

Prover	Prover Publicat	Timestamp	Day (# format)	Mind/Body System	Concise Symptom Note	Suggested Rubric #1	Suggested Rub	Suggested Rub	Suggested Rub	Suggested Rubric #5
1802	2	0:00		4 Abdomen	Gassy, bubbly feeling.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING ABOUT				
1802	2	0:00		5 Abdomen	Gassy, bubbly feeling.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING ABOUT				
1802	2	0:00		7 Abdomen	Gassy, bubbly feeling.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING ABOUT				
1802	2	0:00		9 Abdomen	Gassy, bubbly feeling.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING ABOUT				
1802	2	0:00		Abdomen	Gassy, bubbly feeling.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING ABOUT				
1802	2	0:00		Abdomen	Gassy, bubbly feeling.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING ABOUT				
1802	2	0:00		Abdomen	Better with flatulence, bloating	ABDOMEN - DISTENSION - flatus; passing - amel-		ABDOMEN - DISTENSION - flatulence - from		
1802	2	13:22		27 Abdomen	I was super gassy throughout the proving. That is better. From waking for two hours.	ABDOMEN - FLATULENCE - waking; on				
1802	2	13:23		27 Abdomen	The gas is foul. My tummy is very bubbly, I can feel gas moving in my tummy.	RECTUM - FLATUS - offensive		ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING ABOUT		
1802	2	0:00		Abdomen	Foul smelling flatulence	RECTUM - FLATUS - offensive				
1802	2	0:00		Abdomen	Foul smelling flatulence	RECTUM - FLATUS - offensive				
1802	2	0:00		Abdomen	Foul smelling flatulence	RECTUM - FLATUS - offensive				
1805	5	6:14		7 Abdomen	Cramping and rumbling in my abdomen. I had to rush to the toilet again.	ABDOMEN - PAIN - flatus; passing - amel. - cramping		ABDOMEN - RU RECTUM - DIARRHEA - flatus; passing - after - amel-		
1806	6	10:22		Abdomen	The last three years has been a whirlwind journey when I became sick; I had a tumor in my liver. I was super sick, I almost died, I had it removed. I turned to alternative and complementary medicine.	ABDOMEN - LIVER AND REGION OF LIVER; COMPLAINTS OF				
1806	6	7:15		2 Abdomen	I woke with pain in my abdomen, on right quadrant around liver, under ribs, took my breath away, it lasted for four hours.	ABDOMEN - PAIN - Liver		RESPIRATION - ARRESTED - pain; during		
1806	6	9:45		4 Abdomen	Xiphoid process to ribs, pain from ribs to top of stomach internally, radiating from side inward, pain intensity is 5	STOMACH - PAIN - extending to - Ribs; around				
1806	6	10:39		Abdomen	The liver tumor was benign that I had, caused by estrogen, possibly a hepatocellular adenomas. I will look it up. The tumors are a result of birth control pills and common in childbearing aged women.	X				
1808	8	9:50		1 Abdomen	I feel a moment of nausea in the middle of my abdomen, but the feeling passed within a few minutes.	STOMACH - NAUSEA - Abdomen; in				
1810	10	9:00		22 Abdomen	There's a sore spot at a 45 degree angle to the right, below my belly button. Maybe appendix area? When I bend straight over, like in a forward bend, it's like I'm bending over something, almost as if over a button on a pair of pants, but there's no button there. When I stand up and palpate the area...nothing. But I keep feeling it when I bend over. After doing a few times on purpose, it's a bit sore. I have feel that feeling before bending over but this is the most consistently sore it has been.	ABDOMEN - PAIN - bending - forward - agg.		ABDOMEN - FO ABDOMEN - PAIN - sore		
1810	10	2:13		1 Abdomen	Dull ache, upper stomach, slightly more on the right.	ABDOMEN - PAIN - right				
1810	10	12:23		1 Abdomen	Persistent mid stitching sensation and pain, right above belly button.	ABDOMEN - PAIN - stitching pain				
1811	11			18 Abdomen	Tightness, epigastric, like a pulling.	ABDOMEN - DRAWING IN ABDOMEN - agg-				
1811	11	0:00		3 Abdomen	Sharp, short duration (a few seconds) pain in epigastric region. Two times, about 15 minutes apart.	ABDOMEN - PAIN - sharp		ABDOMEN - PAIN - sitting - agg. - stitching pain		
1802-S	2	5:00		6 Abdomen	In the morning I was very gassy when I woke up and I had it until noon. It feels bubbly, airy, crampy. Like I have these bubbles full of air traveling thru my colon. I do feel bloated. Foul smelling, and having flatulence relieves the gassiness.	ABDOMEN - BUBBLING SENSATION, AS IF BUBBLES WERE MOVING		RECTUM - FLATA	ABDOMEN - DISTENSION - flatus; passing - amel.	
1802-S	2	8:00		9 Abdomen	Feeling gassy	ABDOMEN - FLATULENCE				
1802-S	2	21:00		9 Abdomen	Feeling gassy	ABDOMEN - FLATULENCE				
1802-S	2	6:00		11 Abdomen	Feeling gassy	ABDOMEN - FLATULENCE				
1802-S	2	5:30		12 Abdomen	Feeling gassy	ABDOMEN - FLATULENCE				
1802-S	2	6:00		20- 35 Abdomen	Feeling gassy	ABDOMEN - FLATULENCE				
1803-S	3	0:00		3 Abdomen	Bloated feel bruised, swollen right below the belly button worse as night went on.	ABDOMEN - DISTENSION - Lower abdomen				
1810-S	10			24 Abdomen	Pressing sensation on bending forward, lower right, wondered about appendicitis. had left ovary removed a few years ago.	ABDOMEN - PAIN - bending - forward - agg.		ABDOMEN - PAIN - pressing pain; bending - forward - agg.		
1811-S	11			4 Abdomen	Really sharp, stabbed feeling, localized. Epigastric region. Short and intense.	ABDOMEN - PAIN - sharp		ABDOMEN - PAIN - cutting pain		
1806	6	13:15		3 Back	Twinge in back is gone, leg pain at hip area is back a little, lasted about two hours and much less intense than before.	BACK - PAIN				



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1804	4	15:11	10	Chest	Heart is fragile.	MIND - DELUSIONS - heart - brittle, is	MIND - AWARENESS HEIGHTENED - body; of - Heart beating			
1805	5	19:16	12	Chest	My chest feels heavy, congested, especially around the heart, and thick with mucus in lungs. Breathing is difficult too.	CHEST - CONGESTION	CHEST - MUCU RESPIRATION - CHEST - OPPRI CHEST - CONGESTION - Heart			
1808	8	7:00	17	Chest	Craniosacral therapist/chiropractor found that my lower rib cage area was tight and there are fascial adhesions forming. She said this is called the "fear band" and is associated with stuffing emotions down and not dealing with them. After she worked on me, I was able to take a deep breath that feel free, like my breathing before had been constricted.	CHEST - OPPRESSION	MIND - EMOTI(CHEST - CONSTRICTION			
1802-S	2	19:10	1	Chest	Aware of breathing.	MIND - AWARENESS HEIGHTENED - body; of - Respiration				
1802-S	2	19:30	1	Chest	Slow breathing.	MIND - AWARENESS HEIGHTENED - body; of - Respiration				
1805	5	6:21	13	Cough	Today I have a tickling cough.	COUGH - TICKLING				
1805	5	6:05	15	Cough	My cough is almost gone.	X				
1803-S	3	0:00	3	Cough	Dry cough, but lots of mucus. The cough is dry in my chest; but I had a lot of mucus running down my throat. It felt I had to constantly swallow the mucus. It was not coming up from coughing but would sometimes irritate my throat and cause me to cough. No mucus in the lungs. But if was so thick in my throat. I think swallowing all this mucus would upset my stomach as I had nausea and vomiting the first days as well.	COUGH - DRY	COUGH - MUCL THROAT - MUC STOMACH - NA STOMACH - VC STOMACH - VC STOMACH - VOMITING - expectoration; during			
1803-S	3		5	Cough	Dry cough, tickles.	COUGH - DRY - tickling, from - Larynx; in				
1803-S	3	0:00	3	Cough	Must cough. Mucus will choke me if I don't spit it out.	COUGH - EXPECTORATION - agg-	THROAT - CHO THROAT - CHO STOMACH - VOMITING - expectoration; during			
1803-S	3		6	Cough	Worse at night, it feels like mucus is stuck to lungs, on the inside and it rips off from my lungs. The lungs feels sore.	COUGH - NIGHT	CHEST - PAIN - cough - during - agg. - sore			
1803-S	3	19:10	1	Cough	Tickle in throat.	THROAT - TICKLING				
1811-S	11	0:00	1	Cough	Cough is drier. Hard to breathe.	COUGH - DRY	RESPIRATION - DIFFICULT - cough - during - agg-			
1811-S	11	0:00	1	Cough	If I talk too much or too loud I will cough.	COUGH - TALKING - agg-	COUGH - TALK COUGH - TALKING - impossible			
1811-S	11	0:00	1	Cough	My cough is different now. I can't talk loud. Breathe then quiet. Like it's breathing for me. Like breathing outside in the winter. It is difficult to breathe like the effort needed to breathe in cold air in the winter.	COUGH - TALKING - agg-	RESPIRATION - RESPIRATION - THROAT - SENSITIVE - air; to			
1802	2	0:00		Dreams	Feeling that it was too late.	DREAMS - DISAPPOINTMENTS				
1802	2	0:00		Dreams	Feelings that can't fix things now...	DREAMS - DISAPPOINTMENTS				
1802	2	0:00		Dreams	In dream, couldn't tell him I wanted to marry him, never have in real life either...	DREAMS - DISAPPOINTMENTS				
1802	2	13:21	27	Dreams	I wanted to be in control. The girls face was so swollen it was really scary. The guy being stabbed was also really terrible. At the end I was leaving and I was going back to being alone, and I was trying, I remember now, I was trying to get back to where I was from. Although, I didn't know where that was. I was alone. My friends had disappeared. Then I woke up.	DREAMS - FORSAKEN; BEING	MIND - FORSAIMIND - FEAR - control; losing			
1802	2	0:00		Dreams	Dreamt I was in a parking garage alone, cold feeling, cement all around.	DREAMS - FORSAKEN; BEING	DREAMS - UNDERGROUND			
1802	2	0:00		Dreams	Feeling heart broken.	DREAMS - GRIEF				
1802	2	0:00		Dreams	Feeling guilty, lost.	DREAMS - GUILT	DREAMS - LOST; BEING			
1802	2	13:18	27	Dreams	I was in this restaurant with a bunch of people I didn't know. I was a celebrity and I was with my boyfriend, this guy, and another girl. There were chasing us (mafia sort of guys). They grabbed one of the people I was with and they were stabbing him, he was dead. Then the scene shifted it was as though I was watching this on television, I turned away. 'Why am I watching this?' Watching this guy get stabbed in the neck multiple times. This was terrible. There was a really big beehive. The girl's face was really swollen from all of these bee stings, she ran into the beehive. 'Hey, can I give you a remedy?' I asked her. She said, 'Yes.'	DREAMS - MURDER	DREAMS - FRIC DREAMS - BEE DREAMS - STU DREAMS - HON DREAMS - ESCAPING - Mafia; from the			
1802	2	0:00	32	Dreams	A friend marrying another girl.	DREAMS - WEDDING				



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1808	8	3:00	7	Dreams	The night before this dream I thought to myself, I hadn't heard any bad news, I had to turn him into the police without being found out. I had to be secretive. So then he could maybe hit rock bottom and rebuild his life. I am not normally like this. Not at all, this secretive behavior the last year and a half it feels so wrong. My brothers confronted my sister's husband, so now they are cut off, estranged, a big divorce in the family.	DREAMS - DIFFICULTIES	DREAMS - POL	DREAMS - SECRET - keep a; must							
1808	8	0:00	4	Dreams	Had a dream about a friend I haven't spoken to in over a decade, that she was having a baby shower and I was in charge of choosing the baby's name. (This friend isn't married or pregnant.)	DREAMS - FRIENDS									
1808	8	3:00	7	Dreams	Had a dream about a family member with whom there has been conflict in real life. In the dream, I feel relief because I thought the family member would find an impetus to finally change to be a better person.	DREAMS - QUARRELS	DREAMS - FAMILY, OWN								
1809	9	5:30	6	Dreams	Dream of an old male friend from high school and college. He is a very attractive man, could have easily modeled, but he lacked a certain confidence. He could never see his own beauty. We were making love, very passionate, and I was surprised to discover his penis was very, very small. In the dream I thought about how difficult that must be, as a man, to have such a tiny cock, and I wondered how that was for him. We continued our lovemaking.	DREAMS - AMOROUS - penis, with relaxed									
1809	9	6:00	7	Dreams	Dreamt of my old therapist, who I saw weekly for four years. We were at a meeting and I saw his smiling face, ran to him. He is someone I feel very tender about because our therapeutic relationship I experienced was the closest thing to unconditional love. I could bring anything to him, express all of myself. In the dream I was so happy to see him. The feeling I got was that he was proud of me.	DREAMS - FATHER - wanting love from her	DREAMS - HAPPY								
1809	9	6:00	2	Dreams	I'm talking to my lover's wife. They have an open marriage, I'm his lover and she has her own lover. I want her to know that my feelings for her husband are very strong. The tone is serious, but not tense. I tell her that I love him, that we love each other and it's real. I wish we could all be open about our feelings with each other. I want everyone to know how I feel, and to hide nothing.	DREAMS - TALKING WITH SOMEONE	DREAMS - SECRET - keep a; must								
1810	10	9:00	4	Dreams	Vivid dreams last night, definitely still a dystopian theme. I can't remember much but in one scene I was in a huge castle. I was tending some animals and had to move animals from one side, over a fence to another side. When I went to get the animals, they were all stuffed, like big stuffed animals. A moose, a dog. I talked to them like they were real. I heard sounds outside and looked out to see a horse drawn carriage coming quickly. It turned into the entrance to the building and the carriage and horses came whooshing up a road that wound up deeper into the building. I met briefly with a couple, like a king and queen or some other kind of royalty. The feeling was a bit star-struck, and surprise that they were there.	DREAMS - ANIMALS	DREAMS - HOUMIND - DELUSIONS - castles and palaces; sees								
1810	10	3a	1	Dreams	Related to this dystopian novel I started (The Unnamed Midwife) about a plague that wipes out 90% of humanity, mostly women and girls. Women have to be very savvy; they can be owned and sold as slaves, or become a Queen Bee in a 'Hive' of men. Strange.	DREAMS - BEES	DREAMS - DISI	DREAMS - EPII	DREAMS - WOMEN						

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1810	10	3:00	1	Dreams	Staying in hotel, requesting a baby because we wanted the 'baby experience', finding both a young girl, like teen years, and a baby. She's rented out to couples who want the 'baby' experience though usually she ends up being babysitter. Feeling is surreal, kinda shocked. Like she's pimped out, although she works as a child actor. She's hostile, I feel naive and stupid because we have our own kids at home. Why did we want the 'baby experience'?	DREAMS - CHILDREN; ABOUT	DREAMS - CHII	DREAMS - HOTELS								
1810	10	9:00	17	Dreams	Another dystopian kinda situation. Desert. Dry. There was some kinda a food shortage or the situation was around supplies. There was a young woman, very pretty. Long blond hair, kinda nymph like. I remember her hair more than seeing a face. Someone said, it won't matter that you're beautiful when there's no food. Or something to that extent. There was a mixed feeling of both concern and hope, or maybe disbelief that the situation was real.	DREAMS - DESERT	DREAMS - FOOD	DREAMS - HAI	DREAMS - SPECTRES, GHOSTS, SPIRITS, NYMPHS							
1810	10	9:00	13	Dreams	Dream of an old friend from college He tells me that he and his wife are separated or divorced. I'm shocked. There were lots of kids running around.	DREAMS - DIVORCED; OF GETTING - abusive husband; because of	DREAMS - SHC	DREAMS - CHILDREN; ABOUT								
1810	10	12:00	14	Dreams	Dream about my sister and food and there was the acknowledgement of her bariatric surgery last year. I was staying with her that night, so it was another example of my daytime reality seeping into my dreams. Unusual.	DREAMS - EVENTS - previous - day, of the previous										
1810	10		27	Dreams	Following someone to his house in the foothills where fires were burning. He said there would be no problem, but the first were burning close on the other side of the canyon and I was shocked he was willing to go back and rushed him to leave.	DREAMS - MOUNTAINS - walking in the foothills	DREAMS - FIRE	DREAMS - SHC	DREAMS - FIRE	MIND - DELUSIONS - fire - world is on						
1810	10	9:00	20	Dreams	Waiting in line for a Grateful Dead concert. The line was so long but once we got in, it was sparse. The venue was like a junior high auditorium, dull and gray. They were playing 'Shakedown Street' and we were dancing, but kept looking around like, where is everyone? I found an old friend from high school. We were taking a selfie together and she kept sticking out her tongue and acting stupid. Can we just smile and be normal?	DREAMS - MUSIC - concert	DREAMS - FRIENDS - meeting friends									
1810	10	7:30	5	Dreams	There seems to be more continuity between what I am seeing, watching or reading in the daytime, with my dreams at night. Usually, dreams are quite unrelated to what's happening for me in the daytime.	DREAMS - READ PREVIOUS DAY; OF WHAT HE HAD										
1810	10	8:00	9	Dreams	Stepping into a robot suit. Feeling of power.	DREAMS - ROBOTS	DREAMS - POWERFUL									
1810	10	7:00	5	Dreams	More vivid dreams, though hard to remember. Sleep feels both deep, but active with the dreams. I can't remember any particular storyline, other than 'women' though not in any kinda sexual way, just being in some space with many women.	DREAMS - WOMEN	DREAMS - VIVID									
1810	10	9:00	10	Dreams	In a spiral of women. Being passing from one person to another a series of nonsense words, like of like be-bopping, a series of syllables morphed and repeated. When it gets to me, I begin to pass them to my friend next to me. She can't get the syllables, she trips over them and then is not able to morph them into something new to pass on. The continuity is broken. The feeling is disappointment. In another scene, a room in a house. Again, more women. Expecting a man to come; like a supervisor? We are going to do something to him. I am in charge of taking the screens out of the windows and doing something that will supposedly keep him from escaping, but I Don't think it's going to work.	DREAMS - WOMEN - spiral; in a	DREAMS - SINI	DREAMS - DIS;	DREAMS - CRI	DREAMS - ESCAPING - danger; from						



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1803-S		3		7	Expectoration	Green mucus, thick, a lot, two tissues with one blow and then have to blow again.	EXPECTORATION - GREENISH	EXPECTORATION - VISCID		
1803-S		3		7	External Throat	Stiff on right side from ear to shoulder.	EXTERNAL THROAT - STIFFNESS OF SIDES - right			
1804		4	15:11	10	Extremities	Limbs are light. It is hard to lift my bones. Everything is weak, weak, weak.	GENERALS - WEAKNESS - lifting agg-			
1805		5	14:00	14	Extremities	I was walking in my office today and I feel like my left hip just gave out and I either stubbed or sprained or broke the fourth toe on my left foot. The whole foot is black and blue, bruised, sore, and it is painful to walk. The toe is nearly black.	EXTREMITIES - HIP; COMPLAINTS OF	EXTREMITIES - EXTREMITIES - EXTREMITIES - INJURIES - Toes		
1805		5	1:25	13	Extremities	As I am walking back to bed I feel like my foot is cramping, the arch in my left foot has a cramp in it.	EXTREMITIES - PAIN - cramping	EXTREMITIES - EXTREMITIES - EXTREMITIES - CRAMPS - Feet - night		
1805		5	1:15	13	Extremities	I have an extreme pain in my left hip. I think I am dehydrated. It hurts to lie on my hips.	EXTREMITIES - PAIN - Hips - left	GENERALS - LC	EXTREMITIES - PAIN - Hips - lying - agg-	
1805		5	1:17	13	Extremities	Getting up to go to the bathroom, it feels like my whole hip is going to snap off. Left hip. Like a broken branch. I also have cramps in my left outer calf.	EXTREMITIES - PAIN - Hips - left	MIND - DELUSI	MIND - DELUSI; MIND - DELUSI; EXTREMITIES - CRAMPS - Legs - Calves	
1805		5	5:15	48	Extremities	My extreme hip pain in my left hip stopped a few weeks back; today I am feeling pain in my right hip. Waking up it hurt to lie on my right hip in a way that it did earlier in the proving on my left.	EXTREMITIES - PAIN - Hips - right			
1805		5	12:00	50	Extremities	The right sided hip pain came and went. It didn't linger like it did in my left hip.	EXTREMITIES - PAIN - Hips - right			
1805		5	1:19	13	Extremities	It is hard to lift my leg and raise my left foot upward. Made worse by walking.	EXTREMITIES - PAIN - Legs - walking - agg-			
1805		5	12:12	9	Extremities	My cuticles are peeling back and I want to bite them out.	MIND - TEARING - himself - skin around nails	MIND - BITING - nails		
1806		6	9:45	6	Extremities	I was sitting talking to my supervisor and got up to let dogs out and sat down on my left foot with leg bent and my hip bones ached and hip muscles, including flexors are very tight.	EXTREMITIES - CONSTRICTION - Lower limbs			
1806		6	21:13	1	Extremities	Muscle spasm at edge of right armpit next to shoulder blade; lasted 25 minutes.	EXTREMITIES - CRAMPS - Upper limbs			
1806		6	15:20	1	Extremities	Tingling, like goosebumps on the inside of the arms and legs.	EXTREMITIES - GOOSE FLESH	EXTREMITIES - EXTREMITIES - GOOSE FLESH - Upper limbs		
1806		6	10:00	4	Extremities	I accidentally kicked the clothes organizer for my husband, hard. It was the worst pain in my baby toe. The pain lasted about five minutes and was gone. No swelling, no bruising... I seriously thought I broke it with how hard I kicked it and how much the valet moved.	EXTREMITIES - INJURIES - Toes			
1806		6	18:00	1	Extremities	Right palm will not stop itching, scratched it during dinner for about 15 minutes.	EXTREMITIES - ITCHING - Hands - Palms	EXTREMITIES - ITCHING - Hands - Palms - right		
1806		6	11:00	3	Extremities	Itchy right palm.	EXTREMITIES - ITCHING - Hands - Palms			
1806		6	19:30	6	Extremities	Right palm will not stop itching, scratched it for two hours. The entire palm but mostly on the top where the fingers attach to the hand.	EXTREMITIES - ITCHING - Hands - Palms			
1806		6	18:00	5	Extremities	My right thumb on the outer edge won't stop itching. It itched off and on for about two hours.	EXTREMITIES - ITCHING - Thumbs			
1806		6	20:00	5	Extremities	My plantar fasciitis is acting up tonight, put on my onyx bracelet and it was better in about five minutes.	EXTREMITIES - PAIN - Feet - Back of feet			
1806		6	8:30	2	Extremities	Extreme pain in my right thigh, on the side under the hip joint; worse when moving, I can hardly walk, it's been eight hours. It's still painful!	EXTREMITIES - PAIN - Hips - right	EXTREMITIES - PAIN - Hips - walking - agg-		
1806		6	11:00	2	Extremities	Pain in right hip and thigh still present, not bad while sitting, very hard to walk or move around, need to limp.	EXTREMITIES - PAIN - Hips - walking - agg-	EXTREMITIES - EXTREMITIES - SLEEP - DISTURBED - pain; by - muscles		
1806		6	23:00	2	Extremities	Pain in right thigh; I couldn't get comfortable to fall asleep, then I finally fell asleep.	EXTREMITIES - PAIN - Thighs - right	SLEEP - DISTURBED - pain		
1806		6	7:00	3	Extremities	Pain in right thigh is gone! Wahoo! I can walk like a normal person.	EXTREMITIES - PAIN - Thighs - right			
1806		6	7:15	3	Extremities	I did not sleep that well, pain in leg kept me up, disappeared around 2-3 am, but, I feel refreshed even though sleep quality poor.	SLEEP - DISTURBED - pain; by - legs			
1808		8	10:15	1	Extremities	Feeling slight tingling down legs	EXTREMITIES - TINGLING - Legs			



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1808	8	23:00	2	Extremities	Twitching in left hip or buttock area for about one minute as I tried to fall asleep, normally this sensation might last 10 seconds.	EXTREMITIES - TWITCHING - Hips	EXTREMITIES - TWITCHING - Hips - evening - bed agg.; in				
1808	8	8:00	21	Extremities	My neck and left shoulder blade area are still sore but improve each day.	NECK - PAIN - sore	EXTREMITIES - PAIN - sore				
1808	8	7:00	17	Extremities	Woke up to a very sore and stiff left side of neck and shoulder blade and left arm. Went to my regularly scheduled craniosacral/chiropractor appointment. I assumed the pain was from sleeping wrong but she thinks the pain is from my body being too acidic. She said she sees signs of food intolerances (likely gluten).	NECK - STIFFNESS - one side	EXTREMITIES - EXTREMITIES - EXTREMITIES - STIFFNESS - Upper limbs				
1810	10	9:00	11	Extremities	I feel like I pulled a muscle or sprained something in the palm of my left hand. I was just toweeling off after being in the shower and suddenly feel like I pulled something. Very strange. Never done that before.	EXTREMITIES - PAIN - Hands - exertion; as after	EXTREMITIES - PAIN - Hands - Palms - Between first finger and thumb				
1810	10	12:00	16	Extremities	Persistent aching in my right bicep while driving.	EXTREMITIES - PAIN - Upper arms - Biceps - sore					
1811	11		18	Extremities	Horrible, excruciating hip pain in my left hip. When I put my sock on an leg twisted, I hurt, I couldn't support myself on that leg. It hurt so bad. I have had pain in my hips previously, it was a deep aching. This was in a different spot.	EXTREMITIES - PAIN - Hips - left					
1811	11		23	Extremities	Continue to have deep hip pain. Usually it is worse on the left side but both sides have pain. If I bend my leg at the hip and turn it, it is excruciating pain. I can't move or put pressure on my hip until it calms down.	EXTREMITIES - PAIN - Hips - left	EXTREMITIES - PAIN - motion - agg-				
1811	11	17:00	5	Extremities	Pain in knees. Burning. Lower part of leg down to ankles is burning.	EXTREMITIES - PAIN - Knees - burning	EXTREMITIES - PAIN - Knees - extending to - Ankle - tearing pain				
1811	11	21:00	4	Extremities	Knee pain while lying in bed. Aching pain. Bending knee helped.	EXTREMITIES - PAIN - Knees - lying - agg-	EXTREMITIES - PAIN - Knees - motion - amel-				
1811	11	15:00	4	Extremities	Knee (left) pain while sitting. Burning. Restless. Standing and moving helped.	EXTREMITIES - PAIN - Knees - sitting - agg-	EXTREMITIES - EXTREMITIES - EXTREMITIES - EXTREMITIES - PAIN - Knees - left				
1811	11	0:00	10	Extremities	Hips and knees sore after sitting in meeting for two hours. Joints cracking when getting up. Painful. Slow to rise.	EXTREMITIES - PAIN - sitting - agg-	EXTREMITIES - EXTREMITIES - PAIN - standing agg. - sore				
1811	11	0:00	2	Extremities	Shoulders tight.	EXTREMITIES - TENSION - Shoulders					
1812	12	9:57	3	Extremities	The supercharged, wired sensations are mostly in my arms and shoulder, this energy comes in on the left side and goes around and around to the right side, faster and faster.	EXTREMITIES - ELECTRICAL CURRENT; SENSATION OF AN - Upper limbs					
1812	12	8:36	29	Extremities	Tension around upper back, shoulders, between scapulae, and arms. Those come and go.	GENERALS - TENSION	BACK - TENSIC EXTREMITIES - EXTREMITIES - TENSION - Upper limbs				
1803-S	3	19:30	1	Extremities	I am dropping object because my hands are too smooth...	EXTREMITIES - AWKWARDNESS - Hands - drops things	MIND - DELUSIONS - EXTREMITIES - AWKWARDNESS - Hands - drops things; because hands are too smooth				
1803-S	3	19:10	1	Extremities	Hands are cold.	EXTREMITIES - COLDNESS - Hands					
1803-S	3	0:00	2	Extremities	My knees ache as if overworked.	EXTREMITIES - PAIN - Knees	GENERALS - LIFTING, STRAINING OF MUSCLES AND TENDONS - from				
1803-S	3	18:57	1	Extremities	Joints and muscles feel loose.	GENERALS - LOOSE; AS IF FLESH WERE	EXTREMITIES - LOOSENESS - sensation of looseness				
1807-S	7	3:20		Extremities	Don't need to bounce my legs at all. My body feels physically relaxed.	EXTREMITIES - ANXIETY FELT IN - Legs					
1807-S	7			Extremities	Restlessness; bouncing leg.	EXTREMITIES - ANXIETY FELT IN - Legs					
1808-S	8	9:51	1	Extremities	Heat in my feet.	EXTREMITIES - HEAT - Feet					
1808-S	8	9:36	1	Extremities	Tingling in my feet; tingling on tops, bottoms and toes, not heels.	EXTREMITIES - TINGLING - Feet					
1810-S	10		20	Extremities	Aching in right bicep while driving.	EXTREMITIES - PAIN - Upper arms - Biceps - sore					
1811-S	11		5	Extremities	Knee pain. Hips hurting. Feel the need to move. Now it's off and on.	EXTREMITIES - KNEES; COMPLAINTS OF	EXTREMITIES - EXTREMITIES - PAIN - motion - amel-				
1811-S	11	0:00	3	Extremities	Left hip pain, localized, deep, bruised, sore, excruciating. Worse pressure and walking. Better laying down. Two days of pain then it was gone...	EXTREMITIES - PAIN - Hips - left	EXTREMITIES - EXTREMITIES - EXTREMITIES - PAIN - Hips - lying - amel-				
1811-S	11		6	Extremities	Hip and knee pain, sore, hurts when go from sitting to standing. Feels like they're giving up	EXTREMITIES - PAIN - sitting - agg-	EXTREMITIES - EXTREMITIES - PAIN - standing agg. - sore				
1806	6	19:30	1	Eyes	My eyes are so dry, and feel like sand is in them; 15 minutes, then they were watering.	EYE - DRYNESS - sensation of	EYE - PAIN - fo EYE - PAIN - fo EYE - PAIN - sand; as from				
1806	6	19:30	2	Eyes	Eyes dry and feel like sand in them; this	EYE - DRYNESS - sensation of	EYE - DRYNESS EYE - PAIN - sand; as from				
1806	6	20:30	3	Eyes	Eyes dry and feel like sand in them; this	EYE - DRYNESS - sensation of	EYE - DRYNESS EYE - PAIN - sand; as from				
1806	6	19:00	4	Eyes	Eyes dry and feel like sand in them; this	EYE - DRYNESS - sensation of	EYE - DRYNESS EYE - PAIN - sand; as from				
1806	6	19:30	2	Eyes	Eye starting to itch a lot.	EYE - ITCHING					
1806	6	14:00	3	Eyes	Eyes still itching on and off	EYE - ITCHING					
1806	6	19:30	2	Eyes	Eyes were watery again today, causing nose to run, more right side for both eyes and nose.	EYE - ITCHING - lachrymation; with	NOSE - DISCH; EYE - PAIN - sore				

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1806	6	9:00	3	Eyes	Eye are itching and watery and causing nose to run, more sore on right side.	EYE - ITCHING - lachrymation; with	NOSE - DISCH/EYE - PAIN - sore			
1806	6	19:00	4	Eyes	Nose running off and on all day with watering right eye; present more in right nostril.	NOSE - DISCHARGE - dripping	NOSE - DISCH/EYE - LACHRYMATION			
1810	10	6:30	22	Eyes	Pink eye; inflammation, irritation in right eye. Itchy, bloodshot, irritated right eye.	EYE - INFLAMMATION - Conjunctiva	EYE - INFLAMMEYE - ITCHING EYE - INJECT/EYE - IRRITATION			
1810	10	9:30	24	Eyes	My pink eye issues persisted. Bloodshot right eye. Itchy, irritated. I called the other Proving Supervisor Monday morning to inform her. I was not panicked, but it is my eye, so wanted her to be in the loop. Today, Tuesday, it feels like it is on the mend. Have been wearing glasses, I will probably put my contacts in tomorrow.	EYE - INFLAMMATION - Conjunctiva				
1810	10	10:23	26	Eyes	Pink eye; inflammation, in right eye, the whole weekend.	EYE - INFLAMMATION - Conjunctiva	EYE - INFLAMMATION - Conjunctiva - right eye			
1810	10	22:00	21	Eyes	Bloodshot in lower right corner, right eye.	EYE - INJECTED - Conjunctiva - dark vessels; full of				
1810	10	6:00	21	Eyes	It feels like an eyelash or dust in my eye, right corner. But there's nothing. It's like when I have my contacts in and there's a speck of dust caught in the contact lens, but I'm not wearing my contact. Or like an eyelash in my eye- but there's nothing. Annoying!	EYE - PAIN - foreign body; as from a	EYE - PAIN - fo			
1810	10	10:27	26	Eyes	When my eye cleared up, everything kinda settled down, the roller coaster nature of it, it is not going to be up and down any more.	X				
1812	12	10:30	1	Eyes	Watery eyes. This went on all day.	EYE - LACHRYMATION				
1802-S	2	10:00	20	Eyes	Didn't like the taste of maple syrup in my tea and my eyes feel tired for two hours like there is snow in my eye, like my eyes were blurry or snowy.	GENERALS - FOOD AND DRINKS - syrup - aversion				
1802-S	2	19:30	1	Eyes	Aware of my eyes (more than usual).	MIND - AWARENESS HEIGHTENED - body; of - Eyes				
1803-S	3	16:00	8	Eyes	Left eye blurry like cream in it. Twinges of something, goopy discharge. Worse as night goes on. Itchy red around rim. Sharp pain like a splinter. Can't see well.	VISION - BLURRED	EYE - DISCHAREYE - PAIN - fo EYE - PAIN - foreign body; as from a - hair; as from a			
1810-S	10		24	Eyes	Eyes are achy and sore, I thought there was something in my eye.	EYE - PAIN - foreign body; as from a	EYE - PAIN - aching			
1811-S	11		27	Eyes	Eyes have been so itchy and gooeey. Gave up wearing contacts. There's no point.	EYE - ITCHING	EYE - AGGLUTINATED			
1811-S	11	0:00	1	Eyes	Everything has a blue gray tint, room is a cool blue.	VISION - COLORS BEFORE THE EYES - blue				
1811-S	11	0:00	1	Eyes	The color blue is coming through everything. More appealing now.	VISION - COLORS BEFORE THE EYES - blue				
1806	6	15:55	1	Face	Face flushed, I feel very warm in the head but the chest is cold.	FACE - CONGESTION	CHEST - COLDNESS			
1808	8	9:30	1	Face	Rosy cheeks. Slightly pinker than they were originally.	FACE - DISCOLORATION - rosy				
1808	8	10:08	1	Face	Cheeks are not as red.	FACE - DISCOLORATION - rosy				
1808	8	12:00	2	Face	Whole face is a little pink.	FACE - DISCOLORATION - rosy				
1811	11	0:00	2	Face	Jaw is sore again. Tight from the joint up to the temples and in the jaw muscle. Both side. Pressure helps.	FACE - PAIN - Jaws - sore	FACE - PAIN - pressure - amel-			
1802-S	2	6:00	2	Face	Pimples on lower jaw, one on the right and one on the left. I had this for the whole morning.	FACE - ERUPTIONS - pimples - Jaws - Lower				
1807-S	7			Face	Facial expression was tight all day.	FACE - TENSION OF SKIN				
1807-S	7	3:47		Face	When I hold my face the way I normally do it feels funny.	MIND - DELUSIONS - face - distorted				
1808-S	8	10:07	1	Face	Cheeks aren't as Rosy on Lily.	FACE - DISCOLORATION - rosy				
1810-S	10		2	Face	Neuralgic pain in forehead at bedtime.	HEAD - PAIN - neuralgic	HEAD - PAIN - HEAD - PAIN - Forehead - night			
1811-S	11		27	Face	Lips are really dry and bottom lip is cracked.	FACE - CRACKED - Lips - Lower				
1802	2	0:00	26	Female	Nipple soreness.	CHEST - PAIN - Mammae - Nipples				
1802	2	0:00		Female	Amenorrhea.	FEMALE GENITALIA/SEX - MENSES - absent				
1810	10	12:00	16	Female	No headache during my period; typically I have a one sided headache that lasts a few days; I will see if it returns next month.	HEAD - PAIN - menses - during - agg-				
1811	11		7	Female	Period started a week late.	FEMALE GENITALIA/SEX - MENSES - late, too				
1811	11		43	Female	Period late.	FEMALE GENITALIA/SEX - MENSES - late, too				
1811	11		7	Female	Period light, short duration.	FEMALE GENITALIA/SEX - MENSES - scanty	FEMALE GENITALIA/SEX - MENSES - short; too			
1811	11		43	Female	Period light.	FEMALE GENITALIA/SEX - MENSES - scanty				
1802-S	2		20- 35	Female	Didn't get my period.	FEMALE GENITALIA/SEX - MENSES - absent				

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1803-S	3		10	Female	Moon cycle started yesterday earlier the expected 26 days. Typically I am ravenous prior to period but I still have a low appetite.	FEMALE GENITALIA/SEX - MENSES - early; too					STOMACH - AP STOMACH - APPETITE - diminished
1805	5	23:15	14	Fever	I feel like my fever broke around 11 pm tonight and I broke into a hot sweat.	FEVER - INTENSE HEAT					
1805	5	19:15	12	Fever	I am exhausted. I have a fever. I am chilly. My throat is draining into my chest. Both my throat and chest feel full.	FEVER - INTERMITTENT - accompanied by - weariness					GENERALS - W THROAT - FULL CHEST - FULLNESS
1805	5	7:13	12	Fever	I was too sick to record any symptoms the last several days. I can't remember being this sick for a long time. My fever broke last night at 11pm on day 11. Then I feel I could sleep really deeply. I was very restless and chilly, even with lots of blankets piled high.	GENERALS - WEAKNESS					CHILL - Chill, etc. - concomitants - sensations and generalities - restlessness, bodily
1803-S	3	14:00	7	Fever	Temp of 99.6	FEVER - INTENSE HEAT					
1802	2	0:00		Generalities	Better with processed foods.	GENERALS - FOOD AND DRINKS - artificial food - amel-					
1802	2	0:00		Generalities	Worse with, bread	GENERALS - FOOD AND DRINKS - bread - agg-					
1802	2	0:00		Generalities	Worse with, bread.	GENERALS - FOOD AND DRINKS - bread - agg-					
1802	2	13:24	27	Generalities	I was unable to eat sweets. I haven't feel good eating sweets, preferring salty foods over sweet foods.	GENERALS - FOOD AND DRINKS - sweets - aversion					GENERALS - FOOD AND DRINKS - salt - desire
1802	2	0:00	25	Generalities	Worse with, maple syrup.	GENERALS - FOOD AND DRINKS - syrup - aversion					
1802	2	0:00		Generalities	Body feels 'zip', with maple syrup.	GENERALS - FOOD AND DRINKS - syrup - aversion					
1802	2	0:00		Generalities	Worse after, meals.	STOMACH - EATING - after - agg-					GENERALS - EATING - after - agg-
1803	3	9:07	30	Generalities	There have been two sections to this proving, the first two weeks I was very physically ill, flu like symptoms, nausea, throwing up, diarrhea, and extreme headaches.	GENERALS - INFLUENZA					
1803	3	9:19	30	Generalities	It spread through my whole body. My whole body feel sick everywhere.	GENERALS - SICK FEELING; VAGUE					
1803	3	9:23	30	Generalities	I feel weak. I didn't want to reveal this weakness.	GENERALS - WEAKNESS					MIND - INSECURITY; MENTAL - hiding it; but is
1803	3	9:20	30	Generalities	It was awful. It feel, like I had no energy, absolutely no energy, I couldn't move from the bedroom to the bathroom, I feel my heart would race.	GENERALS - WEAKNESS - motion - agg-					CHEST - PALPITATION OF HEART - motion - agg-
1804	4	15:11	10	Generalities	Sunday was a really difficult situation. My body is processing. I really felt as though I could lose my mind.	MIND - DEPERSONALIZATION					
1805	5	5:59	9	Generalities	I feel dry and parched. Like I can't get enough water. Also, I have my morning diarrheas coming along. I hope the proving isn't giving me irritable bowel.	GENERALS - DRY SENSATION - Body; whole					GENERALS - FC RECTUM - DIARRHEA - morning
1805	5	12:11	9	Generalities	I feel completely dried out, my skin and hair feel dry and brittle; so do my nails.	GENERALS - DRY SENSATION - Body; whole					SKIN - DRY HEAD - HAIR - dryness
1805	5	6:02	21	Generalities	I was craving bread and butter and muesli the last three weeks. Foods from my childhood.	GENERALS - FOOD AND DRINKS - bread - desire - butter, and					GENERALS - FC MIND - SENTIMENTAL MIND - HOMESICKNESS
1805	5	5:17	28	Generalities	I've continued to eat muesli. Abandoning my paleo plan during the whole proving basically. I especially want the warm milk over the muesli. Comfort foods. When I heard about the school shooting I could smell warm challah bread baking.	GENERALS - FOOD AND DRINKS - farinaceous - desire					GENERALS - FOOD AND DRINKS - bread - desire
1805	5	5:15	1	Generalities	I am craving spicy foods, I want Indian, Thai, or Vietnamese food for dinner. Something with distinctive spices.	GENERALS - FOOD AND DRINKS - spices - desire					
1805	5	12:00	2	Generalities	I am craving spicy foods, I haven't been eating spices lately, not like this. I really ate a lot of spicy foods when I was younger and studying social work. That whole period when my grandmother was so much a part of my life is coming to the surface right now...	GENERALS - FOOD AND DRINKS - spices - desire					MIND - GRIEF - loved ones; long lost
1805	5	5:09	1	Generalities	I am craving chai. I want warm spices to get my day going.	GENERALS - FOOD AND DRINKS - tea - desire					GENERALS - FOOD AND DRINKS - spices - desire
1805	5	7:00	13	Generalities	I am just achy all over.	GENERALS - PAIN - aching					
1805	5	12:00	9	Generalities	Weakness, I just laid in bed all morning.	GENERALS - WEAKNESS - lying - amel-					
1805	5	5:57	8	Generalities	Another, area where I will not stop is in eating. I am really hungry. I want to eat bread and butter. I also want to eat muesli and hemp milk.	MIND - SELF-CONTROL - loss of self-control - diet; about					STOMACH - AP MIND - SELF-C GENERALS - FC GENERALS - FOOD AND DRINKS - farinaceous - desire
1806	6	14:30	3	Generalities	Very tired, fell asleep for about 20 minutes.	SLEEP - SLEEPINESS - overpowering					SLEEP - SHORT - catnaps, in
1807	7	8:27	16	Generalities	I am a consistent eater of fruits and vegetables and rice and beans.	GENERALS - FOOD AND DRINKS - fruit - desire					GENERALS - FC GENERALS - FC GENERALS - FOOD AND DRINKS - beans - desire
1807	7	8:27	16	Generalities	I am not a big sweets guy.	GENERALS - FOOD AND DRINKS - sweets - aversion					

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1807	7	8:44	16	Generalities	I require a lot of exercise, when I don't do it, it usually shows.	MIND - ACTIVITY - desires activity				
1807	7	8:43	16	Generalities	I fidget with my hands a lot and bounce my legs a lot. The energy is ceaseless. I have to do some push-ups and then I am fine. I need to release energy.	MIND - RESTLESSNESS	EXTREMITIES - MOTION - Fingers - constant			
1808	8	8:20	15	Generalities	All symptoms are gone.	X				
1810	10	9:00	3	Generalities	Tired just a few hours after waking; would like to go back to sleep.	SLEEP - UNREFRESHING	SLEEP - SLEEPINESS - overpowering - waking; on			
1810	10	2:13	1	Generalities	Sleepy, yawning a lot... Very tired.	SLEEP - YAWNING				
1811	11		18	Generalities	I am feeling chilled; the air is chilly, like there is a presence in the air, an otherworldly presence. You breathe in the cool air. It reminds me of the dead forest. If I breathe out I will see that damp cool, misty cold breathe, like when you are outside.	CHILL - CHILL IN GENERAL	RESPIRATION - GENERALS - PAIN - aching			
1811	11		18	Generalities	There has been this chill associated with this substance. It is returning again now.	CHILL - CHILLINESS				
1811	11		18	Generalities	Lava like, a consistency of something floating down, this heaviness is pulling down. Like a bread dough that sort of falls. Heavy like a sandbag kinda way, just gradually falling, moving downward.	GENERALS - HEAVINESS	MIND - DELUSIONS - downward; pulled			
1812	12	9:02	2	Generalities	Electrical energy, anxious, out of control energy was coursing through my body and I couldn't settle it down to write my article.	EXTREMITIES - ELECTRICAL CURRENT; SENSATION OF AN	MIND - ENERG; MIND - ANXIET	GENERALS - ENERGY - excess of energy		
1812	12	9:00	1	Generalities	On the other hand I feel like I am burning up.	FEVER - BURNING HEAT				
1812	12	9:59	3	Generalities	It is concentrated between my shoulders, it runs up the left arm, it enters at the left side, at the hand, it gets blocked, backed up across the shoulders, and then it pours down the right arm, out the hand, and goes around and around.	GENERALS - ENERGY - excess of energy				
1812	12	7:41	5	Generalities	I am beginning to feel warm and now hot.	GENERALS - HEAT - flushes of				
1812	12	10:22	1	Generalities	I now realize that the physical symptoms of stiffness relate to a reluctance to move, or go out walking, with a sense of my own direction. Are these psychosomatic symptoms of my behavioral patterns of having to be responsible?	GENERALS - STIFFNESS				
1812	12	6:30	2	Generalities	This morning I woke up with stiffness in my bones, joints, and muscles, like everywhere.	GENERALS - STIFFNESS	GENERALS - ST	GENERALS - STIFFNESS - Muscles		
1812	12	7:17	4	Generalities	I am burning up; these flames are coming out of the top of my head. I am on fire, burning up. It feels good.	MIND - DELUSIONS - fire - flame of fire seems passing through him	FEVER - INTENSE HEAT			
1812	12	20:15	5	Generalities	I am very tired. If I go to bed I will wake up too early. I will stay up to my regular bedtime.	SLEEP - SLEEPINESS	MIND - SELF-CONTROL - increased			
1812	12	15:00	5	Generalities	Very tired, slept for one hour.	SLEEP - SLEEPINESS - overpowering	SLEEP - SHORT - catnaps, in			
1802-S	2	7:00	7	Generalities	I didn't crave sweets and if had some sweets didn't like the taste of it which is very unusual for me because I used to crave sweets.	GENERALS - FOOD AND DRINKS - sweets - desire				
1802-S	2	14:00	7	Generalities	Feeling extremely relieved after bowel movement.	GENERALS - STOOL - after - amel-				
1803-S	3	0:00	3	Generalities	Chills in afternoon.	CHILL - AFTERNOON				
1803-S	3		7	Generalities	Fresh air improved symptoms.	GENERALS - AIR; IN OPEN - amel-				
1803-S	3	16:00	3	Generalities	Very cold, lasting two hours.	GENERALS - HEAT - lack of vital heat				
1803-S	3	18:57	1	Generalities	Body feels loose.	GENERALS - LOOSE; AS IF FLESH WERE				
1803-S	3	0:00	3	Generalities	Desire to lay down. Even when eating.	GENERALS - LYING DOWN - after - amel-	GENERALS - LIE DOWN - desire to			
1803-S	3	0:00	3	Generalities	Desire to be very still.	GENERALS - MOTION - agg-				
1803-S	3	0:00	3	Generalities	Want to hold throat still.	GENERALS - MOTION - agg-	THROAT - PAIN - motion - agg-			
1803-S	3	0:00	3	Generalities	Too much effort to sit up must lay down.	GENERALS - SITTING - agg-	GENERALS - LY	GENERALS - LIE DOWN - desire to		
1803-S	3	19:10	1	Generalities	Gesture of a crossing wave or crossing roller coaster.	GENERALS - WAVELIKE SENSATIONS				
1803-S	3		4	Generalities	Severe weakness.	GENERALS - WEAKNESS				
1803-S	3	0:00	2	Generalities	Sleepy mid morning wanted to take a nap.	SLEEP - SLEEPINESS - morning				
1804-S	4	0:00	0	Generalities	I drank ten servings of alcohol.	GENERALS - FOOD AND DRINKS - alcoholic drinks - desire				
1807-S	7			Generalities	Calm energy has left. Restlessness returned.	MIND - TRANQUILLITY	MIND - RESTLESSNESS			
1807-S	7			Generalities	Smoking cigs less. Less craving.	MIND - WILL - weakness of - smoking; for giving up				
1807-S	7	3:35		Generalities	Yawn.	SLEEP - YAWNING				



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1805	5	17:16	12	Larynx & Trachea	I am hoarse, I lose my voice completely by bedtime.	LARYNX AND TRACHEA - VOICE - hoarseness	LARYNX AND TRACHEA - VOICE - hoarseness - evening				
1805	5	5:04	29	Larynx & Trachea	Laryngitis again, I had a hoarse voice all day yesterday and last night I lost my voice.	LARYNX AND TRACHEA - VOICE - hoarseness					
1803-S	3	0:00	3	Larynx & Trachea	Voice is hoarse.	LARYNX AND TRACHEA - VOICE - hoarseness					
1802	2	0:00		Mind	Shorter temper.	MIND - ABRUPT	MIND - SNAPPISH				
					I have had previous relationship with people who are verbally abusive. Telling me a list of what I was doing wrong as a friend, it was mean, and it resulted in pushing me away.	MIND - AILMENTS FROM - abused; after being - emotionally	MIND - CENSORIOUS				
1802	2	13:10	27	Mind	I wanted my friend to help me through something, I wanted to purchase a car. My friend backed out at the last moment. I became pretty upset.	MIND - AILMENTS FROM - disappointment	MIND - ANGER MIND - ANGER - indignation; from				
1802	2	13:03	27	Mind	So then, I asked for help, then, he didn't help me, even though he was always encouraging me to ask, when I did he didn't.	MIND - AILMENTS FROM - disappointment					
1802	2	13:04	27	Mind	I don't know. I feel really disappointed. I feel in doubt and insecure about friendships and relationships.	MIND - AILMENTS FROM - friendship; deceived	MIND - CONFIDENCE - INSECURITY; MENTAL				
1802	2	13:11	27	Mind	How do I go forward. So, I am focusing on school. Throughout the proving I have been extremely motivated more than I normally am. I am in homeopathy school.	MIND - AMBITION - increased					
1802	2	13:12	27	Mind	I've completed a lot of school work.	MIND - AMBITION - increased					
1802	2	0:00		Mind	Anxious	MIND - ANXIETY					
1802	2	0:00		Mind	Feeling anxious and upset, upon awakening and in dream.	MIND - ANXIETY - waking, on	DREAMS - ANXIOUS				
1802	2	0:00		Mind	More fiery inside, angry, antagonistic spirit.	MIND - ARDENT (FIERY TEMPERAMENT)	MIND - ANGER - indignation; from				
1802	2	13:07	27	Mind	I realized he is never clear with me. It is super frustrating. The last conversation was so yucky, he was being clear with me, but I didn't like how he was talking to me.	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	MIND - INSECURITY; MENTAL				
1802	2	13:02	27	Mind	I found myself naming behaviors of my friend and then arguments followed after that.	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	MIND - CENSORIOUS				
1802	2	13:02	27	Mind	I said more clearly than ever what I was feeling.	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of				
1802	2	13:02	27	Mind	In a way I was more able to pinpoint things, like voicing my emotions or feelings and my observations. I was seeing feelings with greater clarity.	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of				
1802	2	0:00	2	Mind	Very cautious.	MIND - CAUTIOUS					
1802	2	0:00		Mind	In my mind I am snappy with people, but in real life I am not acting that way.	MIND - CENSORIOUS	MIND - SNAPPISH				
1802	2	0:00		Mind	Feelings of having more mental clarity concerning my friend.	MIND - CLARITY OF MIND					
1802	2	0:00		Mind	Want to be alone.	MIND - COMPANY - aversion to					
1802	2	0:00		Mind	Turned down spending time with friend to study.	MIND - COMPANY - aversion to					
1802	2	0:00		Mind	Very focused.	MIND - CONCENTRATION - active					
1802	2	13:00	27	Mind	I feel more cloudy or foggy. I was really more emotional.	MIND - CONFIDENCE - want of self-confidence	MIND - SADNESS - confusion; with				
1802	2	13:06	27	Mind	Having doubt, a lot of doubts. Doubt in relationships. Codependency.	MIND - CONFIDENCE - want of self-confidence					
1802	2	13:06	27	Mind	I was in a different state. Should I have done the proving? Should I have said what I said?	MIND - CONFIDENCE - want of self-confidence					
1802	2	0:00		Mind	Feelings of not being good enough.	MIND - CONFIDENCE - want of self-confidence					
1802	2	0:00		Mind	Feeling of doubt.	MIND - CONFIDENCE - want of self-confidence					
1802	2	0:00		Mind	Feeling unsure about big decisions.	MIND - CONFIDENCE - want of self-confidence - plans; about realizi	MIND - IRRESOLUTION				
1802	2	0:00		Mind	Sad or unsure of how I am feeling.	MIND - CONFUSION OF MIND - feelings; about one's					
1802	2	0:00	1	Mind	Feeling more sarcastic.	MIND - CYNICAL	MIND - MOCKING - sarcasm				
1802	2	13:05	27	Mind	As I am retelling this, I'm feel alone. Is this actually a good thing seeing these things?	MIND - DELUSIONS - alone, being	MIND - FORSAKEN FEELING - isolation; sensation of				
1802	2	0:00		Mind	Feelings of being betrayed.	MIND - DELUSIONS - betrayed; that she is					
1802	2	0:00		Mind	Feelings of being betrayed.	MIND - DELUSIONS - betrayed; that she is					
1802	2	0:00		Mind	Delusions of dramatic events, gun fights, explosions...	MIND - DELUSIONS - danger, impression of					
1802	2	0:00		Mind	Feeling melancholy.	MIND - DESPAIR					
1802	2	0:00		Mind	Feeling hopeless.	MIND - DESPAIR					
1802	2	0:00		Mind	Fearful.	MIND - FEAR					
1802	2	0:00		Mind	Feeling like something bad will happen while I am driving tomorrow, car having accident on snow.	MIND - FEAR - accidents, of	MIND - FEAR - accidents, of - car				
1802	2	0:00		Mind	Delusions that I am going to get in an accident with the snow and ice on road.	MIND - FEAR - accidents, of	MIND - FEAR - accidents, of - car				

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1802	2	0:00		Mind	Feeling like I am making a mistake.	MIND - FEAR - mistakes; of making					
1802	2	0:00		Mind	Feelings of making a mistake.	MIND - FEAR - mistakes; of making					
1802	2	0:00	3	Mind	Feelings of being alone.	MIND - FORSAKEN FEELING					
1802	2	0:00		Mind	Feeling abandoned.	MIND - FORSAKEN FEELING					
1802	2	0:00	10	Mind	Extremely productive.	MIND - INDUSTRIOUS	MIND - ACTIVITY - desires activity				
1802	2	13:14		27	Mind	I don't know how to go forward right now with that issue with my friend.	MIND - IRRESOLUTION	MIND - DISCOURAGED - irresolution, with			
1802	2	13:01		27	Mind	I experienced jealousy in a new way. I also feel cloudy or muddled in my mind.	MIND - JEALOUSY	MIND - DELUSI MIND - SADNESS - confusion; with			
1802	2	13:04		27	Mind	He backtracked and made a bunch of excuses; this made me feel really jealous.	MIND - JEALOUSY				
1802	2	13:04		27	Mind	I feel the jealousy in my chest and my throat. Tight in my chest and a tight and a lump in my throat.	MIND - JEALOUSY	CHEST - CONS THROAT - LUMP; SENSATION OF A			
1802	2	0:00		Mind	Feelings of jealousy.	MIND - JEALOUSY					
1802	2	13:01		27	Mind	I feel more emotional; there were friendship disagreements. I found myself highly emotional. I was really able to see one friend more clearly.	MIND - MOOD - changeable - quickly	HEAD - HEAVINESS - alternating with - clearness of mind			
1802	2	0:00		Mind	Feelings of giving too much.	MIND - PLEASING - desire to please others					
1802	2	0:00		21	Mind	Guilty after fight with friend	MIND - REPROACHING ONESELF				
1802	2	0:00		Mind	Blaming myself.	MIND - REPROACHING ONESELF					
1802	2	13:08		27	Mind	He was being defensive, putting things back on me, he was manipulative. 'I say these things and you don't hear me,' it wasn't kind, he doesn't say things nicely, or he doesn't have much grace with me. No leeway about who I am as a person.	MIND - REPROACHING OTHERS	MIND - DISCOURAGED - irresolution, with			
1802	2	0:00		29	Mind	Feeling sad.	MIND - SADNESS				
1802	2	0:00		Mind	Driving slow.	MIND - SLOWNESS - driving; while					
1802	2	0:00		Mind	Don't want to be around my roommates or talk to them while I am alone in my room.	MIND - TACITURN	MIND - COMPANY - aversion to				
1802	2	13:03		27	Mind	You know you need to ask for help. You can't do it all by yourself all the time,' he said.	MIND - THOUGHTS - repetition, of				
1802	2	0:00		Mind	I am speaking up to him more about his behavior (this is unusual).	MIND - TRUTH - telling the plain truth					
1802	2	13:00		27	Mind	The most striking thing for me was the realization that the substance was affecting me; it was both subtle and not so subtle. There was one day that I just feel like myself again. That was around day 18.	X				
1802	2	13:23		27	Mind	No changes in diet since the proving.	X				
1802	2	0:00		Mind	Once out of room, okay talking and interacting.	X					
1803	3	9:45		30	Mind	What am I doing here on the planet? Feeling constant doubt. A weird dichotomy when I have another child.	MIND - AILMENTS FROM - grief - prolonged	MIND - CONFIDENCE - want of self-confidence			
1803	3	9:58		30	Mind	Can I wear a big sign that says, 'Yes, I lost my son, it is okay for me to laugh today!' or 'Yes, I lost my son, I loved my son, and it is okay for me to cry today.'	MIND - AILMENTS FROM - grief - prolonged				
1803	3	9:24		30	Mind	The substance is giving me access to my emotional intelligence.	MIND - AWARENESS HEIGHTENED - thoughts and feelings; of				
1803	3	9:18		30	Mind	As a homeopath we're giving a remedy matching the symptoms, with homeoprophylaxis we're following a certain intention, there is a purpose, benevolence there. Taking this substance feel more malicious or harmful	MIND - CONCENTRATION - active				
1803	3	9:47		30	Mind	Doubt, okay, we're doing this proving to help humanity. What is the point, there are so many people around us, we're going to die, all of us are going to die. This is my current life, I had one before, I will have another life, so what am I actually doing here?	MIND - CONFIDENCE - want of self-confidence	MIND - DEATH - thoughts of			
1803	3	9:57		30	Mind	To validate the experience.	MIND - CONFIDENCE - want of self-confidence	MIND - LONGING - good opinion of others; for			
1803	3	9:22		30	Mind	I am a single mom, I don't have a lot of support, there aren't a lot of people who sympathize or are there for me compassion wise. I didn't want to let anyone know that I was sick again. Because, going through all of this with my supervisor, by the end of the first week we flushed this out...	MIND - CONFIDENCE - want of self-confidence - support; desires	MIND - ANXIET GENERALS - SUPPORT AMEL-			
1803	3	9:24		30	Mind	My mother, when I'd pinch my finger in the door, she'd say, 'Let me look at that, do we need to cut it off?' Instead, of, 'Are you okay?' No sympathy or empathy.	MIND - CONSOLATION - amel-	MIND - SYMPA' MIND - FORSAKEN FEELING - isolation; sensation of			











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1805	5	9:11	5	Mind	I have an appointment with Ruth Hayden, she teaches classes on Women & Money, and wrote a book How To Turn Your Money Life Around: The Money Book for Women. I would like to purchase a copy of this book for everyone of my patients.	MIND - ANXIETY - future, about	MIND - THOUGHTS - future, of the			
1805	5	1:00	13	Mind	I'm worried about my throat. I keep thinking of all the remedies I could take for this.	MIND - ANXIETY - health; about - own health; one's	MIND - MEDICINE - desire to swallow large doses of			
1805	5	5:45	8	Mind	I could see myself gearing up for a battle with my husband this morning. I was just ready. I get inflamed easily. A short fuse.	MIND - ARDENT (FIERY TEMPERAMENT)	MIND - QUARRELSOME			
1805	5	5:30	18	Mind	I slept with my husband last night for the first time since the proving.	MIND - AVERSION - husband, to				
1805	5	5:06	6	Mind	1. 'I wish I'd had the courage to live a life true to myself, not the life others expected of me.'	MIND - CONCENTRATION - active				
1805	5	5:06	6	Mind	2. 'I wish I hadn't worked so hard.'	MIND - CONCENTRATION - active				
1805	5	5:06	6	Mind	3. 'I wish I'd had the courage to express my feelings.'	MIND - CONCENTRATION - active				
1805	5	5:06	6	Mind	4. 'I wish I had stayed in touch with my friends.'	MIND - CONCENTRATION - active				
1805	5	5:06	6	Mind	5. 'I wish that I had let myself be happier.'	MIND - CONCENTRATION - active				
1805	5	5:03	7	Mind	28,000 people died from the enormous quantities of water. The waves from the air are incredible and awesome. The waves move as fast as 5 miles per second!	MIND - CONCENTRATION - active				
1805	5	7:15	12	Mind	Tsunamis are caused by energy moving through water, massive amounts of energy. The movement of energy through water. Energy originating underwater like from an earthquake or volcanic activity. Nature is too powerful to stop.	MIND - CONCENTRATION - active				
1805	5	5:00	2	Mind	"Before every session, I take a moment to remember my humanity. There is no experience that this man has that I cannot share with him, no fear that I cannot understand, no suffering that I cannot care about, because I too am human. No matter how deep his wound, he does not need to be ashamed in front of me. I too am vulnerable. And because of this, I am enough. Whatever his story, he no longer needs to be alone with it. This is what will allow his healing to begin." - Carl Rogers	MIND - CONFIDENCE - want of self-confidence				
1805	5	17:32	5	Mind	I agree. I heard what Ruth had to say, then I feel like can I do this? I was overcome with self-doubt, 'Am I actually helping anybody with homeopathy?'	MIND - CONFIDENCE - want of self-confidence				
1805	5	17:37	5	Mind	I have had self-doubt before, but I am overwhelmed by thoughts of death.	MIND - CONFIDENCE - want of self-confidence				
1805	5	5:03	29	Mind	I remember that friends of our family who were very politically minded who participated in the Civil Rights Movement thought that they were being 'listened' to by big brother, when their mother died, they received a file several inches thick detailing their surveillance. It was surreal. I think of this whenever I take a civil action, my self-doubt kicks in, but my thirst for justice wins out.	MIND - CONFIDENCE - want of self-confidence	MIND - DELUSION - DELUSIONS - spied; being			
1805	5	8:15	5	Mind	I keep hearing my patients talking about aging and dying in a new way. I feel I am acknowledging my mortality and death since this proving started.	MIND - DEATH - talks of	MIND - DEATH MIND - FEAR - old; of getting			
1805	5	22:00	5	Mind	I was watching Netflix Grace & Frankie, the Expiration Date, Frankie is in a casket of sorts surrounded by fruits. This was striking because of all of my imagery around death that I have experienced since the beginning of the proving.	MIND - DEATH - thoughts of				
1805	5	22:01	5	Mind	Not to mention, dying, death... Grace & Frankie is all about aging this season. One of the main characters is losing her memory and things are falling apart, their relationships, their house, their bodies.	MIND - DEATH - thoughts of				
1805	5	22:03	5	Mind	I can't get away from this death theme. I wonder if we are proving something like egyptian embalming fluid? Bitumen?	MIND - DEATH - thoughts of	MIND - FEAR - MIND - THEORIZING - proving substance; about the			

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1805	5	5:00	6	Mind	I read this blog this morning... Continuing on my theme: Regrets of the Dying. <a href="http://www.bronnieware.com/blog/regrets-of-the-dying">http://www.bronnieware.com/blog/regrets-of-the-dying</a>	MIND - DEATH - thoughts of				
1805	5	5:00	7	Mind	Person after person keeps saying the same things. I don't know that I can continue. It's too much. It is like Khalil Gibran saying, 'Only love and death change all things.'	MIND - DEATH - thoughts of	MIND - CARES, MIND - WEARISOME - cares; from			
1805	5	5:31	18	Mind	This morning I woke up feeling like myself. It is like a cloud lifted and I feel like myself again. I stopped watching tsunami videos yesterday. I was watching one and I thought to myself, 'What am I doing?' I find them horrifying. Then I thought, 'Where is my husband?' It was as though he was totally out of my life the last several weeks.	MIND - DELUSIONS - clouds - black cloud enveloped her; a heavy	DREAMS - WA\MIND - AVERSION - husband, to			
1805	5	12:00	1	Mind	I have been thinking about my visitation from my grandmother all day. That was frightening and intense. It is lingering. She died January 2005, it's January 2018. So thirteen years ago.	MIND - DELUSIONS - dead - persons, sees				
1805	5	1:00	1	Mind	I had a ghostly visitation of my grandmother, she appeared by my bedside, she said, "I can see how hard you are working and you need to rest..."	MIND - DELUSIONS - specters, ghosts, spirits	MIND - DELUSIMIND - RESPONSIBILITY - taking responsibility too seriously			
1805	5	1:15	1	Mind	She appeared ghostly and frightening at first, then as I awoke more she appeared as I remembered her in the 1970s.	MIND - DELUSIONS - specters, ghosts, spirits	MIND - DELUSIMIND - THOUGHTS - past, of the			
1805	5	19:00	3	Mind	One of my patients called with an acute respiratory influenza; she said she has been crying out for her grandmother as she remembers being a child and in hospital for pneumonia; her grandmother nursed her to health with chicken broth and singing her lullabies. She said, 'I have been having continuous thoughts about my grandmother today.' I thought that was interesting because of that frightening vision of my ghostly grandmother. I have never had such a vision or experience.	MIND - DELUSIONS - specters, ghosts, spirits				
1805	5	5:31	8	Mind	Which contributed to bringing me to places of despair and meaninglessness and over come with self-doubt.	MIND - DESPAIR	MIND - RESIGNMIND - CONFIDENCE - want of self-confidence			
1805	5	6:50	13	Mind	Despair, isolation, wanting to withdraw into my own room or my mind.	MIND - DESPAIR	MIND - COMPA MIND - WITHDRAWAL FROM REALITY			
1805	5	6:41	13	Mind	I feel like I'll never get better.	MIND - DESPAIR - recovery, of				
1805	5	22:00	26	Mind	Devastated about the school shootings.	MIND - DESPAIR - world; for the	MIND - SADNESS			
1805	5	5:55	8	Mind	But, I will not stop!!	MIND - DETERMINATION				
1805	5	6:20	7	Mind	I haven't been going to yoga or to the YMCA to walk or exercise. I hasn't crossed my mind.	MIND - EXERTION - physical - aversion				
1805	5	5:33	18	Mind	I feel like doing yoga today. I haven't moved my body for almost three weeks. I was really sick for a while. I couldn't do yoga with diarrhea for instance.	MIND - EXERTION - physical - desire				
1805	5	9:05	5	Mind	All of these women, my age, over 50, are talking about being older, not wanting to work as hard, to retire, worrying about money.	MIND - FEAR - age; of one's own				
1805	5	5:10	7	Mind	There are all sorts of terms in tsunamis that I've never heard before. One wave in one of the tsunamis was almost as tall as the Transamerica Pyramid in San Francisco, California, it has a structural height of 853 feet (260 m) and has 48 floors of retail and office space. I have never watched videos like this before it is horrifying and fascinating at the same time. It is related to this theme of death. Although, sudden death.	MIND - FEAR - disaster; of	MIND - FEAR - MIND - FEAR - death, of			
1805	5	1:07	13	Mind	Watching these YouTube videos on tsunamis, is about preparedness. A part of me wants to be prepared for something. Parallels with the potential for things to collide in life.	MIND - FEAR - disaster; of				
1805	5	3:00	9	Mind	I have been watching tsunami videos all afternoon. Could I be prepared? Could I run? I feel really sick.	MIND - FEAR - happen, something will - terrible is going to happen; MIND - CONFIDENCE - want of self-confidence				
1805	5	5:06	29	Mind	I woke up feeling afraid that we are losing our rights and that this is the end of American democracy as we know it.	MIND - FEAR - happen, something will - terrible is going to happen; something				

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1805	5	5:09	6	Mind	These are all of the things I am hearing my peers talking about. I am late to supper; I haven't ever feel these things...	MIND - FEAR - old; of getting					
1805	5	1:04	13	Mind	I keep thinking about the things my patients have been telling me about ending their careers and wanting to move to Florida or Arizona. All these women who have no savings. One woman is 80-something, she's a social worker friend, she still leads courses because she has very little savings.	MIND - FEAR - old; of getting	MIND - FEAR - MIND - CONFIDENCE - want of self-confidence				
1805	5	1:09	13	Mind	The power of the ocean. Life, death, thinking about my husband dying. He's a few years older than me.	MIND - FEAR - old; of getting	MIND - DEATH MIND - FEAR - death, of				
1805	5	1:14	13	Mind	Preparing for the end. Preparing for something big. That is what the tsunami videos are about.	MIND - FEAR - old; of getting	MIND - DEATH MIND - FEAR - MIND - FEAR - happen, something will - terrible is going to happen; something				
1805	5	9:00	5	Mind	I struggled with the elderly and dying courses; it bothered me how afraid others became around older people in my social work courses.	MIND - FEAR - old; of getting - and the elderly					
1805	5	12:30	1	Mind	I am experiencing grief, and a sense of relief, it is nice to think of someone looking after me. I am looking after so many people in my homeopathic practice.	MIND - GRIEF	MIND - CONFIDENCE - want of self-confidence - support; desires				
1805	5	5:33	8	Mind	I really haven't feel like this since the 1980s, issues from thirty years ago are rising to the surface. Like the tsunami. I am triggered and then I am flooded with emotion.	MIND - HELPLESSNESS; FEELING OF					
1805	5	7:21	4	Mind	I am getting subtle, but intense thoughts.	MIND - IDEAS - abundant					
1805	5	5:02	29	Mind	I called and left a scathing message on Speaker of the House Paul Ryan's voicemail. I am so affronted by the continuous commentary on the NRA and gun laws in the U.S.A.	MIND - INDIGNATION	MIND - INDIGNATION - hypocrisy; by society				
1805	5	6:41	9	Mind	I have so much to do. I can't cancel my day. I have errands to run, etc. But, I am really sick.	MIND - INDUSTRIOUS					
1805	5	5:51	8	Mind	I have a self-righteousness. That is not so good. It is a mixture of self-doubt and self-righteousness.	MIND - INJUSTICE, CANNOT SUPPORT	MIND - CONFIDENCE - want of self-confidence				
1805	5	5:53	8	Mind	Rabbi Sid Schwarz writes in Judaism & Justice, 'Righteousness is when we act toward others in a spirit of tolerance, justice, and compassion. Self-righteousness is when we come to be convinced that our own religion, lifestyle, or philosophy of living is superior to alternate paths.'	MIND - INJUSTICE, CANNOT SUPPORT					
1805	5	5:54	8	Mind	I can hear this coming through me in Torah Study. It is like the voice of my mother, or grandmother, rising up to do battle against injustice. I am tired of fighting for homeopathy. I am tired of thinking about neo-Nazis and white supremacists	MIND - INJUSTICE, CANNOT SUPPORT					
1805	5	21:00	27	Mind	I'm in shock and grief over the school shootings in Parkland, Florida. How many children will have to die by gun violence?	MIND - INJUSTICE, CANNOT SUPPORT	MIND - INDIGNATION				
1805	5	9:02	5	Mind	When I really explore this it was easier for me to see other people being afraid then it is for me to admit that I am actually the one who is afraid.	MIND - INSECURITY; MENTAL - hiding it; but is					
1805	5	5:52	9	Mind	I am feeling tired and irritable. Like I've got zero tolerance.	MIND - IRRITABILITY - sleepiness, with					
1805	5	7:12	9	Mind	Incremental losses, that is what keeps going through my mind.	MIND - LOSS; SENSE OF					
1805	5	6:53	13	Mind	A woman said to me the other day, 'I don't really have to worry about finances if I don't have that much time to live'. She was relieved by that thought? It made me sad and I feel pained in my heart.	MIND - LOSS; SENSE OF					
1805	5	5:09	1	Mind	I feel very practical and matter of fact.	MIND - PRACTICAL					
1805	5	9:00	1	Mind	I got into a huge argument about something from long ago with my husband.	MIND - QUARRELSOME	MIND - THOUGHTS - past, of the				
1805	5	5:47	8	Mind	He always leaves the dishrag balled up and his cereal pan, and bowl caked with oatmeal. I want to pick up the pan and slam it down on the counter. I am feeling like I want to fight.	MIND - QUARRELSOME					

























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1810	10	9:00		5 Mind	I also feel a sense of disappointment and some doubt about a project that I have already had going. I had been chugging along very unattached to outcome and feel more in alignment with what I enjoyed about it. Today I'm questioning it. Maybe it's not as good as I thought it was. I think the thing is that these projects are more outward facing, and the pull is to work for myself, to go deeper and feel more certain about my own knowledge before turning to project to others.	MIND - CONFIDENCE - want of self-confidence - plans; about realizi	MIND - FEAR - failure, of - things not done in the way he wants, in								
1810	10	12:30		20 Mind	Oh, and I feel like all my cases are going to shit. People are doubting the process, or well indicated remedies are aggravating. I'm like, what the fuck, can I even practice homeopathy successfully!?	MIND - CONFIDENCE - want of self-confidence - support; desires									
1810	10	10:17		26 Mind	Polarity, being the authentic self, you have to be who you are, the importance of being yourself, not doubting that. In this interaction with my husband we got into a heated discussion about a book group. He wasn't listening to what I was saying, he felt I was aggressive.	MIND - CONFIDENT	MIND - QUARRELSOME								
1810	10	10:21		26 Mind	Watching Legally Blonde, the main character finally shows up and kicks ass in the court, and this teared me up, because she is so very different from everyone else, she's this blonde pink, unique self, with her own unique perspective to show up and do what she does. That Elle in the movie. Elle Woods (played by Reese Witherspoon).	MIND - CONFIDENT	MIND - DETERMINATION - FREEDOM - doing what he had to do; remarkable freedom in								
1810	10	10:28		26 Mind	Oh, okay, I got through it, (sigh)!	MIND - CONFIDENT									
1810	10	9:00		31 Mind	I am back to thinking about my projects. I do not have the doubt anymore, but feel inspired and creative to just dive in and see what happens. I also feel less of a need to get 'approval' or see if people will like it ahead of time. I feel back to being confident, but not overly so, and with less attachment to outcome.	MIND - CONFIDENT									
1810	10	22:00		21 Mind	I had fire flare up at me twice yesterday. Once when I was making a fire in the woodstove I was using the blowtorch to ignite the kindling; I do that daily, often multiple times, and it flared back at me. That has never happened before. And, a second time I was grilling burgers on our stove and the flame leapt around the outside of the griddle. That has never happened before either.	MIND - DELUSIONS - fire - world is on									
1810	10	10:13		26 Mind	I had a meeting with some close friends, they were so 'light', 'bright', 'engaged', I didn't know how to connect with them. it was like a chain link one doubt became another doubt.	MIND - DELUSIONS - light = brightness -									
1810	10	9:30		40 Mind	I am not willing to keep things in my life that don't feel right. I decided today to not sign a lease to stay at my current office space and will leave in search of something that feels better.	MIND - DETERMINATION									
1810	10	9:30		33 Mind	i decide what my boundaries are around the work that I was feeling left out of, and send an email to communicate those boundaries, in a clear way. I explain that I do not expect them to change to suit me, but nor can I absorb all of the repercussions of what they are potentially asking for. I understand it may result in me losing my position with the work. I am okay with that.	MIND - ESTRANGED	MIND - DELUSION - FEAR - unfit for work; of becoming								































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1812	12	7:23	4	Mind	This defense is around my whole body. My consciousness is in a square box. It is as though I am building layers.	MIND - PROTECTING - desire to protect				
1812	12	8:38	29	Mind	It is like I am clenching up throughout my whole body and getting ready to fight. Gathering the energy needed to fight. Not using the excess energy in a positive expression or action, but wanting to fight and resist things altogether...	MIND - QUARRELSOME	GENERALS - TENSION			
1812	12	6:32	2	Mind	I feel I am holding on in the battle of doing what I don't want to do. Everything I do not want to do creates a tension, I am trying to hold myself up, to stay alive, and to survive.	MIND - REBELLIOUS	MIND - QUARR MIND - TALKIN MIND - FIGHT, WANTS TO			
1812	12	7:43	4	Mind	I resist real life!	MIND - REBELLIOUS				
1812	12	7:48	4	Mind	Internal conflict. There is a way that I am fighting myself. I stay in the box. Doing so, I don't have to go out and deal with anything.	MIND - REBELLIOUS	MIND - OBSTIMIND - IMPATIENCE			
1812	12	7:49	5	Mind	I am wondering if not wanting to participate in the proving is stopping symptoms and images from coming through?	MIND - REBELLIOUS				
1812	12	7:36	6	Mind	I tell myself it is okay to start on my terms. I feel good. I do not feel any guilt or pressure from anyone outside myself.	MIND - REBELLIOUS	MIND - OBSTINATE			
1812	12	6:45	10	Mind	I woke up trying to stay connected with thoughts so I could write them down. I kept resisting. I feel like I want to end this trial.	MIND - REBELLIOUS				
1812	12	10:41	5	Mind	I feel guilty because I cannot maintain the work.	MIND - REPROACHING ONESELF				
1812	12	10:08	1	Mind	My family was not open to other people. We were ashamed of our circumstances. The only contact I had were with people was at school or in church and that was limited or superficial.	MIND - RESERVED				
1812	12	9:20	51	Mind	I want to give up everything. Call the junk man to haul it away with my husband sitting on top of the pile.	MIND - RESIGNATION	MIND - HATRED - husband; of			
1812	12	8:33	2	Mind	I just want to get rid of all of my obligations and duties.	MIND - RESPONSIBILITY - aversion to				
1812	12	9:20	51	Mind	Burdens of responsibilities. I don't have to pay bills. I don't have to go to the gym or watch my diet. I am free of obligations to my groups. I am vomiting them all out of my system. I am lying down and sleeping. Waiting for the dawn of a new day. I am waiting for inspiration to wake me up.	MIND - RESPONSIBILITY - aversion to				
1812	12	10:22	3	Mind	Responsibility has to do with real everyday, physical people imposing their will upon me and I have to adapt.	MIND - RESPONSIBILITY - taking responsibility too seriously	MIND - PLEASING - desire to please others			
1812	12	10:45	5	Mind	I have acted based on what is expected of me. I have responded to the rules of daily interaction.	MIND - RESPONSIBILITY - taking responsibility too seriously				
1812	12	7:55	8	Mind	The shore is my desire to be active. Do daily chores without resentment.	MIND - RESPONSIBILITY - taking responsibility too seriously	MIND - REBELL MIND - OBSTI MIND - IMPATIENCE			
1812	12	19:00		Mind	I attending a meeting of my astrological group. I did not want to go. I feel duty bound.	MIND - RESPONSIBILITY - taking responsibility too seriously				
1812	12	10:14	1	Mind	Responsibility, obligation, duty: I just did what I had to do in order to survive and function. No magic. Reality.	MIND - RESPONSIBILITY - taking responsibility too seriously - children; in				
1812	12	10:20	3	Mind	The whole piece of responsibility and obligations has to do with interacting with people, living with others in the real world versus the unreal fairytale world.	MIND - RESPONSIBILITY - taking responsibility too seriously - children; in				
1812	12	10:24	5	Mind	I feel disappointed when call ended.	MIND - SADNESS				
1812	12	9:00	19	Mind	I have been struggling.	MIND - SADNESS				
1812	12	9:00	19	Mind	I feel like I am carrying a burden.	MIND - SADNESS - burden; as from a				
1812	12	7:17	1	Mind	All the writing I am doing, having a hard time letting the writing flow instead of controlling it.	MIND - SELF-CONTROL - increased	MIND - EMOTIONS - predominated by the intellect			
1812	12	8:36	6	Mind	I have control over how I use my energy. That makes me feel good.	MIND - SELF-CONTROL - increased				
1812	12	18:00	16	Mind	Today I took control of my diet. I had a few nuts for an afternoon snack. Turkey vegetables and potato for dinner. A plum for dessert.	MIND - SELF-CONTROL - loss of self-control - diet; about				
1812	12	6:42	2	Mind	I feel I am not paying attention to other people's outer appearance so much as I am aware of and reacting to their non-physical energy.	MIND - SENSITIVE	MIND - SENSITIVE - aura of others, to			







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1803-S	3	0:00	3	Mind	Desire lots of blankets.	GENERALS - WARM - wraps - amel-					
1803-S	3		5	Mind	Feel weak, back is disjointed and out of alignment.	GENERALS - WEAKNESS	GENERALS - WEAKNESS - pain; from				
1803-S	3		5	Mind	Desire sympathy.	MIND - AILMENTS FROM - grief	MIND - AILMENTS FROM - sympathy from others - desire for				
1803-S	3		5	Mind	Anger was comical. Funny anger. Ridiculous, light. I wanted to laugh and scream at the same time. Threw shovel to watch it get stuck in snow.	MIND - ANGER	MIND - ANGER - alternating with - laughing				
1803-S	3		5	Mind	Aversion to speaking with prover.	MIND - AVERSION - persons - certain, to					
1803-S	3	19:10	1	Mind	Feel buoyant.	MIND - BUOYANCY	MIND - ACTIVITY - desires activity				
1803-S	3		4	Mind	I have great sympathy and desire to console her. I am concerned about her wellbeing...	MIND - CARES, FULL OF - others, about					
1803-S	3		10	Mind	Mother does not have any sympathy for others, she deflects. Even as a teenager I always had to pull myself together. Brings up frustration and constriction in throat. Jason is similar and I want to punch him in the face.	MIND - CARES, FULL OF - others, about	MIND - CARES, FULL OF - relatives, about				
1803-S	3	18:57	1	Mind	Clear headed.	MIND - CLARITY OF MIND					
1803-S	3		5	Mind	I feel glad to be alone over weekend; but I feel also good to share her misery.	MIND - COMPANY - aversion to					
1803-S	3		7	Mind	Glad no one else has been here. I have no desire to be comforted or consoled.	MIND - COMPANY - aversion to	MIND - CONSO MIND - CONSOLATION - agg. - sympathy agg-				
1803-S	3		10	Mind	Desire to spend time with son.	MIND - COMPANY - desire for - children; of					
1803-S	3		4	Mind	Fear she may not want to communicate with me...	MIND - CONFIDENCE - want of self-confidence	MIND - FEAR - opinion of others, of				
1803-S	3		8	Mind	Sense of accomplishment.	MIND - CONFIDENT					
1803-S	3	0:00	2	Mind	Feel pleased.	MIND - CONTENT					
1803-S	3	0:00	3	Mind	Desire darkness.	MIND - DARKNESS - desire for	MIND - DARKNESS - lie down in the dark and not be talked to, desire to				
1803-S	3		4	Mind	I am concerned I will not feel better.	MIND - DESPAIR - recovery, of					
1803-S	3		4	Mind	I feel I have been sick all winter.	MIND - DESPAIR - recovery, of					
1803-S	3		8	Mind	Despair about being sick all the time, disgusting, awful. Mother was sick all the time thought she was gross. She couldn't do anything with us. (Crying.)	MIND - DESPAIR - recovery, of	MIND - CENSO MIND - WEEPING - telling - sickness; when telling of her				
1803-S	3		5	Mind	I am aggravated by snow storm, had mishaps on the way home. Almost got into car accident, got stuck in alley, almost hit cross country skiers in the middle of the road. Became angry. I feel others are selfish.	MIND - FEAR - accidents, of					
1803-S	3		5	Mind	When my neighbor came to snow blow my driveway I felt thankful.	MIND - GRATITUDE					
1803-S	3		5	Mind	I'm feeling much more healthy.	MIND - HOPEFUL					
1803-S	3		5	Mind	Short tempered with son's temper tantrums.	MIND - IMPATIENCE - children; about his	MIND - ARDENT (FIERY TEMPERAMENT)				
1803-S	3		10	Mind	Yesterday morning (day 9) I was cranky for no reason. I yelled at son he was hanging on me.	MIND - IMPATIENCE - children; about his	MIND - IRRITABILITY - children, towards - own; his				
1803-S	3		5	Mind	Lack of emotion and mental pressure.	MIND - INDIFFERENCE	MIND - TENSION, MENTAL				
1803-S	3		4	Mind	I feel I have to do it all myself.	MIND - RESPONSIBILITY - taking responsibility too seriously					
1803-S	3		4	Mind	Sadness. Crying. Very sick.	MIND - SADNESS	MIND - WEEPING - illness, during				
1803-S	3	0:00	3	Mind	I want to block out the whole world.	MIND - SADNESS - sits in corner and does not want to have anything to do with the world					
1803-S	3	19:10	1	Mind	Feeling calm.	MIND - TRANQUILLITY					
1804-S	4	0:00	0	Mind	Transition in life.	MIND - CHANGE - desire for - life; in					
1804-S	4	0:00	0	Mind	I'm chaotic and I can't figure out how to be grounded!	MIND - CHAOTIC	MIND - CONFIDENCE - want of self-confidence				
1804-S	4	0:00	0	Mind	This is going to take me for the ride of my life and it will be going nuts.	MIND - CHAOTIC					
1804-S	4	0:00	0	Mind	I don't know; I'm full of joy.	MIND - CONFIDENCE - want of self-confidence	MIND - CONFIDENCE - want of self-confidence				
1804-S	4	0:00	0	Mind	I've been anxious about little details.	MIND - CONSCIENTIOUS ABOUT TRIFLES					
1804-S	4	0:00	0	Mind	Moving yet feeling lost in it. A disoriented feeling.	MIND - DELUSIONS - lost; she is	MIND - CHAOTIC				
1804-S	4	0:00	0	Mind	Being forced out.	MIND - DELUSIONS - outcast; she were an	MIND - CURSING				
1804-S	4	0:00	0	Mind	You are moving without volition. A greater consciousness is moving you!	MIND - DELUSIONS - sliding - impelled by an invisible agent; he is ;	MIND - DELUSI MIND - DELUSIONS - superhuman; is - control; is under superhuman				
1804-S	4				I really liked that idea. What if I just got lost and missed my flight? It's the experience of being lost. Freedom in that, they just control everything and there is a freedom of just being one of the fish.	MIND - REBELLIOUS					
1804-S	4	0:00	0	Mind	I want to be me not one of the school.	MIND - REBELLIOUS					
1804-S	4	0:00	0	Mind	It feels like I could derail my life.	MIND - REBELLIOUS					
1804-S	4	0:00	0	Mind	Leaving roots, uprooting	MIND - REBELLIOUS					
1804-S	4	0:00	0	Mind	Everything is too fast.	MIND - TIME - quickly, appears shorter; passes too					
1804-S	4	0:00	0	Mind	I was scared it was going to affect my speech and I was going to bumble.						
1807-S	7	3:41		Mind	Pressure around my eyes telling me to go to bed.	EYE - PAIN - pressing pain - sleep; as from loss of	SLEEP - SLEEPINESS - eyes - pressing; with				



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1807-S		7		Mind	Tears. Almost cried in front of three people over a situation with a friend. I feel very betrayed. It was not a situation that warranted that magnitude of response.	MIND - WEEPING	MIND - WEEPI	MIND - DELUSI	MIND - EMOTIONS - subdued	
1809-S		9	0:00	0 Mind	I have recently created a boundary with a family relationship that has been a long time coming. I am finally feeling secure in where I stand in my relationship and feel certain I can hold my boundary there.	MIND - CONFIDENCE - want of self-confidence				
1809-S		9		Mind	I finally let a renter go who was, for years, never paying their rent on time. I feel a sense of lightness and know that the space will be filled with just the right person.	MIND - CONFIDENCE - want of self-confidence				
1809-S		9	0:00	3 Mind	With the overwhelm, I feel exhaustion. I try to get work done into the night but end up feeling exhausted and then grouchy. I've gone to bed before 9 pm twice this week.	MIND - HELPLESSNESS; FEELING OF	MIND - ESCAPE	MIND - IRRITA	MIND - PROSTRATION OF MIND	MIND - sleepiness, with
1809-S		9	0:00	3 Mind	I have been feeling completely overwhelmed by my caseload and other responsibilities. I am moving forward on a lot of things but constantly feel a backlog.	MIND - PROSTRATION OF MIND - working too hard	MIND - HELPLE	MIND - DUTY - too much sense of duty		
1809-S		9	0:00	0 Mind	A phrase that keeps coming up for me is, "Fear is excitement without the breath."	MIND - THOUGHTS - thoughtful	MIND - IDEAS - abundant			
1810-S		10		20 Mind	Exhausted and overprogrammed.	MIND - AILMENTS FROM - mental exertion				
1810-S		10	0:00	1 Mind	Discussing awkwardness of observing via internet.	MIND - AWKWARD				
1810-S		10		6 Mind	Having feelings of doubt, wondering about yin yang energy.	MIND - CONFIDENCE - want of self-confidence				
1810-S		10		9 Mind	Doubt.	MIND - CONFIDENCE - want of self-confidence				
1810-S		10		16 Mind	Doubt about performance, capability.	MIND - CONFIDENCE - want of self-confidence				
1810-S		10		24 Mind	Doubt seems to have gotten better.	MIND - CONFIDENCE - want of self-confidence				
1810-S		10		6 Mind	Lack of clarity.	MIND - CONFUSION OF MIND				
1810-S		10		20 Mind	Still experiencing doubt.	MIND - DOUBTFUL				
1810-S		10		10 Mind	Male female themes, mentally.	MIND - IDEAS - abundant				
1810-S		10	0:00	2 Mind	irritable, maybe need another dose	MIND - IRRITABILITY				
1810-S		10	0:00	3 Mind	irritable, maybe need another dose	MIND - IRRITABILITY				
1810-S		10		10 Mind	Irritability	MIND - IRRITABILITY				
1810-S		10	0:00	1 Mind	I am thinking about epidemics and reading a dystopian novel called The Unnamed Midwife.	MIND - THEORIZING - philosophic; mind dwells on				
1811-S		11	0:00	1 Mind	Anger at boss. Told him off, but I was observing everything. I was the observer.	MIND - ANGER	MIND - ANGER	MIND - OBSER	MIND - QUARRELSOME	
1811-S		11		27 Mind	Anger, irritability, frustration. All were worse. Hips horribly painful.	MIND - ANGER				
1811-S		11	0:00	3 Mind	Went to a new place and was unusually calm.	MIND - ANXIETY - new things; when seeing	MIND - FEAR - new enterprise; of undertaking a			
1811-S		11		27 Mind	I've been cleaning! Desk was a complete disaster but now I'm cleaning. Get rid of stuff. Very unusual.	MIND - CLEANNESS - desire for cleaning				
1811-S		11	0:00	1 Mind	I feel like a tornado. I run around and get things done; moving back and forth like a tornado.	MIND - CLEANNESS - mania for				
1811-S		11		27 Mind	No fear, no care, there's nothing. It's swampy, dead, gray, and black. Just dead. Nothing. No life, no feeling, you can't care. Deadness.	MIND - DELUSIONS - dead - everything is	MIND - INDIFFERENCE - dead to him; everything seems			
1811-S		11	0:00	3 Mind	Thought the vacuum was moving on it's own	MIND - DELUSIONS - specters, ghosts, spirits				
1811-S		11		5 Mind	Towel in bathroom was moving on it's own and the cord of the hair iron moved on it's own too.	MIND - DELUSIONS - specters, ghosts, spirits				
1811-S		11	0:00	1 Mind	Desolation, despair, tornado, panic.	MIND - DESPAIR	MIND - FEAR - MIND - FEAR - sudden			
1811-S		11		6 Mind	Feeling dismal. What's the point? Want to quit.	MIND - DESPAIR				
1811-S		11	0:00	3 Mind	Frustration but unable to act on it.	MIND - HELPLESSNESS; FEELING OF				
1811-S		11		27 Mind	I don't care. Not taking care of myself at all. Don't want to eat. It's too much effort so I eat some nuts. They're easy.	MIND - INDIFFERENCE	MIND - INDIFFERENCE - eating - to eating			
1811-S		11		32 Mind	Loss of interest in food and eating.	MIND - INDIFFERENCE - eating - to eating				
1811-S		11		37 Mind	Hate filling out my journal. Been busy. Would rather provings are one week.	MIND - IRRITABILITY	MIND - LAZINE	MIND - OBSTINATE		
1811-S		11		27 Mind	In a good place. Boss is pissing me off and I want to quit but I realize it's part of the proving. I don't care.	MIND - IRRITABILITY - people; with	MIND - INDIFFERENCE - work			
1811-S		11		32 Mind	Irritated with boss.	MIND - IRRITABILITY - people; with				
1811-S		11	0:00	1 Mind	Feel like I'm an observer, feeling disconnected...	MIND - OBSERVER - being an				
1811-S		11	0:00	3 Mind	I feel like such an observer of life that it seems silly.	MIND - OBSERVER - being an	MIND - FRIVOLOUS			

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1811-S	11	0:00	1	Mind	Things aren't working at all and I'm giving up.	MIND - RESIGNATION					
1811-S	11	0:00	1	Mind	Wanted to quit.	MIND - RESIGNATION					
1811-S	11		6	Mind	I have sadness, not grief. It feels old. Crumbly. Giving up.	MIND - SADNESS		MIND - RESIGNATION			
1811-S	11	0:00	1	Mind	I'm so confused, sad, and frustrated.	MIND - SADNESS - confusion; with					
1811-S	11	0:00	1	Mind	I feel this slowing down. Like being on a frozen lake, in the dead of winter. You need to slow down in order to make it.	MIND - SLOWNESS					
1811-S	11	0:00	3	Mind	I feel totally relaxed which is unusual. Everything seemed silly.	MIND - TRANQUILITY		MIND - LAUGH MIND - FRIVOLOUS			
1806	6	15:40	1	Mouth	Head and ears, mouth freezing even my breath was cold.	GENERALS - HEAT - lack of vital heat		GENERALS - C	RESPIRATION - COLDNESS OF BREATH - chill; during		
1806	6	15:45	1	Mouth	I taste copper in my mouth, like blood.	MOUTH - TASTE - coppery					
1808	8	9:23	1	Mouth	Slight tingling on the roof of my mouth.	MOUTH - PRICKLING - Palate					
1808	8	9:59	1	Mouth	No longer feel tingling on the roof of my mouth.	MOUTH - PRICKLING - Palate					
1808	8	10:00	17	Mouth	Sores on tongue are nearly gone, now sores on cheek (right side near salivary gland) and upper lip (right side), with a desire to chew on them.	MOUTH - SORDES - Gums		MOUTH - ULC	MOUTH - SORDES - Tongue		
1808	8	8:00	18	Mouth	All mouth sores gone.	MOUTH - SORDES - Gums		MOUTH - ULC	MOUTH - SORDES - Tongue		
1808	8	10:00	16	Mouth	Sores on my tongue, the back left and front right, with a desire to chew on them. This sometimes happens when I have a cold.	MOUTH - SORDES - Tongue					
1811	11		18	Mouth	My jaw has been really sore, I have had TMJ (temporomandibular joint disorder) since my 20s, I am in my 50s now, it is creeping back, but intensified. The alignment feels off, when I talk I have to adjust my jaw. My jaw doesn't feel like I am sitting right. I have to adjust my jaw.	FACE - PAIN - Jaws		FACE - PAIN -	FACE - PAIN - Jaws - Joints - motion agg. - sore		
1811	11		18	Mouth	My mouth is weird, my jaw is not right, I am drooling, my speech is slurred.	FACE - PAIN - Jaws		MOUTH - SALIV	MIND - SPEECH - affected - head; with complaints of		
1811	11		18	Mouth	It feels like my mouth will just hang open if I let it relax. It just wants to hang open. I am salivating a lot, a lot more than usual. So, I feel I have to keep it closed, shut tightly.	MOUTH - SALIVATION - profuse		MOUTH - OPEN - involuntarily			
1811	11		23	Mouth	Increased amount of saliva.	MOUTH - SALIVATION - profuse					
1803-S	3	0:00	2	Mouth	Weird taste, yeasty and salty.	MOUTH - TASTE - salty					
1807-S	7	15:00	1	Mouth	Taste of bitterness.	MOUTH - TASTE - bitter					
1808-S	8	9:25	1	Mouth	Tiny tingling on the roof of my mouth.	MOUTH - PRICKLING - Palate					
1809-S	9	14:30	2	Mouth	I have a sensation of increased saliva. It was a bit disturbing at first, like the feeling you get in your mouth just prior to vomiting.	MOUTH - SALIVATION - profuse		MOUTH - SALIVATION - vomiting; before			
1810-S	10	0:00	1	Mouth	Working the mouth a lot.	FACE - CHEWING MOTION OF THE JAW					
1810-S	10	0:00	1	Mouth	Yawning.	MOUTH - YAWNING - agg-					
1811-S	11		6	Mouth	Jaw still has soreness or tightness in the joint; it is more tight than painful.	FACE - TENSION OF SKIN - Jaws					
1811-S	11		27	Mouth	I have so much saliva, I would let it drool out if no one was watching. Mouth would just hang open.	MOUTH - SALIVATION - profuse		MOUTH - OPEN - half open			
1805	5	5:18	28	Nose	I cried so hard my sinuses became congested.	MIND - WEEPING - agg-		NOSE - CONGE	NOSE - CONGESTION		
1805	5	6:13	8	Nose	My nose has these little bloody crusts. I feel congestion.	NOSE - DISCHARGE - crusts, scabs, inside		NOSE - CONGESTION			
1805	5	5:50	9	Nose	I have a lot of post nasal drip. It feels like it is burning. I am also getting thick globs of mucus in my sinus passages.	NOSE - DISCHARGE - Posterior nares		NOSE - DISCH	NOSE - DISCH. NOSE - DISCHARGE - gelatinous		
1805	5	5:20	28	Nose	Post nasal drip.	NOSE - DISCHARGE - Posterior nares					
1805	5	6:35	9	Nose	When I try to clear my nasal passages it's just completely dry. Nothing moves. It feels like the mucus is caked onto the sinus passages. I get these hard little crusts today, I was getting bloody crusts earlier this week.	NOSE - DRYNESS - Inside - sensation of		NOSE - DISCHARGE - crusts, scabs, inside			
1806	6	18:10	1	Nose	Nose started run on the right side and hasn't stopped for four hours continuously.	NOSE - DISCHARGE - constant		NOSE - DISCHARGE - right			
1808	8	12:00	2	Nose	Slight tickle in nose and clear, thin discharge, like I'm coming down with a cold.	NOSE - ITCHING (=TICKLING)		NOSE - DISCHARGE - dripping			
1804	4	14:15	1	Rectum	Fluid diarrhea for four days in a row. 3 Feb - 13 Feb a week and three days. I received the substance on 28 Jan 18.	RECTUM - DIARRHEA		STOOL - COPIOUS			
1805	5	18:45	5	Rectum	After dinner, all of that dread, poured out of me like diarrhea. Earlier, I had constipation. Now diarrhea.	RECTUM - DIARRHEA - alternating with - constipation					

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1805	5	6:00	7	Rectum	Diarrhea this morning, some hard stool, followed by very loose stool, like a plop of mud filling the toilet. It was an explosive stool, spattering the sides of the toilet.	RECTUM - DIARRHEA - alternating with - constipation	STOOL - FORCISTOOL - SPUTTERING			
1805	5	6:00	8	Rectum	Diarrhea, again this morning, with hard stools first, then loose, burning stools.	RECTUM - DIARRHEA - alternating with - constipation	STOOL - BURNING			
1805	5	6:15	13	Rectum	Diarrhea drives me out of bed to the bathroom again this morning.	RECTUM - DIARRHEA - morning - bed; driving out of				
1805	5	7:17	12	Rectum	No diarrhea this morning. Just hard stool.	STOOL - HARD				
1805	5	6:00	15	Rectum	I thought I was going to have diarrhea this morning. But, instead, I had a long regular formed stool. Matt Wood once said that a healthy stool will have an 's' shaped curve to it, I never in my life have had one of those until today. So, yay me!	X				
1808	8	20:30	3	Rectum	Started having stomach cramps and gas, relieved by diarrhea.	STOMACH - PAIN - cramping	GENERALS - DIARRHEA - amel-			
1810	10	9:00	3	Rectum	Difficult stool; want to go, but can't. Too much effort.	RECTUM - CONSTIPATION - difficult stool				
1812	12	8:30	2	Rectum	Diarrhea, loose stools, it came on really suddenly and I had to run to the bathroom.	RECTUM - DIARRHEA	STOOL - FORCIBLE, SUDDEN, GUSHING			
1812	12	9:30	4	Rectum	Another bout of diarrhea, this time it wasn't explosive, there was a sudden urge to go and a lot of water.	RECTUM - DIARRHEA	STOOL - FORCIBLE, SUDDEN, GUSHING			
1812	12	8:30	7	Rectum	Diarrhea.	RECTUM - DIARRHEA	STOOL - FORCIBLE, SUDDEN, GUSHING			
1812	12	6:45	11	Rectum	Diarrhea.	RECTUM - DIARRHEA	STOOL - FORCIBLE, SUDDEN, GUSHING			
1812	12	8:30	11	Rectum	Diarrhea again. I feel like I have a lot of nervous energy. It is more than I can handle at the moment. I am letting go of some of it.	RECTUM - DIARRHEA	STOOL - FORCIMIND - ANXIET GENERALS - ENERGY - excess of energy			
1812	12	8:35	29	Rectum	Diarrhea, getting rid of things. When that concentrated, excess energy comes.	RECTUM - DIARRHEA	GENERALS - ENERGY - excess of energy			
1804-S	4	0:00	0	Rectum	I have had diarrhea 2-3 days in a row. Always needing to shit in the mornings.	RECTUM - DIARRHEA	STOOL - FORCIBLE, SUDDEN, GUSHING			
1810-S	10		24	Rectum	Gas.	RECTUM - FLATUS				
1804	4	21:38	9	Respiration	I was near paralysis. They gave me fluids at the hospital. I thought I would pass out and get tachycardia. I feel paralyzed. I couldn't breathe. I was close to passing out. If I passed out I wouldn't ever come back. (From cannabis...)	MIND - MENTAL SYMPTOMS	CHEST - PALP GENERALS - FAINTNESS			
1809	9	5:10	8	Respiration	Range of motion is decreased. I cannot take in a full breath. Sometimes the spasming wraps around to the front of my chest. Worse movement. Better from remaining still.	BACK - PAIN - inspiration agg-	BACK - PAIN - motion - agg. - aching			
1811-S	11	0:00	1	Respiration	Hard to breathe in the cold air.	RESPIRATION - DIFFICULT - cold - air - agg-				
1808	8	10:00	19	Skin	Noticed insides (bends) of my elbows are itchy. After a couple hours I look and realize I have eczema there. This happened once before about three years ago while I was doing a candida cleanse with diet restrictions and supplements.	EXTREMITIES - ITCHING - Elbows - Bends of elbow	EXTREMITIES - ERUPTIONS - Elbows - eczema			
1808	8	10:00	19	Skin	Part of me is worried about this new eczema. Is it a sign that I've got something deeper going on with my body? But, part of me is thinking that maybe this is a sign that things are being let out of my body. Maybe this proving substance is helping my body to realize where unhealthy things are being held and forcing them to let go. I went into this thinking I was pretty healthy and now I'm wondering if I'm all screwed up. I feel exasperated. I want to throw up my hands and be done, or at the very least stop discovering new things that are wrong with me.	SKIN - ERUPTIONS - eczema				
1809	9	10:00	5	Skin	Small pink or peach raised bumps between my breasts on my chest. Itching. This reminds me of an old symptom I had at age 10, though at that time it was much worse.	CHEST - ERUPTIONS - rash - pink				
1809	9	20:00	6	Skin	The bumps between my breasts that seem like a return of an old symptom are gone now.					
1810	10	9:30	30	Skin	A dry patch on my nose... I used to think it was a basal cell carcinoma. I had years ago, flaked dry over and over. I have a dry flaky spot that has reappeared in what I think is the same place.	SKIN - CANCER	FACE - DRYNESS NOSE - CANCER			

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1810	10	9:00		7 Skin	A mole on left shoulder, itching and bleeding a bit. Happened in the summer, but had healed.	SKIN - ERUPTIONS - bleeding					
1810	10	9:30		30 Skin	A reffaring up of a small patch of peeling skin, possible athlete's foot fungus or candida between my pinkie and fourth toe on right foot.	SKIN - EXCRESCENCES - fungus haematodes					
1811	11			18 Skin	My skin feels cold, like somethings there, it feels more like I am in a fog, surrounded by this fog, the fog has rolled in, it sort of moves, you can feel its presence over you. It is like a wind, or a force, something else, a cool, cold chill, only clammy like it's a fog, it's more like it's damp. Fog.	MIND - DELUSIONS - person - present; someone is					
1812	12	7:00		6 Skin	My skin is burning.	SKIN - BURNING	SKIN - DRY - burning				
1812	12	7:00		6 Skin	My skin is dry.	SKIN - DRY					
1812	12	7:00		6 Skin	My skin itches. I want to tear it off.	SKIN - ITCHING - scratching - must scratch					
1803-S	3	19:10		1 Skin	Skin feels smooth.	SKIN - SOFT - feels					
1810-S	10			9 Skin	There are moles on arm that are bleeding.	SKIN - ERUPTIONS - bleeding	SKIN - SENSITIVENESS - spots; in				
1805	5	19:18		12 Sleep	I'm ready for bed.	MIND - PROSTRATION OF MIND					
1805	5	12:15		9 Sleep	I have been sleeping all morning.	SLEEP - DEEP - morning					
1805	5	1:00		13 Sleep	I'm tossing and turning. I feel restless.	SLEEP - POSITION - changed frequently					
1805	5	5:04		29 Sleep	Usually the long winters don't bother me. But, I am tired of the cold. I just want to sleep.	SLEEP - SLEEPINESS - coldness, from					
1805	5	7:00		2 Sleep	I was so angry last night, I am not sure what I was so angry about, that I couldn't sleep. It was a sleepless night. My husband and I slept in separate rooms.	SLEEP - SLEEPLESSNESS	SLEEP - SLEEPIMIND - QUARRELSOME				
1805	5	2:00		13 Sleep	I am so awake.	SLEEP - SLEEPLESSNESS					
1805	5	6:20		13 Sleep	I didn't sleep all night from the pain in my throat. It was a total drag. The restlessness and throat pain and cramping in my leg, pain in my hips.	SLEEP - SLEEPLESSNESS - pain; from					
1805	5	5:06		1 Sleep	I wake up with a gasp, startled, just as I went to touch the body, I woke up.	SLEEP - WAKING - fright, as from	MIND - STARTING - fright; from and as from				
1806	6	22:30		3 Sleep	Extremely exhausted today, I fell asleep quite quickly.	GENERALS - WEARINESS	SLEEP - FALLING ASLEEP - easy				
1806	6	23:30		6 Sleep	It took a long time to decompress to actually fall asleep. Not many thoughts running through my head, just an overall feeling of overwhelm.	SLEEP - DISTURBED - anxiety, from	SLEEP - FALLIN MIND - HELPLESSNESS; FEELING OF				
1806	6	20:00		4 Sleep	Fell asleep while watching television with my kids. I woke up to get them in bed. I fell asleep within about 15 minutes after getting back into bed.	SLEEP - SLEEPINESS - overpowering	SLEEP - FALLING ASLEEP - early				
1806	6	20:30		5 Sleep	I fell asleep so early, this is so great, I finally feel refreshed in the morning!	SLEEP - UNREFRESHING					
1806	6	6:45		5 Sleep	I feel like I slept okay last night, however I look so tired and ragged. How can this be?	SLEEP - UNREFRESHING - morning - tired in morning than in evening; more					
1806	6	7:30		7 Sleep	I finally woke up this morning with no headache!!	X					
1807	7	8:24		Sleep	Not many sleep schedule changes.	X					
1810	10	14:00		1 Sleep	Drooling while napping. Deep sleep.	SLEEP - DEEP - daytime	MOUTH - SALIVATION - sleep - during - agg-				
1810	10	0:00		1 Sleep	Interrupted sleep, tossing and turning. Anxious.	SLEEP - DISTURBED - anxiety, from	SLEEP - POSITION - changed frequently				
1810	10	9:00		6 Sleep	I had a terrible nights' sleep. Interrupted every hour or two by upset kids or dogs. Came home and napped after taking my daughter to school. I thought I heard the dog nosing around in the bathroom trash. I got up and put the can in the sink. I went back to bed, and dreamed of hearing a clanking sound. When I went to investigate, it was a small metal trash can, banging around in a sink full of water...	SLEEP - DISTURBED - anxiety, from	DREAMS - NOI: SLEEP - LIGHT - hears every sound				
1810	10	0:00		3 Sleep	Waking often, sleep light. Lots of images, busyness, but no coherency to the dreams that I can remember.	SLEEP - WAKING - noise - slight noise, from	SLEEP - LIGHT DREAMS - CHAOTIC				
1812	12	19:00		21 Sleep	Interactions with old friends and acquaintances feel superficial. I arrived home in a high state of anxiety. I had a very difficult time going to sleep. Thinking about my interactions, too many thoughts.	MIND - ANXIETY - company; when in	SLEEP - DISTU SLEEP - SLEEPLESSNESS - thoughts - activity of thoughts; from				
1812	12	7:47		5 Sleep	Feeling sleepy, there's just a dullness. A gray haze.	MIND - DULLNESS - sleepiness, with					
1812	12	16:00		24 Sleep	I slept deeply in my canoe all day. The past few days have been exhausting. At my age the mind and physical body need more time to recuperate from highly energized situations.	SLEEP - DEEP - daytime					



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					Just drifting feels so comfortable, relaxing, unfocused, quiet, no thoughts, just comfortable. I feel like I could fall asleep.	SLEEP - SLEEPINESS - overpowering					
1812	12	10:36		3 Sleep	I was sleepy. The sudden in rush shut down my ability to be open to information, feelings, and messages.	SLEEP - SLEEPINESS - overpowering					
1803-S	3	0:00		2 Sleep	Hot at night took sweatshirt off.	GENERALS - HEAT - flushes of - sleep - during - agg-					
1803-S	3	0:00		3 Sleep	I slept most of the day.	SLEEP - DEEP - daytime					
1803-S	3	0:00		3 Sleep	Cenching, stiff and tight when sleeping.	SLEEP - WAKING - tight; everything seems too					
1807-S	7			Sleep	I've been sleeping very well. Woke up stunned and dazed today though and stared at my (dog? I am uncertain) for a bit. I woke up and heard music playing on my radio before I was even awake. Piano music. No dreams.	SLEEP - DEEP				MIND - STUPEF MIND - DELUSIONS - music - thinks she hears	
1807-S	7			Sleep	Fell asleep better than normally do.	SLEEP - FALLING ASLEEP - difficult					
1807-S	7	18:00		8 Sleep	Overpowering sleepiness. Low energy.	SLEEP - SLEEPINESS - overpowering				GENERALS - WEARINESS	
1810-S	10	0:00		2 Sleep	I didn't sleep well.	SLEEP - DISTURBED					
1810-S	10	0:00		3 Sleep	I didn't sleep well.	SLEEP - DISTURBED					
1802	2	13:05		27 Stomach	I wasn't able to eat. Diminished appetite.	STOMACH - APPETITE - diminished					
1802	2	0:00		Stomach	Only able to eat small bites.	STOMACH - EATING - small quantities - agg-					
1802	2	0:00		Stomach	Stomach heavy after meals	STOMACH - HEAVINESS - eating - after - agg-					
1802	2	0:00		Stomach	Heaviness in stomach after eating.	STOMACH - HEAVINESS - eating - after - agg-					
1802	2	0:00		Stomach	Heaviness in stomach after eating	STOMACH - HEAVINESS - eating - after - agg-					
1802	2	0:00		Stomach	Heaviness in stomach and extending up to throat while nauseous	STOMACH - HEAVINESS - nausea; during				STOMACH - NAUSEA - Throat, in	
1802	2	0:00		Stomach	Nausea for six hours	STOMACH - NAUSEA					
1802	2	0:00		30 Stomach	Nausea with bread	STOMACH - NAUSEA - bread; after					
1802	2	0:00		Stomach	Nausea after eating bread, carbohydrates.	STOMACH - NAUSEA - bread; after					
1802	2	0:00		Stomach	Nausea; Eating, ameliorates	STOMACH - NAUSEA - eating - amel-					
1802	2	13:22		27 Stomach	My appetite has returned.	X					
					Stomach involvement, lots of gas, indigestion, low appetite, no hunger for two weeks.	STOMACH - FLATULENCE OF STOMACH				STOMACH - AP STOMACH - UNEASINESS	
1803	3	9:19		30 Stomach	I have no appetite. I am extremely thirsty. I feel completely dried out, my skin, and hair feel dry and brittle.	STOMACH - APPETITE - diminished - thirst; with				STOMACH - TH GENERALS - DI SKIN - DRY	HEAD - HAIR - dryness
1805	5	12:10		9 Stomach	The self-doubt is in the pit of my stomach.	STOMACH - FEAR - Pit of the stomach					
1805	5	17:33		5 Stomach	I feel dread thinking about this. Do I know what I am doing? Can I do this?	STOMACH - FEAR - Pit of the stomach				MIND - CONFIDENCE - want of self-confidence	
1805	5	6:15		9 Stomach	I am so thirsty.	STOMACH - THIRST					
					Sudden onset of nausea and heavy feeling. Like what happened when I first took the substance. I feel like I need to go lay down, but who has time for that?	ABDOMEN - NAUSEA IN ABDOMEN					
1806	6	9:30		5 Stomach	I couldn't hold my head up, feel sick to stomach, increased saliva like I was going to puke.	HEAD - HEAVINESS				HEAD - HEAVI! STOMACH - NAUSEA - Abdomen; in	
1806	6	15:25		1 Stomach	I feel bloated, I limit grains, but my stomach feels tender and unhappy.	STOMACH - DISTENSION				STOMACH - PA STOMACH - UNEASINESS	
1806	6	9:00		2 Stomach	Wave of nausea again, heavy feeling, cannot hold head up, feel terrible	STOMACH - NAUSEA - waves; in				STOMACH - HE HEAD - HEAVI! GENERALS - HI	GENERALS - WEAKNESS
1806	6	15:50		1 Stomach	Have slight stomach ache this morning, and a little nausea.	STOMACH - PAIN - nausea - during					
1806	6	6:45		4 Stomach	All feelings gone; feel better.	X					
1806	6	15:30		1 Stomach	Stomach ache gone, feel fine.	X					
1806	6	17:00		4 Stomach	Slightly nauseous.	STOMACH - NAUSEA					
1808	8	8:10		15 Stomach	Started having stomach cramps and gas, relieved by diarrhea. This occurred out of the blue, I could see no reason for this to happen.	STOMACH - PAIN - cramping				GENERALS - DIARRHEA - amel-	
1808	8	20:30		3 Stomach	Stomach still feels slightly crampy and a little gassy but there has been no more diarrhea.	STOMACH - PAIN - cramping				STOMACH - FLATULENCE OF STOMACH	
1808	8	7:00		4 Stomach	Had normal bowel movement and no longer feel gassy and crampy.	X					
1808	8	12:30		4 Stomach	Wave of warmth; awareness of stomach.	STOMACH - HEAT - sensation of					
1810	10	10:30		1 Stomach	Realized I that the past two days I didn't eat lunch. I usually have to eat. I get very hungry and crabby if I don't eat. I didn't feel like eating. I was very busy and thought it was pointless to eat. What's the point. I'm so busy and it won't matter. I don't need sustenance. It's like end of life. Not attached to what gives keeps you alive. No need for it anymore. It's over.	STOMACH - APPETITE - diminished				MIND - DELUSIONS - dying - he is	
1811	11			23 Stomach	I woke up and feel squeamish. My stomach had a knot in it.	STOMACH - KNOTTED TOGETHER; SENSATION AS IF					
1812	12	7:20		14 Stomach							

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1812	12	10:02	3	Stomach	In my solar plexus, it is like a lump that sits in my stomach, like I've eaten a heavy meal and it just sits there undigested.	STOMACH - LUMP; SENSATION OF A	STOMACH - FOOD - stays in stomach and will not go down			
1812	12	7:19	4	Stomach	That lump sensation in my stomach has returned. I feel it in my solar plexus.	STOMACH - LUMP; SENSATION OF A				
1812	12	7:30	8	Stomach	I want to vomit. I am struggling.	STOMACH - VOMITING	STOMACH - VCSTOMACH - VC ABDOMEN - VOMITING - before - agg-			
1802-S	2	10:00	20-35	Stomach	Bread made my stomach heavy and nauseous.	GENERALS - FOOD AND DRINKS - bread - agg-	STOMACH - HEAVINESS - eating - after - agg-			
1802-S	2	20:00	7	Stomach	Not eating as much.	STOMACH - APPETITE - diminished				
1802-S	2	6:00	8	Stomach	Feeling gassy and bubbly feeling in stomach, I had it for about three hours.	STOMACH - FLATULENCE OF STOMACH	STOMACH - BUBBLING			
1802-S	2	5:00	6	Stomach	Feel full, when I woke up until noon.	STOMACH - FULLNESS, SENSATION OF - noon				
1802-S	2	12:00		Stomach	Nausea, better with eating salad.	STOMACH - NAUSEA - eating - after - amel-				
1803-S	3		7	Stomach	Great thirst but drinking water makes me nauseous.	ABDOMEN - COMPLAINTS OF ABDOMEN - accompanied by - thirst				
1803-S	3		5	Stomach	No desire for coffee feels it would be too much for system. Desire to have everything stay calm.	GENERALS - FOOD AND DRINKS - coffee - aversion	MIND - TRANQUILLITY			
1803-S	3		5	Stomach	Gassy, smelly.	RECTUM - FLATUS - offensive				
1803-S	3		5	Stomach	Low appetite.	STOMACH - APPETITE - diminished				
1803-S	3	19:30	1	Stomach	Not thinking of food.	STOMACH - APPETITE - diminished				
1803-S	3		5	Stomach	I feel better after drinking black tea.	STOMACH - DISTENSION	GENERALS - FOOD AND DRINKS - tea - amel-			
1803-S	3		7	Stomach	Bloated after eating like gas trapped in stomach. Worse as night went on. Strong cramp in abdomen, gripping, gurgling. Thought I was passing gas but I shit my pants. Ran to the bathroom and had explosive diarrhea. Came with force, no holding it back. Thick liquid. Smelled sickly sweet like a bad baby's diaper. Filled the whole toilet.	STOMACH - DISTENSION - eating - after - agg-	STOOL - FLATU STOOL - FORCIBLE, SUDDEN, GUSHING			
1803-S	3	0:00	3	Stomach	Hungry, empty, with no appetite.	STOMACH - EMPTINESS - hunger - without				
1803-S	3	0:00	2	Stomach	Stomach rumbling, gurgling or bubbling after eating.	STOMACH - RUMBLING	STOMACH - GUSTOMACH - BUBBLING			
1803-S	3		4	Stomach	While talking stomach getting agitated had to go was going to be sick.	STOMACH - TALKING AGG-				
1803-S	3	10:30	5	Stomach	Threw up yesterday after talking to my supervisor. As we talked my stomach became more agitated. I felt weak. After speaking I feel much better.	STOMACH - TALKING AGG-	GENERALS - T/ GENERALS - WEAKNESS - talking agg-			
1803-S	3		4	Stomach	Unsettled stomach, nausea; I forced vomit but only liquid came out.	STOMACH - UNEASINESS	STOMACH - VCSTOMACH - VOMITING			
1803-S	3		7	Stomach	Just after diarrhea I feel nauseous. Projectile vomit. So forceful. Four big heaves. Hurt my esophagus and diaphragm area like a cramp, muscles were spasming. Mostly liquid. Wondered if it had to do with the sips of beer I had.	STOOL - FORCIBLE, SUDDEN, GUSHING	RECTUM - DIA/ STOMACH - VC THROAT - PAIN	GENERALS - FOOD AND DRINKS - drinks - aversion - accompanied by - thirst		
1807-S	7			Stomach	Been craving bad food, garbage food.	GENERALS - FOOD AND DRINKS - artificial food - agg-				
1810-S	10	0:00	1	Stomach	A wave of subtle warmth.	STOMACH - HEAT - sensation of				
1802	2	0:00		Stool	Great relief relaxation after stool.	GENERALS - STOOL - after - amel-				
1804	4	14:16	1	Stool	Pure liquid, like I was peeing out of my ass. It wasn't unpleasant, not burning. Just liquid. I was releasing a lot, a lot of diarrhea.	STOOL - WATERY	STOOL - WATE STOOL - FORC. RECTUM - DIARRHEA - painless			
1805	5	8:00	1	Stool	I am somewhat constipated, my stools are hard and dry, difficult to pass. This is unusual for me since I have been eating paleo. The rectum feels dry.	RECTUM - CONSTIPATION	STOOL - DRY	STOOL - DRY - RECTUM - CON RECTUM - PAIN - tenesmus		
1805	5	8:03	1	Stool	There is some blood on the tissue as I wipe.	RECTUM - HEMORRHAGE FROM ANUS				
1805	5	6:16	7	Stool	Stools were like scalding hot water, they were burning and acidic.	STOOL - BURNING	STOOL - ACRIC STOOL - WATE STOOL - HOT			
1805	5	18:47	5	Stool	The stool smelled very sweet, like mixed berries or something, and it was rushing, forceful, and explosive.	STOOL - ODOR - sweetish	STOOL - FORCISTOOL - FORCISTOOL - ODOR - fruity			
1806	6	23:00	1	Stool	Have had four bowel movements two more than normal since taking the remedy.	STOOL - FREQUENT	STOOL - COPIC STOOL - FREQUENT - normal stool			
1808	8	20:30	3	Stool	Started having stomach cramps and gas, relieved by diarrhea. Diarrhea was light brown. Gas is not terribly offensive.	STOMACH - PAIN - cramping	STOMACH - PA GENERALS - DIARRHEA - amel-			
1803-S	3		7	Stool	Mucus in stool. All the mucus I couldn't spit out passes through me and comes out in the stool, which is coating the stool which is small and hard.	STOOL - MUOUS	STOOL - HARD			
1806	6	15:45	1	Teeth	Ache in tooth from surgery almost two weeks ago gone.	TEETH - PAIN - aching				

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	1812	12	14:00	11	Teeth	During the procedure I relaxed with my eyes close. I feel like I was in control of my energy. I anticipate the pain of the dentist.	MIND - ANTICIPATION - dentist, physician; before going to	MIND - SELF-CONTROL - increased		
1810-S		10		10	Teeth	Pain upper right molar, I can't chew well on that side.	TEETH - PAIN - Upper teeth	TEETH - PAIN - TEETH - PAIN - chewing - agg-		
	1802	2	13:04	27	Throat	Tightening of my throat.	THROAT - CONSTRICTION			
	1802	2	13:10	27	Throat	Tightness in my throat.	THROAT - CONSTRICTION			
	1802	2	0:00		Throat	Throat constriction.	THROAT - CONSTRICTION			
	1802	2	0:00		Throat	Heaviness in throat accompanied by nausea.	THROAT - HEAVINESS	STOMACH - NAUSEA - Throat, in		
	1802	2	0:00		Throat	I am only able to take small bites when eating.	THROAT - PAIN - eating - agg-	THROAT - PAIN STOMACH - EATING - small quantities - agg-		
	1803	3	9:49	30	Throat	Tight. I am breathing into it. Well, actually, before I said it outloud, I feel tightness, now it just feels empty.	THROAT - CONSTRICTION - painful	THROAT - EMPTINESS		
	1805	5	7:00	13	Throat	Cough, tickling in throat. Soreness is improved, but still feels thick and sore all over. Like burning is going up and causes the dripping...	COUGH - TICKLING - Throat; in	THROAT - THICK THROAT - PAIN THROAT - PAIN - extending to - Posterior nares		
	1805	5	5:59	8	Throat	Thick clear mucus, tickling my throat.	THROAT - MUCUS - clear	THROAT - TICKLING		
	1805	5	5:51	9	Throat	Mucus is collecting in my throat, at the base of my throat. Thick mucus.	THROAT - MUCUS - thick	EXTERNAL THROAT - PAIN - Throat-pit - hawking of mucus		
	1805	5	5:51	9	Throat	The mucus is clear to whitish today.	THROAT - MUCUS - white			
	1805	5	5:00	29	Throat	My throat is really sore. This is similar to what I had on day 9.	THROAT - PAIN			
	1805	5	5:23	28	Throat	Throat pain burning from the post nasal drip. I feel dry and burning throughout my sinuses and in my throat.	THROAT - PAIN - burnt; as if	THROAT - PAIN NOSE - DISCH. THROAT - MUCUS - drawn from posterior nares		
	1805	5	5:59	8	Throat	Minor throat pain on swallowing this morning.	THROAT - PAIN - sore	THROAT - PAIN - morning - sore		
	1805	5	5:45	9	Throat	My throat is really sore, it hurts to swallow.	THROAT - PAIN - sore	THROAT - PAIN - swallowing - after - agg-		
	1805	5	17:15	12	Throat	My throat is still sore, very dry, red, and parched.	THROAT - PAIN - sore	THROAT - PAIN - dryness; with - burning		
	1805	5	6:32	9	Throat	Dry, painful, parched throat, worse from swallowing.	THROAT - PAIN - swallowing - empty - agg-	THROAT - PAIN - dryness; with - burning		
	1805	5	1:11	13	Throat	Extreme pain on swallowing. My throat is dry and burning.	THROAT - PAIN - swallowing - empty - agg-	THROAT - PAIN - dryness; with - burning		
	1808	8	12:00	2	Throat	Slight tickle at the back of my throat, like I'm coming down with a cold.	THROAT - TICKLING			
	1808	8	10:00	3	Throat	There remains a slight tickle at the back of my throat, like I'm coming down with a cold.	THROAT - TICKLING			
	1808	8	15:00	3	Throat	No more throat symptoms!	X			
1802-S		2	12:00	#6	Throat	Throat is constricted. I had to take small bites when eating because throat was tight. I had it all day.	THROAT - CONSTRICTION	THROAT - CON THROAT - PAIN - eating - agg-		
1803-S		3	0:00	2	Throat	Tickle in throat is dry. Cough clears the tickle.	COUGH - TICKLING - Throat; in			
1803-S		3	19:30	1	Throat	Loose, cold sensation in throat. Icy coldness.	THROAT - COLDNESS, SENSATION OF	THROAT - COLDNESS, SENSATION OF - icy coldness		
1803-S		3	0:00	2	Throat	Sore and swollen in throat and lymph nodes.	THROAT - INFLAMMATION	EXTERNAL THR EXTERNAL THR GENERALS - SWELLING - Glands; of		
1803-S		3	0:00	3	Throat	Burning heat in throat after eating.	THROAT - PAIN - burning	THROAT - PAIN - eating - after - agg. - burning		
1803-S		3		4	Throat	Sore throat is improved	THROAT - PAIN - sore			
1803-S		3		8	Throat	Sore on right side in tonsils and back of mouth goes to ear; worse on empty swallowing.	THROAT - ULCERS - Tonsils	THROAT - PAIN - swallowing - empty - agg-		
1810		10	12:00	19	Urination	I think that the frequency of urination and bladder not feeling empty symptoms, have improved.	BLADDER - URINATION - urging to urinate - accompanied by - disch	BLADDER - FULLNESS, SENSATION OF - urination - after - agg-		
1803-S		3		7	Urination	Urine comes out before fully sitting on toilet.	BLADDER - URINATION - involuntary			
1803-S		3		7	Urine	Mucus in urine.	URINE - SEDIMENT - mucus			
1802		2	0:00		Vision	Blurriness, snow in eyes after eating maple syrup.	VISION - BLURRED			
1811-S		11	0:00	1	Vision	A lot of coming and going. The blue-gray vision is coming and going...	VISION - COLORS BEFORE THE EYES - blue			
1811-S		11	0:00	2	Vision	Everything still seems gray	VISION - COLORS BEFORE THE EYES - gray - cover before the eyes; a gray			
1811-S		11	0:00	3	Vision	Not seeing gray any longer. I don't feel much.	VISION - COLORS BEFORE THE EYES - gray - cover before the eyes; a gray			
1811-S		11		6	Vision	Gray or blue filter is gone...	VISION - FOGGY	VISION - COLC VISION - COLC VISION - COLORS BEFORE THE EYES - blue		