

Branta canadensis (Canada Goose)



Proving of Branta Canadensis, Canada Goose
Northwestern Academy of Homeopathy
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Branta Canadensis—Background Information

“The birds didn’t know where they were but they weren’t lost. They knew where they were going even if they had never been there before.”

James P. Carse

KINGDOM: Animalia

PHYLUM: Chordata

SUBPHYLUM: Vertebrata

CLASSIFICATION: Aves (bird)

ORDER: Anseriformes

SPECIES: Branta canadensis; Canada goose; cackling goose

MASTER PROVER: Eric Sommermann, PhD, RSHom (NA) led the proving of Branta canadensis, the Canada goose’s egg for the Northwestern Academy of Homeopathy in 1998.

Source: One whole goose egg from Minnesota provided by an alumna.

COMPILATION: Christie Jergens, alumna, with students and alumni of the Northwestern Academy of Homeopathy.

EDITING & ARTICLE BY: Jason-Aeric Huenecke

BREEDING & BIOLOGY: Geese are usually monogamous for life; faithful to natal areas. Their nesting season is March through June. They have a clutch of four to six eggs; when weather or predators destroy their first clutch, Canada geese often reneest (see list of common predators below). Their incubation varies between populations; 24 to 29 days. Fledging varies with populations; 42 to 86 days.

These geese have black heads and bills, white chinstraps, and long black necks. Their bill has lamellae, or teeth around the outside that are used as a cutting tool. Their body is usually a light gray tone and their weight varies. Their belly colors are much lighter and almost white on the tail. During flight the tail shows a white semi-circle just above the black tail. A large wingspan provides ganders with weapons to use aggressively during the mating season (50 to 70 inch wingspan). Females may be slightly smaller (averaging 5 lbs.) than males (7 – 14 lbs.), although similar to each other in color pattern. Their legs are close together with very black feet. The average life span of the Canada goose in the wild is 10 – 25 years.^{1, 5, 6, 7}

MIGRATION & GEOGRAPHIC RANGE: The Canada goose is widely distributed throughout North America; it occurs in or at least migrates through every state and province; natal areas are located in grasslands and chaparral areas, and on the arctic tundra. Canada geese primarily live in wetland areas dominated by emergent vegetation which grow in water but which pierces the surface so that it is partially in air. They also inhabit communities dominated by dwarf birch (*Betula nana*), Labrador tea (*Ledum palustre*), and willow (*Salix*). They also inhabit man-made habitats that are open and grassy.^{1, 5, 6, 7}

FOOD HABITS: Canada geese are herbivores and grazers which mean they eat grasses. They feed most often during early morning and late afternoon. They eat a variety of terrestrial and aquatic plants; geese eat roots, tubers, and leaves of various food plants which are usually locally abundant. Some foods include foptail (*Alopecurus*), brome (*Bromus*), sedge (*Carex arenaria*), saltgrass (*Distichlis*), spikerush (*Eleocharis*), horsetail (*Equisetum*), fescue (*Festuca*), bird's foot trefoil (*Lotus corniculatus*), orchard grass, reed (*Phragmites australis*), bluegrass (*Poa*), smartweed (*Polygonum*), pondweed

(Potamogeton), wigeon grass (Ruppia), glasswort (Salicornia), bulrush (Scirpus paludicola), giant burreed (Sparganium eurycarpum), cordgrass (Spartina), clover (Trifolium), and cattail (Typha latifolia). ^{1, 6, 7}

PREDATORS: Canada goose predators include humans; magpies (Corvidae); crows (Corvus brachyrhynchos), and ravens (Corvus corax); gulls (Larus); parasitic jaeger (Stercorarius parasiticus); foxes (Apx, Urocyon, and Vulpes); coyote (Canis latrans); Opossum (Didelphis virginiana); bobcat (Felis rufus); raccoon (Procyon lotor); badger (Taxidea taxus); and brown bear (Ursus arctos). ⁶

NAME: Branta comes from the Old Norse meaning burnt goose, referring to there grayish appearance. ⁴

USES: Goose flesh was a source of protein for Native Americans and to European immigrants coming to North America. The goose's feathers are made into pillows and bedding, and goose grease was considered of medicinal value.

“The action of Sambucus nigra upon the mucous membranes generally, and upon the Schneiderian membrane in particular, accounts for the use of this agent in the dry coryza of children, where it is used by homoeopathic practitioners, if the breathing should be materially interfered with while the child is nursing. In simple and transient cases, frictions on the nose with goose-grease or mutton-suet may prove sufficient.”

- Charles Julius Hempel

MEDICINE: Traditionally used to ease coughs and colds. Mixed with herbs and applied to the chest goose grease has a long history of folk medicine use. It also relieved chapped hands and faces; and for ear infections; and to soothe rheumatism.

FOLKLORE: When geese fly high in the sky the saying, “All is well and the goose hangs high,” indicated good weather to early Americans. The goose is associated with Juno, the goddess of marriage and childbirth, adviser and protector of Rome. Geese are a symbol of marriage because of their fidelity (geese are monogamous for life). Romans and Celts associated geese, because of their watchful nature and aggressive temperament, with warriors and protectors, legend has it that their warning cries sounded when attack was eminent. The Celtic people kept geese, but did not eat them; considered totem animals or spirit guardians, geese remains and ancient warriors' share graves. It thought that geese aided the warriors and shamans on their soul's journeys to other worlds; therefore, the goose is a messenger between heaven and earth in many cultures. Geese are guides associated with communication, especially through the use of stories. The term of endearment “silly goose” is for silly behavior, and the scolding term “cackling goose” is for people who engage in idle chatter or gossip. Native Americans thought that a harsh winter was on its way when geese flew south in early August. ³

“There has emerged a composite picture of the Bird Remedy that includes: nervous energy, trembling or twitching and neuropathies; disturbances of appetite and water metabolism; sharp, stitching or tense and cramping pains; pattern rather than sequential thought; empathy, spirituality and sensitivity; detachment; perfectionism and a love of nature; a lack of understanding of time and space and perhaps most important a feeling of being trapped and a desire for freedom. (See Birds by Jonathon Shore and Birds – Seeking the Freedom of the Sky by Peter Fraser)”

- Peter Fraser

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Branta Canadensis Remedy Overview

Mental Overview

Branta Canadensis has several characteristics common to bird remedies. Obviously the sensations of flight (Theme: Birds, Sensations of the Source) and love of nature and the outdoors (Theme: Nature and the Outdoors) are representative of that. A bird's desire for perfection is also represented in goose with a need to keep one's nest in order (Theme: Cleanliness and Orderliness).

Branta Canadensis shares a quality of watchfulness (Theme: Hypervigilance) with another water bird, Gavia Immer (the Common Loon). Perhaps this quality is necessary due to the fact that both birds nest on the ground, instead of high in the trees, where their eggs or hatchlings may be victim to predators. The difference between the two remedies is that the goose has a more calm and detached demeanor when on guard, while the loon has more panic and paranoia.

Bird remedies express the air element in a spacey or mentally scattered fashion (Theme: Mentally Scattered), and goose is no different. Goose, however, has an especially strong tendency to transpose letters and numbers. It also expressed this tendency in other areas, such as losing items, difficult concentration, and forgetfulness.

Branta Canadensis has a great deal of irritability which is worse with touch or noise and better with fresh air (Theme: Intolerance, Irritability). There is irritability with contradiction from family, friends or coworkers. Of course, irritability such as this occurs in many remedies. What makes this irritability a bit more unique to goose is a self-righteous intolerance of not only contradiction, but of incompetence, intractability, hypocrisy, and injustice. In goose, this quality often appears in the parent-child relationship.

Interesting to note was that during the proving, an example of this self-righteous intolerance was playing itself out in the public forum. President Clinton was impeached by the House of Representatives in December 1998 for essentially having extramarital relations and lying about it. Geese mate for life, so this type of tomfoolery would be morally repugnant to them. Another goose-like aspect of this event was the aggressive investigation of Kenneth Starr costing \$70 million, resulting in the relatively minor charges of perjury and obstruction of justice. Like Starr, geese are very aggressive, particularly when defending their nests.

Many birds, including geese, are social birds. Other birds, like the loon and the hawk are more solitary. In the case of Branta Canadensis we see both aspects: While typically social, a nesting pair may become somewhat solitary. The remedy shows both aspects (Theme: Sociable vs. Solitary), and one prover experienced an alternation between the two states.

Physical Overview

Unique to Branta Canadensis among birds is its varied skin symptoms (Theme: Skin). Interesting to note is that goose grease, mixed with herbs or other medications, has been used as a skin ointment in the past. It was particularly useful for chapped skin. Provers of goose experienced not only chapped skin, but rashes, goosebumps, itching, and canker sores.

This remedy also shares several physical symptoms and affinities of birds in general. There is increased appetite and thirst, since the high metabolism of birds requires them to eat and drink much more than their body weight, relative to humans (Theme: Increased Appetite, Increased Thirst). There is heightened sensitivity to noise (Theme: Noise Sensitivity). Headaches (Theme: Headaches) are common, particularly around the eyes, and with pain that is stabbing and stitching. There is also increased sexual desire (Theme: Sexual Desire), which is well-represented in the Animal Kingdom.

As other bird remedies, Branta Canadensis wakes in the wee hours of the morning (early birds). They wake much earlier than normal and have difficulty falling back to sleep (Theme: Sleep). Alternatively, there is also deep sleep with loud snoring.

The goose shares a throat affinity (Theme: Throat) with other birds; in particular, it has throat symptoms of dryness, soreness, and mucus difficult to expel. Geese and other water birds, which swallow their food whole, often have the sensation of something stuck in their throats. Influenza, well represented in bird remedies (think Avian flu), and particularly in ducks, is also represented in *Branta Canadensis* (Theme: Nasal Congestion, Influenza). The expression here is headaches, nasal congestion, sore throat, and body aches.

Themes

Mental/Emotional

Birds: Sensations of the Source

“..my legs feel different. It’s like they are walking under me more independently. I’m aware of lifting them and putting them down, and I feel like my body is swaying side to side when I walk.”

“..sensation as if feathers are standing on end over my forehead, temples, cheeks and chin. There’s continued outward pressure over the third eye area, unsure if it’s out farther, swollen, or if it’s my imagination.”

It is interesting to note that three of the provers experienced sensations of the source, the Canadian Goose. There were feelings of feathers on the skin, a sensation of walking in the manner of a goose (swaying side to side), and a feeling that eyes were on the sides of the head. There were sensations of flying as well. Prover number 3, in particular, had numerous goose-like sensations, and may be a worthwhile study for insight into the source.

Sensations of the Source

- There is tightness and inward stretching of my skin over my face, with the **sensation as if feathers are standing on end over my forehead, temples, cheeks and chin**. There’s continued **outward pressure over the third eye area, unsure if it’s out farther, swollen**, or if it’s my imagination (sensation intermittent all day long). (03)
- I get up to walk around the house and **my legs feel different**. It’s like they are walking under me more independently. I’m aware of lifting them and putting them down, and I **feel like my body is swaying side to side when I walk**. (04)
- During meditation this a.m., I had a **feeling that my eyes were on each side of my head instead of in front**. (05)
- **Felt like I had a beak** for my nose and mouth. (05)

Flying

- Felt much better after bath (cooler water than normal). When getting up out of tub, felt **great, light as air, felt like just taking off flying upward**. (03)
- I think I would **like to be in a black, zero gravity environment**. It reminds me of the scene in “2001: A Space Odyssey” where one of the astronauts is released **free-floating out into space**. (04)

Cleanliness and Order

“Messiness bothering me more than usual. Feel need to get things in order - urgent need.”

“From the beginning of this second dose, I have felt poisoned psychically or mentally, or both, and have wanted to stop the proving. I have regretted the second dose, I feel unclean.”

Bird remedies have much need of cleanliness and order, and Branta Canadensis is no exception. There was a great deal of “fluffing up the nest,” with much industriousness in cleaning and organizing. While most of this activity occurred in the home (especially the kitchen), provers also desired cleanliness and order in public. Two provers were irritated by cigarette smoke.

Besides desiring order and cleanliness in the surroundings, two provers had the opposite physical experiences of feeling clean and unclean.

Orderly

- Messiness bothering me more than usual. **Feel need to get things in order - urgent need.** (03)
- ...I am paying closer attention to little details. Picking up a dirty wooden spoon, I smelled it before I put it in the sink. On taking out the cheese grater, I held it right up to my face to look at it and touched it carefully with my fingertips. .. **I feel like carefully doing things one at a time, step by step.** (04)
- I took the remedy. **I have got a lot accomplished today. I cleaned the house, got all the Christmas stuff out, and worked on the laundry.** I am feeling impatient with D. at times throughout the afternoon. (07)
- The **waiter was disorganized and the overall service was slow.** When he finally brought the bill for me to sign, there was no pen in the bill holder. (05)
- On waking; **woke up with energy and cleaned kitchen** and watched TV. (09)
- At odds with husband, **getting bitchy over kitchen in disarray.** (10)

Cleanliness vs. Dirtiness

- On waking in the morning, I **have a sensation as if my body is very clean.** (04)
- Feel very energetic, powerful. Very active, **cleaning up house - dusting and cleaning, hadn't done in long time.** (03)
- The fact that **cigarette smoke was drifting my way was extremely irritating** and frustrating. (05)
- **Was difficult to escape family environment on husband's side, which was quite smoky.** (10)
- From the beginning of this second dose, **I have felt poisoned psychically or mentally,** or both, and have wanted to stop the proving. I have regretted the second dose, **I feel unclean.** (12)
- Very pleasant, **clean feeling in mouth, as if I had just brushed with peppermint toothpaste.** (12)

Hypervigilant

“Had feeling of subtle hyper alertness, almost like a lizard very aware of its surroundings and any potential predators.”

“Now still alert and aware, though reaction more distant and cool - feel like watching from a distance even when actively participating in aggressive situations.”

Romans and Celts associated geese with warriors and protectors, due to their vigilant and aggressive nature. Much as a goose is on guard protecting its nest, the provers of *Branta Canadensis* exhibited hypervigilance. Combined with this watchfulness was calmness, and a curious lack of fear.

Hypervigilant

- Took first dose at bed. Slept well, felt rested in a.m. Had **feeling of subtle “hyper alertness,” almost like a lizard very aware of its surroundings and any potential predators.** (05)
- ... Now still alert and aware, though reaction more distant and cool - **feel like watching from a distance even when actively participating in aggressive situations.** (03)
- **Find I don’t want to sit with my back to anyone.** I want to have my back against the wall and observe everyone. (10)
- **I didn’t have any of my usual fear when driving** on the freeway. (04)
- I’m often conservative or **watching for safety**, others take big unsafe risks (like my boss). My boss and I agreed a long time ago that we’ll never agree on this point/style of operation. I **felt very calm today with my decisions** (more so than usual). (03)
- Now I **feel long-necked and watchful, like the overseer, to alert myself and others to danger in matter-of-fact way.** (03)

Intolerant, Irritable

“Crabby, easy with any contradiction - feel ready to fight and like I would bite someone’s head off.”

“Very irritated today by people not doing their work, lazy and incompetent, very bothered by this today. “

There was a great deal of irritability in this remedy. The irritability was worse with noise or touch, and better with getting outside in the fresh air. There was much irritability that arose with contradiction from anyone, particularly the provers’ children, significant others, coworkers and friends.

The irritation also expressed itself in a sort of self-righteous intolerance of government, family, friends, patients, and even God. Harsh criticism was leveled toward people and institutions, and the feeling is that it was justified.

Irritable

- **Woke up angry and upset with myself [because I napped].** Felt as though great waste of time. Too much to do today. Great yearn to be outdoors today. **Frustrated with having to be inside.** (01)
- Very irritable in evening, **noise of dogs wrestling bothering me.** (03)
- **Even mood - not irritability after spending time outside this afternoon.** Feel somewhat indifferent. (03)
- Feeling very irritable and cranky. **Partner contradicted me after dinner, and I felt like arguing with her.** (04)
- I was **really irritable when D. got into bed and tried to snuggle.** (07)
- I am **irritable late in day with patient,** really irritable. (09)
- **Crabby, easy with any contradiction - feel ready to fight and like I would bite someone’s head off.** (10)
- Christmas shopping: **I am annoyed at people.** I don’t usually shop the weekends between Thanksgiving and Christmas. **There are too many people out.** (11)

Intolerant

- **Upset with hypocrisy and injustice of government.** Very stirred up over this, but an overall feeling of hopelessness and disbelief. (01)
- Felt antagonized and persecuted by both patients and staff. The sociopaths who bugged me to smile more I felt like eliminating, such **poor excuses for humanity. I refused to bend to their will.** (03)
- **Very irritated today by people not doing their work, lazy and incompetent,** very bothered by this today. (03)
- Upset with 17-year-old daughter, who came home screaming at me for no reason, **unwilling to listen to any reason at all.** (03)
- I have also been very interested in listening to the legal and moral arguments made by Congress)members about whether President Clinton should be impeached. **I’m usually a bit intolerant of this type of discussion in favor of a more spiritually based perspective.** (04)
- I am **irritated with my daughter - she won’t help.** (09)
- I am irritable with a friend. **I wanted to end the relationship after 20 years. I have less patience with people.**(09)

- Crabby and quick tempered with daughter - easy to snap at her with any contradiction. Any words are sharp and short, and **I feel less tolerant and less patient.** (10)
- I am **angry at my son because he wouldn't go into the basement to do something for me** (he's scared). (11)
- **I am angry at the church and at God** for ruining my plans (11)
- I started thinking about **strangling her so she would quit complaining.** She was also complaining about the bleeding from menses, and my reaction to that was "You're a woman - so shut up and deal with it." I am **feeling very unsympathetic** (US - unusual for me - I am normally quite sympathetic). (11)

Mentally Scattered

“I took notice mentally that with reported numbers or figures I tend to get jumbled up and very confused. Hard to keep figures individually separated. Memory seems poor as far as recalling recent things and events.”

“My mind is not as clear as I'd like - I've forgotten what I just set out to do, or what is in my mind to go and get. I get there in the living room and forget I went to get the portable phone.”

Geese represent the air element, which rules over communication and thought. Ancient myths name the goose as the agent of communication between the worshippers on earth and the gods in heaven, and geese were also associated with writing and story-telling. Ironically, Branta Canadensis the remedy displayed much difficulty in thought and communication.

Most of the provers of Branta Canadensis were mentally scattered. A few forgot items or what they were going to do next. Others would lose items, only to find them in their hands, the back seat of the car, or where they expected them to be.

Some had difficulty concentrating on simple tasks. Words and numbers were transposed while reading or writing. They made numerous errors: stamping return addresses on the wrong side of the envelopes, driving in the wrong lane, turning on the wrong light switch, and filling out forms incorrectly.

Forgetfulness

- Working to do one thing, **thinking on to what I must do next, only to forget the first thing.** (01)
- Difficulty thinking at work - forgetful with latent memory - many things happening at once, **forget what I was doing, only to remember several minutes later.** (03)
- I've been forgetful, **doing things like leaving home without something I need, and forgetting to put things away** when I'm done using them. (04)
- My mind is not as clear as I'd like - **I've forgotten what I just set out to do, or what is in my mind to go and get.** I get there in the living room and forget I went to get the portable phone. (10)
- **I forgot to take my purse with me after the meeting (forgetful much more from 2:00-10:30 p.m.).** (11)

Losing Items

- I had **also misplaced my wallet from Friday to Wednesday.** I looked all over the house for it, but couldn't find it. Finally, on Wednesday night, I found it sitting in plain view in the back seat of my car. (05)
- **I couldn't find the chart – I looked three or four times.** A. found it in exactly the right spot. (07)
- I put the key in the ignition and ended up **looking all over for my keys this morning.** Walking into HPL today, **I thought I had left my day planner in the car, and when I got onto the elevator to punch the floor key, I found I had my day planner in my right hand.** I realized I didn't remember holding it, and if I hadn't seen it in my hand I wouldn't realize my right hand was holding anything. (10)

Jumbling Words and Numbers and Other Things

- I took notice mentally that **with reported numbers or figures I tend to get jumbled up and very confused. Hard to keep figures individually separated.** Memory seems poor as far as recalling recent things and events. (01)
- Made a phone call to a friend. **Meant to say “three days ago” and instead said “three months ago.”** I caught my mistake and corrected myself. (02)
- **Very forgetful of names and words** - early afternoon. Remembered with much struggle after several minutes. Mind felt vacant, clouded. Very upsetting. (03)
- **I showed up for a 3:30 p.m. appointment at 2:30 p.m. because I had read my date book wrong.** (04)
- I’m doing a lot of things like **grabbing the wrong line, turning on the wrong light switch, walking into the wrong room, or looking in the back of the phone book for something I know is in the front.** (04)
- On stamping a couple of envelopes with my return address, **I stamped the top right corner instead of the top left.** (04)
- Misspelling words: **son for sun.** (09)
- **“Clyce” - oops cycle - I transposed and mixed up those letters again.** (10)
- I found myself **in the wrong lane to get back to work. I fill out a form wrong on two through four** – I had to start over. (10)
- I called a person this morning and said I **would see them tonight when I know it’s tomorrow night.** Right after that, I **talked to another person and told her would see her tomorrow, when it was actually two days** until I would see her. (11)
- I can’t write. I’m reversing numbers. I don’t want to think about the proving. It’s hard to concentrate. I can’t finish because my mind wanders. **I reverse words and numbers** (one to two hours after taking the second dose, on day five). (12)

Hard to Concentrate

- I’m able to work, but I have to make an effort to do things properly. I would certainly rather be outside. I’m doing simple remedy mail-outs, but **I’m concentrating like I’m doing complex math problems.** (04)
- I was too sleepy this morning to work on a case - **had a hard time connecting and thinking clearly about it.** I worked on Christmas bags and potholders. I didn’t even try to do homeopathy. **I still feel unfocused that way,** and kind of restless. (07)
- I am **having difficulty concentrating.** I can’t find the right words in the Rep. (09)
- It’s **somewhat hard to concentrate.** (12)

Nature, The Outdoors

“Very emotional with documentaries: reflection, amazement and wonder with nature.”

“Felt wonderful outside - very alert, very energetic, boundless energy. “

As is typical with other bird remedies, Branta Canadensis loves animals and nature, and loves to be outside. Symptoms, such as head pain and irritability, were ameliorated by being outside in the fresh air.

Love of Nature

- Relaxed and watched TV tonight. **Very emotional with documentaries: reflection, amazement and wonder with nature.** Crying with this - not a “sad” cry though. (01)
- Felt much **better being outside after work and tending to horses.** (03)
- But I feel very sentimental - **my pond, my garden, my oak tree with all my pets buried beneath it. I’ve helped raise every tree on the acreage with tender loving care.** My pond is where my best friend - my goose Tweet - was raised, died, and returned to visit me after she died. I feel like my soul is rooted in this land - if I tear myself up by the roots, will I be able to fly free, or will I lie on the ground and wither and die? (03)

Being Outdoors

- Spent much of day outside cutting wood. **Felt wonderful outside - very alert, very energetic, boundless energy.** Feel I can breathe the fresh air into the bottom of my pelvis. (03)
- **I went out for a walk. I liked the fresh air and the feeling of space.** (04)
- Out of hot tub, **realize how much I miss the outdoors, how little time I take to sit and ponder and how much I love water.** Have always wanted to live on a lake. We have a cabin. Think about how nice it would be to get off the treadmill of activity. (11)
- **HA, dull < right side - behind eyes for about one hour.** Stiff neck and upper back after headache. Tension felt from eyes to back of head - through head. **Very sensitive to noise rest of day, > outside fresh air.** (03)
- **Even mood - not irritability after spending time outside this afternoon.** (03)

Sociable vs. Solitary

"Thinking of friends and desiring to see them - much more frequent in my thoughts than usual, desiring companionship more than usual"

"great desire to be "left alone" today with no connection or communication with outside world "

Several provers felt more sociable than normal, desiring companionship, closeness and fun. Others were irritated by others, and wished to be alone. One prover (04) felt an alternation between these two opposite states.

Sociable

- Thinking of friends and desiring to see them - much more frequent in my thoughts than usual, **desiring companionship more than usual.** (03)
- While watching a movie with my partner, **I did not have my usual feeling of being suffocated by her being cuddled up next to me. Normally I would be agitated and restless, and instead I was content.** (04)
- It is usually a bit of an effort for me to interact with others, but during the proving it's been easy. I am less introverted, I feel more relaxed. **For me, social contact can feel like an intrusion, and now it just feels normal.** (04)
- Playful is how I felt Saturday night and dancing, shopping and then inviting my husband to stop at Deli's Karaoke Bar on the way home. **Had fun and more social time with people I wouldn't.** Was more tolerant of smoke and drinking than I normally would be. (10)

Wanting Solitude

- Irritable < noise, events, people - **great desire to be "left alone" today with no connection or communication with outside world.** (01)
- **Didn't want to do work, or be around people.** Desire to go up in room and ignore. (02)
- In bed with my partner at night, I experience **an alternation of wanting to be far away with absolutely no contact, and then wanting to be close.** (04)
- I was really irritable when D. got into bed and tried to snuggle. (07)

Physicals

Headaches

“Headache dull, located on the right side above temple, < noise, light.”

“My headache vanished a couple minutes after taking the remedy “

Most of the provers experienced headaches at some point during the proving. Many of the headaches were around or behind the eyes or at the temples and forehead, with the occasional vertex and occipital pain. They often occurred on one side only. Headaches were at times accompanied by nausea, were sometimes worse with noise or light or motion, and better with fresh air. The pains were sharp, stabbing, stitching, throbbing, and pressing.

Note: One prover was relieved of a headache after taking the remedy.

Headaches

- **Headache dull, located on the right side above temple, < noise, light.** Headaches usually on a weekly basis prior. (01)
- **HA, dull < right side - behind eyes for about one hour.** Stiff neck and upper back after headache. Tension felt from eyes to back of head - through head. **Very sensitive to noise rest of day, > outside fresh air.** (03)
- Headache through night - **awoke to sharp, stabbing headache left frontal** - occiput about 1:30 a.m. (03)
- **My headache vanished a couple minutes after taking the remedy** (04)
- **Woke up with headache vague, increased during morning and became right-sided.** Aching toothache type of pain. Some **nausea** - headache **> still or sleeping.** **< motion**, thinking about it. Finally ended about 8:00 p.m. Didn't want to do much except wait for headache to end. (05)
- Sunday afternoon/night and Monday. **Headache and nausea, > lying down and sleeping. Slightly > fresh air and > distraction** with eating. (05)
- **Sudden sharp pain** in head behind left eye (07)
- Headache, **right bone inner corner of eye, throbbing.** Headache, **with photophobia** (09)
- Headache **top of my head over my eyes** - ache congested feeling with **some slight nausea** (10)
- **Headache occipital dull press**, gone at 8:35 a.m., **moving into just above ears** and more left sided - **pain going into left ear stitching outward pain** (10)
- **Pressing headache** sides and vertex (11)
- Headache in **frontal eminence of forehead** (12)

Increased Appetite, Increased Thirst

"Can't eat enough, bottomless appetite, weight increase about seven pounds since start of proving, most of weight in my abdomen"

"Increase water - thirsty - any water will do but prefer cold."

Provers displayed an increased appetite; some had particular cravings. Several were thirstier than normal, particularly for cold beverages.

Increased Appetite

- **Can't eat enough, bottomless appetite, weight increase** about seven pounds since start of proving, most of weight in my abdomen.. (03)
- Last night had a **desire for pie with a fruit filling**. Went to store and got strawberry rhubarb pie. (04)
- In general **my appetite was increased** (04)
- Food and drinks: **craving sweets** (09)
- **Craving spicy food**. Had Italian dressing on salad. **Craving vegetables** today - also broccoli, cauliflower, celery. (10)
- **Woke up very hungry** (01)
- **Mouth is watering looking at food; really hungry**; ate bagel and large juice for breakfast. (11)

Increased Thirst

- **Was thirstier yesterday** (07)
- **Very thirsty this morning**. May be because I ate some salty chips before bed last night. (02)
- **Increase water - thirsty - any water will do but prefer cold** (10)
- **Increase desire for cold water - drank three times the usual amount** of this p.m. (03)

Nasal Congestion, Influenza

“Nasal congestion at night especially toward AM, thin clear nasal discharge.”

“Felt flu-like, achy, soreness everywhere. “

In the past, goose grease was used to treat coughs and colds by being combined with herbs and spread on the neck and chest.

This remedy had a lot of nasal congestion, particularly when in bed and upon waking. There was post-nasal drip and catarrh of various sorts: thin and clear, thick and white, green with bloody specks.

Like other bird remedies, there is an affinity to influenza. Flu-like body aches occurred for 3 of the provers.

Nasal Congestion and Catarrh

- **Nasal congestion at night especially toward AM**, thin clear nasal discharge. **Difficulty sleeping on left side** due to nasal congestion; < right side. (03)
- **D woke me up at 5:00 a.m. with his stuffy nose. Mine is stuffy a bit too (normal).** (07)
- **Nose: bland discharge upon waking - running thick white.** After three blows stopped. (09)
- **Woke with sinus pain pulsing in left nasal cavity. Discharge was green with old blood specks** - pain > with hot tea, hot water and hot warm rag on left side of face (10)
- **Blew nose - felt stuffed up to right ear.** (11)
- **Right nostril congested on waking** (12)
- **Post-nasal drip sensation**, with desire to _____ hawk, then swallow, mucus, which is slight, but runny (12)

Influenza

- Desire to lie on couch with fire place raging. Thirsty, but not energy to get up and get anything. Appetite diminished by 70 percent - want only something warm - comfort food. **Feels like flue symptoms, achy body, mentally out of it.** Feels hard to stay conscious. (10)
- After slight work, felt extremely tired, shaky, sore. Wanted to take.....couldn't sleep. Felt **flu-like, achy, soreness everywhere.** (12)
- **Felt slight flu symptoms last night**, but fine this morning (01)

Noise Sensitivity

“Very sensitive to noise rest of day, > outside fresh air.”

“I’m very aware of little mechanical sounds in the house - clock, refrigerator “

Branta Canadensis had a sensitivity to noise, which aggravated symptoms of irritability and head pain.

- **Irritable < noise, events, people** - great desire to be “left alone” today (01)
- **Headache** dull, located on the right side above temple, **< noise**, light. (01)
- Very irritable in evening, **noise of dogs wrestling bothering me.** (03)
- HA, dull < right side - behind eyes for about one hour. ... **Very sensitive to noise rest of day, > outside fresh air.** (03)
- I’m very **aware of little mechanical sounds in the house** - clock, refrigerator (04)
- I went with my daughter to confirmation class. When we walked in, **the live band was playing so loudly I wanted to kill them.** (11)

Sexual Desire

“The feeling is that I would more like to mate with the aim being the solidification of the bond between me and my partner, and to reproduce..”

“My sex drive has been increased. “

Several provers of Branta Canadensis had increased sexual desire. One notable exception was a prover who felt sexual interest in his partner, but more for reproductive and bond-building purposes.

- **Noticed one especially nice looking man and noticed my stronger than usual sexual interest.** Really enjoyed talking to this man. (02)
- I have my **first glimmer of sexual interest since starting the proving**, but it's different than usual. I **don't want emotionally intimate contact. The feeling is that I would more like to mate with the aim being the solidification of the bond between me and my partner**, and to reproduce. I wonder if this is how animals feel. (04)
- **My sex drive has been increased.** I am finding myself hinting around almost every day. Generally the response is no (!). Perhaps I am a little frustrated by this, but not sad, angry etc. I have had some sense of humor about it. (05)
- **Feeling attractive and wanting to spend one on one time with husband** - more tolerant of him and his smoking. This tolerance of his smelling of smoke surprises me. (10)

Skin Problems, Canker Sores

“Really itchy this a.m. and almost feels total body.”

“Canker sores on bottom lip - inside edge of lip. “

Surface level symptoms on the skin and mouth include: itching and eczema, rashes, eruptions, and canker sores.

Skin Problems

- Noticed three **spots on my abdomen** to the left of my navel. Three red spots in a row. ... They do not hurt, and are not itchy. They are slightly raised and are well-circumcised (smooth edges). I've never had them before. They are sort of rough or callous-like to the touch. (02)
- **Rash on left upper anterior thigh** about size of goose egg - red raised, feels thick and leathery. **Very itchy** at times, < after waking up in a.m. and after napping, after taking clothes off about 4:00 p.m. (03)
- **A proliferation of my usual eczema.** At beginning of proving I had a little on right eyelid. That patch has expanded, and added to it are patches in front of my right ear, behind my right ear, and on my left wrist and interior forearm. (04)
- **Slight rash/acne on forehead.** (05)
- **Really itchy this a.m. and almost feels total body.** (10)
- **Goosebumps** passed in a wave up left occiput to side of head above ear. (04)

Canker Sores

- **Canker sores on bottom lip - inside edge of lip.** Feels numb, yet blistery. White in color. (01)
- **Lips chapped. Canker sores on tongue starting - tender.** (03)
- Felt soreness on gum, bottom right side, sixth tooth from center. **I think first molar - white patches - like canker sore.** (11)

Sleep: Restless vs. Deep

“Awoke early to sunrise, unable to return to sleep (very unusual for me - especially since had been up late).”

“[Sleep] more intense – husband said I snored 30 percent louder than usual. “

Several provers experienced restless sleep and waking early, some with an inability to fall back to sleep. Others slept deeply and dreamlessly, and a couple of them snored more loudly than normal.

- **Slept very deep** - seemed as though I laid my head down and alarm went off 10 minutes after. **Didn't feel fully rested.** (01)
- **I didn't sleep well. Woke at 3:30 a.m. Went to bed at 12:30, so only got three hours of sleep.** I couldn't fall back asleep. Finally get out of bed at 6:30 or 7:00 a.m. (02)
- **Awoke early to sunrise, unable to return to sleep (very unusual for me - especially since had been up late).** Worked till midnight and no sleep until 1:30 p.m. (03)
- **I woke up at 2:00 a.m. feeling very wide awake, like it was the middle of the day and feeling completely rested.** Fell back asleep at around 3:30 a.m. (04)
- **Restless sleep** from 3:00 a.m. on. (07)
- Bed seemed hard last night - **woke a couple of times, but went back to sleep easily.** (10)
- **Didn't sleep well** last night (full moon?) (11)
- Husband tells me I'm **snoring loudly.** Feel like I'm **sleeping very deeply** but husband states he's sleeping very deeply last night also. (10)
- **[Sleep] more intense** – husband said I **snored 30 percent louder** than usual. (11)

Throat

“With this I have a slightly scratchy throat..... I am clearing my throat a lot.”

“Thick green sputum with sore throat first thing in a.m. “

As in other bird remedies, there was an affinity to the throat. Throats were sore, scratchy, dry, and hoarse. A number of proverbs had expectoration and a need to cough and clear the mucus out.

- **Throat was sore this morning on waking.** Got better when I was up for awhile and was talking and drinking hot tea. (02)
- **Hoarse with secretions in throat** (03)
- Throat **dry** (03)
- With this I have a **slightly scratchy throat.** The scratchy feeling goes a little into my chest. I am **clearing my throat a lot** (04)
- Had cold with sore throat which settled into chest. **Thick green sputum with sore throat first thing in a.m.** (05)
- **Went to bed with dry throat - woke up with a dry throat.** (07)
- **Clearing throat and getting light greenish mucous** (10)
- **Phlegm in back of throat,** had to cough so hard to try to move it that I gagged (11)
- **Tickly, raw, slightly hoarse feeling** in throat, causing cough in larynx (12)