to put anything out there, like a wallflower

Prover #5 Day 36

Woke up from a nap and in an odd mood. Not mad, sad, happy or anything at all but didn't feel like talking to anyone. Had dinner with a friend and he thought I was really upset, but I just wanted to be quiet and not talk about anything or anyone.

Prover #10 Day 13

I'm in excellent spirit today. We spent the whole day outside working on the garden and I'm thankful for the constant company of my friend and the constant activity.

There is absolutely NO DOUBT that I feel better for both company and mental / physical activity and would be worse off had I been alone, studying inside the whole day.

Prover #5 Day 42

Two worlds or other worlds

One prover experienced the experience of a different world apart from the Earth. The experience again was joyful and to be or return to Earth with all responsibilities that it entitled required a tremendous amount of energy. The experience of being in a different world, is not the same as of having two wills, which was also experienced by a different prover. The prover had no hesitation, she wanted to be in the other world.

Mind

I am feeling split between two worlds

Prover # 8 Day 1

Hard to concentrate - hard to pull myself down to Earth

Prover #8 Day 2

My energy was different in the late afternoon and beginning of the evening. I felt as if I was hovering an inch above the ground. Standing on bubbles. It was a high feeling, not allowing me to concentrate on what was before me. Felt far from ground and I wanted to pull the energy inside of me so I could calm the bubbling effect.

Prover #8 Day 2

I have to make an effort to concentrate. Want to be free with no responsibilities.

Concentrating brings me back to what I need to do for the day and my inner state is fighting with the idea of having to do chores things/ chores. I want to let my mind go to another world and let it stay here for a while and leave everyone else out

Prover #8 Day 4

Foolish, lighthearted or childish behavior.

The playful or childish behavior experienced by two provers was perceived as a great or fun symptom by one prover but in a negative manner by the other prover. What is important is that the symptom was experienced and recorded, however the reaction of the prover to the symptom belong to clinical observations.

Mind

Giddy energy – did not want to concentrate. My behavior was silly: laughing at myself a lot, enjoying being with friends (Great symptoms)

Prover #8 Day 5

Laughing with my supervisor while my husband is getting angry that I haven't fed the kids yet.

Prover #8 Day 6

Bubbliness, lighthearted (especially with anatomy) didn't take test seriously, didn't worry usually do. Enjoying life, and the moment. Took one hour to shop enjoying looking at people. My friends were enjoying my bizarreness. Still silly at 8pm

Prover #8 Day 6

My reactions have been rather immature, I don't know how else to put it. It feels like I've lost my filter. There have been several instances lately where I've paused within myself – shortly after saying something or behaving a certain way – and cringed on the inside, wishing I was able to take it back. These eager thoughtless responses seem to live on the tip of my tongue at all times just waiting for me to open my mouth.

Prover #5 Day 29

Heavy and light

Heaviness is experienced as a tremendous effort being required to achieve a task, and yet the task is achievable. The experience of light is almost the opposite, tasks are achieved almost effortlessly and the prover was not tired from the task. The sensation of heaviness was often expressed when provers were hungry. Symptoms relating to heavy and light were found in many categories.

Mind

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Prover #8 Day 2

Bubbliness, lighthearted (especially with anatomy) didn't take test seriously, didn't worry usually do. Enjoying life, and the moment. Took one hour to shop enjoying looking at people. My friends were enjoying my bizarreness. Still silly at 8pm

Prover #8 Day 6

Everything is heavy

Prover #5 Day 46

The experience of "heavy and light" was not limited to the mind but was perceived elsewhere:

Head

Mild head pain above eyebrows, feeling of heaviness in head worse on L. Dull pain, there all the time

Prover #4 day 0

Eyes

Eyes are heavy

Prover #10 Day 1

Eyes are very heavy

Prover # 4 Day 10

Finished a hot yoga class and felt very tired. Had to come home and have a nap. Usually feel energized after a class but eyes so heavy I needed a nap

Prover #4 Day 12

Abdomen

Bloated or a little heavy, not as much energy as usual

Prover 2 Day 12

Respiration

In morning felt difficulty breathing, heaviness in chest. Air was heavy. Exhale was like hot air is coming out

Prover #10 Day 27

Back

R scapula awareness around 15:30 - light touch as a pin prick, only once

Prover #8 Day 6

Sleep

Tired couldn't get out of bed. Body felt heavy and that feeling would not leave me. Yawning through morning, my energy woke up by 11:30am

Prover #8 Day 9

Restless, very light sleep.

Prover #10 Day 28

Dreams

Had a dream that a friend was coming behind me to scare me and I turned to look at him in the face and it startled me and I woke up with heavy breathing. Not afraid but a bit anxious

Prover #4 Day 2 07:30 am

There is an oil slick, woke up, feel heavy on the chest. Pursuing a fellow out of revenge. He was supposed to be in this big building. I went to the elevator and before it opened, I run to a room and there was only a storage room with no door. Two guys came down and around where I was and found me there. I was afraid for my life and they were ruthless, so I had to be ruthless too. The big burly guy came after me and I run to stairways and then I turned on him as he was chasing me. As he got closer I was able to throw into the cement staircase. The other guy come from behind and grabbed me. I was able to wrestle with him and bring his head against a corner wall. The big guy retreated and was able to punch me and bring me down. There I was taken to a room and they were going to abuse me further. They got me on a bed and I somehow got off and grabbed some kind of club and I hit the one right in the groin, but it didn't seem to hurt him very much. So I tried again and it really hurt him but not enough to put him down.

Prover #2 Day 4

Last night dreamed I was diving around a ship wreck (a metal battleship kind of ship). There were lots of people there also in the water, also lots of sharks around. Swam around, could see clearly in the water, the water was darkish and cool, then I swam into a warm current that was brighter light. The sharks stayed at a distance.

Prover #3 Day 13

Skin

My skin feels really dry on my hands. It feels light and rough

Prover #9 Day 8

Generals

Faint feeling with a sensation of nausea (no nausea), heavy eyes, concentration difficult, beginning around 15:30. Would love to go to sleep

Prover #8 Day

Groggy, heavy, after breakfast felt normal

Prover #2 Day 4

I felt like my energy was very heavy. Heaviness but it went away slowly. Groggy, heavy after breakfast felt normal

Prover #2 Day 4

Before supper started to feel shakey, like my blood glucose was low. Having this feeling before and I checked my blood sugar and it was actually 13.4 – this was a couple of years ago. I had a few times of that feeling 3-5 (?) years ago and haven't had it for a couple of years, that I can recall. Had some salad and chicken, then felt I needed more food, so had toast and peanut butter. The feeling went away within about an hour of beginning – quicker than it did before. I used to get quite panicky with it, wondering what caused that, but was ok this time.

Prover #3 Day 13

Everything is heavy

Prover #5 Day 41

Effort, struggle, limitations

Effort, struggle and limitations were experienced from several provers. However, once a “head of steam was built up” as one prover put it, it was possible to proceed. Another aspect is that the task continued despite the effort, the struggle and the limitations, hence it was a doable task and the prover was not overcome.

Mind

I have to make an effort to concentrate. Want to be free with no responsibilities.

Concentrating brings me back to what I need to do for the day and my inner state is fighting with the idea of having to do chores things/ chores. I want to let my mind go to another world and let it stay here for a while and leave everyone else out

Prover #8 Day 4

Tired in the evening, ALWAYS that the things I am supposed to do are SUCH a massive effort once the regular work day is over then gradually I lose the pace of the day and feel OVERWHELMED at the thought of laundry, homework, journaling, ANYTHING. Just very lethargic

Prover #5 Day 10

Feeling I am going against the flow. Hard, tiresome, looked at the long road ahead, but you have to make it all the way. Have to take a deep breath and keep going. Weighty, carry a burden.

Prover #2 Day 4

Dreams

I dreamed that my son XXX had a concert with his band on a big plaza. I was just watching. When the concert was over and all the people had vacated the square I realized how big the audience was and regretted not having sold their CDs. I figured I could have made 2000 – 3000 \$ for them and this way they played and weren't rewarded for their effort.

Prover #12 Day 3

Dream of symbols of struggle, like the salmon going upstream, limitations and external control, like a train it can only follow its tracks, it cannot stop on a dime, it moves slowly at first then it can build up a good head of steam, it has lights at the side of the tracks which controls it, trains get side-lines along the way

Prover #2 Day 4

Water and fish

Oplopanax horridus grows in moist but well drained soils. It is often found along streams in British Columbia, where its huge leaves shade the water. The salmon, an icon in BC, spawns in such shady areas before dying. A study from the University of British Columbia with the use of radioactive traces placed on the salmon was able to find nutrients from the decomposing salmon in the local vegetation. As bears eat salmon and Devil's club berries, such traces of the radioactive salmon were found inland. This interesting finding was also experienced in the proving.

One of the provers talked about water, as seeing water in front of her, to the extent that she is looking with fish eyes! She was in the water. Note the provers at this stage did not know the substance. The theme of water and fish was so strong that during the extraction meeting some of the provers were convinced that the substance of either salmon or a stingy jellyfish!

The theme of water and fish was also found in dreams, where there is also the struggle of the salmon as it swims upstream. However, the water was not always benevolent, dreams of heavy flooding

were also experienced.

Mind

I see a fish fighting on the line/hook, thrashing about, fighting in the green water. Had thought yesterday in the meeting that I am the fish and Truth/UK is the rod and hook. Feeling connected with West Coast

Prover #3 Day -3

Thinking about that green water a lot. It's like green phosphorescence and I see it in front of my eyes/in my head a lot since taking the remedy. It's s fun, happy to see that.

Prover # 3 Day 10

Felt like I have fish eyes

Prover # 3 Day 29

Dreams

Dreamed the weather was to change – Australia/Bashaw/?. Didn't recognize the place but seemed all-together. Flooding ++++++. River over flowing, large areas of water, deep, fast and moving river. Sam (baby body, seemed older in herself) went under a piece of wood / platform and I reached in and grabbed her out. All ok, wasn't scared just knew I needed to get her out quickly. Dark cloudy skies. Everything green. Said we should 've built an ark....

Prover #3 Day 2

Dreamt last night about a flood of a river. Lots of lots of water and swift and deep moving river. Lots of green around (trees, etc) despite gray skies. Reminded of the sense of the fish fighting on the line and greenish water

Prover #3 Day 5

The theme of water, swelling and dryness was also experienced in the body. As well as increased in thirst and an increase of urination despite being thirst-less

Extremities

I tripped on a stair that petered out from a full stair to no stair, although it was marked yellow. Because I had my hands all full I couldn't stop the fall with my hands and fell on my L side. My right ankle is totally sprained and swell to double its size.

Prover #12 Day 10

I've definitely noticed an increase in thirst today, having put back at least 7 glasses of water between 5 and 10 p.m. (in 5 hours)

Prover 5 Day 3 10:00 p.m.

Passed Aikido exam, but blew both of my ankles, discomfort from that

Prover #11 Day 31

(Having seen her, her ankles were so swollen that she was hardly able to fit into her shoes)

Skin

My skin feels really dry on my hands. It feels light and rough

Prover #9 Day 8

After washing face for bed about 10:30 p.m., upper lip feels chopped like a tingling, dry sensation, no change when licking lips. But it didn't look chapped. Tingly and felt dry but it wasn't dry. I tried to licking lips are putting Chapstick on but still had chapped feeling.

Prover #4 Day 1 10:30 p.m.

Upper lip still feels chapped but it is not dry/red in appearance

Prover #4 Day 2 7:30 am

One thing I noticed this evening is how dry my skin feels all over. Having a shower and moisturizing helped, except for my face which is now aggravated, mainly cheeks and chin, they are pinkish red in blotches without heat.

Prover #5 Day 3 10:00 am

Sickness

Oplopanax horridus has been used as a medicinal plant by the First Nation in the Pacific Northwest for generation, it is not surprising that provers had dreams of sickness.

Dreams

Dreamed about a group of young people who had a very sick or dying person amongst them. They all stayed at a cottage. I remember feeling awkward and sorry about the sick person.

Prover #12, Day 1

Had a dream about assessing people's health and finding surprises about who was susceptible to sickness. Some looked healthier than others, but got sick easier. Of these, some got healthier quicker than others. I thought, WOW, humans are fascinating. Energy is heavily influenced by thought and feelings. Energy changes bring on health or sickness. It is amazing how people can look so much the same, and yet are so vastly different from each other, because of ebb and flow of energy in them.

Prover #2 Day 32

Birth and dying

Dreams

Dreamt I was at a picnic / party – all the buildings were wooden shacks. I sat at the picnic table in the front yard – during the afternoon I gave birth to 8 babies. In my intelligence I knew that that would take 8-9 years and on the calendar, it took 2 weeks (missed a day here and there). It was lovely to think of the babies names – never actually saw the babies. Was bleeding (normal) for births. After checking the calendar was ready to go home. Seems like E Indian male from work was the father.

Prover 3 Day -2

I dreamed about drug pushers. There were many of them selling drugs in bars, hotels on the street everywhere. There were two drug barons, one big burly guy and a short skinny guy all dressed in fancy suits. They were very intimidating and made people very fearful. By the end of the dream I found there wasn't a safe place safe street free of drugs out there. The drug trade business looked dangerous and unstoppable. It was frightening to see so many people deteriorates, some faster than others, yet they went back for more. Slow suicide. I was caught in the drug world and I was troubled about trying to get out of it. It felt I would be pursued by the law, drug lords or users no matter which direction I went. I felt unprotected and very vulnerable.

Prover #2 Day 2 05:15 am

My soul was separated from my body. I was trying to fly away and I could see my own body. But it was hard something was stuck. I could not fly easily it was very tiring.

Prover #10 Day 20

Gatherings (weddings, parties etc.)

A number of dreams had the common theme of gatherings that were experienced by several provers most of the gatherings had pleasant connotation but not all.

Dreams

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Prover #3 Day -2

Dream centered around embarrassment and being uncomfortable. My husband and I were leaving one wedding and found ourselves in a reception room for another wedding. Mark insisted we sit down especially since my name was on one of the place card. I did not want to and eventually got up to find out if we were supposed to be there or were we party crashing. When I returned with an answer Mark was laughing with other guest and graciously getting up from the table saying the tip to be present at this wedding was 2 month salary. There was no unpleasantness but I felt embarrassed. I was happy the dream finished. Being uncomfortable in situations is not my cup of tea.

Prover #8 Day 3

I dreamed I was at a big party. I was going to host another get-together in a few days and two separate delegations of women came up to me and gave me a beautiful arrangement of flowers. They had their roots on and were wrapped in plastic. I thought they were very beautiful and I was so touched. One of the women put a white silk or nylon scarf around my shoulders. When the party officially began music started to play and everyone formed a big oval and started dancing in formation. I didn't want to take part and stood with some other people in the back. Next came the kitchen personnel and lined up all dressed in white. I realized now what a big scope that party had. Later a lady with a white apron and white gloves came around with a tray of drinks. I took one and thanked her for cooking all that delicious food. Then the bagpipes started playing I got interested and mixed with the other people to see the players from up close

Prover #12 Day 7

I dreamed that my son XXX had a concert with his band on a big plaza. I was just watching. When the concert was over and all the people had vacated the square I realized how big the audience was and regretted not having sold their CDs. I figured I could have made 2000 – 3000 \$ for them and this way they played and weren't rewarded for their effort.

Prover #12 Day 3

A festival, somewhere that people were gathering for fun. Saw my friends. It was a pleasant dream.

Prover #17 Day 10

Violence, vulnerability and protection

As mentioned earlier the plant is covered with thick thorns. In the wild *Oplopanax horridus* is rather an attractive plant but once you get closer you realize that you should stay away from it, it demands respect, you just don't mess about with Devil's club.

Native people in ancient times used sticks of Devil's club as a weapon, after removing the thorns in the handle part (hence the name). In this plant there seem to be a built-in theme of violence or the need for protection.

Once the *Oplopanax horridus* is burned it produces a black ash that mixed with bear fat was used by First Nation warrior for war markings. War marking has the function of scaring the enemy away by making the warrior more fearsome and perhaps giving more the warrior more confidence. The theme of violence and of protection is clearly seen in several dreams.

Dreams

I had committed a murder and was busy covering it up. The feeling that stayed was how I frantically tried to cover everything up but convinced myself that with modern methods I would not be able to get away. I was shocked about the dream because I never dream violent stuff like that.

Prover #12 Day 1

I dreamed about plant medicine. I felt sad because many of our plant relatives have less space to grow with so much human development. In my dreams I was telling someone of another dream I had there was a big gathering of people around the world talking about how we could survive on this planet with overcrowding. I look over to the left and some animal spirit rising up and disappearing into the clouds. I shouted to the crow "Look, look we are following on the wrong direction. The animals are leaving us. We need to think of protecting their survival if we are to survive!"

Prover #2 Day 8

I had a dream about my parents, I saw them here in Canada, it was a very unexpected visit. I was shocked and very happy to see them. Then I saw people protesting in the street, it was an unexpected event and I was shocked again, trying to escape from the crowd. I saw dead bodies shown on TV news, dead women and kids; old corps remains from war for long time. It was horrible. Even in dream I couldn't watch TV anymore.

Prover #10 Day 1

Dreamed that somebody planned on murdering two little girls. One of them talked to me and I thought it would be so terrible I they got murdered. The whole thing gave me a creepy feeling and when I woke up I felt bad and a little depressed from the dream. I never ever have violent or creepy dreams like that

Prover #12 Day 13

I dreamed about drug pushers. There were many of them selling drugs in bars, hotels on the street everywhere. There were two drug barons, one big burly guy and a short skinny guy all dressed in fancy suits. They were very intimidating and made people very fearful. By the end of the dream I found there wasn't a safe place safe street free of drugs out there. The drug trade business looked dangerous and unstoppable. It was frightening to see so many people

deteriorates, some faster than others, yet they went back for more. Slow suicide. I was caught in the drug world and I was troubled about trying to get out of it. It felt I would be pursued by the law, drug lords or users no matter which direction I went. I felt unprotected and very vulnerable.

Prover #2 Day 1 05:15 am

Dreamed about this girl (who I don't know) who hit my dog and almost killed her. We were sitting in a classroom or somewhere similar and I was just so angry with this girl so I started to punch her. I just really hated her

Prover #4 Day 12 10:00 am

Saw my grandmother (she is dead) we were escaping from somewhere, and my father was killed by gun.

Prover #10 Day 26

There was a closet in my home, a big one, and I had a big cow and a big tiger in it. I loved them and I hugged them, kiss them. They were also very passionate towards me. The tiger were hugging me and licking my face. My dad were there and he said: "thanks god they are female otherwise they would have kill you".

Prover #10 Day 43

Dream I was dropped on a strange place. I was on a mission to find something or do something. I felt adventurous and I was not afraid.

Prover #2 Day 13

There is an oil slick, woke up, feel heavy on the chest. Pursuing a fellow out of revenge. He was supposed to be in this big building. I went to the elevator and before it opened, I run to a room and there was only a storage room with no door. Two guys came down and around where I was and found me there. I was afraid for my life and they were ruthless, so I had to be ruthless too. The big burly guy came after me and I run to stairways and then I turned on him as he was chasing me. As he got closer I was able to throw into the cement staircase. The other guy come from behind and grabbed me. I was able to wrestle with him and bring his head against a corner wall. The big guy retreated and was able to punch me and bring me down. There I was taken to a room and they were going to abuse me further. They got me on a bed and I somehow got off and grabbed some kind of club and I hit the one right in the groin, but it didn't seam to hurt him very much. So I tried again and it really hurt him but not enough to put him down.

Prover #2 Day 4

The concept of protection is not limited to individuals but it extends to the protection First Nation traditions, of people's health, of plants and the whole planet and is experienced in very vivid dreams.

Dream I was explaining the stories we have, like “How the pipe came to the people” as we have to make the medicine what more relevant to people with addictions. It was a real challenge and I had to balance oral teaching with written teachings in lessons. Our traditional ways was oral but in today’s world people are needing something written. Whatever oral or written, activities needed to bring our self-awareness in the participants so they could make their own decisions on the changes in behavior that leads to healthy / happy lives.

Prover #2 Day 5

Dream Teaching people how to pick dandelion roots and chicory roots, washing / drying them to make a coffee substitute that is good for the liver; picking out the whole plantain plant, cleaning it and making a tea that is good for bladder and kidneys.

I dreamed about getting the whole class involved with cooking meals with beans that is a source of vitamins. All the different foods that are inexpensive but healthy, especially for those recovering from addictions. ...in my dream I felt the need for a lot of planning.

Prover #2 Day 6

I dreamed about plant medicine. I felt sad because many of our plant relatives have less space to grow with so much human development. In my dreams I was telling someone of another dream I had there was a big gathering of people around the world talking about how we could survive on this planet with overcrowding. I look over to the left and some animal spirit rising up and disappearing into the clouds. I shouted to the crow “Look, look we are following on the wrong direction. The animals are leaving us. We need to think of protecting their survival if we are to survive!”

I felt worried and a little resigned about our future on this planet. We all need to do our part to reduce carbon dioxide into the air and have more respect for Mother Earth.

Prover #2 Day 8

I had a dream about food. In my dream, I was talking with people about how the food companies should put on the label what hydrogenated ingredients can harm you in the long run. Companies keep putting on the packages “No Trans fats” yet, on the small print for ingredients, they include hydrogenated ingredients. I felt frustrated, annoyed.

Prover #2 Day 24

Had a dream about assessing people’s health and finding surprises about who was susceptible to sickness. Some looked healthier than others, but got sick easier. Of these, some got healthier quicker than others. I thought, WOW, humans are fascinating. Energy is heavily influenced by thought and feelings. Energy changes bring on health or sickness. It is amazing how people can look so much the same, and yet are so vastly different from each other, because of ebb and flow of energy in them.

Prover #2 Day 32

Dream, I went to New York, which was on a lake in my dream. Around the lake there were steps and expensive curtains, it was like a big hotel complex. The air was very polluted and there was a red glow in the sky. I didn't dare to go very far because I was scared that the air would choke me. I stayed inside and felt a bit trapped

Prover #2 Day 39

Sexuality

The sexuality theme had two aspects, on one hand there was an increase in sexual desire in menopausal and postmenopausal women and on the other hand there was confusion of sexuality identity. Is there a coincidence that both the male and the female part of the Devil's club flowers are present in the same flower? Symptoms are found in the Mind, Female Genitalia / Sex, Sleep and in Dreams.

Mind

I walked past a window and thought I looked like a boy (Female prover)

Prover # 5 Day 30

Female Genitalia / Sex

Increased sexual energy, like ovulation+++.

Prover #3 Day 0 10:00 am

Had great sex this morning, great orgasm, since menopause

Prover # 12 Day 10

Good sex, maybe the medicine ? Great orgasm, lots of fun

Prover # 12 Day 18

Sex has been great, feel much more relaxed, just able to let go, reach orgasm much more easily

Prover # 12 Day 25

Desire sex with headache

Prover # 10 Day 28

Sleep

My great sleep and the great sex are slowly weaning officially

Prover #12 Day 26

Dreams

Dreamed of a man who was transforming to a woman and was developing breasts. He had a hard time hiding this.

Prover #2 Day 26

House

Although there are only two references to house or home, in the proving:

Had a great sleep and did a lot of running around and rearranging in the house.

Prover #2 Day 38

Woke up with a dream. I looked at a house that I was interested in (to buy?) and noticed that one room had been badly damaged by bugs. They had eaten holes into the building materials. I felt pretty bad about that. An adjacent room also in poor repair looked promising as a laundry room. I imagined turning that room into nothing but a laundry room.

Prover #2 Day 40

During the proving 7 out of 9 provers either moved or changed their dwellings or renovated their home, and 2 supervisors moved or renovated their homes! How can one possibly explain this?

Pace of the remedy

The remedy has slow pace, it seem to need to “build up a head of steam” before it start to act. In a way it is not surprising, it takes over two winters for *Oplopanax horridus* to germinate and several years before it can reach maturity. However, it does not mean that it cannot act quickly. Provers have experienced both of these modes of action.

Slowly

My foot heals very slowly

Prover #12 Day 25

My great sleep and the great sex are slowly weaning off

Prover #12 Day 26

Emphasis of this dream was the fogginess, almost slow motion, trying to find the answer, looking for something.

Prover #8 Day 1

Dream of symbols of struggle, like the salmon going upstream, limitations and external

control, like a train it can only follow its tracks, it cannot stop on a dime, it moves slowly at first then it can build up a good head of steam, it has lights at the side of the tracks which control it, trains get side-lines along the way

Prover #2 Day 4

I felt like my energy was very heavy. Heaviness but it went away slowly. Groggy, heavy after breakfast felt normal

Prover #2 Day 4

Fast / Sudden / Quick

Neck is stiff on R side. Like an elastic band that is difficult to move at first then moves. Not aware of neck for hours and then all of a sudden with another movement it hurt.

Prover #8 Day 6

...painful digestion. I left during intermission without telling anyone, it became painful so sudden, and all I wanted to do was come home, lay down and stretch out.

Prover #5 Day 18

Left leg muscles stiffness, sudden start at 4 PM, better by massage.

Prover #10 Day 17

Faintness with a tingle of nausea at 10:00. Was working out at the time and both the nausea and faintness subsided quickly. By the time I took the dog for a walk outside I felt like myself – fine

Prover #8 Day 8

Before supper started to feel shakey, like my blood glucose was low. Having this feeling before and I checked my blood sugar and it was actually 13.4 – this was a couple of years ago. I had a few times of that feeling 3-5 (?) years ago and haven't had it for a couple of years, that I can recall. Had some salad and chicken, then felt I needed more food, so had toast and peanut butter. The feeling went away within about an hour of beginning – quicker than it did before. I used to get quite panicky with it, wondering what caused that, but was ok this time.

Prover #3 Day 8

I seem to initially get anxious but it passes quickly, more quickly than before

Prover #2 Day 0 08:00 p.m.

Symptoms from the prover's journals

Mind

Symptoms: Mind	Time	Day	#
See a fish fighting on the line/hook, thrashing about, fighting in the green water. Had thought yesterday in the meeting that I am the fish and Truth/UK is the rod and hook. Feeling connected with West coast		-3	3
Felt an opening into my heart/lung energetically like the remedies moving into me. A small whoosh of energy from throat down	06:46 AM	0	3
I also felt a little calmer and maybe more centered while in class		0	12
I seems to initially get anxious but it passes quickly, more quickly than before	08:00 PM	0	2
Feeling pretty harmonious today		1	12
Have felt a little calmer inside - like when I drink chamomile tea		1	12
I had a very energetic day making pots on the wheel and felt the same calmness and concentration I felt the day before		1	12
Surprised		1	2
Laid back, confident, usually I get excited		1	2
Confident		1	2
Also getting a little impatient with client, as she does not understand how to do the exercise properly. Losing patience, inwardly frustrated	05:30 PM	1	4
I am feeling split between two worlds		1	8
I don't flustered like sometimes before the past but I have a quiet confidence that I get things done in time		1	12
Don't get worked up about things too much, not worried, more relaxed		2	2
I am becoming clear about this faster... I am not leaving it to procrastination like I might. I want to make the decision fast and my thoughts are fast		2	8
Hard to concentrate - hard to pull myself down to Earth		2	8
My energy was different in the late afternoon and beginning of the		2	8

Symptoms: Mind	Time	Day	#
evening. I felt as if I was hovering an inch above the ground. Standing on bubbles. It was a high feeling, not allowing me to concentrate on what was before me. Felt far from ground and I wanted to pull the energy inside of me so I could calm the bubbling effect.			
Medicine took the edge away, but also took vitality away, like losing joy of doing things, not so hyper and active about everything like I usually am. Kind of made things dull, made me dull in a sense		3	12
I felt more confident, like nothing gets to me as much as it used to when I am under pressure.		3	2
My mood is considerably better overall		4	5
Little more confident, don't get all worked up even when hectic		4	2
I have to make an effort to concentrate. Want to be free with no responsibilities. Concentrating brings me back to what I need to do for the day and my inner state is fighting with the idea of having to do chores things/ chores. I want to let my mind go to another world and let it stay here for a while and leave everyone else out		4	8
Listening to a particular music on the radio made me cry this morning. Felt emotional or on the brink of tears without an explanation why. Lasted for a few hours. Even walking outside would not eliminate the feeling. Withdrawn in my own world and thoughts (this happens from time to time)		4	8
Feeling good, relaxed, one lady said I really calmed her down		4	12
Feeling I am going against the flow. Hard, tiresome, looked at the long road ahead, but you have to make it all the way. Have to take a deep breath and keep going. Weighty, carry a burden.		4	2
Self assured, I don't get as anxious		4	2
Feeling laid back		4	2
I feel a better version of myself i.e. far less irritable, happier, ... lightened if you will		5	5
I feel better than I usually do		5	5
Self- assured don't get as anxious.		5	2
Feeling composed		5	2
Giddy energy – did not want to concentrate. My behavior was silly: laughing at myself a lot, enjoying being with friends (Great symptoms)		5	8
I got a little impatient when I bought paint for the renovation and there was middle –aged man with a beer belly serving me. It was obvious he was being trained, but he seems to have very little interest in what he was doing.		5	12
Laughing with my supervisor while my husband is getting angry that I haven't fed the kids yet.		6	8
Just wanted to enjoy life and the moment.		6	8

Symptoms: Mind	Time	Day	#
Bubbliness, lighthearted (especially with anatomy) didn't take test seriously, didn't worry usually do. Enjoying life, and the moment. Took one hour to shop enjoying looking at people. My friends were enjoying my bizarreness. Still silly at 8pm		6	8
In good spirit and let things drip off my shoulders. It is OK when someone is upset with me (She doesn't make up words, usually)		7	8
Getting short tempered, sensitive, irritable, and negative after 4:30-5 p.m. Feeling betrayed. Desire to be alone. Desire silence; do not want to talk to anyone.	04:30:PM	7	10
Was out with a friend for a glass of wine and had this sense of happiness. Generally I am a happy person but I just said to my friend "aren't we so lucky", we have nothing to complain about. Just felt happy to be where I was.		9	4
Slightly grumpy during lunch just due to me feeling tired but not annoyed, frustrated or angry. More of a feeling of just wanting to be alone and quiet	12:00 AM	10	4
Thinking about that green water a lot. It's like green phosphorescence and I see it in front of my eyes/in my head a lot since taking the remedy. It's s fun, happy to see that.		10	3
Better concentration		10	12
Woke up from a nap and in an odd mood. Not mad, sad, happy or anything at all but didn't feel like talking to anyone. Had dinner with a friend and he thought I was really upset, but I just wanted to be quiet and not talk about anything or anyone.	06:30 PM	12	4
Happy and positive. Humorous.		13	10
I resent her bossy, intimidating ways, I always was very careful around her and appeased her because I wasn't very fond of her energy but now I decided to stand up to her. Why should she walk on me?		13	12
I feel at peace today. Good not to clutter my mind up with too many things		13	2
What I didn't have was, taking about insanity, I was constantly talking about me getting crazy.		14	10
Peace, felt nice		15	2
In peace, no worries		15	2
I feel I could drop doing homeopathy and concentrate on the language and doing work to establish the Healing Village. It's like having two wills. I would like to become a homeopath, but I wan to work more with my culture. To do both, I need to somehow integrate them both, the challenge is always time. Joanne Paul lamented that we don't have long enough to live, I can certainly relate to that.		15	2
Feel like I have 2 road to go make a choice to become a homeopath or		16	2

Symptoms: Mind	Time	Day	#
to work on language culture. Two wills one side I wanted to do this or my priority my culture			
Clear mind, calm, no stress, and no irritability.		16	10
The one thing I noticed was the inner calmness again		17	12
I threw up. I never vomit, not even if I've too much to drink, and so I still feel the way I did when I was a child: frightened and tearful > for it, and sleeping afterwards.		20	5
Actually quite disappointed, started off so positive so excited about this testing of medicine, but with nothing much happening...disappointed.		20	12
Calm feeling still there, feels as if I just had drink chamomile tea. Don't feel it anywhere in body, its in the mind.		20	12
Afraid of putting weight on		20	11
Lonesome		20	12
The calmness turns almost into being depressed when I am by myself but that goes away as soon as people are around me.		20	12
When it was my turn my instructor said he wasn't sure if the map and the veggie-chopper worked together and he thought I has just scaled my model up and it looked naïve, like a toy. I felt like stabbed in the back. He oversaw my work and at not point he explained how the proportions had to be changed in a bigger piece. I didn't know. About the map I told him that the piece had been intended to stand on a meadow with surveyor stakes around it. He said I never told him that but I distinctly remember telling him 2 or 3 times. He is so hyper that he doesn't listen. I felt pretty bad about that. I wished I had gone to the party instead. All along he had told me how much he liked the piece and he had been very helpful to get it finished, Well, that's a Scorpio for you. They bring out the sting when you last expect it		21	12
Clear sharper thinking		22	2
Calmness is still here		22	12
I still have that nice calm feeling		23	12
I felt hurt about that. Offended		25	12
I feel a bit more emotional than usual, as though talking about an intense subject could bring me to tears. This is not like me. Also I feel less tolerant, less giving.		27	9
Disappointed. Desire to cry but control myself. Seeking change in life, in job. Short temper, but could control my anger.		28	10
Emotionally feeling quite strange, confident		28	9
My reactions have been rather immature, I don't know how else to put it. It feels like I've lost my filter. There have been several instances lately where I've paused within myself—shortly after saying something or behaving a certain way – and cringed on the inside, wishing I was		29	5

Symptoms: Mind	Time	Day	#
able to take it back. These eager thoughtless responses seem to live on the tip of my tongue at all times just waiting for me to open my mouth. I feel this primal urge for acceptance when, honestly, since beginning this proving especially, I feel the people in my life loving me –more – if anything...			
Felt like I have fish eyes		29	3
I walked past a window and thought I looked like a boy		30	5
That medicine really calmed me down, almost a bit too much, ... I felt a little depressed		30	12
Feeling strong and confident		31	9
Feeling more capable and confident now. My classmate who drives in with me in the morning commented that I seem calmer. I'm not walking and talking in such a hurried manner.		33	9
I got really impatient at Staples (Office store).		35	12
Less social the past couple of days / nights. The feeling is that I am content in my own little bubble and do my own thing without consulting or accommodating anybody else. No sadness, or anxiety involved. I just don't want to speak. I want to be by myself, I don't want to put anything out there, like a wallflower		36	5
I feel lonely. I feel ugly and lonely and like crying. Lonely is like being forgotten about. I feel like I'm in the woods lost and wondering around without direction.		41	5
Music helps significantly.		42	5
I'm putting unintended words in place of the ones I intend. or letters in the wrong order ans (for some reason) NOT catching it		43	5
I have been making a lot of errors in tyoing / writing		43	5
< crying, company		46	5
Everything is heavy		46	5

Vertigo

Symptoms: Vertigo	Time	Day	#
Vertigo when moving head		0	10
I had chill at the same time I had vertigo, around 12 noon. Chill came from back, went up.		0	10
Around 1:30 pm, I had a vertigo. Couldn't concentrate, hard to keep eyes open	01:30 PM	1	10
Neck got hot when I had vertigo, around 1:30 pm, much better after		1	10

Symptoms: Vertigo	Time	Day	#
washing face with cold water			
Around 12:30, I had a very slight vertigo. Came with hunger. Gone after lunch.		3	10
Faint lightheadedness in closed room > fresh air 12 to 14:30	12:40 PM	3	8
Faint lightheadedness in closed room > fresh air 15:30 to 18:30	03:30 PM	3	8
Faintness at 15:30. Head pressing in – didn't ruin my mood. Faintness and lightheadedness on and off until 20:00		6	8
Faintness appeared around 12:15 and lasted for two hours. Being inside or outside did not make a difference.	12:15 PM	7	8
Slept in and wanted to keep on sleeping. Instead of 2 minutes to adjust to being up it took ½ hour with the constant thought lingering in my mind that possibly I should go back to bed		7	8
Faintness from 12-14. Being inside or outside didn't matter		7	8
Lightheaded – aware of blood flowing a bit nice OK way, feels like an exciting feeling		9	8
Light headedness in the afternoon. Quiet feeling		11	8
Lightheadedness around 14:00. Lasted one hour.		15	8
Lightheaded around 14:00 with nausea	02:00 PM	15	8
Very light headed about everything (especially with my anatomy test that morning).		6	8
Faintness returned leaving me very light headed. No nausea. Neither being indoors nor outdoors mattered. Around noon and between 15:30 to 18:30		4	8

Head

Symptoms: Head	Time	Day	#
Slight frontal headache beginning at 11:00 am	11:00 AM	0	8
Mild head pain above eyebrows, feeling of heaviness in head worse on L. Dull pain, there all the time	12:36 PM	0	4
Head pain aggravated by exercise	03:00 PM	0	4
Headache both sides of skull, it was painful in touch. The bone was painful, no pain inside head.	12:00 PM	0	10
(Head) Pain stayed for around 30-40 minutes then went to eye brows. . At 1:30 no more pain in head.	01:30 PM	0	10
Still have same headache as yesterday, worse on L side, pain located just above the eyebrows. A dull constant pain	09:00 AM	1	4
Headache agg by exercise, ameliorated by rest	04:00 PM	1	4
Head hot, neck hot, back hot, feels like sweating but no moist		1	10

Symptoms: Head	Time	Day	#
Head hot		2	10
The wine yesterday gave me a headache and I regret drinking it		7	12
Just that headache after I exercised, or it came on during my workout but I got better with rest and eating		8	4
Also having soreness in neck, like a stiff feeling with a little head pain, throbbing on and off which no worse on the L	04:00 PM	10	4
(Throbbing pain) still around at bed time	12:00 AM	10	4
Could not keep eyes open, when had headache		10	10
Still having hotness in cheeks, but not hot to touch, stiffness in neck and mild headache	09:45 AM	11	4
Symptoms in head and neck subsided during lunch	12:30 PM	11	4
Flushed of heat to my right side of head. Neck, ear , cheek, eye.		11	10
Flushed of heat to my right side of head. Neck, ear , cheek		12	10
Headache, starting last night with a dullness feeling. Got worse after lunch, with heat in head. Felt like fever but not hot in touch. Better 3-6 pm. Got unbearable after warm shower. Was crying of pain. Desire to bend to left. Pain was from top of the head (just under the skull) and went to front head, eyebrows and cheek bones. With every step there was sensation of loose brain moving back and forth. Very painful. Could not keep eyes open. Better by cool application, but not wet. Better by pressure. Better lying down. Worse by heat, walking and smell of food. Desire to pull hair from the back of my hair		27	10
Head: Headache beginning at 4:30 pm. Dull in occiput extending forward and intense across the forehead > nap, alcohol. It remained dull until I had about 3 drinks, 12 am		32	5

Eyes

Symptoms: Eyes	Time	Day	#
Have tired feeling around the eyes	08:15 AM	0	3
Tired eyes	12:36 PM	0	4
This morning on my way to work, my right eye didn't water, only my left eye		1	12
Eye are heavy	05:30 PM	1	4
Eyes was red hot same time I had vertigo, couldn't keep eyes open. Better after washing face with cold water.		1	10
My right eye watered less on my way to school than my left eye. The itchy eyes have totally gone. Haven't even needed to taken Claratine (an		2	12

Symptoms: Eyes	Time	Day	#
allergy over the counter medication)			
Eyes red		2	10
Sensation of dryness in eyes, only in morning.		2	10
I had a touch of itchy eyes when I woke up but nothing like I normally have at this time of year. Now my eyes don't itch anymore		3	12
Left eye, irritated, slight irritation, inside under the skin tighter	10:00 AM	4	2
Eyes itched, my eyes itched the most since I took the medication		4	12
L eye irritation inside under the skin tight		5	2
Before bed eyes are burning, feel dry, but I find myself reaching to put pressure on my left eye more often with my fingers which makes it feel better		5	5
Eyes didn't itch, although they were a bit watery		6	12
A slight pain over my right eyebrow.		9	10
I have a scratch and now a "blue" eye on the L side		10	12
Eyes were really heavy	02:00 PM	10	4
Could not keep eyes open, when had headache		10	10
Sensation of dust in eyes. Disappeared when headache got better.		10	10
Couldn't bear the sun, it was blinding me.		11	10
Finished a hot yoga class and felt very tired. Had to come home and have a nap. Usually feel energized after a class but eyes so heavy I needed a nap	03:36 PM	12	4
Feel dry, sticky eyelids in morning. Sore eyes and sleepy. (not normal, as I had a good sleep)		17	10
Eyes tired, red.		22	10
Eye ball painful with headache, as if muscles were stretched. Better by cool application and pressure. Must keep eyes closed.		28	10
Eyes watering when I sneeze		31	5

Ear

Symptoms: ear	Time	Day	#
Right ear hot. Random flushed of heat to my right ear.		11	10
Flushed of heat on my face. Ears, cheeks and neck. Mostly right side.		11	10
Ears hot, left side more than right. Heat is like hot steam is coming out of ears. Should put cold cloth on or fan cool air to it. Very uncomfortable and irritating.		12	10
Right ear got hot randomly.		14	10

Symptoms: ear	Time	Day	#
Right ear got hot randomly. Around noon.		15	10
Pain from head was going to left ear.		28	10

Nose

Symptoms: Nose	Time	Day	#
Started sneezing and my nose ran and eyes itched. Very runny nose, tons of sneezing took a Claritin at 11 o'clock am. Claritin didn't work this time		4	12
Gradually the stinging, burning, dry feeling in my nose returned. It seems to get worse in the evening when I'm hungry and tired.		5	12
The burning, stinging feeling in my nose was only on the L side today		6	12
This morning my R nostril is clear but my L is still feel plugged up and it sting a bit. I thought that maybe the medicine I got was from a stinging jellyfish		7	12
Sneezing started in the morning . Stuffed nose in the morning.		12	10
Nose: clotted blood from R nostril blown out during morning shower	08:30 AM	30	5
Nose: Sneezing. A little mucous had collected and had to be blown out in the morning, but mainly the feeling was dry/dusty		31	5
Nose: congested upon waking, 8am. Runny, with cause to blow it. Coryza. Nasal discharge clear		32	5
Nose: coryza, runny, occasional sneezing. Blowing it occasionally. Nasal discharge yellow/ green/ >evening		34	5
Nose / Face Green discharge blown out this morning upon waking. Sensitivity in the nasal cavity across the cheek bone. Clear nasal discharge from lunch hour onward. Sneezing.		35	5
Nose: mucous yellow to clear		36	5
Catarrah from sinus and chest. I feel full of mucous		44	5

Face

Symptoms: Face	Time	Day	#
Jaw pain, ameliorated by motion / eating R side.	08:45 PM	0	4
After washing face for bed about 10:30 pm, upper lip feels chopped like a tingling, dry sensation, no change when licking lips. But it didn't look chapped. Tingly and felt dry but it wasn't dry. I tried to licking lips are	10:30 PM	1	4

Symptoms: Face	Time	Day	#
putting Chapstick on but still had chapped feeling.			
Head hot, neck hot, back hot, feels like sweating but no moist		1	10
Face red, eyes red. After washing face with cold water, it was gone.		1	10
Eyes was red hot same time I had vertigo, couldn't keep eyes open. Better after washing face with cold water.		1	10
Upper lip still feeling chapped this morning. It's just the top part of the top lip, not the whole lip.	07:30 AM	2	4
Face red,		2	10
At home lying on the couch, feel temperature rising, feel warm on the inside all over, especially in cheeks	04:00 PM	10	4
Still having hotness especially in cheeks, warm to touch but not burning	07:30 PM	10	4
Flushed of heat to my right side of head. Neck, ear , cheek, eye.		11	10
Flushed of heat on my face. Ears, cheeks and neck. Mostly right side.		11	10
Flushed of heat to my right side of head. Neck, ear , cheek		12	10
Flushed of heat on my face. Ears, cheeks and neck. Mostly right side.		12	10
Feel heat on head and neck, but normal in touch.		28	10
L sided bump (pre-blister) just under lower lip, corner of mouth – woke with this in am.		31	3

Mouth

Symptoms: Mouth	Time	Day	#
Sensation of bitterness, and dryness in mouth. (just in the morning)		2	10
Tiny but noticeable cold sore on the right corner of my mouth. <sour, acidity		9	2
Larry told me I had bad breath, he told me I hardly ever have bad breath, it went away later by itself		17	12
Just a little bit sleepy. I feel I chew my lips more than I used to do.		17	10
I feel I chew my lips more than I used to do.		18	10
I feel I chew my lips more than I used to do.		19	10
I feel I chew my lips and nails more than I used to do.		20	10
Mouth: white tongue. Sensation as if burnt, slighty numb under the tongue		36	5
My mouth is still numb		37	5
Tongue still numb... and other parts on inside of my mouth must be swollen because I can't pucker or whistle		44	5
Tongue still a bit numb, can't pucker or whistle		46	5
Tongue back to normal, sensation of numbness is gone. Still can't		47	5

Symptoms: Mouth	Time	Day	#
whistle			

Teeth

Symptoms: Teeth	Time	Day	#
My teeth, front teeth, feel a little bit numb	09:55 PM	0	5
Teeth sensitive on brushing	10:00 AM	0	3
Teeth still very sensitive on brushing – worse right side.		1	3
Teeth better.		2	3

Throat

Symptoms: Throat	Time	Day	#
Throat, still feels dry in the morning, chaffed, like something is stuck to the wall of my esophagus, I started to loosen it moments after getting out of bed and within 5 minutes had it up and out. Green crusts, only slight moist, streaked with blood.		29	5
Throat feels raw straight down the center		29	5
Throat: I feel like I ‘m actually getting sick now. My throat pain is lessened, no expectoration or sense of something stuck, but the sensation (rawness) that had concentrated itself in my throat seems to have diffused into my head in general		30	5
Throat: both glands slightly swollen > eating > warm drinks		32	5
My throat is so incredibly sensitive today. Both gland had swollen more over night, but the main problem is the DRYNESS. COLD AIR, SMOKE, COLD DRINKS <		34	5
Throat: Still very dry, but not as bad as yesterday, still coughing from the dry / tickling sensation < dry air, < smoke, < smoky/cooking air impurities.		35	5
My throat is still hurting internally, and its itchy externally		37	5
Throat: gland still swollen and sensitive to touch and swallowing, external throat itchy around glands < morning		44	5

External throat

Symptoms: External throat	Time	Day	#
Some soreness still in neck, now extending down to upper trapezii, worse on L	07:30 PM	10	4
Throat: L&R gland slightly swollen < morning > eating, warm drinks		31	5
Glands feel swollen just as before, but no pain > warm drinks		35	5
Glands are still swollen but there is no pain		36	5
Glands still swollen a bit <L side <upon waking		46	5

Neck

Symptoms: Neck	Time	Day	#
Feel heat on head and neck, but normal in touch.		28	10
Neck is still stiff on R side. The tightness has stayed constant		3	8
Neck got hot when I had vertigo, around 1:30 pm, much better after washing face with cold water		1	10
Neck sore and stiff on R side		2	8
Neck is stiff on R side. Like an elastic band that is difficult to move at first then moves. Not aware of neck for hours and then all of a sudden with another movement it hurt.		6	8
I am having some muscle soreness in neck, like an achy tightness, definitely a result of whiplash. Inflammation on L and soreness <L	08:00 AM	17	4
Neck symptom noticed that soreness increases with lack of movement. Feels like stiffness increases as well as warmth within neck	01:00 PM	17	4
Stiffness on my right side back muscles, neck and shoulder. It goes all the way down to pelvic area.		10	10

Stomach

Symptoms: Stomach	Time	Day	#
Faint feeling with Nausea around 16:00 to 20:00. No heaviness. Comes on a closed room, car. Definitely better in the outdoors. Need fresh air. Symptom goes away when I am outside		2	8
In the morning, I had heaviness feeling in stomach, breakfast seemed to be indigestible. Desire to vomit to feel empty. Completely gone by walking and start working.		2	10

Symptoms: Stomach	Time	Day	#
In the morning felt weak, sick, nausea, desire to vomit, to feel empty. Heaviness on chest and stomach.		2	10
I've definitely noticed an increase in thirst today, having put back at least 7 glasses of water between 5 and 10 pm (in 5 hours)	10:00 PM	3	5
It seems I can go longer without thinking about food		4	12
I didn't buy a treat in the afternoon, maybe i don't crave something sweet. Does it have to do with better energy?		4	12
Pain in stomach after dinner as if it will burst, got worse after walking in open air. Better lying down and keep warm.		7	10
Two moment of nausea – each lasted few moments. One in the morning (10:00) and the second around noon		10	8
Back / hip started out very painful in the morning. I could feel the pain in my stomach. The pain wanted to make me sick. My tendency is to ignore these pains which I tried to do. The pain subsided as the day progressed and I did eventually forget about it completely. Moving the stiffness out of the muscle seemed to help		11	8
Digestive trouble. By noon my stomach is feeling bloated, by dinner time the sensation is a burning, throughout the entire stomach area from ribcage to belly button.		15	9
The sensation in my stomach is decreasing my appetite, because I feel as thought solid food is too much at the moment.		17	5
Feels as if something is busying itself in there, and I am aware of it but I am not depleted by it.		17	5
...painful digestion. I left during intermission without telling anyone, it became painful so sudden, and all I wanted to do was come home, lay down and stretch out.		18	5
Gotten pretty hungry, craving starchy snacks. Binging on them, crackers		20	11
I threw up. I never vomit, not even if I've too much to drink, and so I still feel the way I did when I was a child: frightened and tearful > for it, and sleeping afterwards.		20	5
Had tomato and onion soup felt full		36	2
Heartburn, sick from stomach. Felt bloated, full, hard time sleeping, >left side		36	2
I ate, but I felt stuffed right away and couldn't finish the meat. I felt bloated. I still had rebellious Chi, so I drank warm water and that helped. I had a hard time getting to sleep. Lots of tossing and turning. I did feel better lying on the L side.		36	2

Abdomen

Symptoms: Abdomen	Time	Day	#
Cramping in abdomen as if my bladder was holding an absurd amount of urine		10	5
Digestive trouble. By noon my stomach is feeling bloated, by dinner time the sensation is a burning, throughout the entire stomach area from ribcage to belly button.		15	9
Bloated or a little heavy, not as much energy as usual		16	2

Rectum / Stool

Symptoms Rectum / Stool	Time	Day	#
A bit constipated. Came out in pieces, rather than 1 normal stool.		2	8
Small parts of a stool was eliminated throughout the day		3	8
Stools are larger than yesterday, but still are being eliminated in pieces		4	8
Slightly constipated this morning. Didn't feel as though I've had a complete BM, small, hard, dry		8	9
Constipation, for one full day, no urging		25	10
Constipation, for one full day, no urging		26	10
Constipation, for one full day, no urging		28	10
Had diarrhea which made me more tired		36	2

Bladder

Symptoms: Bladder	Time	Day	#
Bloated, urging of bladder without drinking very much liquid		10	5
Cramping in abdomen as if my bladder was holding an absurd amount of urine		10	5
Comparing to amount I drink, I have frequent urination.		7	10

Kidneys

Symptoms: Kidneys	Time	Day	#
Right side aches in kidney area in AM. Very noticeable. Have never had any hint of anything that I would even think about my kidneys. Definitely a new symptom ... Did drink one cup of coffee (at work for break with breakfast). Recall a very dull sense of this ache the last couple of days – maybe since the day I got the remedy.		1	3
L sided kidney pain @ 1000h for 10 min	10:00 AM	31	3

Urine

Symptoms: Urine	Time	Day	#
Comparing to amount I drink, I have frequent urination.		7	10

Female genitalia / Sex

Symptoms: Female genitalia / Sex	Time	Day	#
Increased sexual energy, like ovulation+++.	10:00 AM	0	3
Had great sex this morning, great orgasm, since menopause		10	12
Good sex, maybe the medicine ? Great orgasm, lots of fun		18	12
Sex has been great, feel much more relaxed, just able to let go, reach orgasm much more easily		25	12
Desire sex with headache		28	10

Respiration

Symptoms: Respiration	Time	Day	#
In morning felt difficulty breathing, heaviness in chest. Air was heavy. Exhale was like hot air is coming out	AM	2	10

<i>Symptoms: Respiration</i>	Time	Day	#
Exhale feels like hot steam		27	10

Cough

Symptoms: Cough	Time	Day	#
I have begun coughing in response to the feeling. I felt that if I don't cough it will take my breath, the esophagus is so dry. No expectoration		34	5
Loosened and brought up green mucous streaked with blood upon waking. No expectoration with the cough		35	5
Cough: dry, tickling <upon waking, after midnight, morning		36	5
Mucous brought up this morning, yellowish. Still need to clear the throat, but am coughing more in response to this annoying tickle as opposed to something bronchial		36	5

Expectorations

Symptoms: Expectorations	Time	Day	#
Mucous brought up this morning, yellowish. Still need to clear the throat, but am coughing more in response to this annoying tickle as opposed to something bronchial		36	5
Catarrh disgustiness. Have to spit a lot post nasal drip and product of throat – clearing. Clear mainly, greenish / gray in the morning		45	5
I feel like there is just so much mucous in me that needs to come out. I keep apologizing for being so gross around my friends and co-workers		46	5
Coughing and clearing my throat often throughout the day.		46	5
Catarrh chest and sinuses, but especially chest < milk		46	5
Catarrh abundant from the chest. Clearing my throat and coughing often to move the mucus. Sticky and tenacious.		47	5
Catarrh still abundant from the sinuses and chest. Tenacious and grayish, when brought up from the chest and when blown from the nose in the morning (thin and clear from the nose throughout the day and night). The excess mucous is only an issue when I am active / getting some cardiovascular exercise. It's not a problem at all when I'm still studying or on the computer anymore.		48	5

Chest

Symptoms: Chest	Time	Day	#
In the morning felt weak, sick, nausea, desire to vomit, to feel empty. Heaviness on chest and stomach.		2	10
Catarrh from sinus and chest. I feel full of mucous		44	5

Back

Symptoms: Back	Time	Day	#
My body feels generally tired and there is an aching in my upper back. I have the desire to move and stretch my shoulders but this doesn't alleviate the ache. It is deep, in my bones and worse between the shoulder blades.		1	9
Sharp pain under R scapula - took my breath away for one moment, walking from one room to the next about 10 pm	10:00 PM	1	8
Lower back pain. Feels sore especially on L side above hip bone and behind it		2	8
Achey Right Hip+++++ .> heat and lying down		2	3
Faint moment of awareness, like a sparkler being lit, behind my R scapula. Not sharp and just for a fleeting moment. Small amount of feeling acidity like drop of water on fizzy Vitamin C		3	8
Feeling behind R scapula, like a sparkler just for a moment, not acidity		3	8
L side above and behind pelvic girdle aching. The pain was biting and tearing. Did not relent all day, intermittent		6	8
R scapula awareness around 15:30 - light touch as a pin prick, only once		6	8
Back was aching and during a stretch to release it and the hip area a muscle in my bum twinged. I felt this area all day long especially when I was sitting and had to stand up. The sensation was strong, deep and unrelenting.		8	8
Back aching – L side behind pelvic bone muscle turned in hip area, burning pain, sensation strong deep unrelenting. Felt better while moving and changing positions. Didn't feel it when not moving.		8	8
Back was better and so was the hip until I took a yoga class. Now the hip is screaming at me. It wants to release but doesn't have the space to do so.		9	8

Symptoms: Back	Time	Day	#
Out shopping and walking around and started to experience some lower back soreness. Do have a history of back problems, but it does not bother me often or when walking for long periods. Was worse on walking downhill and went away with rest.	04:00 PM	9	4
A slight stiffness on my right side back muscles, close to pelvis.		9	10
I am having some muscle soreness in neck, like an achy tightness, definitely a result of whiplash. Inflammation on L and soreness <L	08:00 AM	17	4
Back / hip started out very painful in the morning. I could feel the pain in my intestines. The pain wanted to make me sick. My tendency is to ignore these pains which I tried to do. The pain subsided as the day progressed and I did eventually forget about it completely. Moving the stiffness out of the muscle seemed to help		10	8
Stiffness on my right side back muscles, neck and shoulder. It goes all the way down to pelvic area.		10	10
Pain in hip / back and going down the thigh. Pain tires me out because it is so unrelenting. The area is so tight. It has a feel as if it will not bend at all – like a steel rod		13	8
Back pain and muscle stiffness in the morning. Random flushed of heat to my neck.		13	10
Random flushed of heat to my neck.		14	10
Pain in lower back and hip was livable – existed but didn't stop activities. Just dull ache – if I thought about it, it was there.		14	8

Extremities

Symptoms: Extremities	Time	Day	#
30 minutes after taking the remedy (11 am), I felt my toes are getting cold, my left leg was sore and really painful, pain came fast, soreness all over my left leg, knee joint was sore, muscle pain, like after walking for a long time. Tired muscles. I liked to rub it.(I sometimes have muscles pain but always in right leg) Pain stayed for 5-10 minutes and went, then came back again, it was like that for the rest of the day. At around 12 noon, when I had vertigo, my fingers were ice cold, just like my toes, fingers got warm after lunch but toes stayed cold all day, better at night. Around 5 pm I felt leg pain is going up to my pelvic bone. At the same time my right knee joint had a pulsing pain, and my right arm had soreness, same kind of pain, it was like overworking and tired muscles. I rubbed it a bit and it felt better. No pain after 6-7 pm.	11:00 AM	0	10
Pulsating, pinching sensation under L armpit		1	5

Symptoms: Extremities	Time	Day	#
Slight throbbing in back (medial) portion of right knee. Amel by walking	08:35 AM	2	4
Fingers worse this morning. Rash is till red on R hand and splotchy. Cold water running over hand irritates it - started to burn, after out of cold water it stayed burning for 5 minutes and redness and irritation stayed while, 2 hours, still scaly dry looks it could crack.		2	8
My felt have been achey a lot latyely (having troubles typing this paper by the wasy). Worked 2 evening shifts and today a day shift. Heather pointed out that my felt are feeling less achey today – she figured they would be more with the shifts and tiredness.		3	3
I did get a strange, strong sharp sensation at the back of my leg behind my knee, aggravated by first movement. It happened around dinner time and lasted for an hour or so.		3	9
R hand, itchy, scratchy spot on my ring finger. Itchy, little red spot	10:00 AM	4	2
Experienced brief and mild, 2-3 hours on and off, uncomfortable but not immobilizing, L sided sciatic pain, pinching nerve pain under my L but, started at noon		5	5
Got some cramping in arch of L foot, only lasted less than a one minute. Short spasm which disappeared with stretching out the foot. Not a usual occurrence	11:30 AM	7	4
Sitting crossed-legged (normal) and L leg fell asleep, had pins and needles, doesn't usually happen	08:30 AM	7	4
Did have some cramping again in L foot (arch) through the night, can recall it happening at least twice, only lasted a minute and went away	08:30 AM	8	4
Back was better and so was the hip until I took a yoga class. Now the hip is screaming at me. It wants to release but doesn't have the space to do so.		9	8
Cramping along left thigh / quadriceps muscles extending to left hip which feels very stiff when I lie down		10	5
Right shoulder is sore, muscle stiffness. Feels like my right leg has been pulled up.		10	10
I tripped on a stair that petered out from a full stair to no stair, although it was marked yellow. Because I had my hands all full I couldn't stop the fall with my hands and fell on my L side. My right ankle is totally sprained and swell to double its size.		10	12
Both palms are hot and feel dry, wants to wash with cool water.		12	10
Now I cannot hurry anymore. Have to take my time with my sore foot		12	12
The ganglion cyst on R wrist has disappeared (ruptured) for no apparent reason		13	5
More cramping in L arch of foot. Lasted a minute, just spasm of the muscle, relieved will stretching out the foot	11:30 PM	13	4

Symptoms: Extremities	Time	Day	#
Pain in hip / back and going down the thigh. Pain tires me out because it is so unrelenting. The area is so tight. It has a feel as if it will not bend at all – like a steel rod		13	8
Doing some stair climbing as part of my workout and noticed after 20 minutes my R foot started to go numb, pins and needles feeling. Carried on for 5 more minutes. Symptoms unchanging. Numbness subsided as I began to walk around. Numbness lasted no longer than 10 minutes	06:30 PM	14	4
One small vesicle on L hand, outer aspect, @ base of thumb. It lasted maybe 12 hours. An old symptom for me.		14	3
Joint pain in both knees, upper part of knees. Better lying down and covering.		15	10
Left leg muscles stiffness, sudden start at 4 PM, better by massage.		17	10
I strained the top of my left foot walking quickly in flip-flops this morning, and all day during class it was really painful and I found myself limping about because it was painful to put pressure on it. Aggressively stretching it while I sat helped, but it's really sensitive to touch, Nerve-like pain		22	5
L foot tender across the top and sensitive to pressure		23	5
My foot is still swollen and hurts if I don't put it up		23	12
Knee pain, right knee, after some gardening. Pain aggravated at 9-10 PM,, when get cold. Better by warmth and lying down. Again got worse at 1-2 AM, got me out of bed. VERY painful. Better by warmth, pressure, and lying on painful side. Not sharp		25	10
My foot heals very slowly		26	12
Passed Aikido exam, but blew both of my ankles, discomfort from that		31	11
The strain across the top of my L foot from day 22 has also produced an osteophyte. It is more of a bump and less isolated, but I can feel that it is solid and I am irritated by this...		34	5
Two weeks (after rupture of ganglion on R wrist) I have a very small osteophyte in it's place. It is very sensitive to pressure, and the nerve pain associated if ever I ht on something makes me feel really irritable. I feel like wrapping up my wrist and cradling it to prevent it from getting bumped		34	5
The middle finger on my left hand is swollen in the top joint. It was been for a few days. It hurts when I press it,		40	2
Sciatica L sided > stretching, sciatica kicks in, like an electrical shock		45	5

Sleep

Symptoms: Sleep	Time	Day	#
Had a great restful sleep, don't get that too often		2	12
Woke up feeling OK. Had a disturbed sleep, tossed and turned, waking up through the night. Woke up 4 times through the night	07:30 AM	2	4
Sleepy in the morning hard to keep eyes open.		2	10
I am surprisingly awake for having a bad sleep and getting up 2 hours earlier than normal. I always work earlier on Friday and I am normally dragging myself out of bed and to work but had no trouble getting up this AM.	07:30 AM	2	4
Only 6 hours of sleep but feel refreshed		3	9
Sleep very deep - fell immediately back to sleep after alarm went off and a very deep sleep		4	8
Sleep was really really deep and fell back after alarm went off at 5:30 when I usually get up. I wasn't aware I turned off the alarm and then went back to into really deep sleep		4	8
Getting out of bed was so difficult. The heaviness would not shake off and trying to concentrate was a full time job. The tiredness persisted. Would love to go back to sleep. Tired until 9 am		5	8
Returned home at 4 pm and slept for 2 and ½ hours. I very rarely nap, or allow myself to, even if I feel tired like today.		5	5
I slept in and wanted to keep on sleeping, took ½ hour to get going instead of 2 minutes. I was wanting to sleep all the time which is for the birds.		7	8
Tired, I had a lot of sleep	06:15 AM	7	2
Slept well. had to pull myself out of bed - pure agony. Just want to be in bed		8	8
Slept well but had to pull myself out of bed. I cannot get out of this bed. Body heavy and just wanted to go into that sleep world		8	8
Tired couldn't get out of bed. Body felt heavy and that feeling would not leave me. Yawning through morning, my energy woke up by 11:30am		9	8
Woke up, really early for me and was wide awake, tried to go back to sleep but it was difficult to go back to sleep. It is usual for me to wake up earlier but I can always fall back asleep	07:30 AM	9	4
Tired in the evening, ALWAYS that the things I am supposed to do are SUCH a massive effort once the regular work day is over then gradually I lose the pace of the day and feel OVERWHELMED at the thought of laundry, homework, journaling, ANYTHING. Just very lethargic		10	5
Woke up to call XXX but still feeling sleepy, just wanted to go back to bed.	09:45 AM	11	4

Symptoms: Sleep	Time	Day	#
Want to go to bed at night which is usual for me		11	5
Had a sound sleep	10:00 AM	12	4
Finished a hot yoga class and felt very tired. Had to come home and have a nap. Usually feel energized after a class but eyes so heavy I needed a nap	03:36 PM	12	4
Have great sleeps lately		13	12
Got a good night's sleep		15	11
Sleep: had another afternoon nap, 3-5 pm. I like the way a nap puts a natural break in my day, and I'm happy to take the break for a change		16	5
Had a good sleep again and felt calmer		20	12
Very sleepy, but restless due to knee pain. Got up at 2 AM.		25	10
My great sleep and the great sex are slowly weaning off		26	12
Restless, very light sleep.		28	10
I went to sleep felt more energy movement in the Right side of my body.		30	3
Slept 11+ hours		30	3
Sleep 11h. Very good. Woke very refreshed		31	3
Unrefreshed sleep , stomach still feel bloated. I don't feel up for the day, but will go to work anyway. I don't plan on eating until I get rid of what I have in my stomach.		37	2
Had a great sleep and did a lot of running around and rearranging in the house.		38	2
Had a great sleep and woke up with a dream		39	2

Dreams

Symptoms: Dreams	Time	Day	#
Dreamt I was at a picnic / party – all the buildings were wooden shacks. I sat at the picnic table in the front yard – during the afternoon I gave birth to 8 babies. In my intelligence I knew that that would take 8-9 years and on th calendar, it took 2 weeks (missed a day here and there). It was lovely to think of the babies names – never actually saw the babies. Was bleeding (normal) for births. After checking the calendar was ready to go home. Seems like E Indian male from work was the father.		-2	3
Dream : My ex-husband told me I needed to find a boyfriend. I got involved with a man who I quite liked and when I asked him how old he was he said 30. I wanted to see him again, but somehow lost track		0	12
I dreamed about drug pushers. There were many of them selling drugs in	05:15 AM	1	2

Symptoms: Dreams	Time	Day	#
bars, hotels on the street everywhere. There were two drug barons, one big burly guy and a short skinny guy all dressed in fancy suits. They were very intimidating and made people very fearful. By the end of the dream I found there wasn't a safe place safe street free of drugs out there. The drug trade business looked dangerous and unstoppable. It was frightening to see so many people deteriorates, some faster than others, yet they went back for more. Slow suicide. I was caught in the drug world and I was troubled about trying to get out of it. It felt I would be pursued by the law, drug lords or users no matter which direction I went. I felt unprotected and very vulnerable.			
Dream. Instead of looking after my classes in school I explored a building with a bunch of people. Now and then I had a bad conscience that I had left the kids by themselves.		1	12
Dreamed about a group of young people who had a very sick or dying person amongst them. They all stayed at a cottage. I remember feeling awkward and sorry about the sick person.		1	12
I had committed a murder and was busy covering it up. The feeling that stayed was how I frantically tried to cover everything up but convinced myself that with modern methods I would not be able to get away. I was shocked about the dream because I never dream violent stuff like that.		1	12
Struck by the denseness of the dream. Felt like impt dream. Thick, a lot in it, weaving through layers to get the answer and I didn't get it.			
Emphasis of this dream was the fogginess, almost slow motion, trying to find the answer, looking for something.		1	8
Had a dream about getting into a verbal argument with a friend from elementary school about whether I was a good friend or not. Dream made me feel a bit anxious but woke up in OK state		1	4
I had a dream about my parents, I saw them here in Canada, it was a very unexpected visit. I was shocked and very happy to see them. Then I saw people protesting in the street, it was an unexpected event and I was shocked again, trying to escape from the crowd. I saw dead bodies shown on TV news, dead women and kids; old corps remains from war for long time. It was horrible. Even in dream I couldn't watch TV anymore.		1	10
I dreamed of being accused of making this First nation street woman pregnant. I felt this was serious and needed to prove I didn't do it. She looked familiar, but I didn't know her. I was surprised by this accusation, in my dream, but felt confident I could prove it I didn't do it. In my dream I felt sorry for her because she was mixed up		2	2
Dreamed the weather was to change – Australia/Bashaw/?. Didn't recognize the place but seemed all-together. Flooding ++++++. River over flowing, large areas of water, deep, fast and moving river. Sam (baby		2	3

Symptoms: Dreams	Time	Day	#
body, seemed older in herself) went under a piece of wood/platform and I reached in and grabbed her out. All ok, wasn't scared just knew I needed to get her out quickly. Dark cloudy skies. Everything green. Said we should 've built an ark....			
Had a dream that a friend was coming behind me to scared me and I turned to look at him in the face and it startled me and I woke up with heavy breathing. Not afraid but a bit anxious.	07:30 AM	2	4
I dreamed that my son XX had a concert with his band on a big plaza. I was just watching. When the concert was over and all the people had vacated the square I realized how big the audience was and regretted not having sold their CDs. I figured I could have made 2000 – 3000 \$ for them and this way they played and weren't rewarded for their effort.		3	12
Had a dream about my Aikido exam (in a large gymnasium with strangers – weird because that's not the format). Vivid dream, anxious about the examination. Isolated, nervous, STRANGERS		3	11
Dream centered around embarrassment and being uncomfortable. My husband and I were leaving one wedding and found ourselves in a reception room for another wedding. Mark insisted we sit down especially since my name was on one of the place card. I did not want to and eventually got up to find out if we were supposed to be there or were we party crashing. When I returned with an answer Mark was laughing with other guest and graciously getting up from the table saying the tip to be present at this wedding was 2 month salary. There was no unpleasantness but I felt embarrassed. I was happy the dream finished. Being uncomfortable in situations is not my cup of tea.		3	8
One dream I was watching a good friend of mine dancing, The movement was beautiful and it left me feeling heavenly. When the show ended I wanted to go out, talk to the dancers, prepare myself to dance the part. Instead the dancers all dispersed without a thought of what had taken place and no interest of holding on to the beauty that was created. I felt disappointment, bewilderment and sadness to what I saw was a carelessness and a lack of regard for anything but themselves. Slightly angry at them too.		3	8
Dream: I was descending a precarious staircase, metal and steep, I was having no difficulty, feeling very competent and capable. Now I am on the staircase a second time. It has been altered to make it easier yet is still a bit difficult. My husband is with me and I still have this sense of being capable. As we get to the bottom rings narrow and we must slip through a small hole. My husband goes first. It's my turn, I asses the hole and find it too small, yet it must be possible, my husband did it. Should I go head first, feet first, I'm not sure I'll get stuck, I'm scared. I finally realize that it is physically impossible. I can't do this and going back up the staircase is		4	9

Symptoms: Dreams	Time	Day	#
<p>scary, difficult and doing so would give me a sense of failure. I woke up There is an oil slick, woke up, feel heavy on the chest. Pursuing a fellow out of revenge. He was supposed to be in this big building. I went to the elevator and before it opened, I run to a room and there was only a storage room with no door. Two guys came down and around where I was and found me there. I was afraid for my life and they were ruthless, so I had to be ruthless too. The big burly guy came after me and I run to stairways and then I turned on him as he was chasing me. As he got closer I was able to throw into the cement staircase. The other guy come from behind and grabbed me. I was able to wrestle with him and bring his head against a corner wall. The big guy retreated and was able to punch me and bring me down. There I was taken to a room and they were going to abuse me further. They got me on a bed and I somehow got off and grabbed some kind of club and I hit the one right in the groin, but it didn't seem to hurt him very much. So I tried again and it really hurt him but not enough to put him down.</p>		4	2
<p>Dream of symbols of struggle, like the salmon going upstream, limitations and external control, like a train it can only follow it tracks, it cannot stop on a dime, it moves slowly at first then it can build up a good head of steam, it has lights at the side of the tracks which controls it, trains get side-lines along the way</p>		4	2
<p>I received a package with free gifts in it, some crystal vases, and a beautiful flute. I could play the flute very well, and everyone around me was so amused. I couldn't believe it as it was the first time I was seeing such a huge flute. (I used to play flute years ago, I knew it in my dream, but this was a different instrument)</p>		4	10
<p>Dream I was explaining the stories we have, like "How the pipe came to the people" as we have to make the medicine what more relevant to people with addictions. It was a real challenge and I had to balance oral teaching with written teachings in lessons. Our traditional ways was oral but in today's world people are needing something written. Whatever oral or written, activities needed to bring our self-awareness in the participants so they could make their own decisions on the changes in behavior that leads to healthy / happy lives.</p>		5	2
<p>Dreamt last night about a flood of a river. Lots of lots of water and swift and deep moving river. Lots of green around (trees, etc) despite gray skies. Reminded of the sense of the fish fighting on the line and greenish water</p>		5	3
<p>Dream Teaching people how to pick dandelion roots and chicory roots, washing / drying them to make a coffee substitute that is good for the liver; picking out the whole plantain plant, cleaning it and making a tea that is good for bladder and kidneys.</p>		6	2

Symptoms: Dreams	Time	Day	#
I dreamed about getting the whole class involved with cooking meals with beans that is a source of vitamins. All the different foods that are inexpensive but healthy, especially for those recovering from addictions. ...in my dream I felt the need for a lot of planning.			
Driving a car, controlling a car. Not much details I remember.		6	10
Dream about exploring whether I took after my father or mother, I couldn't decide who I took after more mom or dad. For example Dad had a temper, was very dominant, but, although mom was meek, she did have stubbornness about her and, she was a Scorpio. Scorpio's have a stinger, and she could use hers verbally. Although I knew a lot about how I was influenced by my parents, I felt I didn't know myself enough. There is more to discover about myself.		7	2
I dreamed I was at a big party. I was going to host another get-together in a few days and two separate delegations of women came up to me and gave me a beautiful arrangement of flowers. They had their roots on and were wrapped in plastic. I thought they were very beautiful and I was so touched. One of the women put a white silk or nylon scarf around my shoulders. When the party officially began music started to play and everyone formed a big oval and started dancing in formation. I didn't want to take part and stood with some other people in the back. Next came the kitchen personnel and lined up all dressed in white. I realized now what a big scope that party had. Later a lady with a white apron and white gloves came around with a tray of drinks. I took one and thanked her for cooking all that delicious food. Then the bagpipes started playing I got interested and mixed with the other people to see the players from up close.		7	12
I dreamed about plant medicine. I felt sad because many of our plant relatives have less space to grow with so much human development. In my dreams I was telling someone of another dream I had there was a big gathering of people around the world talking about how we could survive on this planet with overcrowding. I look over to the left and some animal spirit rising up and disappearing into the clouds. I shouted to the crow "Look, look we are following on the wrong direction. The animals are leaving us. We need to think of protecting their survival if we are to survive!" I felt worried and a little resigned about our future on this planet. We all need to do our part to reduce carbon dioxide into the air and have more respect for Mother Earth.		8	2
Very active dreams but do not remember about what. The feeling was that I was moving around a lot		8	8
I dreamed about everything having a flaw, something was too short or too long. Something just didn't fit. I thought about how all this was unusual, but in a way quite normal. I thought about the expression "nobody is		9	2

Symptoms: Dreams	Time	Day	#
perfect” yet we think some people are perfect or close to it, or more perfect than we are.			
Dreamed that Steve Harper, his wife and 2 children visited us. They surprised us with the visit and told us that they often do that to people. It turned out that they only expected tea and coffee (thank God). I felt surprised an unprepared that the Harpers showed up unannounced.		9	12
I dreamed I was involved in street drugs. I ended up moving out in a big country house where a lot of people did drugs. I let one know I was taking drugs, but really didn't take any. These were all kinds of color of drugs and I thought “they might look attractive but they are dangerous”. I felt uncomfortable being there. Stayed over night and was to go home next AM. In my dream, I got up and wanted to leave right away, but there was always something that kept me there. I couldn't find all my things. It was frustrating. People wanted me to stay longer. I asked what time it was, someone said 4:30 PM. I was shocked at how fast how fast the day went and told everyone I had to leave and I left		10	2
Active dreams again. Was so sleepy when awakening that I could not recall any of the dreams. I think my dreams are tiring me out		10	8
I kissed my coworker (male) in front of my dad and when my dad was shocked and angry at the same time, I looked directly in to his eyes, shameless, with my hands on my waist A gesture showing that I am ready to fight for my right and freedom.		10	10
Dreamed about this girl (who I don't know) who hit my dog and almost killed her. We were sitting in a classroom or somewhere similar and I was just so angry with this girl so I started to punch her. I just really hated her	10:00 AM	12	4
Went for shopping, waited for a long time on line then the salesperson served the costumer after me, I got angry and said this is my turn, he refused to serve me and said, it is OK. I started arguing for my right. My husband said nothing. I was arguing and all people on line said nothing. I got angry and throw some trays of nuts which were on the counter then we got out of the store. I was happy and satisfied that I did what I did also I was thinking and planning to sue the guy, but my husband was crying as he was so stressed. I woke up angry thinking why the salesperson had acted like that, then I started reviewing the whole story and make more options for me, how to deal with such situation.		12	10
Dream I was dropped on a strange place. I was on a mission to find something or do something. I felt adventurous and I was not afraid.		13	2
Dreamed that somebody planned on murdering two little girls. One of them talked to me and I thought it would be so terrible I they got murdered. The whole thing gave me a creepy feeling and when I woke up I felt bad and a little depressed from the dream. I never ever have violent		13	12

Symptoms: Dreams	Time	Day	#
or creepy dreams like that			
Last night dreamed I was diving around a ship wreck (a metal battleship kind of ship). There were lots of people there also in the water, also lots of sharks around. Swam around, could see clearly in the water, the water was darkish and cool, then I swam into a warm current that was brighter light. The sharks stayed at a distance.		13	3
Lots of dreams about water, rivers, oceans, sailing		13	3
Sick cat, with her kittens. Dumped in a parking area. My husband and I tried to help them The sick cat bite me. We were thinking about how to take them to vet.		13	10
Dream. I checked into these sleeping quarters and I had to go to this important meeting at a big hall or convention center, just down the hill. I remember getting ready and deciding to leave my dream at my room. When I got to this meeting, there was a big table at the front with a lot of important people there. It looked like a board of directors. This was an international meeting of some kind. In my dream I saw these people who spoke a different language, it appear to be aboriginal people. The leader presented the “Board of Directors” to take leave into a separate room that was much smaller. When they all got into the room, the door locked them in from the outside but they couldn’t come out but they could hear us and we could hear them. Then the energy changed in the whole room. These aboriginal who spoke a different language said through a translator that we could now make our own decision to make a better world. We got some people up and they said a prayer and started singing. I thought I should sing a drum too, but my drum was at the sleeping quarter just up the hill. There were some drums on the table, and I thought I could borrow and use those drums. Then someone started drumming at the back of the hall. Then all the other drummers come to get their drums and I knew that if I wanted to drum too, I would have to get my own. I also thought that if I sang, the other the other room would recognize my song and know it was me singing. I went to get the drum and returned to the big hall. This woman touched my shoulder and I turned around and she was smiling and was very beautiful. She said, “Don’t get too excited I am a service ”		15	2
Woke up with a dream at 3:30 am – I was in bed and the phone rang. The answering machine picked it up and I could hear the message. It was my grandmother (she passed away several years ago). She said Hello, wished us well and told me that my father had passed away in his sleep last night. I was unable to get back to sleep after this dream so I got up to do some school work.		16	9
A festival, somewhere that people were gathering for fun. Saw my friends. It was a pleasant dream.		17	10

Symptoms: Dreams	Time	Day	#
<p>Dream I had a dream about being involved with a meeting with the Premier and his Ministers. We were in a big hotel. The tables set up for the meeting was quite awkward. The Premier came to the meeting really late. They were at the center of the room so some people were in front and some to the back of the Premier and his government officials. The purpose of the meeting was vague. The people at the meeting felt outraged, disappointed and insulted that the Premier came to the meeting late. When this was pointed out, the Premier was very callous and blunt about not having been able to be here earlier and asked the speaker to address the issues instead. Other speakers spoke and the Premier interrupted and said he didn't have time to talk about negativity and got up and left. There was a big stir and I was the moderator for the meeting and felt at a loss as what to do. I felt that a golden opportunity to build the right relationship had slipped away. I felt confused and that I was not measuring up to the job I was asked to do.</p>		19	2
<p>My soul was separated from my body. I was trying to fly away and I could see my own body. But it was hard something was stuck. I could not fly easily it was very tiring.</p>		20	10
<p>I dreamed that I was part of an investigation on someone. We were at a hotel. I was following the orders of a top investigator in this person who was involved in drugs. We encountered this woman who was very helpful and she needed a ride into the center of the town / city we were at. The top investigator ignored her and went somewhere else. I have said she tried but since he didn't want to help her, she would go on her own way. I felt sorry for her and said I would approach him, after all she was so helpful. Then in my dream I thought there may be a good reason why the top investigator may not want to help her out. Maybe she was part of his investigation. So I told her she did a good job, but she was going the wrong way and we didn't have time to drive her where she wanted to go.</p>		21	2
<p>I had a dream about food. In my dream, I was talking with people about how the food companies should put on the label what hydrogenated ingredients can harm you in the long run. Companies keep putting on the packages "No Trans fats" yet, on the small print for ingredients, they include hydrogenated ingredients. I felt frustrated, annoyed.</p>		24	2
<p>Dreams of baby snakes, baby crocodiles.</p>		24	10
<p>I had a dream, I forgot most of it, but the part I remember is a huge, sunny room, one I have never seen with a big bed in it. On the bed there was a quilt in orange and yellow patterns. I remember how I marvel at the beauty of this fabric. It was exquisite.</p>		25	12
<p>Dreamed of a man who was transforming to a woman and was developing breasts. He had a hard time hiding this.</p>		26	2
<p>Saw my grandmother (she is dead) we were escaping from somewhere,</p>		26	10

Symptoms: Dreams	Time	Day	#
and my father was killed by gun.			
Had a dream about this man who was training for some physical challenge of some sort. He had a female trainer who looked very strong, but feminine. She wasn't beautiful, but physically in shape. She was very demanding and told this fellow he wasn't trying hard enough. She said to him, "If you cannot apply yourself take a minute go into the change room and put these on! And she gave him a pair of panties. The guy was embarrassed. I thought this was over the top in expectations of the trainer.		30	2
Dreamed I was prophesying.		31	3
Had a dream about assessing people's health and finding surprises about who was susceptible to sickness. Some looked healthier than others, but got sick easier. Of these, some got healthier quicker than others. I thought, WOW, humans are fascinating. Energy is heavily influenced by thought and feelings. Energy changes bring on health or sickness. It is amazing how people can look so much the same, and yet are so vastly different from each other, because of ebb and flow of energy in them.		32	2
Woke up with a dream. The trailer I had behind the car got lose and ran down a street. I was praying that no car would come and collide with it. It did not happen, The trailer then came to a gentle stop in a room. All I had to do is fix a bunch of curtains that had come off their curtain rods. It was quite a tedious job and although there were people around me, nobody helped. Somebody made a remark that the trailer could have hit two little girls but I thought that was quite far fetched.		36	12
Dream, I went to New York, which was on a lake in my dream. Around the lake there were steps and expensive curtains, it was like a big hotel complex. The air was very polluted and there was a red glow in the sky. I didn't dare to go very far because I was scared that the air would choke me. I stayed inside and felt a bit trapped		39	2
Woke up with a dream. I looked at a house that I was interested in (to buy?) and noticed that one room had been badly damaged by bugs. They had eaten holes into the building materials. I felt pretty bad about that. An adjacent room also in poor repair looked promising as a laundry room. I imagined turning that room into nothing but a laundry room.		40	2
There was a closet in my home, a big one, and I had a big cow and a big tiger in it. I loved them and I hugged them, kiss them. They were also very passionate towards me. The tiger were hugging me and licking my face. My dad were there and he said: "thanks god they are female otherwise they would have kill you".		43	10

Chill

Symptoms	Time	Day	#
I had chill at the same time I had vertigo, around 12 noon. Chill came from back, went up.		0	10
Went to bed (Sat. night) and was freezing cold despite full pj's, socks, blankets. Cold to the bone. This was a new sensation to me(to that degree of chilliness). I tend to be chilly, but not this feeling such cold in my bones. Had to wiggle my legs around to warm up enough to go to sleep.		8	3
Sat outside at dusk for 45 minutes and now there is no getting warm		10	5

Fever

Symptoms: Fever	Time	Day	#
At home lying on the couch, feel temperature rising, feel warm on the inside all over, especially in cheeks	04:00 PM	10	4
Still having hotness in cheeks, but not hot to touch, stiffness in neck and mild headache	09:45 AM	11	4

Skin

Symptoms: Skin	Time	Day	#
After washing face for bed about 10:30 pm, upper lip feels chapped like a tingling, dry sensation, no change when licking lips. But it didn't look chapped. Tingly and felt dry but it wasn't dry. I tried to licking lips are putting Chapstick on but still had chapped feeling.	10:30 PM	1	4
Upper lip still feeling chapped this morning. It's just the top part of the top lip, not the whole lip.	07:30 AM	2	4
Upper lip still feels chapped but it is not dry/red in appearance		2	4
One thing I noticed this evening is how dry my skin feels all over, Having a shower and moisturizing helped, except for my face which is now aggravated, mainly cheeks and chin, they are pinkish red in blotches	10:00 PM	3	5

Symptoms: Skin	Time	Day	#
without heat.			
My skin feels irritable. There are some very small pimple like bumps more like a rash on my cheeks and chin too – my regular daily facial moisturizer stung after the shower.	10:00 PM	3	5
Hot blotchy red cheeks and chin again tonight right after eating dinner; time 8:30 pm	08:30 PM	4	5
My skin is getting worse, more itching, more redness, especially my forehead and my legs.		7	10
My skin is better today, less itching, less redness		8	10
My skin feels really dry on my hands. It feels light and rough		8	9
My skin is better today, less itching, less redness.		9	10
Have a painful large pupil close to my right ear, I squeezed it and there was lot of watery discharges. Not much blood nor pus (which I usually have).		15	10
Skin turned red on right side	07:55 AM	21	2
Took another dose. My face on the left side started to turn red. Rough to touch	11:35 AM	21	2
Rash on face still there, not worsened		22	2
Rash or blotches on my face started to leave		23	2
Face is clearing up		27	2
L sided bump (pre-blister) just under lower lip, corner of mouth – woke with this in am.		31	3

Generals

Symptoms: Generals	Time	Day	#
I had chill at the same time I had vertigo, around 12 noon. Chill came from back, went up.		0	10
Energetic, happy (not a usual Monday)		0	10
Had a cold beer after work today, not a regular desire just felt like a cold drink so had a beer, only drank half		0	4
Faint feeling with a sensation of nausea (no nausea), heavy eyes, concentration difficult, beginning around 15:30. Would love to go to sleep	03:30 PM	0	8
Around 9 pm, thirsty, desire open air, running.	09:00 PM	1	10
Around 11 am I was so stressed, and it was like my blood is boiling. I was like that almost all day long.	11:00 AM	1	10

Symptoms: Generals	Time	Day	#
I wasn't as stiff from sitting bent over as usual, body felt weightless		1	12
Started to get really tired in exercise session with client	05:30 PM	1	4
I am beginning to get some body aches		1	9
Faint feeling with Nausea around 16:00 to 20:00. No heaviness. Comes on a closed room, car. Definitely better in the outdoors. Need fresh air. Symptom goes away when I am outside		2	8
The slight faintness returned – again in a closed room. Fresh air relieved the sensation. This time it happened around 12:00 and stopped when I left the room 2 ½ hours later. It returned in a lesser strength while I sat in the hospital with my daughter that afternoon		3	8
Really felt like a big load of garlic and prawn		3	12
Ate garlic prawns and butter again and I love it		4	12
Groggy, heavy, after breakfast felt normal		4	2
I felt like my energy was very heavy. Heaviness but it went away slowly. Groggy, heavy after breakfast felt normal		4	2
Faintness at 15:30. Head pressing in – didn't ruin my mood. Faintness and lightheadedness on and off until 20:00		6	8
Went for breakfast and had a craving for a cup of coffee, not a usual craving	09:30 AM	6	4
I have more energy and things just get done easier		6	12
Feel more energy, warmth. Increase in appetite.		7	10
Appetite wanting less sugar stuff. Lost a bit of weight - just feel a little slimmer. Going longer in between eating.		7	12
Do not feel that warmth as yesterday, but comparing to the amount of work I do these days, I am very energetic and do not feel stressed at all.		8	10
Felt good and energetic all day		8	12
Faintness with tinge of nausea	10:00 AM	8	8
Faintness with a tingle of nausea at 10:00. Was working out at the time and both the nausea and faintness subsided quickly. By the time I took the dog for a walk outside I felt like myself - fine		8	8
Tired in the evening, ALWAYS that the things I am supposed to do are SUCH a massive effort once the regular work day is over then gradually I lose the pace of the day and feel OVERWHELMED at the thought of laundry, homework, journaling, ANYTHING. Just very lethargic		10	5
My energy feels drawn away from me		10	5
On my way to meet a friend for lunch and started to feel kind of run down like I hadn't slept for a day. Had lunch but really just wanted to get home and lay down	02:00 PM	10	4
Craving for coffee	12:30 PM	11	4
Finished a hot yoga class and felt very tired. Had to come home and have a nap. Usually feel energized after a class but eyes so heavy I	03:36 PM	12	4

Symptoms: Generals	Time	Day	#
needed a nap			
Prawn in garlic with fresh salad		12	12
Energetic. Enjoy company.		13	10
Before supper started to feel shakey, like my blood glucose was low. Having this feeling before and I checked my blood sugar and it was actually 13.4 – this was a couple of years ago. I had a few times of that feeling 3-5 (?) years ago and haven't had it for a couple of years, that I can recall. Had some salad and chicken, then felt I needed more food, so had toast and peanut butter. The feeling went away within about an hour of beginning – quicker than it did before. I used to get quite panicky with it, wondering what caused that, but was ok this time.		13	3
My appetite is not so good, but then I'm not craving as many sweets and snacks		14	12
Had a good sleep. Tired during the day, maybe it's because of my foot		14	12
Felt tired with a little nausea		15	8
Increased desire for sugar, especially sweet soda drinks		15	5
Had a very intense day of meetings, very intense energetically. Had the shakey feeling after the afternoon meeting, before supper. Not as strong as the other day, but still there. Felt ok once I started to eat and after eating. When I'm like that, want to eat a lot of good food to make my blood sugar ok and to give my body + fuel, feel a bit anxious as don't know what's causing it. Don't like that that symptom has come back after so long away.		15	3
Good energy this am		15	11
Calm, energetic. Very good appetite. Normal temperature.		16	10
Heaviness which is tiring > breakfast	05:30 AM	17	2
Desire space. Want to be alone.		19	10
Appetite still not much, which is good, thirst may be a bit more		20	12
Desire space. Want to be alone.		20	10
Sluggish and tired	08:15 AM	20	2
Sluggish, tired		21	2
Desire salty, sour food, Desire sweets. Warm drinks. Chilly in general. Desire warm bath. Sleepy.		22	10
I felt really tired at end of day, when I got home I had to take a nap		22	2
I felt like eating raw mushrooms and I did		24	12
At night I crave garlic.		24	12
Feeling tired despite a very good sleep		24	2
Craved asparagus		25	12
I craved asparagus and had lots for dinner		26	12
Appetite not so good		27	12
Feel heat in head and neck, desire to be covered, chilly in general but		28	10

Symptoms: Generals	Time	Day	#
like to hold cool pillow, wants to hold cool pillow on my head and face. Abdomen hot, not in touch.			
Felt like fever but not hot in touch		28	10
Crave asparagus		28	12
Energy increased to crown chakra from mouth, through mid-face, nose, then up to crown chakra	04:30 PM	29	3
I'm tired, like the ceiling of my vitality is being forced down a bit.		30	5
My energy feels a little overcome by these symptoms, but going for a bike ride or a walk seems to make things much better. This is unusual for me, as I never am keen on physical activity when feeling under the weather		31	5
Desire for coffee	07:30 AM	31	3
Feeling, tired, achy, sluggish today, as though I am fighting something		31	9
Since I stopped working so hard I'm much more hungry		32	12
Craved white bread and salami		32	12
Had shrimp, garlic, tortellini and asparagus for dinner		34	12
Then I got home I had a luxurious croissant with strawberries, ice cream and vanilla pudding from Save-on-food (Supermarket)		35	12
I ate, but I felt stuffed right away and couldn't finish the meat. I felt bloated. I still had rebellious Chi, so I drank warm water and that helped. I had a hard time getting to sleep. Lots of tossing and turning. I did feel better lying on the L side.		36	2
Woke up tired		36	2
Everything is heavy		41	5
Music helps significantly.		42	5
I'm in excellent spirit today. We spent the whole day outside working on the garden and I'm thankful for the constant company of my friend and the constant activity. There is absolutely NO DOUBT that I feel better for both company and mental / physical activity and would be worse off had I been alone, studying inside the whole day.		42	5

Repertory

Symptoms from the prover's journals were translated into Repertory language. In many instances where symptoms were complex or had a number of modalities more than one entry in the Repertory was necessary. Each entry has the number of provers that shared the rubric

Mind

- MIND – ACCEPTANCE, desire (1 prover)
- MIND – ANXIETY, expected of him, when something is (1 prover)
- MIND - BED – remains in bed, desire to – morning (2 provers)
- MIND – CHEERFUL- evening (3 provers)
- MIND – CONCENTRATION, active (2 provers)
- MIND – CONCENTRATION, difficult (1 prover)
- MIND - CONFIDENT, (4 provers)
- MIND – CONTENT (6 provers)
- MIND – CONVERSATION agg (1 prover)
- MIND – COMPANY, agg (3 provers)
- MIND – COMPANY – aversion to, desire for solitude (2 provers)
- MIND – COMPANY – desire for (2 provers)
- MIND – COMPANY, enjoys (3 provers)
- MIND – DELUSIONS, alone being (2 provers)
- MIND – DELUSIONS, body, ugly, body looks, (1 prover)
- MIND – DELUSIONS, body weightless (2 provers)
- MIND – DELUSIONS, bubbles, standing on (1 prover)
- MIND – DELUSIONS, bubbles, concentration difficult (1 prover)
- MIND – DELUSIONS, energy, moving into opening in heart/ lung, swoosh, with (1 prover)
- MIND – DELUSIONS, fish eyes, I have (1 prover)
- MIIND – DELUSIONS, fish fighting, see, on the line / hook, thrashing about (1 prover)
- MIND – DELUSIONS – fish fighting, see, in green water (1 prover)
- MIND – DELUSIONS – fish, I am (1 prover)
- MIND – DELUSIONS - forsaken, is (1 prover)
- MIND – DELUSIONS - lost, wood, she is, in the (1 prover)
- MIND – DELUSIONS - Earth, hard to pull myself, down to (1 prover)
- MIND – DELUSIONS – sex, opposite; belonging to the opposite (1 prover)
- MIND – DELUSIONS – stabbed, back in the (1 prover)
- MIND – DELUSIONS – water in front of my eyes, I see (1 prover)
- MIND – DELUSIONS – weight, carry a heavy (1 prover)
- MIND – DELUSIONS – world, different world, being in a (1 prover)

MIND – DISAPPOINTED – sadness, with (3 provers)
 MIND – DIGUST - CATARRH – postnasal (1 prover)
 MIND – EASE, feeling of (2 provers)
 MIND – ENJOY, life, just wants to (1 prover)
 MIND – ENNUI (1 prover)
 MIND – FEAR, obese to become (1 prover)
 MIND – FEAR insanity (1 prover)
 MIND – FOOLISH, behavior (2 provers)
 MIND – HARMONY, spontaneous feeling, (2 provers)
 MIND – HATRED – persons, offended him, hatred of persons who, (1 prover)
 MIND – HEAVINESS, sensation of (1 prover)
 MIND – HELPLESS, feeling of (1 prover)
 MIND – INJUSTICE, cannot support (1 prover)
 MIND – INTOLERANCE – (3 provers)
 MIND – IRRITABILITY; (2 provers)
 MIND – IRRITABILITY, PAIN, during (1 prover)
 MIND – LAUGHING, silly (1 prover)
 MIND – MISTAKES, making, writing, in (1 prover)
 MIND – MISTAKES, making, typing, (2 provers)
 MIND – MISTAKES, making, writing, in -wrong words (2 provers)
 MIND – MISTAKES, making, writing, in – wrong letters (2 provers)
 MIND – MUSIC, amel (1 prover)
 MIND – POSITIVENESS, (3 provers)
 MIND – SURPRISED (1 prover)
 MIND – RESPONSIBILITIES, easier to meet, his (1 prover)
 MIND – RESPONSIBILITIES, give up her responsibilities, wanting to (2 provers)
 MIND – THOUGHTS – rapid (1 prover)
 MIND – TRANQUILITY, as if drinking chamomile tea, (1 prover)
 MIND – TRANQUILITY, energetic day, after (1 prover)
 MIND – TRANQUILITY, morning, on waking (2 provers)
 MIND – TRANQUILITY, problems, not bother by little (1 prover)
 MIND – TRANQUILITY, settled, centered and grounded (1 prover)
 MIND – WEEPING, amel (2 prover)
 MIND – WEEPING, music from (1 prover)
 MIND – WILL, two wills, sensation as if he had (2 provers)
 MIND – WILL, strong will power (1 prover)

Vertigo

VERTIGO – AFTERNOON (1 prover)
 VERTIGO – ACCOMPANIED by, eye, discoloration red, cold application amel (1 prover)
 VERTIGO – ACCOMPANIED by, hunger (2 prover)

VERTIGO – ACCOMPANIED by, eye, closing the eye, involuntarily (1 prover)
 VERTIGO – ACCOMPANIED by, eye, closing the eye, involuntarily, cold application amel (1 prover)
 VERTIGO – CHILL, during, back, upwards, from (1 prover)
 VERTIGO – EXCITEMENT, feeling (1 prover)
 VERTIGO – HEAT, sensation of heat, neck, in (1 prover)
 VERTIGO – HEAT, sensation of heat, neck, in, cold washing amel (1 prover)
 VERTIGO – MOTION, head of, agg (1 prover)
 VERTIGO – NAUSEA, with; afternoon (1 prover)
 VERTIGO – NAUSEA, with; evening (1 prover)
 VERTIGO – NAUSEA, with; evening, open air amel (1 prover)
 VERTIGO – NAUSEA, with; evening, indoors agg (1 prover)
 VERTIGO – NAUSEA, with; evening, car in, agg (1 prover)
 VERTIGO – ROOM, in a room, open air amel (1 prover)
 VERTIGO – ROOM, in a room, afternoon (1 prover)

Head

HEAD – ENERGY, increased from mouth to crown chakra (1 prover)
 HEAD – HEAT flashes, right (1 prover)
 HEAD -HEAT, internal heat, sensation of, cool to touch (1 prover)
 HEAD – HEAVYNESS, dull, pain (1 prover)
 HEAD – LOOSENESS of brain, sensation of (1 prover)
 HEAD – LOOSENESS of brain, sensation of, motion agg. (1 prover)
 HEAD – PAIN accompanied by eye, closing the eye, involuntarily, (1 prover)
 HEAD – PAIN accompanied by pain, eyeball, as if muscles stretched, cold application amel (1 prover)
 HEAD – PAIN accompanied by pain, eyeball, as if muscles stretched, pressure amel (1 prover)
 HEAD – PAIN – bones (1 prover)
 HEAD – PAIN – dull pain, eating, after, agg (1 prover)
 HEAD – PAIN – dull pain, heat agg (1 prover)
 HEAD – PAIN - exertion, agg (1 prover)
 HEAD – PAIN - eating, amel (1 prover)
 HEAD – PAIN – extending to, ear, left (1 prover)
 HEAD – PAIN – extending to, forehead, eyebrows above, cold dry applications amel (1 prover)
 HEAD – PAIN – extending to, forehead, eyebrows above, pressure amel (1 prover)
 HEAD – PAIN – extending to, forehead, eyebrows above, lying down amel (1 prover)
 HEAD – PAIN – extending to, forehead, eyebrows above, heat agg (1 prover)
 HEAD – PAIN – extending to, forehead, eyebrows above, walking agg (1 prover)
 HEAD – PAIN – extending to, forehead, eyebrows above, smell of food agg (1 prover)
 HEAD – PAIN – extending to, forehead, eyebrows above, desire to pull hair from back of head (1 prover)

HEAD – PAIN – extending to, eyebrows, (2 provers)
HEAD – PAIN – eyebrows, above, (1 prover)
HEAD – PAIN – forehead, morning, (1 prover)
HEAD – PAIN – occiput, dull, pain (1 prover)
HEAD – PAIN – occiput, dull, pain, extending to forehead, sleep amel (1 prover)
HEAD – PAIN – occiput, dull, pain, extending to forehead, alcohol amel (1 prover)
HEAD – PAIN – pulsating, intermittent, afternoon (1 prover)
HEAD – PAIN – pulsating, intermittent, night (1 prover)
HEAD – PAIN rest amel (1 prover)
HEAD - PAIN, wine, agg (1 prover)

Eyes

EYES – AGGLUTINATED, afternoon, (1 prover)
EYES – DISCOLORATION, Red, cold application amel (1 prover)
EYES – DRYNESS, morning (1 prover)
EYES – HEAVY (1 prover)
EYES – HEAVY, afternoon (1 prover)
EYES – HEAVYNESS – accompanied by, nausea, concentration difficult (2 prover)
EYES – HEAT flashes, right (1 prover)
EYES – IRRITATION (1 prover)
EYES – ITCHING – accompanied by, sneezing, nose discharges (1 prover)
EYES – LACRHYMATION, (1 prover)
EYES – LACRHYMATION, sneezing, with (1 prover)
EYES – PAIN – burning, pressure amel (1 prover)
EYES – PAIN – dust, as from (1 prover)
EYES – PAIN -eyebrows, right (1 prover)
EYES – TIRED Sensation, (3 provers)

Ears

EAR – HEAT flashes, (1 prover)
EAR – HEAT, coming out, as if hot steam is (1 prover)
EAR – PAIN – extending to, head (1 prover)

Nose

NOSE -CONGESTION, sinuses (1 prover)
NOSE – CATARRH – followed by, Frontal sinuses; complaints of (1 prover)
NOSE – CATARRH – postnasal (1 prover)
NOSE – CONGESTION – nose to, waking upon (3 provers)
NOSE – DISCHARGES – clear, waking upon (1 prover)
NOSE – DISCHARGES – clear, sneezing on, afternoon (1 prover)

NOSE – DISCHARGES – crusts, scabs, inside, bloody, right, morning (1 prover)
NOSE – DISCHARGES – dripping, noon (1 prover)
NOSE – DISCHARGES – green, morning (1 prover)
NOSE – DISCHARGES – yellow clear (1 prover)
NOSE – DISCHARGES – yellow green, evening amel (1 prover)
NOSE – DISCHARGES – posterior nares, dripping (1 prover)
NOSE – DRYNESS – accompanied by burning pain (1 prover)
NOSE – DRYNESS – inside, (2 provers)
NOSE – HEAT in, air feels hot, expired (1 prover)
NOSE – PAIN – burning pain (1 prover)
NOSE – PAIN – stinging (1 prover)
NOSE – SNEEZING – morning (1 prover)
NOSE – SNEEZING, accompanied by itchy eyes, nose discharges (1 prover)

Face

FACE – CHAPPED, sensation as if lips are (1 prover)
FACE – CHAPPED, sensation as if upper lip is, morning (1 prover)
FACE – DISCOLORATION, Red, (1 prover)
FACE – DISCOLORATION, Red, cold washing, amel (1 prover)
FACE – DRY, sensation as if lips are, but are not (1 prover)
FACE – DRYNESS LIPS, licks them frequently (1 prover)
FACE – ERUPTION – blotchy, red, chin (1 prover)
FACE – ERUPTION – blotchy, red, cheeks (2 provers)
FACE – ERUPTION– cheeks, heat agg (2 provers)
FACE – ERUPTION– chin, heat agg (2 provers)
FACE – ERUPTION – vesicles – lip, lower (1 prover)
FACE – HEAT, flashes of heat, cheeks right (2 provers)
FACE – PAIN – Jaw, right, motion amel (1 prover)
FACE – ROUGH skin, Left side (1 prover)
FACE – TINGLING, sensation as if lips are chapped, are (1 prover)

Mouth

MOUTH – DISCOLORATION – Tongue, white (1 prover)
MOUTH – DISCOLORATION – Tongue, white, burned as if, (1 prover)
MOUTH – DISCOLORATION – Tongue, white, burned as if, numb, underneath (1 prover)
MOUTH – DISCOLORATION – Tongue, white, numb, sensation, as if (1 prover)
MOUTH – NUMBNESS, tongue (1 prover)
MOUTH – NUMBNESS, swollen, whistle cannot (1 prover)
MOUTH – SWOLLEN, whistle cannot (1 prover)
MOUTH – ODOR – putrid (1 prover)

MOUTH – TASTE – bitter, morning (1 prover)
MOUTH – ULCERS – canker sore, small, lips corner of, (2 provers)

Teeth

TEETH – NUMBNESS, front teeth, (1 prover)
TEETH – SENSITIVE, tender, brushing, (1 prover)
TEETH – SENSITIVE, tender, brushing, Right side worse (1 prover)

Throat

THROAT - ALIVE, sensation of something, drawing moisture for its own devices (1 prover)
THROAT – DRYNESS – night, midnight, after (1 prover)
THROAT – DRYNESS – on waking (1 prover)
THROAT – DRYNESS – swallowing agg (1 prover)
THROAT – EMPTINESS – sensation of, (1 prover)
THROAT – HAWK – disposition of, daytime (1 prover)
THROAT – HAWK – disposition of, mucus in throat and mouth, clearing (1 prover)
THROAT – MUCOUS – crusts, green, adherent, blood streaked, with (1 prover)
THROAT – PAIN – raw, as if, swallowing agg (1 prover)
THROAT – PAIN – raw, as if, food amel (1 prover)
THROAT – PAIN – raw, as if, center (1 prover)
THROAT – PAIN – raw, as if, extending to head (1 prover)
THROAT – PAIN – raw, as if, extending to, sinuses (1 prover)
THROAT – PAIN – swollen, glands; as from (1 prover)
THROAT – SENSITIVE – air, cold agg (1 prover)
THROAT – SENSITIVE – dryness, agg (1 prover)
THROAT – SENSITIVE – smoke agg (1 prover)
THROAT – SENSITIVE – cold drinks agg (1 prover)
THROAT – SENSITIVE – swallowing agg (1 prover)
THROAT – SENSITIVE – touch, agg (1 prover)
THROAT – SWELLING – esophagus, gland, eating amel (1 prover)
THROAT – SWELLING – esophagus, gland, warm drinks amel (1 prover)
THROAT – SWELLING – painless, (1 prover)
THROAT – TICKLING – accompanied by, hawking; tendency to (1 prover)

External throat

EXTERNAL THROAT – itching (1 prover)

Neck

NECK – HEAT, internal heat, sensation of, cool to touch (1 prover)
NECK – PAIN – sore (1 prover)
NECK – PAIN – sore, movement amel (1 prover)

NECK – PAIN – sore, extending to shoulder, left (1 prover)
NECK – STIFFNESS, as if elastic band, difficult to move at first, then moves, (1 prover)
NECK – STIFFNESS – painful, right (1 prover)
NECK – STIFFNESS – painful, increase, internal heat, with (1 prover)
NECK – STIFFNESS – painful, extending to pelvic region (1 prover)
NECK – STIFFNESS – sore, right (1 prover)
NECK – SWELLING – left (1 prover)

Stomach

STOMACH – ALIVE, sensation of something, (1 prover)
STOMACH – APPETITE, diminished, (2 provers)
STOMACH – APPETITE, diminished, thirst, increased (1 prover)
STOMACH – APPETITE, increased, accompanied by, fullness in stomach, sensation of (2 provers)
STOMACH – APPETITE, increased, starchy foods (1 prover)
STOMACH – DISTENDED, restless sleep, with (1 prover)
STOMACH – DISTENDED, restless sleep, with; lying left side amel (1 prover)
STOMACH – HEARTBURN – accompanied by, distension, sleep disturbed, (1 prover)
STOMACH – HEAVINESS – breakfast agg (1 prover)
STOMACH – PAIN, bursting pain, walking agg (1 prover)
STOMACH – PAIN, bursting pain, lying down amel (1 prover)
STOMACH – PAIN, evening, burning (1 prover)
STOMACH – NAUSEA, forenoon (1 prover)
STOMACH - OPPRESSION, accompanied by chest oppression (1 prover)
STOMACH – SOLID food, agg (1 prover)
STOMACH – THIRST, increased (1 prover)
STOMACH – VOMIT, amel (1 prover)
STOMACH – VOMITING, empty; until stomach, is (1 prover)
STOMACH – VOMITING, empty; until stomach, is; walking amel (1 prover)
STOMACH – VOMITING, nausea, with (1 prover)

Abdomen

ABDOMEN – PAIN – digestion, during; (2 provers)
ABDOMEN – PAIN – digestion, during; stretching amel (1 prover)
ABDOMEN – PAIN – digestion, during; lying down amel (1 prover)
ABDOMEN – PAIN – intestines, accompanied by lumbar region, pain in (1 prover)
ABDOMEN – PAIN – intestines, accompanied by lumbar region, pain in; (1 prover)
ABDOMEN – DISTENSION – weakness, with (1 prover)
ABDOMEN – DISTENSION – noon, (1 prover)
ABDOMEN - PAIN CRAMPING, accompanied by, fullness of bladder, (1 prover)

Rectum

- RECTUM – DIARRHEA – weakness, with (1 prover)
- RECTUM – CONSTIPATION, insufficient, (= incomplete, unsatisfactory, stools) (1 prover)
- RECTUM – CONSTIPATION, stool, remains long in the rectum with no urging (1 prover)

Stool

- STOOL – PIECES, small (1 prover)
- STOOL – PIECES, small, day throughout the (1 prover)
- STOOL – HARD, small, (2 provers)

Bladder

- BLADDER – DISTENDED feeling, (1 prover)
- BLADDER – FULLNESS – sensation of, thirstlessness, with (1 prover)
- BLADDER – URINATION, frequent, thirstlessness with (1 prover)

Kidneys

- KIDNEYS – PAIN – Region of, sore, right side, morning (1 prover)
- KIDNEYS – PAIN – left, sore (1 prover)

Urine

- URINE, FREQUENT accompanied by thirstlessness (2 provers)

Female genitalia / sex

- FEMALE GENITALIA / SEX -leukorrhea – afternoon (1 prover)
- FEMALE GENITALIA / SEX -leukorrhea – evening (1 prover)
- FEMALE GENITALIA / SEX – sexual desire – headache, with (1 prover)
- FEMALE GENITALIA / SEX – sexual desire – increased, menopausal women (2 provers)
- FEMALE GENITALIA / SEX – sexual desire – increased, post menopausal women, ovulation, like (1 prover)
- FEMALE GENITALIA / SEX – sexual desire – orgasm reached, easier (1 prover)
- FEMALE GENITALIA / SEX – sexual desire – headache, with (1 prover)
- FEMALE GENITALIA / SEX – returns – ceased, after the regular menstrual cycle has (1 prover)

Respiration

- RESPIRATION – IMPEDED, obstructed – oppression from, chest (1 prover)

Cough

COUGH - BREATHING – deficient, being (1 prover)
COUGH - EXERTION -agg (1 prover)
COUGH - DRY – afternoon agg (1 prover)
COUGH - DRY – waking; on (1 prover)
COUGH - DRY – morning (1 prover)
COUGH - DRYNESS from – Trachea, in (1 prover)
COUGH - DRY – tickling from, trachea, low down (1 prover)
COUGH - EXPIRATION agg. (1 prover)
COUGH – LOOSE (1 prover)
COUGH – TICKLING in, air impurities agg (1 prover)
COUGH – TICKLING in, dry air agg (1 prover)
COUGH – TICKLING, exertion agg (1 prover)
COUGH – TICKLING in, smoke agg (1 prover)

Expectoration

EXPECTORATION – COPIOUS,(1 prover)
EXPECTORATION - HAWKED UP - mucus, green, streaked blood, with (1 prover)
EXPECTORATION - MUCOUS, yellow (1 prover)
EXPECTORATION - MUCOUS, clear, morning (1 prover)
EXPECTORATION - MUCOUS, gray, morning (1 prover)
EXPECTORATION - MUCOUS, greenish, morning (1 prover)
EXPECTORATION – MUCOUS – sticky (1 prover)
EXPECTORATION – MUCOUS – tenacious (1 prover)
EXPECTORATION – MUCOUS – tenacious, gray, morning (1 prover)
EXPECTORATION – MUCOUS – clear, daytime (1 prover)
EXPECTORATION – MUCOUS – thin, daytime (1 prover)

Chest

CHEST – CATARRH, abundant, chest from agg (1 prover)
CHEST – CATARRH milk agg (1 prover)
CHEST - CONGESTION, lungs, mucous with (1 prover)
CHEST - OPPRESSION, accompanied by stomach oppression (1 prover)
CHEST – OPPRESSION, respiration, difficult, with P

Back

BACK – DORSAL – complaints of, scapula right (1 prover)
BACK -HEAT, internal heat, sensation of, cool to touch (1 prover)
BACK – INJURIES – Cervical region (1 prover)
BACK – PAIN – aching (1 prover)

BACK – PAIN – biting (1 prover)
 BACK – PAIN – burning, movement amel (1 prover)
 BACK – DORSAL REGION, complaints of, scapulae, between (1 prover)
 BACK – PAIN - Dorsal region, stitching pain, needles, as from (1 prover)
 BACK – PAIN – Dorsal region, Scapula, under Right, walking (1 prover)
 BACK – PAIN – Dorsal region, aching (1 prover)
 BACK – PAIN – dull, pain (2 provers)
 BACK – PAIN – extending to stomach (1 prover)
 BACK – PAIN – Hips - extending to thighs, unbending, as if steel rod, (1 prover)
 BACK – PAIN – intermittent (1 prover)
 BACK – PAIN – Lumbar region (2 provers)
 BACK – PAIN – lumbar region, hips; above, sore (1 prover)
 BACK – PAIN – lumbar region, hips; sore, heat amel (1 prover)
 BACK – PAIN – lumbar region, hips; sore, lying down amel (1 prover)
 BACK – PAIN – lumbar region, sore, extending to hip, left (1 prover)
 BACK – PAIN – morning (1 prover)
 BACK – PAIN – Sacrum, biting (1 prover)
 BACK – PAIN – Sacrum region, burning, deep seated (1 prover)
 BACK – PAIN – sore, walking downhill agg (1 prover)
 BACK – PAIN – sore, rest amel (1 prover)
 BACK – PAIN – stiffness, painful (1 prover)
 BACK – PAIN – stiffness, painful, sacral region (2 provers)
 BACK – PAIN – stiffness, painful, sacral region, movement amel (1 prover)
 BACK – SPARKLER being lit up, acid sensation as if, scapula, right (1 prover)
 BACK – SPARKLER being lit up, sensation as if, scapula, right (1 prover)
 BACK – SPASMS – sacrum region, standing from sitting agg (1 prover)
 BACK – STIFFNESS – dorsal region, morning, (1 prover)
 BACK – STIFFNESS – Dorsal region, extending to sacral region, right side (1 prover)

Extremities

EXTREMITIES – COLDNESS – Hands and toes, vertigo, with (1 prover)
 EXTREMITIES – CONTRACTION of muscles and tendons, Feet, spasmodic (1 prover)
 EXTREMITIES – CRAMPING – foot, left, arch of (1 prover)
 EXTREMITIES – CRAMPING – foot, left; arch of; night, at (1 prover)
 EXTREMITIES – CRAMPING – foot, left, arch of, stretching amel (1 prover)
 EXTREMITIES – CRAMPING – thighs, left (1 prover)
 EXTREMITIES – CRAMPING – thighs, left extending to Left hip (1 prover)
 EXTREMITIES – DISCOLORATION, finger, third, red spot, itchy (1 prover)
 EXTREMITIES – DISCOLORATION, finger, third, red spot, scratchy (1 prover)
 EXTREMITIES – ERUPTIONS – Hands, vesicle, thumb, base of (1 prover)
 EXTREMITIES – GANGLION, Hands, back of hand, right (1 prover)
 EXTREMITIES – INFLAMMATION – hip, join (1 prover)

EXTREMITIES – NUMBNESS – feet, right (1 prover)
 EXTREMITIES – NUMBNESS – feet, right, paraesthesia, with(1 prover)
 EXTREMITIES – NUMBNESS – feet, right, paraesthesia, with, walking amel (1 prover)
 EXTREMITIES – LAMENESS - ankle, after, sprain (2 provers)
 EXTREMITIES – LAMENESS - feet, left, after, sprain (1 prover)
 EXTREMITIES – LAMENESS - feet, left, after, sprain, pressure agg (1 prover)
 EXTREMITIES – LAMENESS - feet, left, after, sprain, stretching amel (1 prover)
 EXTREMITIES – LAMENESS - feet, left, after, sprain, touch agg (1 prover)
 EXTREMITIES – NODULE – foot, solid (1 prover)
 EXTREMITIES – NODULE – wrist (1 prover)
 EXTREMITIES – NODULE – wrist, pressure agg (1 prover)
 EXTREMITIES – PAIN – Ankles - swelling, sprain, after (2 provers)
 EXTREMITIES – PAIN – feet - arch, spasmodic, night at (1 prover)
 EXTREMITIES – PAIN – Feet - aching (1 prover)
 EXTREMITIES – PAIN – Feet - right, sore (1 prover)
 EXTREMITIES – PAIN – Hips - extending to thighs, unrelenting (1 prover)
 EXTREMITIES – PAIN – Hips - extending to thighs, unbending, as if steel rod, (1 prover)
 EXTREMITIES – PAIN – Hips -right, sore (1 prover)
 EXTREMITIES – PAIN – Hips -right, sore, heat amel (1 prover)
 EXTREMITIES – PAIN – Hips -right, sore, lying amel (1 prover)
 EXTREMITIES – PAIN – KNEES - (1 prover)
 EXTREMITIES – PAIN – KNEES - cold agg (1 prover)
 EXTREMITIES – PAIN – KNEES - covering amel, (1 prover)
 EXTREMITIES – PAIN – KNEES – evening (1 prover)
 EXTREMITIES – PAIN – KNEES - lying down amel (1 prover)
 EXTREMITIES – PAIN – KNEES - lying on painful side (1 prover)
 EXTREMITIES – PAIN – KNEES – stitching, first movement agg (1 prover)
 EXTREMITIES – PAIN – legs, left, sore, extending to pelvic bone (1 prover)
 EXTREMITIES – PAIN – legs, sore, walk: as after a long (1 prover)
 EXTREMITIES – PAIN – legs, left, sore (1 prover)
 EXTREMITIES – PAIN – lower limbs, sciatic nerve, left(1 prover)
 EXTREMITIES – PAIN – lower limbs, sciatic nerve, left, stretching amel (1 prover)
 EXTREMITIES – PAIN – lower limbs, sciatic nerve, left, electrical shock, like (1 prover)
 EXTREMITIES – PAIN – lower limbs, pinching pain, left buttocks, under (2 provers)
 EXTREMITIES – PAIN – pulsating, knee joint, (1 prover)
 EXTREMITIES – PAIN – shoulder, right, sore (1 prover)
 EXTREMITIES – PAIN – sore, intermittent (1 prover)
 EXTREMITIES – PAIN – sore, foot, hurry cannot (1 prover)
 EXTREMITIES – PAIN – thighs - left, cramping (1 prover)
 EXTREMITIES – PARAESTHESIA – left leg, crossed-legged, after sitting (1 prover)
 EXTREMITIES – PULLING, legs (1 prover)
 EXTREMITIES – PULSATING, sensation of, Left armpit, under (1 prover)
 EXTREMITIES – PINCHING, sensation of, Left armpit, under (1 prover)
 ESTREMITIES – SPRAINED foot, heals very slowly (2 provers)

EXTREMITIES – SENSITIVE pressure, foot leg, (1 prover)
EXTREMITIES – STIFFNESS – leg, left (1 prover)
EXTREMITIES – STIFFNESS – leg, left, sudden, 4 pm, rubbing amel (1 prover)
EXTREMITIES – STIFFNESS – shoulder, right (1 prover)
EXTREMITIES – SWELLING – Fingers, Second, joints distal, pressure agg (1 prover)
EXTREMITIES – THROBBING - medial right knew, walking amel (1 prover)
EXTREMITIES – SWELLING – feet, painful, lifting amel (2 provers)

Sleep

SLEEP – DEEP, unrefreshing (2 provers)
SLEEP - DESIRE, afternoon, (2 provers)
SLEEP - HEAVY – afternoon (1 prover)
SLEEP – FALLING ASLEEP, difficult (1 prover)
SLEEP - LIGHT – tossing around, much (2 provers)
SLEEP - NEED TO SLEEP – great (3 provers)
SLEEP - POSITION changed frequently (1 prover)
SLEEP - PROLONGED – (3 provers)
SLEEP - REFRESHING (3 provers)
SLEEP -REFRESHING, post menopausal women, in (1 prover)
SLEEP- REFRESHING, short sleep, despite (3 provers)
SLEEP - SHORT, afternoon (2 provers)
SLEEP - SLEEPINESS – morning (2 provers)
SLEEP – SLEEPINESS – restlessness with (1 prover)
SLEEP - SLEEPLESSNESS – eyes – closed; with (1 prover)
SLEEP - SLEEPLESSNESS – pain, during (1 prover)
SLEEP - STUPOR – drowsy (2 provers)
SLEEP – TIREDNESS, good sleep, despite (1 prover)
SLEEP - WAKING - difficult (1 prover)
SLEEP - WAKING – late, too (1 prover)
SLEEP - WAKING – slept one's fill; as having (2 provers)
SLEEP - UNREFRESHING, prolonged sleep (3 provers)
SLEEP - UNREFRESHING, rising, indisposed to (1 prover)
SLEEP - YAWNING – forenoon (1 prover)

Dreams

DREAMS – ACTIVE, moving about a lot (1 prover)
DREAMS – ACTIVE, problem solving (1 prover)
DREAMS – ACCUSED, pregnant, making woman (1 prover)
DREAMS – ADVENTUROUS, not afraid (1 prover)
DREAMS – ANIMAL spirit, of (1 prover)
DREAMS – ARGUMENTS, friends; with (1 prover)
DREAMS – ARGUING my right, for (1 prover)

DREAMS – ASSESSING, people's health (1 prover)
 DREAMS – BABY, snakes (1 prover)
 DREAMS – BABY, crocodiles (1 prover)
 DREAMS – BAD CONSCIENCE, left kids alone (1 prover)
 DREAMS – BITTEN by a sick cat (1 prover)
 DREAMS – BOYFRIEND – affair, having an, with much younger man (1 prover)
 DREAMS – CHANGE of (1 prover)
 DREAMS – CHILDBIRTH – delivering, eight babies (1 prover)
 DREAMS – CHEST, feels heavy (1 prover)
 DREAMS – CLOSET, a cow and a tiger in the closet (1 prover)
 DREAMS – CLOUDS, dark (1 prover)
 DREAMS – CONCERT, large music, regret did not sell CDs (1 prover)
 DREAMS – CONFIDENT, able to prove a point, but didn't (1 prover)
 DREAMS – CONFUSED, not measuring up (1 prover)
 DREAMS - CONTROLLING a car (1 prover)
 DREAMS – CORPS old, remains of (1 prover)
 DREAMS – DANGER, to others, (1 prover)
 DREAMS – DANGER, unprotected, being (2 provers)
 DREAMS – DANGER, vulnerable, being (1 prover)
 DREAMS – DEAD BODIES, on TV (1 prover)
 DREAMS – DEAD, of the relatives, talking with dead relatives (2 provers)
 DREAMS – DECIDE, cannot (1 prover)
 DREAMS – DERELICT,(1 prover)
 DREAMS – DISAPPOINTED (2 provers)
 DREAMS – DIVING around a ship wrecked (1 prover)
 DREAMS – DRIVING a car, (1 prover)
 DREAMS – DRUGS of (1 prover)
 DREAMS – EMBARRASSED, (1 prover)
 DREAMS – ESCAPING, with grandmother, (1 prover)
 DREAMS – EXTERNAL control, train can only follow track, like a (1 prover)
 DREAMS – FATHER, killed by a gun (1 prover)
 DREAMS – FATHER, took after a dominant father (1 prover)
 DREAMS – FATHER, threatening to kill her, (1 prover)
 DREAMS – FAULTS, on everything (1 prover)
 DREAMS – FLIGHTING (1 prover)
 DREAMS – FIGHTING for my right to freedom (1 prover)
 DREAMS – FLOOD, child, water under (1 prover)
 DREAMS – FLOOD, large areas under water, (1 prover)
 DREAMS – FLOOD, river overflowing (1 prover)
 DREAMS – FLOOD, water deep, fast flowing (1 prover)
 DREAMS – FLOOD, ark, building (1 prover)
 DREAMS – FOOD, policies, (1 prover)
 DREAMS – FOUND, sick cat with kitten, dumped in a parking lot (1 prover)
 DREAMS – GIFT, received, of a flute (1 prover)

DREAMS – GIFT, flower arrangement, flowers had roots (1 prover)
DREAMS – GREEN, everything (1 prover)
DREAMS – GREEN, everything, despite gray sky (1 prover)
DREAMS – HITTING, club, with (1 prover)
DREAMS – HITTING, girl hitting my dog (1 prover)
DREAMS – KISSING male co-worker in front of father (1 prover)
DREAMS – KISSING, a cow and a tiger (1 prover)
DREAMS – LEAVING, dream in the room, (1 prover)
DREAMS – LIMITATIONS, about (1 prover)
DREAMS – MAN, being given a pair of panties (women's underwear) (1 prover)
DREAMS – MEETING, international meeting of First Nations (1 prover)
DREAMS – MEETING, people outraged, disappointed, (1 prover)
DREAMS – MISSION, on a mission to find something, (1 prover)
DREAMS – MOTHER, took after a stubborn verbally stinging, mother, (1 prover)
DREAMS – MURDER, commitment, cover it cannot (1 prover)
DREAMS – MURDER, hearing of the planning of murdering two girls (1 prover)
DREAMS – MUSIC playing music beautifully (1 prover)
DREAMS – MUSIC, watching, bagpipe playing, (1 prover)
DREAMS – MOVING, about a lot (1 prover)
DREAMS – OCEAN, of (1 prover)
DREAMS – OFFENDED (1 prover)
DREAMS – ORGANIZING, a party (1 prover)
DREAMS – PARTY, enjoying socializing, at a (1 prover)
DREAMS – PERFECTION, imperfection (1 prover)
DREAMS – PEOPLE – gatherings, pleasant (4 provers)
DREAMS – PEOPLE – gatherings, praying, singing (1 prover)
DREAMS – PEOPLE – gatherings, sacred drumming (1 prover)
DREAMS – PEOPLE – international gathering to talk about how we can survive overcrowding (1 prover)
DREAMS – PEOPLE locked in, could be heard but not seen (1 prover)
DREAMS – PEOPLE, lots of people in the water (1 prover)
DREAMS – PEOPLE wearing white clothes (1 prover)
DREAMS – PLANNING, needed (1 prover)
DREAMS – PLANT medicine (1 prover)
DREAMS – PLANET, saving the (1 prover)
DREAMS – POLLUTED air, cannot breath (1 prover)
DREAMS – POLLUTED, air, red glow in the sky (1 prover)
DREAMS – PROFESIZING (1 prover)
DREAMS – PROTECTING, animals for our survival (1 prover)
DREAMS – PUNCHING, girls that hit my dog, hating her (1 prover)
DREAMS – PURSUED being, (1 prover)
DREAMS – PURSUED being, police, by (1 prover)
DREAMS – PURSUED being, drug lords, by (1 prover)
DREAMS – PURSUING a fellow out of revenge (1 prover)

DREAMS – QUILT, beautiful, orange (1 prover)
 DREAMS – RESIGNED about the future (1 prover)
 DREAMS – RIDE, unable to give someone a ride (1 prover)
 DREAMS – RIVERS, of (1 prover)
 DREAMS – ROTTEN, house, by bugs (1 prover)
 DREAMS – SAILING, of (1 prover)
 DREAMS – SALMON going upstream (1 prover)
 DREAMS – SCARF a woman put a scarf around my shoulders (1 prover)
 DREAMS – SCARED friend, coming from behind (1 prover)
 DREAMS – SOUL separated from body (1 prover)
 DREAMS – SLOW DEATH, from illegal drugs, (1 prover)
 DREAMS – SLOW MOTIONS, (1 prover)
 DREAMS – DISCOVERY, self (1 prover)
 DREAMS – SEARCHING, through layers without finding answers (1 prover)
 DREAMS – SHAMELESS, ready to fight (1 prover)
 DREAMS – STRUGGLE, symbols of (1 prover)
 DREAMS – STRUGGLE, to fly away from body (1 prover)
 DREAMS – SURPRISED, unprepared, Prime Minister dropped in (1 prover)
 DREAMS – SWIMMING in dark waters (1 prover)
 DREAMS – SWIMMING in a light current (1 prover)
 DREAMS – SWIMMING, shark stayed at a distance (1 prover)
 DREAMS – TIME, passing too fast (1 prover)
 DREAMS – TALKING about another dream (1 prover)
 DREAMS – TEACHING oral native knowledge (1 prover)
 DREAMS – TEACHING how to make healing drinks (1 prover)
 DREAMS – TEACHING healthy lifestyles (1 prover)
 DREAMS – TIGER, hugging me and licking my face (1 prover)
 DREAMS – TRANSFORMING, a man into a woman (androgynous) (1 prover)
 DREAMS – TRAILER, of her car, got loose, landed in a room,(1 prover)
 DREAMS – TRAPPED (1 prover)
 DREAMS – TREATED unjustly, stands up for herself (1 prover)
 DREAMS – UNCOMFORTABLE (2 provers)
 DREAMS – UNEXPECTED, shocking events (4 provers)
 DREAMS – UNSUCCESSFUL EFFORTS (2 provers)
 DREAMS – VET, taking a sick cat to the vet (1 prover)
 DREAMS – VIOLENT (4 provers)
 DREAMS – VIVID, strangers (1 prover)
 DREAMS – WANTED TO LEAVE, unable to (1 prover)
 DREAMS – WATER, of (1 prover)
 DREAMS – WEDDING, gone to wrong wedding, embarrassed (1 prover)
 DREAMS – WORRIED about Mother Earth survival (1 prover)
 DREAMS – YOUNG people sick, dying (2 provers)

Chill

- CHILL – DAY, lasting all day (1 prover)
- CHILL – INTERNAL, coldness, Bones, as if in the (1 prover)
- CHILL – WARM, warm desires, but cannot get (1 prover)
- CHILL – VERTIGO, during, back, upwards, from (1 prover)

Fever

- FEVER – INTERNAL HEAT (1 prover)
- FEVER – INTERNAL HEAT, accompanied by, neck stiffness, and head pain (2 provers)
- FEVER – COVERED, desire to be, cold pillow wants to hold, on head and face (1 prover)
- FEVER – AFTERNOON (1 prover)

Skin

- SKIN– CHAPPED, sensation as if lips are (1 prover)
- SKIN – DISCOLORATION, red, scratching, after (1 prover)
- SKIN – DISCOLORATION, red, right side (2 provers)
- SKIN– DRY, sensation as if lips are (1 prover)
- SKIN – DRY, sensation as if skin had dried, washing, agg, after (1 prover)
- SKIN – DRY, sensation of dryness (1 prover)
- SKIN – DRY – rough (2 provers)
- SKIN – GANGLIA, Hand, back of hands, Right (1 prover)
- SKIN – ERUPTION, blisters, lower lip (2 provers)
- SKIN – ERUPTION, blotches, red (1 prover)
- SKIN – ERUPTION, boil, painful, watery discharge, with pressure (1 prover)
- SKIN – ERUPTION – rash, red; itching, with (1 prover)
- SKIN – ERUPTION – rash, irritated by, cold water, (1 prover)
- SKIN – ERUPTION, washing, after (1 prover)
- SKIN – ERUPTION – rash, heat agg (1 prover)
- SKIN – ERUPTION – rash, burning, (1 prover)
- SKIN – ERUPTION – scaly, red (1 prover)
- SKIN – SENSITIVENESS – touch, to; red swelling, with (2 provers)
- SKIN – ROUGH – nose, below (1 prover)
- SKIN – TINGLING, sensation as if lips are chapped, are (1 prover)

Generals

- GENERALS – AIR; OPEN, desire for open air, wind amel (3 provers)
- GENERALS – BOILING sensation, blood, (2 provers)
- GENERALS – COLD -feeling, bones, in the (1 prover)
- GENERALS – ENERGY, drawn away for me (1 prover)
- GENERALS – ENERGY- excess energy, (2 provers)
- GENERALS – ENERGY- excess energy, accompanied by, heat (1 prover)

GENERALS – ENERGY- excess energy, Monday, on a (1 prover)
 GENERALS – ENERGY- excess energy, morning (1 prover)
 GENERALS – ENERGY- good (3 provers)
 GENERALS – EXERTION, physical, agg, sleep desires, afternoon, in (3 provers)
 GENERALS – FAINTNESS, closed, room; in, (1 prover)
 GENERALS – FAINTNESS, closed, room; in, open air amel (1 prover)
 GENERALS – FAINTNESS, accompanied by nausea, (1 prover)
 GENERALS – FAINTNESS, accompanied by nausea, morning (1 prover)
 GENERALS – FAINTNESS, accompanied by nausea, heavy eyes, with; concentration difficult, with (1 prover)
 GENERALS – FAINTNESS, vertigo; with, head pressure (1 prover)
 GENERALS – FAINTNESS, vertigo; with, intermittent (1 prover)
 GENERALS – FOOD and DRINKS, asparagus, desire (1 prover)
 GENERALS – FOOD and DRINKS; beer desire, cold beer (1 prover)
 GENERALS – FOOD and DRINKS; bread, white (1 prover)
 GENERALS – FOOD and DRINKS; butter, desire (1 prover)
 GENERALS – FOOD and DRINKS; coffee, desire (2 provers)
 GENERALS – FOOD and DRINKS; crackers, desire (1 prover)
 GENERALS – FOOD and DRINKS, honey, desire (1 prover)
 GENERALS – FOOD and DRINKS; garlic, desire (1 prover)
 GENERALS – FOOD and DRINKS, garlic, at night (1 prover)
 GENERALS – FOOD and DRINKS, mushroom, raw (1 prover)
 GENERALS – FOOD and DRINKS; prawns, desire (1 prover)
 GENERALS – FOOD and DRINKS, salami; desire (1 prover)
 GENERALS – FOOD and DRINKS, sweets, desire, lost (1 prover)
 GENERALS – FOOD and DRINKS, sweets, desire (3 provers)
 GENERALS – FOOD and DRINKS, soda drink, sweet, desire (1 prover)
 GENERALS – HEAVINESS, sensation of, breakfast amel (1 prover)
 GENERALS – HEAT, sensation of, internally (1 prover)
 GENERALS – LABORATORY, findings – blood glucose, low (1 prover)
 GENERALS – MUSIC, amel (1 prover)
 GENERALS – PAIN, achy body (1 prover)
 GENERALS – PAIN, body all over (1 prover)
 GENERALS – PHYSICAL, activities, in open air, desire (2 provers)
 GENERALS – STIFFNESS (4 provers)
 GENERALS – SLUGGISHNESS of the body, (2 provers)
 GENERALS – TIRED from dreaming (1 prover)
 GENERALS – VIBRATIONS, fluttering, sensation as if, food, amel (3 provers)
 GENERALS – VIBRATIONS, fluttering, sensation as if, anxiety, with, food, amel (1 prover)
 GENERALS – WEAKNESS, morning (2 provers)
 GENERALS – WEAKNESS, morning, accompanied by nausea (2 provers)
 GENERALS – WEAKNESS, afternoon (1 prover)
 GENERALS – WEAKNESS, evening (2 provers)
 GENERALS – WEAKNESS, sensation, being forced down, ceiling of vitality (1 prover)

GENERALS – WEAKINESS, sudden (1 prover)
GENERALS – WEAKINESS; lunch, before, lay down, desire, to (3 provers)
GENERALS – WEARINESS, morning, in; breakfast amel (3 provers)
GENERALS – WEATHER, rainy, amel. (1 prover)
GENERALS – WEATHER, cold, agg (2 provers)
GENERALS – WEATHER, hot, agg (2 provers)
GENERALS – WEIGHT; weight lost (1 prover)

Sensations

Dullness was a common sensation that the provers experienced, so it is not surprising that there was a need for stimulants. Provers had craving for *beer* and *coffee* even if they didn't usually drink coffee, or had aversion for coffee prior to the proving.

Depleted, drained (note the language of water) together with vertigo or being lightheaded was often experienced before breakfast or a meal. The sensations were resolved with eating.

Other sensations were: pinching, pulsating, cramping, like a pin prick, sore, stinging, dryness or dust in eyes, brain loose and moving back and forth, bitterness, tingling, as if burned, numbness, something stuck, rawness, tickling, chilly.

Modalities

Better by: cool water or cold dry applications (1 prover), movement (2 provers), out of door (2 prover), lying down (3 provers), pressure (3 provers), eating, (3 provers), stretching (4 provers), warmth (3 provers)

Worse by: cold (3 provers), dry air (2 provers), smell of food (2 provers), open air (1 prover), heat (1 prover)

Desire: coffee, garlic, prawns, asparagus, white bread, salami, sweet, crackers, mushrooms.

Potentially cured symptoms (3 provers)

Nose stopped running during hay fever

- My allergies don't bother me anymore
- My allergies are pretty much gone although everything is blossoming outside. Especially the Japanese plum tree in front of my window always made me sneeze and made my eyes itchy
- On my way home I wasn't bothered by any trees or flying pollen
- Hay fever symptoms really much better
- I had a touch of itchy eyes when I woke up but nothing like I normally have at this time of year. Now my eyes don't itch anymore
- Had runny and stuffy nose before start of proving, it disappeared after taking remedy

Ganglion

One prover had a ganglion for several month, on her wrist had completely cleared during the proving for no apparent reason,

BC native usage of Devil's club

Devil's club is still very important as a medicine and protective agent for the indigenous people in its range. It is considered the most important of all medicinal plants amongst the First Nation's. Roots, and the especially the inner back of the stems have been used for a wide range of illnesses including arthritis, ulcers, diabetes and digestive track ailments.

The wood of the Devil's club shrub is very strong and native people used it in a variety of way to lure fish. The medical usage of *Oplopanax horridus* is highlighted below from the work compiled by Pojar and MacKinnon (1994). For more extensive collection of First Native medicinal usage of Devil's club refer to the excellent review by Lantz *et all* 2004.

Usage	First nation
Rheumatism and stomach trouble. Roots and stems were used as a cleansing emetic and purgative. In steam baths for rheumatism and stomach trouble	Nuxalk
Arthritis or rheumatism Medicine for arthritis or rheumatism was made from the	Ditidaht, Coastal Salish, Cowlitz,

stems – after the spines were removed - infused with water and drunk extensively for several days.	
Colds and rheumatism Dried bark was into an infusion drunk for colds and applied topically for rheumatism.	Cowlitz
Rheumatism and pain Used it in hot baths and as a poultice for rheumatism and pain	Cowichan, Sechelts, Squamish
Colds Steeped stems and drank the tea colds	Lushootseed
Tuberculosis, menstruation Steeped roots and bark with prince's pine and cascara and drank the tea for tuberculosis and to re-establish menstruation after childbirth.	Skagit
Breastfeeding problems Applied de-thorned branch to a woman's breast to stop the flow of milk	Lummi
Head lice Berries were rubbed on the scalp against lice and dandruff and to make hair shiny	Lummi
Tuberculosis of the bone Inner bark was used to cure rheumatism and tuberculosis of the bone	Lummi
Fever Boiled the stems and branches and drank the tea to reduce fever	Dena'ina
Tuberculosis, stomach troubles, Upper respiratory problems Inner bark of the root was used for tuberculosis, stomach trouble, coughs, colds and fevers	Dena'ina
Boils and infections Shredded inner bark until soft and applied as a poultice for swollen glands, boils, and other infections	Dena'ina
Arthritis Medicine for arthritis and protection from spirits in form of a face paint	Halq'emeylem
Rheumatism, aches and pain Roots and stems used for rheumatism, aches and pains	Southern Vancouver Island Salish
Measles Bark tea for the treatment of measles. Entire plant with spines and black hawthorn to drive away sickness Tea made from the inner bark is drunk by many people today for diabetes.	Cowisham

Discoveries of the proving

Proving symptoms from current data include mental symptoms such as difficult concentration, slowness, and difficulties in decision making and a deep sense of calmness that evolved into a sense of dullness, ennui and depression. Probably one of the most popular symptoms experienced was the deep sense of confidence and the “can do” attitude that came with it. Often the negative aspects of a remedy are noted, but the more positive symptoms are also part of the remedy picture.

Physical symptoms experienced by a number of provers clearly point out the use of the remedy to treat nausea, loss of appetite, stomach problems, weight gain, constipation, vertigo and lightheaded-ness, sudden flashes of heat that resembled the typical menopausal hot flashes.

The proving showed a strong affinity for mucus membranes with a number of symptoms associated with dryness and with swelling, with pain in the extremities and in the kidneys.

The First Nation in BC used Devil's claws as teas or poultices or in steaming, (Lantz *et al*, 2004) to treat tuberculosis, in the proving there is a hint of the possible Tubercular miasm with the sensations of being trapped, the need for space and being better in open air. Further provers experienced a dry ticking cough that was intermittent and there was blood in the sputum, such sputum hint towards tuberculosis.

Skin symptoms a red rash – the First Nation used Devil's club for measles – and a vesicular eruption that resembled Herpes zoster eruptions.

The spines of Devil's club break easily and in bed themselves causing typical infection signs and symptoms, local heat, inflammation, pain, and redness, eventually a pimple is formed with a green / whitish head that eventually erupts. The provers did not experience such symptoms but while preparing the plant material I got stung by the plant 3 times and observed the symptoms reported. The infection is supposed to be caused by *Staphylococcus sp.* If this plant is capable in causing such infection by definition – Like cures like – it might be able to cure *Staphylococcus sp.* infections.

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Appendix 1

Instructions to provers

From: Lucy De Pieri
To: Provers
Reference: Instructions to provers
Date: March 13, 2007

Thank you for participating to the proving of a new remedy. Proving is the experiential aspect of homeopathy, and contributes to the evolution of homeopathy. Once a remedy is proven and has been used clinically, it will be available in perpetuity for the benefit of healing the sick.

Before the proving

Contact the supervisor you have been assigned and set a date and time you can meet to establish the baseline case. If you have not seen a homeopath before don't be surprised if you will be asked. Your supervisor will establish what are your symptoms so that when I process the data it will be clear what are your symptoms and what are the symptoms that have arisen from the remedy we are proving.

You may use a word processor to record your symptoms, in that case please switch the automatic spell checker off, and please DO NOT edit your notes. If you choose to write by hand you can claim the cost of the journal at the extraction meeting.

Record your symptoms, or how your body feels both physically and emotionally, starting around the 19 or 20th of March so that you will get used to observe how your body feels and develop the habit of writing on a daily basis.

Ideally the remedy is taken on the weekend of **March 23 – 24, or within few days thereafter** after the baseline case is established. Contact your supervisor on a daily basis at the time you both agreed on. Please provide your supervisor with your contact information of your closest relative, living partner or next of kin. If you do not call your supervisor as agreed it will be assumed that you are not able to contact her/him and your supervisor will call or your alternative person to ensure that you are safe and well.

Please DO NOT talk to anyone (except your supervisor) about the proving, as it is part of limiting the external influences on how symptoms are perceived. Once the proving is finished you are free to discuss your experiences.

Taking the remedy

Take the remedy the day agreed with your supervisor. Record the exact time and date you have taken the proving dose.

Time keeping is important, please note whenever possible the time you experienced the symptom.

Take the remedy on an empty stomach and a clean mouth. Neither food nor drink should be taken half-hour either before or after taking the remedy.

All provers will take a single dose. The remedy you have received has a code, this is part of the double blind aspect of the study. The code will be revealed at the extraction meeting (see later) where the nature of the remedy and the potency taken will be revealed.

Lifestyle during the proving

Avoid all anti doting substances such as coffee, camphor, and very strong smelling chemicals such as ammonia or bleach. If you normally use these substances please stop taking them few days before taking the remedy. If you need to store the remedy for a day or so, protect it from extreme of temperature, strong smelling substances. Store it in the dark.

A successful proving depends on recognizing and respecting the need for moderation in the following area: work, alcohol, exercise and diet. Try to remain within your normal framework and keep your usual habits.

Avoid taking any medications of any sort, including antibiotics, vitamins or mineral supplements, herbal or other homeopathic remedies. Such substances may alter the symptoms from the remedy under study and may interfere with the accurate establishment of its symptoms.

In the event of a medical or dental emergency, use common sense. Contact your doctor, dentist etc as needed. Also contact your supervisor and me as soon as possible regarding your condition.

Confidentiality

It is important for the quality and credibility of the proving that you discuss your symptoms ONLY with your supervisor. Do not discuss your symptoms with fellow provers. Your privacy is something to be protected. Publication of proving data will refer to you by a prover number only.

Contact with your supervisor

Good supervision is essential to a homeopathic proving. Your supervisor will work with you to

ensure that your health is protected during the proving and that accurate, detailed and relevant proving data is gathered.

Contact your supervisor for the initial baseline case and on a daily basis thereafter until you, your supervisor, decide that it is not necessary to maintain such close contact. If there is any doubts please call me. As the proving progresses contacts between prover and supervisor will be less frequent (2-3 times a week or every 5 days during the last weeks).

If you have any doubt about the proving contact your supervisor.

Recording of symptoms

After taking the remedy note down very carefully any symptom that arise, whether they are old or new. Start each day on a new page with the date noted at the top of each page. The day you took the remedy is labeled as Day 00, the day after will be Day 1, the Day after that will be Day 3 and so on. Write down the time of day or night when the symptom occurred. **When you are having symptoms write them down as soon as possible as they arise so they are fresh in your memory.**

Write neatly on alternate lines – or double-spaced –, it will help in the extraction process. If you are writing by hand please make sure your handwriting is readable. If you are using a word processor please disable the automatic spell checker.

If you have to write symptoms elsewhere apart from your proving journal, staple the notes to the journal don't copy the notes. Be as concise as possible, note in an accurate, detailed but brief manner your symptoms in your own language. Simply express yourself in the style and language that fits you and your experience.

For students of homeopathy, refrain from using “Repertory Language”.

Information about location, sensation, modality, time and intensity is very important.

Location

Try to be accurate in your anatomical description, however, do not name specific to the organs if you are not positive of their involvement. Side of the body, location relative to known body parts, and simple clear diagrams may help here.

Sensation

Examples of sensations are burning, dull, lancing, shooting, throbbing, stitching etc.

Modality

Modality is what makes it better or worse. Ameliorate / better by is denoted by >; aggravate or worse is denoted by <. Pay attention to weather, food, smells, eating, fasting, cold compress, warmth, dark, light, lying, standing, walking, stretching, company of people, solitude, etc.

When you start having symptoms try different things to see if they affect the symptoms, especially if you

have an internal urge to do so, record any changes.

Time

Write when the symptoms started, when they ceased or altered. Is it generally better (>) or worse (<) at a particular time of the day, and is this unusual for you?

Intensity

Briefly describe the sensation and effect of the symptom on you.

On a daily basis you should run through the following checks list to ensure that you have observed and recorded all your symptoms.

Mind
Head
Eyes and vision
Ears and hearing
Nose
Back and neck
Respiratory system
Digestive system
Elimination
Extremities
Urinary organs
Genitalia (include menses in females)
Sex
Temperature
Skin
Sleep
Dreams
Generalities

Please give full description of the dreams you have (narrated in first person singular is best). Note the feeling you had during the dream and what the dream left with you when you woke up.

You may also make note of the phase of the moon, general weather conditions that are impacting your disposition.

Mental and emotional symptoms are also important, and sometimes difficult to describe – please take special care in noting these.

Report or comments from friends and relatives can be very enlightening. Please include these if they occur.

At the end of the proving please make a general summary of your experience of the proving. Note how the proving affected you in general. How has this experience affected your health?

Try to classify each of your symptoms by making a notation according to the following key.

(NS) New symptom – a symptom never experienced before

(OS) Old symptom – A symptom that you experienced in the past, but at some distant time, at least within 1 year. Please note as accurately as you can remember when the symptom last occurred.

(AS) Alteration of present or old symptoms – eg, used to be on the left side, now it is on the right side. Used to be better in fresh air now it aggravates.

(RS) Recent symptom – a symptom experienced within last year

(CS) Cured symptom – old or recent symptoms that are no longer present

If you have any doubt about this classification, please discuss them with your supervisor.

As a prover you not only contribute greatly to homeopathy but you will be exercising and or strengthening your own life force. As Hahnemann wrote:

“Again by such noteworthy observations on himself he will be brought to understand his own sensations, his mode of thinking and his dispositions, (the foundation of all true wisdom...) Organon, Footnote to Para 141.

Thank you for participating in this proving.

Appendix 2

Instructions to supervisors

To: Supervisors
From: Lucy De Pieri
Reference: Instruction to supervisors
Date: March 13, 2007
Contact phone #: 604 937-0238

Thank you for participating to the proving of a new remedy. Proving are the experiential aspect of homeopathy, and I am convinced that from this project we will a great deal about this new remedy, and about many aspect of homeopathy in general.

Aims of the supervisors

1. To ensure a safe proving, if there are difficulties, please contact me. If I will I have difficulties I will contact Murray Feldman at the Vancouver Homeopathic Academy. So, realize that there is a safe structure in place to ensure a safe proving.
2. To obtain accurate and useful information.

If you have any doubts or question please contact me.

Before the proving

Enclosed please find the “Instructions to provers”. Please read them before seeing your prover. She / he would have receive the same file.

Set up a convenient time to meet your prover and receive her/his baseline case, then give her/him the remedy. A full constitutional case may be taken, but it is also sufficient to cover the main outline and her/his symptoms, paying particular attention to locations, sensations, time, intensity and modalities. The information will help to distinguish the natural state of the prover from what is caused by the proving state.

Make an agreement to have the prover contact you daily at a set time, if possible.

Ideally the remedy is taken on the weekend of March 23, 24,25 or within few days thereafter. Ensure that you have a full contact information of the prover and their next of kin. If the prover does not contact you at the agreed time you can assume that s/he cannot contact you hence you need to contact the alternate person to ensure the prover's safety and well being.

Taking the remedy

Each prover will receive a single dose of the proving remedy. The remedy is coded to ensure the double blindness of the proving. The code is held by Bob Lawrence at Helios in England and will be released to me once the proving is over. All details of the proving will be revealed to provers and supervisors during the extraction meeting. Date to be announced.

During the proving

Maintain a daily contact with your prover as long as symptoms continue to arise.

The frequency of contact can be reduced as symptoms abate, or when there is no significant change.

Please remember that during the prover that the prover is your patient. She / he should receive the care, consideration and confidentiality that your other patient receive.

The rule of the Supervisor

The regular and careful contact with your prover has two purposes:

- Support the prover
- To ensure that the information gathered are as complete, detailed and accurate as possible. The gathering of this information should be done with the same care as you use in your practice.
 - **Clarify**
When not clear ask your prover during the contacts: "What do mean by that?"
For example when they say stomach, do they really mean stomach or they mean abdomen? When they say "Irritable" ask how they show this irritability. Words can have a different meaning to different people. What do the prover really mean?
 - **Verify**
Ask, "Are you sure?" See if the symptom is subjective or objective, "does your stomach feels bloated only, or does it also look bloated, are your clothes tight?"
 - **Expand**
"What does it feel like?", "Tell me more; I need to understand as if I were feeling it myself".

For each symptom you may consider to ask your prover if it is a:

(NS) New symptom – a symptom never experienced before

(OS) Old symptom – occurred more than a year ago

(AS) Altered symptom – a normal symptom changed during the proving

(RS) Recent symptom – a symptom experienced within last year

(CS) Cured symptom – old or recent symptoms that are no longer present

Recording the Information

You may type the information from the prover or you may write it in your own journal. At the Extraction meeting you can claim for a refund of the expenses for journal.

If you use a word processor, please make sure that the spell check is switched off, as we need to record the symptoms in the natural language of the prover, preserving individual style and expression as much as possible.

Any experience or comment should be recorded in your own style.

DO NOT use repertory language in your journal writing, here we need the natural expression of the prover.

Translation to repertory language will happen at a later stage when all the data from the proving is collated and fully understood.

Finishing the proving

The end of the proving is when no there have been any changes to the symptom picture for 2-3 weeks. At this point please contact me and discuss it.

An extraction meeting will be arranged when you are your prover will review your journals together.

Reviewing the Information

After the proving, reviewing of your notes and your prover notes can be useful. Search for and eliminate any ambiguities, uncertainties or vague descriptions.

Where possible clarify your information but DO NOT change the information in the journal. Instead make a comment about the nature of the discrepancies or clarifications at the end of your journal and clearly differentiate notes throughout the journal.

This process will carefully reviewed at the extraction meeting.

The journals are valuable source document and they ultimately belong to the Master Prover and they must be handed in for symptom collations and extraction.

Protect them from loss or harm. If you are using a word processor please ensure that you back up the files regularly

Thank you

Lucy De Pieri

Tel 604 937-0238

Lucydepieri@yahoo.com

Appendix 3

Instructions to supervisors

To: Provers and Supervisors

From: Lucy De Pieri

Date: June 6th, 2007

It has been a long time since we started the proving, on June 9th we will finally end it. You will finally know what was the substance, why it was chosen and most importantly you will hear briefly the experience from other Provers.

What to expect on June 9th

Please arrive before 2 pm as we are expecting a phone call from Alberta and we should be ready for it. There will be an official opening of the extraction meeting. Firstly we will introduced ourselves and provers and supervisors will have the opportunity to share some of what they considered the most striking aspect of this experience. I will be recording the expressions of the provers as it may be a useful part of the finding the symptoms and theme(s) etc. of this remedy. Note that the recording will start after the provers and supervisors have introduced themselves as provers identity is kept strictly confidential.

Next, I will finally disclose the substance and why this particular substance was chosen. The Extraction process will start and provers and supervisors will be given a journal and a number of highlighter pens to start the extraction process as described below. Please read the entire document *before* starting the extraction process. Thank you !

Proving extraction

Aim

To convert prover's and supervisor's written journals to the format of the Materia Medica

The process

Each symptom is scrutinized, validated or rejected as being part of the proving state. The original prover's and supervisor's journals are left intact. When a symptom has been discussed and validated by the prover and her/his supervisor, it is then recorded in the Extraction journal

The Extraction process

On the first page write the prover's name, the supervisor's name their phone number, the date and time of

day the prover took the first and the second dose of the remedy. When a symptom is to be added to the extraction journal do so under the appropriate repertory category. In your Extraction journal use a posted note to mark the start of a new category, write the category name of top of the page, leave few blank pages, then add a new posted note indicating the next category, write the category on the top of the page leave few blank pages and so on. Start each category on a new page.

It is unlikely that provers will have symptoms in each repertory categories, so use posted notes as appropriate. Categories do not have to be in a specific order. If you run out of blank pages, just add another posted note on a new page and carry on.

The repertory categories as per the Synthesis Repertory are as follows:

Mind	Face	Stool	Larynx	Chill
Vertigo	Mouth	Bladder	Cough	Fever
Head	Teeth	Kidneys	Expectoration	Perspiration
Eye	Throat	Prostate	Chest	Skin
Vision	External throat	Urethra	back	Generals
Ear	Stomach	Urine	Extremities	
Hearing	Abdomen	Male genitalia / sex	Sleep	
Nose	Rectum	Female genitalia / sex	Dreams	

The main point

The main point here is to decide which symptom belongs to the prover and which symptoms belongs to the remedy. Don't assume everything symptom belongs to the proving but also don't be overly censorious. Many symptoms are subtle and we do not want to loose valid symptoms. In order to establish what symptoms will eventually be entered in the Materia Medica and the Repertory, the following needs to be addressed

Time and chronology

When a symptom is decided as valid, it must be transferred to the Extraction journal.

In the Extraction Journal write the Day and Time of the symptom on the left side.

When ever possible write the time accurately down to the minute. For example Day 3, 10:30 am is a symptom recorded on the third day at 10:30 in the morning.

Day 0 is the day when the remedy was taken, the following day is Day 1 and so on.

Transferring of symptoms

Transfer the symptom itself keeping the expression of the prover. In most cases you will be transferring exactly what the prover wrote in their original journal. Use simple English, write in first person, do not leave out any essential features of the symptom. What you write should be able to stand the test of time or have meaning to another homeopath in the future that might be reading the symptom. Hence:

- If you used jargon or current day terminology please give a brief definition in brackets so to retain the original expression as well as to make its expression clear (e.g. The expression “Hi, dude” may not have much meaning in 10 years, hence it a brief definition could be “Greetings, young man”)
- If in the proving journal you are writing about a friend, family member etc. please put in brackets their relationship to you (i.e. Father, daughter, friend, work colleague)
- At this point we are not using repertory language, this is *Materia Medica* – the original feelings, sensations and expression of the prover / patient. Rubrics will be assigned at a later time *from* this source data
- Please do not embellish what was originally felt / experienced by the prover. If the symptom becomes clearer in a later entry then record the fuller description of the symptom on the date that it was experienced.

Time of the symptoms

Timing of the symptoms is important so we can make a collation of all symptoms based upon chronology. Please note that the “time of day” is another specific matter to consider. Carefully note in your extraction journal if the time of day was *casual* to the symptom. If you are uncertain about the time being casual, then note with a question mark and it will be evaluated by the collator confirmed by other prover's experiences.

Time of day is a valid factor if a repetition of the symptom occurred over several days at or near that time, or if noted in other participant at the same time. For example a headache that started at 10 am that occurred once may not have a valid time factor but a headache that happened every day at 10 am for all provers will definitely have a valid time factor. If there are contributing factors to a given symptoms such as after a meal, or while doing a workout, or walking at the seaside on a sunny day, please record these contributing factors in the extraction journal.

Disagreement between supervisor and prover with respect to modalities

The supervisor's can help in making sure any modalities or other observations are not omitted. If the prover and the supervisor do not agree on an aspect of the symptom to be extracted, extract the prover's experience, but with it please note in brackets the supervisor additions along with 3 questions marks, “???”. This will indicate to the collator to readily identify areas that must be reviewed closely.

The process

Continue in the above manner, going through each symptom in the prover's journal and likewise in the supervisor's journal one at a time, transferring all the valid proving symptoms to the extraction's journal.

Some symptoms will be repeated. If the symptom is exactly the same, you may simply record each following date and time and time of the re-occurrence of the exact same symptom. When the extraction process is completed, all 3 journals – the prover's, the supervisor's and the extraction journal, must be handed in so the full collating of the proving can start.

Criteria for including symptoms

Read the whole criteria *before* starting the process of selecting valid symptoms for the extraction.

- If is serious doubt, leave it out
- If the prover is seen to be under the influence of the remedy (as can be seen by the general appearance of symptoms), then **ALL** other new symptoms belong to the proving
- Any symptoms that is usual or current for the prover should be excluded unless *intensified to a marked degree*, in while case it should be noted as such.
- Symptoms should not be included if they have occurred in recent history (note such symptoms with **RS**), meaning that if the prover has experienced the same symptom within a year or less, do not record the symptom. How recent depend on the totality of the circumstances of the case. We should discard symptoms which may have appeared naturally or spontaneously during the proving. For example if a prover get running nose due to allergies from tree pollen every year, the running nose is not to be considered a symptom of the proving as it occurred regularly in the past.
- A symptom that is current but that has been modified or altered should be included while clearly describing the current and modified components and marked with (Altered Symptom, **AS**). For example in the annual symptom of running nose due to allergy as above, if during the proving eyes were also streaming and there was also sinus congestion, which were symptoms *never experienced before*, then the symptom is accepted and noted with **AS** for altered symptom.
- Any symptom that has occurred a long time previously, especially longer than 5 years, and that would seem to have no reason to repeat itself naturally at the time of the proving should be included. As Hahnemann writes in aphorism 181:

.... All the suffering, accidents and changes, of health of the prover... must be regarded and registered and belonging peculiarly to this medicine, as symptoms of this medicine, even though the experimenter has obverse d, a considerable time previously, the spontaneous occurrence of similar phenomena in himself. The reappearance of these during the proving of the medicine only shows that this individual is, by virtue of his peculiar constitution, particularly disposed to have such symptoms excited in him. In this case, they are the effect of the medicine”

This is the reason that old symptoms should be marked as **OS** and please record the best of your recollection the time of last appearance.

- Accidents that occurred during the proving are valid proving symptoms as Hahnemann mentioned in aphorism 139 with the word “Zufall” meaning “to fall upon one”. Therefore, accident or coincidences that arise during the proving should be recorded. For example “I cut third finger of my left hand with a knife” or “I had a fender bender while driving” are to be included.
- If a present symptom has disappeared during the proving, it should be made clear that this is a Cured symptom, **CS**. The precise nature of the symptom previous to the proving should be fully noted. This should include both sensations and function. So, instead of “my sleeplessness was much improved during the proving” should be more written in a more specific manner for example “my sleeplessness which had been due to repetition of thoughts or events of the day, has improved. I previously would lie awake for up to 2 hours, but have been falling off to sleep within 10 minutes of my head hitting the pillow.”
- If you have a slight doubt to whether include a symptom or not, include it in brackets, and it will become clear during collating, the symptom will only be included if it is also present in other prover(s).
- Intensity and frequency are also important. If a symptom is particularly intense and it occurs daily, it is likely to be a proving symptom, unless the intensity was present before the proving. If the frequency of a symptom is strongly increased or greatly decreased, these are notable symptoms. These symptoms belonging to the Altered symptoms category and classified as **AS**.
- The inner knowledge and conviction of the prover that these symptoms do not belong to him/her and therefore belong to the proving state, is a definite and reliable consideration that the symptom should be included. Finally, all the above factors may still never give us 100% certainty, until the final proof from clinical verification.

Thank you for your participation in this proving, this new proving will have the opportunity to go into clinical use.

Extraction Journal Guidelines

Symptom categories

Write the symptom category abbreviation right after the day and time entry in the extraction journal.

(NS) New symptom – a symptom never experienced before

(OB) Old symptom – a symptom occurred more than 1 year ago

(AS) Altered symptom – a symptom experienced before but changed during the proving

(RC) Recent symptom – a symptom experienced within the last year

(CS) Cured symptom – old or recent symptoms that are no longer present

Repertory categories

Mind	Face	Stool	Larynx	Chill
Vertigo	Mouth	Bladder	Cough	Fever
Head	Teeth	Kidneys	Expectoration	Perspiration
Eye	Throat	Prostate	Chest	Skin
Vision	External throat	Urethra	back	Generals
Ear	Stomach	Urine	Extremities	
Hearing	Abdomen	Male genitalia / sex	Sleep	
Nose	Rectum	Female genitalia / sex	Dreams	

Symptom numbering

Mark each extracted symptom with a number (sequential and unique) in the extraction journal, and note that number (circled and marked with a colored highlighter pen) next to the original text in the prover's journal and/or supervisor's journal. With this cross-referencing, the extracting person can more easily refer back to the original source when doing the full and final collation.

End.

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