

1	ABDOMEN	I had eaten food from McDonald's, which is something I rarely do. It was just grilled chicken salad and a Sprite. Later that day I was having some issues with discomfort in my abdomen...it felt like gas or something was trapped in my stomach. It reminded me of how my stomach used to feel many years ago when I had a lot of digestive issues. It was similar to way back then...but different somehow. I was glad it 'passed,' no pun intended. It felt like a proving symptom, as I am able to eat just about anything (for the past two years or so) and do not experience any sort of upset, gas or otherwise.
1	ABDOMEN	A week or so ago I had been experiencing some sharp pains in the area of my liver (lower/inner side) that was like a sharp, stabbing sensation. This was a bit distressing as I had been diagnosed with Hep C in 1997. I thought it might be from eating too much chocolate. But after several days of drinking plenty of water and eating well, I experienced this pain again. It would come in spurts and waves but now I've not noticed this for several days.
2	ABDOMEN	In the evening I suddenly feel a sharp pain in a scar that I have from hernia surgery I had as an infant. I have to bend over and press my hands hard on the scar, lower abdomen, on the left. I have the same scar on the right, too, but it did not hurt at that moment. I can not stand up straight, but I go to the bathroom. That is when the above mentioned bright red blood and clotting occurred. OS: pain in those scars occurs regularly, especially before menses.
6	ABDOMEN	Momentary stab in left lower abdomen, opposite McBurneys point, twice.
6	ABDOMEN	Lying on right side, feeling like the residual pain after being hit in stomach. Middle and just under ribs,
6	ABDOMEN	Turned to left side and got a tightening or squeezing of the same area. No throw-up feeling.
6	ABDOMEN	Three or four throbs left side of abdomen, opposite McBurney's point.
6	ABDOMEN	Cramps in abdomen after drinking milk
6	ABDOMEN	Throbbing three times in appendix area
6	ABDOMEN	One stab pain in left abdomen, about two inches directly left of bellybutton. Lasting about 10 seconds.
12	ABDOMEN	Unusual fullness after eating, bloated out a little bit
12	ABDOMEN	Pain, circumference of girth, belt level - band
12	ABDOMEN	Very satiated, distended abdomen. It's a different feeling than I'm used to.
12	ABDOMEN	Circumference of waist feels expanded
12	ABDOMEN	Lying on right side, uncomfortable. I know I have to change. Nervousness in stomach, something inside stomach - abdomen that's moving, a gas, a volume of something moving, a nervousness to it. I must keep moving.
12	ABDOMEN	Still there is a pervading fullness around the waist. Usually if I feel full, I just have a distended stomach. It feels more than that, a sense of expanded circumference kind of thing.
12	ABDOMEN	Fullness around waist in a.m.
12	ABDOMEN	Feeling less full and distended around the waist
1	BACK	Today after a short time at the computer, my lower back suddenly felt very bruised and sore, like it had felt that way for many years. I don't usually have a feeling like that. I had gone to the chiropractor yesterday and he did some trigger-point therapy in that area. But this pain came suddenly and stopped suddenly and felt deep and like it was a new achyness or at least in a 'new' area. But at that same time, it was like it was from an old injury that had been hurting a long time. It had that weariness quality to it, but yet it was a new hurt in a new place, at the very base of my spine on each side, close to my spine and extending out just a little bit toward my hips.
1	BACK	My lower back really hurts. It's achy and feels bruised and lame. The session today with the chiropractor left me feeling like my back was locked or frozen up, like I couldn't stand up straight or move at all. The pain is below the small of my back and feels equally sore across the whole lower back. The therapy table helped as did walking later with my hubby outside. Going up a hill felt best. Sitting is not so good...it feels worse. My kingdom for a massage!

2	BACK	I feel heat radiating from my back (kidney area, both sides) to the back of my seat and bouncing back to me. I can still feel my heart beating more strongly than usual. I begin to think whether this is causing higher blood pressure, and if it's that higher blood pressure I'm feeling in my kidneys and radiating as heat. Over the next hour I become increasingly aware of my right kidney and its shape. I don't want to say it hurt, but I could definitely feel it 'being there,' and I also saw it as I thought of it.
3	BACK	Right side of neck red, blotchy and itchy lasts for about an hour
3	BACK	Woke up this morning still feel in pain this morning. Also feel the pain in my lower back. Feels cramping and pressure-like in nature
4	BACK	Jaw feels pushed up and making line across back of head. Hurts quite often. Jaw transferring pressure to right back of the neck, a couple of inches to right of spine, below occipital area.
4	BACK	Pain on left side of neck: sore, want to push on it.
4	BACK	Getting very itchy again on my rashes (face, posterior legs and buttocks). Right at the bottom of my foot.
4	BACK	Noticed I have had kidney pain a few times today. Comes and goes within about 20 minutes. Just feels achy in low back.
4	BACK	Pain and burning in the right levator scapula muscle today
4	BACK	Rash is still drier - fewer spots on face. Skin on legs & buttocks dry, but breakouts near gluteal fold. Watery blisters appeared on feet again today in the morning. They are big ones. Popped them to amuse myself, and they were gone by the evening (this part is unusual).
4	BACK	Have been lifting weights and biking in the last few days. Feel compressed and tired in muscles and joints. Easy cracking in upper back.
4	BACK	Woke itching and hot. Large and increased number of bumps on glutes. Very itchy, burning. Makes me mad they're back.
4	BACK	Pain and achyness in low back for the last three days, which was better after a massage today. Lots of vertebral movement.
4	BACK	This morning woke with left sinus pressure and pain as if vertebrae out on left side
5	BACK	I was talking outside with my neighbour (it was chilly out) and my upper back got really stiff and sore. It felt stuck or like there was a catch in my vertebrae. Thinking I was just cold, I went inside. Didn't get better. Put a hot pack on it. It relieved it somewhat, but I sat with a hot pack on it most of the evening and even fell asleep with one on.
5	BACK	When I woke up my pain in my back had mostly shifted to my right shoulder. It makes turning my head to the right nearly impossible. The pain goes up the right side of my neck when I do this. When I press on the painful spot, I can turn my head to the right. The pain that was right in the middle of my vertebrae seems mostly gone, or a shadow pain compared to this one. I have had pain in this spot before, but this is really intense!
5	BACK	I draped a moist heat pack over my shoulder. It helped, but it is still hard to turn my head
5	BACK	During and after my steam shower this morning, I noticed that the pain in my shoulder was MUCH better. I can turn my head now.
6	BACK	Pressing once right buttock
8	BACK	My neck has been tight, (before proving started) and it feels much better, I have 180 degree movement now with no pain.
8	BACK	Neck continues to be more mobile – it moves side-to-side with ease, rotating with ease back and forth (chin to chest and then tilted back) with more ease
10	BACK	Touches left neck a lot, very aware of left neck. Nothing on the right side of the neck
10	BACK	Low back tightness on left side; feels stiff. Tight, twisted, knotted feeling. Dull, achy feeling.
12	BACK	Back feels weak
12	BACK	Right-side cervical neck pain
12	BACK	Go to bed, lying on back; chest and lungs feel sore; burning pain, in chest.
12	BACK	Upon retiring, unusual pain or fullness in lower back
12	BACK	Soreness in neck and back seems better recently
12	BACK	Lumbar above belt line is stiff and sore, but limbs move freely
14	BACK	Slight sharp pain between shoulder blades slightly to the right. Like sharp stick poking, intermittent.
14	BACK	Heat is flushing, feel burning on sides of face, ears, and shoulder blades. Feels hot.
14	BACK	I have intermittent rushes of tingling on my head and tension around the sides of the neck near the spine. It squeezes then releases.

14	BACK	Last night toward bed time, I started having those rushes of energy coming up my spine over my head. My neck would have spurts of tension followed by the right side of my head tingling. It was a tense, anxious feeling, like drinking a lot of coffee.
14	BACK	I woke with a little soreness in my left sciatic area
14	BLADDER	My bladder was filling up fast. Starting at about 6:00 a.m., I had to get up twice and my bladder was full again when I woke at 10:00 a.m. This is unusual.
14	BLADDER	My bladder is filling up, urinating often, every half hour.
14	BLADDER	I'm urinating with more force than for over a year. It feels like a cured symptom.
1	CHEST	Experienced a slight momentary heart arrhythmia today, as I also did yesterday and the day before. Sorry, I forgot to log this. It's an old symptom and it was so very slight.
1	CHEST	Today after a short time at the computer, my lower back suddenly felt very bruised and sore, like it had felt that way for many years. I don't usually have a feeling like that. I had gone to the chiropractor yesterday and he did some trigger-point therapy in that area. But this pain came suddenly and stopped suddenly and felt deep and like it was a new achyness or at least in a 'new' area. But at that same time, it was like it was from an old injury that had been hurting a long time. It had that weariness quality to it, but yet it was a new hurt in a new place, at the very base of my spine on each side, close to my spine and extending out just a little bit toward my hips.
1	CHEST	I've had a very slight and momentary heart palpitation that felt a bit different than the ones I used to feel in the past. It wasn't one that took my breath away or where I felt compelled to cough in order to breathe. This palpitation has happened several times now since the proving, but has been very mild and short-lived, like a fraction of what the former symptom was.
1	CHEST	While sitting on the couch watching TV, I suddenly felt my heart palpitate in a rather strong way. I used to experience heart arrhythmias that got progressively worse during menopause. This felt different from the previous symptoms I had had for many years in that it was more brief. The feeling/sensation itself was not a sinking sensation, but more like a small part of a balloon had suddenly burst out and pushed against my chest, then exploded in my chest. In the past I would be mildly disconcerted mentally when these episodes would happen, but this time, even though the force of palpitation seemed stronger, I felt it was a proving symptom and knew it would cease, and it did after a few seconds.
1	CHEST	While lying in bed trying to fall asleep, it felt as if there was a painful lump of sorts on the outside of my left breast. I've had fibro-cystic breasts in the past and this felt similar, but different. It was more painful and somewhat stabbing/throbbing in quality. I kept trying to feel a lump, and there was none. Yet while laying on my right side, I could feel pain, as if a lump was pulling down from a thread or string towards the middle of my breast. This occurred the following night and again one other time during the day, but again, no lump was actually felt. It was just the sensation of pain as if from a lump or like a heavy ball was inside the tissue.
2	CHEST	From the beginning on, I have a heightened awareness of my heart in my chest. It thumps very strongly, and I feel waves of those thumps radiating through my body. (00:02:30 OS) For a while, I feel my heart as a 'blue spot.' That's a term I made up for a feeling that I oftentimes have in my heart, as far as I can think of always related to emotional situations. Today I just feel it 'being blue' for a while, which I picture as one part of my heart not getting enough oxygen and therefore being kind of cold and blue and not functioning right. But today there is no emotional reason attached to it.
2	CHEST	I still have a bit of the higher blood pressure (feeling) with the thumping heart, but not as much any longer. I realize that I'm still not sweating or becoming jittery from the elevated heartbeat/blood pressure, which I usually would.
4	CHEST	Pulsing in left side--pancreas or diaphragm, quicker and faster than a heart beat
4	CHEST	Now more of a pressure in left side
4	CHEST	Something going on with the breath. Heart not beating faster. Short of breath or restriction of breath, but feeling somewhat nervous about breath.
4	CHEST	Something in solar plexus or stomach pulsing slowly;
4	CHEST	Drank water, going down slowly. Attentive to upper chest when swallowing; makes her burp each time
4	CHEST	Woke up coughing, dry throat, and stuff in lungs. Went for a bike ride - cold air made it hard to breathe. Burned my lungs. Could only breathe very shallow for a long time. Breathing extra hard with exertion.
4	CHEST	Woke with a sore throat, congestion. Realized I had been having for many days, especially if dehydrated when going to bed. Goes away within 10 minutes, especially if drink water.
5	CHEST	Was driving and felt a little heart palpitation. It helped to force a burp. It felt like I had been consuming something with caffeine. I have had this before, but not in a long time

5	CHEST	Lying in bed on my right side, I notice my heart starts to palpitate. When I lay that way long enough, it seems to also palpitate in my head. So I decided to lie on my back and see if it is any better. Just as I start to drift off, I noticed that it started going to my head again and it wakes me up. So I turned to lie on my left side. Same thing. I can tolerate it just in my chest, but the sensation moves to my head and that scares me. This is much better when I sit up, even just a little bit. I finally figured out that if I bend my head forward and rest the top of my head on a pillow I am MUCH better and am finally able to get to sleep. I have to add that I'm not sure this is a palpitation. I've had those and this feels a bit different, a bit "muddier" than a palpitation where each individual heart beat can be felt. This feels like a mishmash of strong heart beats.
6	CHEST	Stitching pain in right rib area, liver to back. Changed to diffuse cold, empty aching, then just diffuse ache. Lasted three minutes.
6	CHEST	Momentary stab in right chest just under right breast
6	CHEST	Momentary sticking in chest, immediately left of xyphoid process, under ribs
6	CHEST	Dull stabbing on right back ribs just under lung. Going up into bottom center of lung. Lasting about five seconds.
9	CHEST	The alarm went off at the end of my afternoon nap. I hopped out of bed and experienced a slight sharp pressure/pain on the left side of my chest, near my heart. Sensation remained for 90 minutes.
9	CHEST	The sharp pressure/pain on the left side of my chest, by my heart, returned and remained for 11 minutes
9	CHEST	The sharp pressure/pain on the left side of my chest, by my heart, returned and remained for 11
9	CHEST	The sharp pressure/pain on the left side of my chest, by my heart, returned and remained for 6 minutes
12	CHEST	Tender spot right of sternum, to touch
12	CHEST	Unusual heart pain. Image: heart was cracking like an egg shell cracks.
12	CHEST	Darting pain between left nipple and axillae
12	CHEST	Sharp, breaking pain in region of heart (once)
12	CHEST	Go to bed, lying on back; chest/lungs feel sore, burning pain, in chest.
12	CHEST	Breathing, lying on my back feeling like a bubble in my chest, a dead spot. The breath flows around both sides of this bubble.
12	CHEST	One darting pain in region of heart
13	CHEST	Heart feels like it is racing - pounding and fluttering in my heart
14	CHEST	I had an intermittent sharp ache just to the right of my heart, like a little ball of pressure
14	CHEST	The other pains - the burning, stinging, pressure, TMJ, chest and arm pains - are gone
14	CHEST	I've been feeling a bit of a tight constricting sensation in my heart and I had this before the proving before I took anac a couple months ago. I feel like I may need a remedy. This feeling is worse from thinking about the economic and political situation, which I get hard hearted over. It's towards the bankers, politicians, and the people who fall for their schpeel. I feel like I am trapped and at the mercy of these people.
14	CHEST	Last night my chest felt constricted, but today I feel better
14	CHEST	I'm having heart and circulatory symptoms. I don't know if this is part of the proving remedy or a longer term chronic thing. I have been having a squeezing sensation in my heart since before the remedy. I had some sharp intermittent pains after the remedy for a couple weeks, but they have stopped. Now if I stand from sitting, my heart rate goes up high and pounds. I tool my BP and heart rate at a pharmacy last night. Though my BP showed very good, my heart rate was at 93 b.p.m. I had done the Stairmaster for a half hour and one hour of yoga about 30 minutes earlier. I have never had my resting heart rate that high. My heart rate right now is 94 b.p.m. just sitting here. It feels like my heart is not contracting strongly enough to circulate my blood, so it is beating faster.
15	CHEST	Pain in chest quite localized, then spread out to mid-clavicle region
15	CHEST	Transient pain mid-sternum
15	CHEST	My heart is not here in this classroom. Wandering. Very unusual for me

2	CHILL	I'm cold. I want to drink my "cold care p.m." tea, but I don't because I know it's going to knock me out and make me sleepy. I can't get myself to do anything really.
2	CHILL	Throughout the day I am relatively cold, though I realize that my body and my legs are warm to the touch. I do not think that I have a fever; I do not feel like it, and I do not even possess a thermometer to measure my body temperature. My hands are cold though. My children have complained several times over the past couple of days that my hands are cold when I helped them to get dressed (OS, I always have cold hands in the winter).
2	CHILL	The cold is completely gone, no coryza, no swelling, no sore throat. But I have great difficulty getting warm this morning. I make myself a big pot of tea and drink it as hot as possible, but that does not help.
2	CHILL	I am very cold today, but I am sweaty at the same time (yesterday I was, too). It is an ugly feeling to be cold and then the moisture.
15	CHILL	Easily chilled (not a cool environment, shouldn't chilled)
15	CHILL	Got chilled very suddenly. This is new and very different. It was not enough to have the shawl over the shoulders – needed it wrapped. Wrapped the right arm with hand inside the shawl while taking notes during an intake! Just rolled the arm up in the shawl – then noticed left hand and thought it was very funny during a serious intake
2	COLDFLU	My cold gets worse. I sneeze and blow my nose throughout the whole day (clear coryza). Sinuses are a little painful. My hearing is very sensitive; noises and the sound of my own voice are too loud and cause a kind of screeching in my ears.
2	COLDFLU	The cold is getting worse. My nose and sinuses are swollen; I breathe mostly through my mouth. My
2	COLDFLU	The cold seems to lift. I feel much better today, lighter and not so swollen up. The coryza is still clear, though, and the cold didn't move down to the chest as it usually would with me.
2	COLDFLU	The next morning the coryza is back, too. It is a little thicker now and yellowish, though still transparent. The throat feels better with the coryza. I feel better with the discharge. When the cold went away so suddenly a couple of days earlier, I felt like I had not really 'gotten it out.'
2	COUGH	In the evening (9:00), I start to recognize a tickling/irritation in my trachea/bronchi that makes me clear my throat constantly. Later it excites a cough because just clearing the throat does not take care of it. The cough is not quite loose, but I can feel little things moving. It is not mucus. It feels like little scabs, but they don't make it up to the larynx, so I cannot swallow them or spit them out. Note: the progression of a cold from sinus to throat to bronchi is typical for me. What strikes me as unusual this time is that all symptoms completely stop for a day or two, and then move on to the next place.
12	COUGH	Dry cough, four times, low/mild. I feel quite calm.
12	COUGH	Cough up phlegm
1	DREAMS	I remembered a dream toward morning, but could not say what time that was. I recalled being part of a small group of people who were at a community center to do a skit or play, but the nature of the play was uncertain until one of the members of my group began handing out a few costumes, props and accessories. I was the last to receive these few items, and I remember thinking that they really did not represent the Native Americans very well. The thought I had in the dream was that I was supposed to play Pocahontas or Sacagawea. I was given a blue-green scarf tied in a circle that had a part of the scarf hanging down, like a bandana. The circle was too big to wear around my wrist, and I wasn't sure what to do with it. Normally in a dream like this, the feeling would have been one of struggle or panic or like I was neglecting my duty, or that I needed to rush. In spite of the haphazard way things were being orchestrated (there was no practice or rehearsal), I had a feeling of spontaneity and an "oh well" attitude. It was somewhat serendipitous to open my prayer journal this morning to an old entry dated Columbus Day, 2004. I had written how strange it was to me that we honor a man who was engaged in

1	DREAMS	I remember four dreams that segued into each other. The first dream I recall is going to bed in the guest room with my hubby. As we went to lie down, my husband began to react verbally to our son as he was sleeping there with a strange woman (not his girlfriend). I don't recall what my husband said, but the feeling in the dream was that it was finally a 'normal' response (from him) to demonstrate disapproval. Our son then left and I was alone with this lady and two young children. I tried conversing with her as she seemed in dire straights. Her children were hyper and I had no idea who they were. This dream then switched to a few of my family members standing outside along a tall hurricane fence that was quite damaged. It looked as if something huge had flattened sections of it to the ground. As we stood there, a young red-haired young man laying on a small lawnmower proceeded to plow down the remaining fence. He appeared to be dead, but the feeling in the dream wasn't one of fear or horror. It was one of thinking that the amount of damage to the fence was not commensurate with the size of the machine that caused it. This dream morphed into one where my cousin was telling me that she was
1	DREAMS	Woke up early to the alarm and recorded my dream so I wouldn't forget. There was a large rolling field of what looked like very tall grass or corn in various shades of green and blue green, but most of it was the color of grass. I found myself walking up a winding dirt road to a clearing where a tall man in bib overalls who I felt endeared to met me. I was happy to see him and he was gentle and tender with me. He showed me a portion of the field that he felt was not growing well and he asked me what I thought. I told him it looked a bit deviated from the rest of what was growing. We walked together and it felt so good in the dream just to be close to him. When I addressed the subject of being together for life, he said it couldn't be just yet, but in the dream I was reassured that this man loved me. We continued walking and I was happy just to be close to him and to touch his arm. We eventually reached another clearing where several of his family members were lined up like a panel of judges. We had all noticed these cloud formations that looked like the vestiges of a skywriter plane. An older man, who I think was a brother, began to question us as to the real "meaning" of the message in the clouds. In the ensuing
1	DREAMS	This morning I woke and tried to remember my dreams, but they were too fuzzy to articulate. I do recall dreaming of other people being lost. I remember looking up at an old historical building and something about an elevator and myself, and of others being in and out of the elevator. I don't feel my dreams were bad or unsettling in any way, but the pleasantness and ease of the previous dreams I've been having has seemed to give way to a bit more struggle.
1	DREAMS	What I recall from my dreams is a brief venture up into a dirt parking lot that had a restricted entry designation, but I was driving in anyway, ignoring the obvious rules. Others there were initially apprehensive when they saw me, but then realized that I was not there to bust them or arrest them, but to just hang out as they were. Not really clear what the hanging out involved, but I recall a bar-like atmosphere where I was trying to readjust my jacket in such a way as to attract someone's attention - not seductively, but in a way that incorporated some fashion nuances. This dream dissolved as I woke up at 5:17 a.m., but after falling asleep again, I had a dream that was rather unusual for me in that I have had dreams of this nature before numbers of times. This theme of trying to find a "safe" place to go to the bathroom is always thwarted and/or results in futility, embarrassment and mortification. The dream I had this morning was one in which I found myself at an unfamiliar house where there was a gathering of people, including a good looking man that was a romantic interest for me. In not finding a bathroom that afforded privacy, I used the only one there, which was directly off the living room and had
1	DREAMS	Last night had a dreamt about working on a project for the Minnesota Homeopathic Association. There was more of a feeling of struggle in this dream as in the previous night's dreams, but this dream did give way to an enjoyable airplane ride over a Greek island that was breathtaking. I recall seeing a palace-like structure that had expansive marble sidewalks with large parquet designs that extended out into the shallow, light green waters of the Mediterranean. The colors of these tiles were a deep blue and rust. This sort of pleasant and beautiful dream is unusual.
1	DREAMS	I woke to a dream that I had to write down. I feel it was because the feelings in the dreams were free of any usual apprehension or sense of struggle, in spite of the normal situations in the dream that would have produced everything from weariness to rejection. I have journaled this dream as it's long, but will say that just before waking, I saw two babies side by side. One was older and the other was just a head, sitting on a shelf. There was no sense of shock or horror, but of tender recognition. This baby girl had black hair, blue eyes and pale skin. She smiled as I talked lovingly to her. As I woke up, I realized that I have seen this very baby (just a head, no body) in another dream, but it's hard to say how recently.

1	DREAMS	I did recall my dream when I woke up this morning, but it wasn't anything that I felt was earth-shattering or significant. I will keep a journal of this though, and was reminded of another dream I had last night when someone mentioned color blindness today. I would not have recalled this if it had not been spoken, but it did bring back a portion of my dream last night. Odd I should dream about color blindness when I dream in color. My oldest son is color blind, but only with respects to red and green.
1	DREAMS	I did need to nap around 10:00 a.m. I dreamt about a group of people I was connected with who were all lined up to select a horse to ride on some sort of March through a dirt tunnel. I somehow found myself walking rather than riding, which wasn't all bad. There were two horses I could have chosen, both brown colored, if it were not for my hubby's misguided advice to not ride at all. One horse was quite large and stood out above the rest. The thought of riding this animal was a bit daunting, and I recall vacillating in the dream between this horse and another that was much smaller, older and tamer. I did have a realization as the door bell rang that I had had this very dream previously. I believe this is the second time since the remedy that I have had this sensation, or realization of a repeat dream.
1	DREAMS	The alarm failed this morning so my husband woke me up and interrupted my dreams. Again they were copious and colourful, and for the most part pleasant.
1	DREAMS	Last night I dreamt that I confronted a young woman and very directly stated the obvious to her with respects to my drawing a boundary in our home. It felt good in the dream to speak my mind, because in "real life," the matter of our boundaries being crossed has gone on for years with no satisfactory or definitive resolution. In the dream, after I verbally expressed my position, I was suddenly in my kitchen and was stabbing a pile of dishes that were in the sink. Although that action seems filled with rage, the feeling in the dream was one of simply being mildly concerned that I may have damaged some Tupperware. I don't recall ever having a dream like this, at least as far as stabbing inanimate objects or anything or anyone else for that matter. It's odd to me that the feeling in the dream did not "match" the demonstration of what was happening.
1	DREAMS	I also had a dream that was quite copious in terms of situations that would normally create a dream that was a real struggle or even a nightmare with respects to those things that can produce stress in real life or in my "normal" dreams. It's things that commonly cause one to panic or fret, like being late, having too little time, being unable to find needed tools, being naked, striving to accomplish but having many obstacles. And as I record this, it seems to me that this has happened at least once since beginning the proving, that there are situations in my dreams that normally would rattle my cage or make me very distressed. But the feeling in the dream last night was again only mildly distressing in that I could feel myself trying just a bit harder to get by and accomplish my goals. I was not being particularly in angst about the situation, but much more easygoing in light of the situation. It bears mentioning that this dream was taking place at the residence of a woman I actually used to work for. In fact, over the years, I have dreamt a number of times that I am back working for her and the feelings in these dreams have always been struggle and striving, like there is one obstacle after another. They feel like a hindrance to
1	DREAMS	This morning when I woke up, I recalled having a dream that was again at the home of the lady who I
1	DREAMS	I only remember bits and pieces of my dreams last night. There was some activity around a small dark animal. I think it was a Badger. Most dreams I've had of animals, large or small, are usually unsettling and disturbing. This one wasn't. It was more of a feeling of amusement and interest. I recall as well a portion of a dream in a grocery store and standing in front of a deli trying to scrape the remains of what looked like corn and some other vegetables out of the bottom of a super-sized can. I was wondering what the heck I was going to find in the store to carry it out with. As I was standing in front of the deli, the people next to me asked the lady behind the counter to decorate a cake with the word "atheist" on it. I recall being surprised and somewhat proud of the woman who took a stand and said it was against the store's policy to write anything of that nature on their food products. Then my son said something that was profound, but I can't recall what it was. And again, a feeling of being proud of him.

1	DREAMS	I've had several dreams about family members that were unsettling. This occurred about a week ago now, and the first dream was like nightmares that I usually have when I am struggling to move or am attempting to get help from my husband. I was struggling to wake him up, and was grabbing at his side to warn him that our son was approaching our room and that he was rambling and likely not in his right mind. In the past, a dream of this nature would have been very intense, and I may have woken up with my heart pounding and have a bad feeling all day. This time, like other times, it felt like it was very real and in the moment, like I wasn't dreaming. But in spite of the situation, I was not as frightened or as panicked as I would have been prior to the remedy. It was a slightly diminished reaction from normal. The other somewhat negative dream was of my mother-in-law, who was not caring for her husband and was being irresponsible. In "real life" she is the matriarch of the family, but she has experienced a gambling problem that has put her and my father-in-law at risk financially. My feeling in the dream was to attempt to do some remedial diplomatic PR with other friends/family, but I was not really happy or
2	DREAMS	I'm in high school and everybody in our school has to try out in dozens of different kinds of sport. We have to because it's compulsory to find out in which sports we're doing okay or better. The sports' facilities of our school are crowded with students; I recognize quite a few who went to school with me in real life. Teachers give us instructions as to when we have to try out and where, and there are other sports' facilities across town involved. My friend and I decide to stick together because it is all so confusing and not well organized. We hang out with a great number of students in the gym to wait for further instructions. Nothing happens - everybody is dead bored. I wonder what's going on and what's the point of all this. Then we're told to take a test in the sports' facilities across town, and the crowd moves off. My friend and I take our bicycles with us. When we arrive, my friend tells me that I have forgotten my swimsuit and that I have to go get it. She tells me to hurry. I have to be back in half an hour. I'm back in the other gym looking for my swimsuit. I don't remember finding it, but I leave. I go through the locker rooms. As I assumed nobody was there anymore, I just take the boys' locker room.
2	DREAMS	At night I dream that I am in a house where the only way out it is by digging myself a tunnel with my hands. I know that I have done this before, but this time the tunnel has to be several meters long. As it is always a very narrow tunnel, I'm inching through like a worm without any room to move to the sides or back. I know I won't be able to make it. I know the way is too long, and I will suffocate. I see myself struggling in that tunnel with no way back and not enough oxygen to move forward to the other side.
2	DREAMS	I need to have blood drawn, I don't know why. The nurse sticks the needle into my bellybutton and
2	DREAMS	I dream of old relationships. In the first dream, I am supposed to meet a friend from long time ago at his house. We haven't seen each other in a long time, and I'm looking forward to it. I am at his house waiting for him. When he comes home, he tries to ignore me, seems like he does not want to see me. All of a sudden, his parents are there, too, and they treat me like I am intruder. I am confused and don't know how to behave. I want to be some place else, but on the other hand, I do not want to leave because I don't know what I have done wrong.
2	DREAMS	In the second dream, I see an old boyfriend of mine. He is in a desperate state because he has to go home and something terrible has happened. I feel sorry for him and I give him a hug. I say to him, "I want to go with you, so you do not have to be alone." somehow he misunderstands it, thinking I had said I want to be with you (again) so you do not have to be so alone. He breaks down crying because he is so glad and so relieved that we are finally back together after all those years. it breaks my heart to see all this grief about our lost relationship come out of him, and I cannot bring myself to tell him that I only want to go with him this one time because something terrible has happened back home.
2	DREAMS	I dream of having endometriosis this night, and I wake up with strong cramping pains.
3	DREAMS	Had a very strange dream. I was in a basement to do laundry, but had a hard time figuring out how to work the washer and dryer. Something that should have been familiar wasn't. I got the washer running, but suddenly it mutated into a different shape and started malfunctioning. Water was running out of it all over the floor. I started to panic and tried to figure out how to turn it off. Then I noticed the floor was also transforming. It started to crumble away to dirt and became very unstable, and everything started shaking. I ran up the stairs to get to safety. The feeling was terror and I was panicking. At this point in the dream, I woke up.
3	DREAMS	I woke up from having a dream that I was chasing my youngest daughter across a parking lot, screaming at her. I was fearful she was going to get hit.
4	DREAMS	Woke up after dreams of structure and order. Can't remember details. Was about my client maybe.



4	DREAMS	Dream I was in a field going to get something out of my truck that was parked out there. There are two sheep that come running out of the longer grass. At first they run towards me and around me as if they will attack, and I am scared. I am trying to untangle my fingers, but they are stuck in a type of sticky straw-like substance. The sheep come next to me and just stand, so I put my hand down and one of them eats it off my hand.
4	DREAMS	Dream my almost ex brother-in-law was driving around in a car trying to find our house. He was late, and I was watching out the window for him. They drove past, and I started flickering the lights, hoping he would see. He did come back. There was anxiety about it, about him not finding the house. Another dream was that I was walking around with my friend (who is currently taking care of my cats). Was worried about them. Somewhat sad since I didn't want them to feel abandoned.
4	DREAMS	Dreams of spiders last night. One image remains of a spider dead, lying on his back. Supervisor addition: feeling of the dream was just eerie. It was weird. Wasn't scared at all.
4	DREAMS	Dark dreams but don't remember the subject. Woke angry and tired.
4	DREAMS	Dreams last night of being at a fancy dinner engagement. There were many people and it was by invite only. I was there with my mom as my guest. The feeling was that I didn't belong, but I wanted to in a way. I watched people dressed up (not super fancy, but nice) and felt I wanted to be part of their group. Wanted to talk with them, etc. My mom wanted to leave, so she was going to meet me at the car. But I stayed a little longer watching people dance and doing dance lessons. I felt lonely and wanted to be part of it. The event was something about saving and protecting eagles. I was there because I had done so much for them, but I did not belong. Very sad about that.
4	DREAMS	Dream I needed a second dose of remedy because I was doing so well on it. They sent me a bag and it was labelled as a type of jellyfish. I was excited to know what I was taking, but also knew I couldn't keep giving symptoms if I knew what it was. That was a bummer. Everyone was trying to find out from me. I was also concerned because my symptoms didn't seem like something a jellyfish would have. Plus, I thought jellyfish has already been proven!
4	DREAMS	Second dream was that we were at a proving presentation. There was a huge group of people sitting at tables getting ready. Many of my classmates were there. I was sitting next to a guy and we were laughing and flirting and having a great time. A chiropractor I know stopped by to talk with us. I hoped he didn't think I was going to have sex with the guy just because we were having so much fun. I was also concerned he would tell my fiancée and he would misunderstand.
4	DREAMS	Wake 3:00 a.m. dreaming of intensity of actions of remedies and how one must match symptoms. Anxiety and intensity to the dream. I was trying to communicate these things to other people.
4	DREAMS	Dream last night of one of the four horsemen of the apocalypse that I read about in a book last week. Dream focused on war and famine and how these things are created. I got stranded across the Twin Cities with a friend of mine. We had gone to a party, and even though I wanted to leave early that night, he was drinking with people I didn't like or trust from high school. He ended up drinking too much, and while I was waiting to drive him home, I fell asleep. I woke up exactly one hour before I had clients the next morning. Woke him up - he was being slow, taking his time. I was angry. I didn't want to start my clients a half hour late. Was mad I was in such a situation. How would my client react? What would they think? Another piece was being hired to do massage at a rock and roll concert. I had already booked my day with my clients and I hoped the concert people would let me do that. I didn't want to work on people from the tour - it seemed unpredictable, like something could go wrong or something bad could happen. The sky was dark; the grounds for the concert were huge and circular. I rode around it with a group of people. Sense of uncontrolled, foreboding. After the concert I was staying in a huge suite hotel
4	DREAMS	Dream people had read my journal. It had been lying on a counter. I knew I didn't leave it there, but when they saw it there, they read it. EXTREME ANGER! Went downstairs to hit the punching bag. I was hitting it so violently that it would sometimes swing out of the way (80 pound bag) and I would miss it, which would make me madder. My friend walked by cleaning a gun. He said he was getting shipped off to war. I was surprised at first because I didn't know he had enlisted. He had for the extra money. He was angry and sad. I felt bad for him and told him I would swing by if I travelled that way. He told me he would shoot me if I came in that territory.
4	DREAMS	Dream about a big lovely drinking party outdoors at a park. The issue was about whether to drink or not. There is a lost feeling because people are not connected.
4	DREAMS	Dreams of death again. One therapist died after being shocked while on the phone at work. Another dream before it had a sense of secrecy, of doing something wrong and hiding from the law.

4	DREAMS	In my dream, I feel very anxious about getting wedding invitations out. Knew I had to send 300 invitations and fit it into my normal hectic schedule and school weekend (not happening at all for real).
4	DREAMS	Dreams about a guy I used to be attracted to, feelings around loss and attractiveness.
4	DREAMS	Dream last night was about lying on my back and reaching up to my leg and peeling skin off my leg in long strips. Fascinated by it. Felt good to peel off the skin.
4	DREAMS	A bunch of us were walking through a field and wooded area, <b>as if we were searching for someone lost but we were trying to throw off the cops</b> . The cops were trying to get us. Sense of being persecuted and in a hurry.
4	DREAMS	Dream I had to take three classes in one evening to bill insurance for work. Then something happened and a mob guy was with us. He had a skeleton and we had to go hide it. The guy had died accidentally and I think he was one of us (mob). A bunch of us were walking through a field and wooded area, as if we were searching for someone lost but we were trying to throw off the cops. The cops were trying to get us. Sense of being persecuted and in a hurry.
4	DREAMS	So exhausted when woke. Dream of something that made me really angry.
4	DREAMS	Dream about being in high school at a swim meet. It was near the end, but there were a lot of things going on so the end was delayed. I was irritated and went outside to the car to sit by myself for a while. Went back in to pool and my teammates were lining up for pictures. I wanted to be in them because it was my senior year, yet people kept milling around and getting sidetracked. I was more irritated. Anxiety because I had to go to work and people weren't done and moving fast. My sister showed up all glamed-out with her boyfriend. I asked where she had been and she showed me a receipt for the Capital Grill. Now very angry because I could have left and eaten too. I went to the coach and told him we needed to hurry because I had to go to work. I was whiny to him, but mad. He said they would try to hurry. Felt ignored, left out and mad about it.
5	DREAMS	(Dream: night before proving) I was at this retreat center or something and there was a man there holding his fussy baby and trying to take Burt's Bees samples. He just couldn't handle this poor baby and get his samples, so I held the baby and grabbed a whole pack of samples (good stuff - I was excited). He never came to get his baby back from me. He was still there, but it was like he had forgotten her. I was feeling okay with it. I'd just keep the baby, I thought.
5	DREAMS	Alarm woke me up to notice I was dreaming about a client who moved several time zones away. I was trying to leave her a message around 8:00 a.m. our time. It was still 3:00 a.m. in her time zone, and she answered the phone and was mad at me for calling at that time of day. Normally I can leave her messages that time of day and it goes right to voicemail. I explained that I thought her phone would be off. She was really grumpy.
5	DREAMS	When I took a little catnap I had a dream that John McCain was president and I had to get his permission to redo my bathroom. I was a bit irritated that he had anything to say about it.
5	DREAMS	Had a dream that I was at a homeopathy conference and Lou Klein was teaching it. It was being held in this old rundown mansion. There were a bunch of local old ladies in the class, and I wondered what they were doing there and how did they know so much about homeopathy - why hadn't I heard of them before? Suddenly there was some sort of explosion and water came running all over the house. Not a lot of water, but it was running down the walls. I found a drawer-like container full of syringes that contained liquid homeopathic remedies. I wondered why people felt the need to do that. I assumed it must belong to one of the local doctors/homeopaths because who else would inject remedies but a doctor?
5	DREAMS	Drifted back to sleep after my alarm went off, and just as I was falling back to sleep, I had this brief dream that I was going into the local Border's bookstore. Normally when the weather is nice, they have discount books out front. This time, it was racks and racks of chocolate. The XOXO Chocolate Love brand, which I have never bought or tasted. My feeling was, "What is that doing here and where are all the discounted books?"

5	DREAMS	I had a dream that I was in someone's house and he had done something really nice for me. I wanted to thank him in some way. His wife suggested that I buy him some Neutrogena aftershave (this is not a brand I buy). It was something she had been trying to get him to use. It came in a rectangular pump bottle, as their products do, but it was a blue and white vertically striped bottle. It actually wasn't aftershave, but lotion. It smelled like my son does when he is clean.
5	DREAMS	I dreamt I was going down a divided highway. It appeared that everyone was taking a detour as one side of the divided highway merged to the other side. But the current side wasn't closed, so in spite of the fact that everyone else took the detour, I went straight ahead. Everything looked just fine. When I got to the bottom of the hill, it was clear that the road went straight into a lake of sorts. I couldn't stop myself, I just slipped in. But by now I was no longer in a car but on a flotation device of some kind. The water was moving fast. I was a bit frightened for the first second, but then I could see I was going to make it to the other side with no problem, and I did.
5	DREAMS	I dreamt that my husband cut down one of the trees in our front yard. It is a flowering crab tree we planted in honor of our son. He cut it down because someone had damaged the inner part of the tree and he thought it was dead for sure, so he just finished the task. I was really angry that he hadn't asked me first what he should do. I remember just looking at the stump and sobbing in my dream. I was not crying when I woke up, however.
5	DREAMS	I was at my parents' house as an adult. I was home alone or one of my kids was with me. A man came into the house to try to sell us siding, shingles, etc. for the house. He was tall, thin, and lanky with big <del>hands and big feet. His face was really long. He actually looked like a man who is a great cutter at the</del>
6	DREAMS	Dream of walking with first ex-husband at a horse show. I was smiling and happy. I told him I loved him
6	DREAMS	Dream I was getting a birthday card ready and I forgot to put the money in it. Then I didn't have any.
6	DREAMS	Dream I am at my dad's farm and I am at the top of a slide. It is very tall. I write a question in the gravel. Don't remember the question, but it feels as if it is an assertive statement. Something about being hungry or something that I want. There were some old family friends there. The swing set broke and I fell forward, sort of in slow motion with the ladder of the slide. I stayed on my feet when we reached to ground.
6	DREAMS	Dream that L is in a football game (he hurt his knee and has been out for six weeks). People make a line so he can carry the ball in for a touchdown. He is in his shorts and holds the ball up as everyone cheers (he does not carry the ball in real life).
6	DREAMS	Dream 69 with old boyfriend
6	DREAMS	Dream kissing ex husband
6	DREAMS	Dream. I was at a gravel turn-around that was overgrown with grass and weeds. There was a man there with a truck and trailer with my stuff. I think it was Charlie Sheen (an actor). I said, "Well my friend, I will see you again." Kind of flirty, he said, "I hope so." Then he drove off. I had a trailer on my car too. I had to move my bike rack out of the weeds into the woods so the mower wouldn't hit it. There was a woman carrying a canoe and two men, one whom was on the cell phone and irritated. I told him there was an easier path over there, but before I could say the whole sentence, he said "not now!" No particular feeling in the dream.
6	DREAMS	Dream a homeopathic student clinic client came in for follow up and her warts did not get any better.
6	DREAMS	I was telling someone to put the screw in my glasses frame and not to break off the little tip (I had put a screw in my glasses yesterday and did not break off the little tip).
6	DREAMS	Dream: smoking in the yard at my dad's.
6	DREAMS	I dream I am pushing a cart into a store while wearing a skirt. Asked where the bathroom was, peed all the way to the BR. It was loud hitting the floor. Sitting on a stool and the door to stall was glass. A couple of ladies wanted to talk nursing and the school system about their kid. I said I didn't know much about the education part. Then her kid is climbing on top of the stalls. My skirt is soaked and luckily I have another in my bag. Then I am at a Halloween party with lots of people and costumes. We are watching something on a stage or in front of the crowd. One kid in a motorized box of some sort almost ran into the bathroom wall.

6	DREAMS	At a friend's house, I haven't slept. I have such big buggers in my nose and I need to pick them out. I do it subtly so no one will see me. I want to go to sleep but I also want to spend time with sister-in-law. Kim says she is in the barn down where we are going to slaughter the cow tomorrow. I go down there and there is some kind of festival. I have to pay to get in. there is a tent with Boy scouts and toy train races. They have this track set up (like a pinewood derby), so an engine burns the starting line string and there are four trains to race. The string gets burned and only one train moves, only about four inches. I say, "Hey, where are all the boys yelling for their trains?" Then I burp really loud and say excuse me. I look at the leader (whom I used to be assistant leader to) and say loudly, "It doesn't take long to get back into boy scout mode." I am laughing hard. He says something like, "Yeah, I could catch my chimney on fire," then puts his hand to his chin and says, "Hmm, does this smell belong in the house?"
6	DREAMS	We are out in the wind. Sister-in-law's ears are sensitive to the wind. I tell her to put a cotton ball in it and that will protect from the wind. She says she doesn't have any, and I say I have some.
6	DREAMS	Staying in a big building, single beds on the second floor. I think ES is there. I have drank so much water I have to pee badly; it is painful. There are no toilets so I have to pee in a dog dish. I have to pee several times that badly and painfully. Then since I am going to be gone, we are foregoing the suppository (had a patient who couldn't pee and one who needed a suppository).
6	DREAMS	Sitting in a chair (like a waiting room area) with a plate of sandwiches and chips next to me on the table.
6	DREAMS	Friends and I going somewhere in a van and we all had dresses on. I forgot my shoes and realized I
6	DREAMS	Went to pick up my car in the middle of my sleep cycle. I asked the manager of the auto shop if he is
7	DREAMS	Meeting with a friend (classmate?), a male, to go somewhere (party, school). He meets me, lifts me up in the air effortlessly, just weightless like a balloon, and he walks and I float to the party. Seemed very natural. Cheerful, light, pleasant dream. Next Dream: At J's cabin (have been having issues with his mom) with son just staying there. Feeling was of being in charge - you can choose to do what you are going to do, I will do what I need to do. Emotionally, very even, very blah. Woke up at night from being hot. Sweating.
7	DREAMS	Dream: meeting with a friend (classmate?), a male, to go somewhere (party, school). He meets me, lifts me up in the air effortlessly, just weightless like a balloon, and he walks and I float to the party. Seemed very natural. Cheerful, light, pleasant dream. Next Dream: At J's cabin (have been having issues with his mom) with son just staying there. Feeling was of being in charge - you can choose to do what you are going to do, I will do what I need to do. Emotionally, very even, very blah
7	DREAMS	All night long, dreams of being chased, pursued, running, hiding, trying to escape. Second dream: getting extremely angry, enraged at partner for turning on the TV that showed violence, shooting, explosions and killing. Very angry that he was watching it in my space. Other dreams all blended together. Non-stop dreaming of me being a fugitive, running away, hiding; somebody is constantly at my back. An episode I remember is me escaping in a train; the follower sits with me on the same bench, trying to look at me. I am turning my face towards the window so that he can not see.
7	DREAMS	Escaping from a natural disaster (storm, cold front, something coming from nature). The threat was from nature, like a front coming towards me. I am in the forest, driving a large truck (like a SUV), however I feel very close and connected to nature and the danger that I am running from. I am very close to the path and see all the details of the rocks and the sand and the vegetation around it, as if my face is in it. I realize that the car will not be able to make through that path. Run in the opposite direction (without the car), go over a fallen log and step over the rocks to get on the other side. The sense is very connected to the nature, can almost smell and feel the details of the surrounding, and being part of it; very vivid sense of details and the danger coming towards me like a front of a storm.
7	DREAMS	Repeated the proving remedy yesterday morning for the first time, two pellets. I haven't really noticed anything really since, except that I had a dream; a blissful fairytale. Part one of the dream is a dream that I have been having. It is about the man I want to be in a relationship with, but it's not the right thing now. Have been having these dreams for about three months now, sometimes two in a night. They had lessened of late. The dream is typically incredibly peaceful, a blissful connection with E. Same last night - it felt so good. Like being held by the mother in the womb. Held and loved and connecting. That feeling that I always have with him in waking life, but purified and intensified, without ego and other stuff and just pure. It is always just a feeling of his presence. So, I had this dream as usual, but after it came a second part. In the second part I am in a relationship with two men at the same time. They both want to marry me and I have to pick one. I choose one and he turns out to be a prince. He lives in a fairytale castle in the beautiful woods, a pine forest. From there I can see an aquamarine beach like the Mediterranean. I felt so good. I didn't want to wake up. I woke and wanted to go back to the dream. This

7	DREAMS	Being chased, pursued. The setting: in nature, green forest, possible rain forest. Running, trying to escape. I am on a wire (rope) high above the ground (100 – 200 feet high), and feeling very comfortable, like at home. Trying to become small and lay flat over the wire so that I am not being noticed. Wake up in TERROR from hearing (sensing) my cat in the hallway outside the bedroom. Not completely awakened from the dream, since a PRESENCE of somebody/something in the room that is terrifying. Realize that this is just my cat.
7	DREAMS	Dream, part one (this is not my kind of dream): it is in my bedroom, but the school setting. P. was there shaking the lizard at me. A state of absolute terror and pain, a lot of pain on arm, right side of body. Almost paralyzed in the dream. Didn't wake up from that; still my bedroom/school. V was there. She'd hired maintenance people do some work outside the building, high above the ground on scaffolding. One of the men opens the window and sneaks into the room, looking suspicious. I am like a rodent. Hiding. He is suspicious. He takes off his belt and is almost erect. Sheer terror. He is coming toward me. I start screaming but can't. Absolute terror. Not my stuff. You try screaming for help, for V. Almost like I am paralyzed – my voice is. At the end, I escaped the room, screaming. Just felt very animal-like, victim-aggressor, hiding, and suspense. Very snake-like. We had had a lecture that day on snakes.
7	DREAMS	<b>... I can feel the state. I will be so tired and drained....</b>
7	DREAMS	Dream, part two: I was working, just doing my regular job. Some kind of building really high up, like a tree house. 110-200 feet down. Steep, needed to get down it, was like pulling me to fall down. Trying to use the handrail to keep from falling. The feeling that it will pull me down. Like vertigo. Plus we were supposed to have someone to check on me, unannounced to check on your work. Just don't know what it will be, when to suspect an ambush. (Question: does it happen to you before that you dream the state of remedies you have been lectured on?) No. It has to be more material than that. When J matches my remedy, I can feel it even before it is sent to me, way before taking it. Some times during lecture, cases (mostly live patients) I can feel the state. I will be so tired and drained. Like with the Black Widow lady - came home and went to sleep one to two hours early. (Question: what is your kind of dream?) Lately not many. Lot of water themes.
7	DREAMS	Some dreams – I could see from high. I get this perspective with things in real life. Not involved in the details, but rather from high above. Still operating on the human level, and then you see it from high above.
8	DREAMS	Dream from last night (so would be about 24 hours after taking first dose, out of order on this sheet): can't remember it
8	DREAMS	Dreamt I took a second dose. It felt big. The dose felt big, expanding - strength and fast. Never have had a dream like this before
9	DREAMS	Waking up from an afternoon nap, I realized I dreamed that I was pushing a table with wheels on the
9	DREAMS	Dream one: my co-workers were putting window treatments on the windows in their offices. We had a garden-level office. The feeling was that I haven't done mine yet. Dream two: I saw a three-level silver-colored breakfast cart. Regular cream of wheat was cascading down the levels of the cart like a Slinky walking down the stairs.
9	DREAMS	I was a staff member in an elementary school. I watched a girl dump her food and fork from her lunch tray into a large garbage bin. I told her she had to jump in the garbage bin to remove ALL the forks. Then I was lying on my back because the garbage bin knocked me over. I don't recall the feeling.
10	DREAMS	I dreamt I lost the tickets to the Viking's game I'm going to this Sunday. In the dream I went to pick up my cousin to go to the game, but realized I didn't even have the ticket. It was pretty comical and we drove around in circles looking for them, quite conscious that we were just riding around in circles. We giggled and laughed along the way.

10	DREAMS	I was entering a haunted house that was, nonetheless, affordable for me and my wife to purchase. We've talked about our desire to be in our own space together. The house was in the neighborhood that we really wanted to stay in. But when we went there we were confronted by ghosts, slamming doors, lights switching on and off. At one point a door slammed on my face, but before it did, I saw the spirit behind the door. I heard it rustling about and I was curious, so I opened it slowly, only to find a strong, healthy and lean person levitating. His human form was strong with a muscular build, yet not overly done. He lay there naked. I initially had fear of it; it was a levitating body, but there was also calm in his eyes. He was happy, yet not moving; a silent peace. He was glowing, a vibrant white light exuded from him. I knew then that I was safe. Later on in the dream, we were outside the house, viewing the front yard and noticed that someone has built a house right in the front lawn of this haunted house. We felt sorry for this poor sucker who had just built his house in the front lawn of a haunted house. Yet, he, the owner of that house, looked content, seemingly oblivious to the haunting of his backyard
10	DREAMS	I was driving to get to a party. At the party there were many people playing softball right outside the house. Some of the rest of us were in. It was night time. There had to be hundreds of players in the outfield. I noticed that fly balls were being hit very close to this house, which was just on the outset of the outfield. These fly balls were launched very high, and no matter how many people there were in the outfield, they weren't catching the balls. The balls were landing in soggy mud. The outfield was wet and the balls would land without rolling. They just sucked right into the mud. I was getting frustrated that no one was catching the ball. I decided to go out there myself, yet I couldn't reach the ball either, or catch it myself, no matter how hard I tried. I noticed a pond in the back of the outfield to my left. I didn't want the balls to go into that pond; I had to really try to make sure they didn't, even though they were getting stuck in the mud when they landed anyhow. In the house, there were many people gathering, yet I somehow felt on the outside of them. I didn't feel comfortable there. It seemed somehow too immature for me, too gossipy. I didn't have a place where I belonged there. In the second part I am in a
10	DREAMS	I was in a house with a few people gathered. One man I noticed in particular was a co-worker. I realized we were in an opium den of sorts. We were upstairs of this house; it was light out. Also, we weren't smoking opium, but crack cocaine. I wasn't partaking, but I noticed my co-worker was. He's normally a very straight-edge kind of guy - reserved, conservative, principled. I was shocked to find him smoking crack. He seemed so nonchalant about it. He noticed I saw him but it didn't faze him. The feeling in the dream was shock, astonishment, that no matter how well you think you know someone, you never really truly know. Even this guy, successful and talented, had a crack habit.
10	DREAMS	Met with President Obama; had many jobs I was applying to in the political realm.
10	DREAMS	Highly sexualized dream. I was having sex with two prostitutes. There was no holding back. I was completely aware of being married in the dream, yet it didn't matter. "Fuck it!" was what I kept saying. NO holding back!
10	DREAMS	I slept with an older woman whom I was not particularly attracted to. She pursued me strongly, seductively. She tried very hard to invite me into her bedroom. When it was just me and her alone, I gave into her seductive ways and acquiesced to her desires. As we began to have sex, still with all of our clothes on, a roommate of mine came back and "busted" us. It was a friend of mine from AmeriCorps, someone I recently connected with after five years of being around one another. She was a moral person then, did not allow herself to fall for men. She became very religious and proper, attended church frequently and gave up drinking completely.
12	DREAMS	Beautiful dream - having the most tender, beautiful feelings toward this woman when I got in her presence this time. I was going to separate from her (not sure), to give up, give her up before I experienced these feelings in her presence. But how can I leave her? She is really so beautiful, so special. Maybe the dream is about having to make a choice, and my emotion wins over. It's like I was in her presence before, but hadn't experienced these feelings, and, of course, I became more sensitive to her qualities on this encounter.
12	DREAMS	Visited an old girlfriend. We both were very warm to each other. I told her I loved her. She did not respond in her usual way. Don't know what else happened. As I was leaving, a guy bolted through the door. I realized it was her boyfriend. Emotionally I was saddened but intellectually I was relieved. As I left, I realized we hadn't even thought about sex.

12	DREAMS	Walked into a restaurant type place, just looking around. Sat down at a table and ordered a beer, but before the beer came I realized I already had an open beer in my pocket. I didn't have to order that beer. In my wallet I had \$65 – a twenty and a 45 dollar bill. I had on a lot of clothing, like a bum maybe. I walked around, came back and sat at the wrong table, which had a microwave soufflé ready to eat. I was inquisitive, opened it up and started eating it. I then realized I hadn't ordered it and it must belong to someone else who was not in sight. Then these acrobatic musicians, circus type, came in and were marching about as I was leaving. I stopped to watch them for a bit. I got tangled up with them; they were bumping into me with my heavy clothes on. I felt old and out of place.
12	DREAMS	We are given a directive in class not to look at one another, presumably to keep us from laughing.
12	DREAMS	Everyone else is ignoring a lady in this group; it is noticeable and she realizes it, and in some way I'm
12	DREAMS	I ran a crew of guys assigned to do a job, a pretty difficult job, in something I wasn't familiar with. But
12	DREAMS	Same dream: we watched this jet pass overhead and this parachute fell rather quickly out of the sky.
12	DREAMS	Continuation of same dream: It's a huge jobsite. We are walking down corridors that turn into a
12	DREAMS	Morning nap dream: I was on top of a steel structure and I wondered what it would be like if I jumped -
12	DREAMS	I was also at work, working all day. Couldn't take time for lunch, so I skipped lunch. I seemed to have
12	DREAMS	Woke from sleep w/dream: theme of transition in a very subtle way. It's difficult to bring up, it's so far
12	DREAMS	Fall season. The leaves are ALL RED (there's that same red again, a deep, bright red). Panoramic view
12	DREAMS	A woman just graduated and was looking at a map on the wall, deciding where to go and what job to take. And I was there, facilitating her. Theme of interim (transition) state again?
12	DREAMS	Apocalyptic floods are coming and we must prepare for the inevitable. There's a sort of divine theme to it. The weather is just changing and I have to prepare.
12	DREAMS	I want a large house with a certain style, but I need to/ decided to downsize and be creative to find a
12	DREAMS	I saw a rat, a rather big one.
12	DREAMS	Dream from last night: rectangular one-layer wedding cake with writing on it. I thought, "How could
12	DREAMS	I'm in some Asian jungle country run by bad guys. The Americans have military in some parts of the country and I'm trying to reach them as a safe haven. I first found myself arriving in this country in a tank-type vehicle, but I must abandon it and ride by bicycle. I wanted to salvage a lamp I had with me, but I couldn't carry it on the bicycle. So I left it at my aunt's house down the street (in reality, she died last year), where it would be safe (in the Asian country). I was walking around the countryside of a backward but very unique, passive agrarian culture, rich in its congruity and peacefulness. The environment and the culture blended so well together. I travelled rather unnoticed, blending in, but always with the thought that I might be apprehended – I'm in a covert state. I meet this Caucasian woman who becomes my liaison, my guide to getting me to safety. We arrive at the train station, a large building, very high ceilings, which melded with the jungle landscape. While at the station, I thought about the beauty of the structure, contrasting the natural coolness inside with the outside heat of the jungle. I thought about the relationship of the station to the culture. It was a real testament to the unseen
12	DREAMS	I'm looking for my mail. Looking for my mailbox (like a post office box) and it's not there. I realize I don't need a mailbox; I have an address. I have this floor lamp, but I can't take it on my motorcycle, so I walk back to the mailbox to drop it off.
12	DREAMS	Tuesday night, no dreams
13	DREAMS	Reply to supervisor: I know I had a dream last night but I don't remember it (usually vivid dreamer and remembers the dreams). I think I should take the remedy again. Agreed to wait until my follow-up with master prover (heard from him at 3:00 p.m., didn't see prover until almost 5:00 p.m.).
13	DREAMS	I had a dream I went to eat with a doctor. He was a distinguished older man, like a TV doc on a soap opera. He had gorgeous silver hair and we ate at a table in the waiting room of his practice. My oldest daughter ate with us and I was embarrassed that she was eating like an animal, not using proper manners. It was weird that patients were in the waiting room waiting to see him, and he completely disregarded them and paid attention to us. I asked him several times if he needed to help them, and he said no they could wait this was his lunch time. We left and I looked at him. He gave a smile, which felt like we had some special sort of connection just between the two of us
13	DREAMS	Remember my dream – vivid.

13	DREAMS	I have a dream about my old neighbor - he calls me and asks to go out and have fun. I take up his offer and we go outside and run around. He tells me that he doesn't want anything romantic but just wants a person to hang around with because he doesn't have a person like that in his life. I am surprised. I enjoy this encounter because he is not someone I would chose to spend time with in my waking life. I then reflect in the dream and feel bad that he doesn't have a relationship like that with his wife.
13	DREAMS	I woke and remembered my dream, which was unusual. I was walking around town with my kids and they were complaining and kept asking for more and more material things. I just kept saying no, no, no. I walked by a casino and I decided to go inside. I thought that the noise would drown out the complaining from the kids and the noise would also distract them and keep them occupied. I decided to put some coins in a slot machine, and the second try I got three 7's in a diagonal and the machine went off. I thought that it would be great if I won a few hundred bucks. When the worker came over, he said that I was really lucky. When I asked how much I won, he said "Let me calculate it" and that it was \$220,000. I couldn't believe it - I started to think of all the things I could pay off, and then he told me that I would have to come back in a few days because they didn't have all the cash to give me. I felt skeptical and disappointed but still optimistic. I started to tell all my friends out of my excitement, and then started to feel like I should not have told them because they are in financial problems themselves and now I am going to be expected to help everyone out. The feeling in the dream was initial
13	DREAMS	Wake up and notice that I have no recollection of any dreams. It frustrates me because I normally wake up to thoughts of my dream life
14	DREAMS	During the night I had wild, disjointed dreams where one thing rapidly was changing into another. The last dream I had before I woke was that I was with my family and a group of people. We were in a house watching a case get taken from a guy with his family on either side of him. V was standing and talking on a microphone, walking around through the house full of people. Then this changed into an outdoor setting, the patient on a large stage. Then it shifted into a music concert, and all the people were having a festival with food and dancing. People were holding hands and dancing in a circle while others were eating and dancing in smaller groups. I was at a distance from one group of people dancing, and I stepped towards them and leapt off the ground and started flying, my arms spread, gliding. I flew over the large circle of people dancing and circled around them from above in the air. There were some sexual dreams where I felt I was doing something I shouldn't with someone I shouldn't, or others were doing the same. It felt creepy and shameful, very isolated and hidden.
14	DREAMS	Last night I had dreams involving family, groups, crowds and sexuality. The one I remember is that I'm at some kind of large event, even like a fair. There is a stadium and outdoor activities. People are lined up, walking through the ticket area. There are pretty young women in bikinis around and two are next to me. I pull the both up against me and start squeezing on them. Then I'm going through the ticket area. There is going to be a music concert. When I go through, someone slips through without paying. He goes off through the crowd and then I'm high over, looking down as he weaves through the crowd avoiding pursuers. They almost catch him a few times, but he gets away through the crowd. Finally they catch him.
14	DREAMS	The night before taking the remedy, I had a vivid dream that I was at some kind of construction sight and the foreman was breaking ground. He told me he found something interesting and asked me to look at it. He took me to an area under a bridge where they were digging in an embankment. I crawled in and found a silver vein. I started carefully digging and brushing dirt aside and found more and more little pieces of silver, then gold, the little rubies. I got excited and told the foreman that he should stop the construction work and that there was more valuable treasure in the ground. I went back into this tunnel and kept digging and found an intact 200-year-old ship, buried. I went inside it. It was full of waste deep water, but there were chests of treasures lying about. I woke up thinking that finding symptoms in a proving were like finding treasures.
14	DREAMS	I dreamed that my wife and I ran out of money and had to move into a hovel. She was giving me tremendous disapproval and I was feeling a total failure. It was so bad that in the dream I wept with great remorse, as if I had not hope. I was going to have to get a job doing dishes or something low paying and menial. I just wanted to leave my wife's disapproval and go away. When I woke, my eyeballs were aching really badly, like they were being pulled into my brain. I had to deep breathe for a while to get it to stop (this happens on occasion, but usually after I've been working hard for a few days).
14	DREAMS	I dreamed I was hanging out, doing nothing much, with a childhood friend. The feeling in the dream is dull, dreamy and lethargic.



15	DREAMS	I dreamt that I was at the clinic talking about the proving. Another practitioner was there, teasing. We took pictures. It was fun and I was excited to participate. In the dream a classmate came and said that the remedy hadn't done anything for her, but she had had an eye that was swollen and red with a ring around it; it looked almost healed today. "Could you not see that? Could you not see that?" Her eye was like a raccoon's eye, except it was a white ring around it, not black. And yet she said the remedy had done nothing! It obviously had, but she could not see it! Also, it was fun taking pictures. I felt excited to be a part of it. It is very unusual for me to dream. The last dream was months ago, right after a remedy, and very different.
15	DREAMS	Dreamt last night that I was here in our little town and that a bunch of us were going to an unfamiliar
15	DREAMS	Also had a dream about an acute clinic. One of the practitioners, a tall, thin guy, was trying to get in to work and didn't want to go through the front client area, so they built a back door access for him that worked very well.
15	DREAMS	I dreamt that we were trying to corral a large number of sea lions together to protect them from some type of harm. When we had them pretty much together, we found out that it was illegal to do that, so we quickly tried to disband the group so we wouldn't get in trouble. Later we were driving. I was riding in the back seat and we were following the police. I was irritated as to why we were doing that, and was told that we needed to know what the plan was for the cops.
15	DREAMS	Another dream (same night): I was going to teach a class of 18 students. I was consulting back and forth with the teacher as these were peers of mine and I needed to know how much time I had, and if the quizzes I wrote would count. I started the class and someone had a radio on. I asked them to shut it off and she said, "the music is nice." I was firm and told her it distracted me and that I was the teacher.
15	DREAMS	I dreamt that I was pregnant and I was standing in front of the mirror with my typical work attire of white pants and a polo shirt (which is now three sizes too big). I was wondering how long it would be until people figured out that I was pregnant. No emotions of anger or sadness or excitement about being pregnant, just wondering how long until everyone figured it out.
16	DREAMS	A man kept getting arrested. His mother, sister, her husband and a lawyer would march in and get him out. They were well dressed and very formal.
16	DREAMS	Traveling in car with two small children - mine when they were young. Stopped along the road and kids started to play. The youngest ran into the ditch to hide in the tall grass. Went to pick her up and looked to my left. A large brown bear was hibernating, sleeping there hidden under the grass. It began to wake up and I did too.
4	EAR	Sudden pain right neck and head into ear. Increase in pain for few minutes. Now eardrum feels pressure as well. There is pain in a spot on the right forehead over eye. This symptom lasts a couple minutes, then disappears.
4	EAR	Dehydrated. Go to bed. Laying on left and sounds are very loud in my head. Loud, high-pitched noise. Realized I had this symptom a few times today while doing different things. Sense of lightness and energy from the lower right to the upper left side of my head. Went away when I sat up to write it down.
5	EAR	Intense vibration inside right ear for just a few seconds (supervisor)
5	EAR	I was driving and drinking a Super Food Drink. Suddenly my ears and my head had so much pressure. This time the pressure was from the outside pressing inward. The head pain went away almost right away, but the ears lasted until I got home (about 15 minutes) and I got out of my car and started walking around in and out of the house.
5	EAR	My ears still feel a bit of pressure and feel plugged. Normally my ears do feel a bit stuffed up, but never pressure.
5	EAR	The pressure on my ears seems to come and go.
5	EAR	I am doing my morning chanting/meditation and I notice that as I am chanting, I get a pulsation in my right ear. When I stop chanting, I get an additional pulsation (sometimes two) and then the pulsation stops until I begin chanting again.
5	EAR	I am doing my morning chanting/meditation again and I have the pulsation in my ear again. I noticed that today and yesterday. It did eventually stop on its own during the course of the chanting.
5	EAR	The pulsation has returned as I am chanting and I have noticed that I don't have the extra pulsation when I stop. I also noticed that it comes on only when pronouncing syllables which are MMMM or NNNN, which tend to resonate in the face and forehead. I try to pronounce the words in my throat, it wouldn't pulsate. It didn't last long this morning, but when it was present, was especially irritating. Pushing on my ear to close it would stop the pulsating.

5	EAR	I was awakened by a strange noise in my right ear. It was as if a string had been plucked on a guitar and then tightened and loosened and tightened and loosened, etc. It was a whiney sound. I opened my mouth wide and equalized the pressure in my ears and the sound stopped.
6	EAR	Momentary sticking in left ear to throat
6	EAR	With above - ears very warm to the touch. I had been out in the cold and rain for a while.
6	EAR	With above - sensation on left ear also. Right ear was first and then both.
6	EAR	Noted increase in dry wax in ears for about three weeks
6	EAR	Noted in the last month or so: a little excess dry wax in ears
7	EAR	Local pain in left temple area, moved down descending to jaw; radiating towards the ear and the upper teeth. All a deep root pain, but not intense. Within 15 minutes, the pain localized to the space between the ear and the jaw. Intensity of a level two within 20 minutes. Pain is most pronounced at the 'fang.' She says fang, pointing to the area that is below the point of the cheekbone at teeth root.
7	EAR	Lateral and superior to the bicuspid - 'wide'
7	EAR	Within 40 minutes, at intensity level two or three
7	EAR	75 minutes from dosing, pain extended down toward throat
7	EAR	One to one-quarter hour from dosing, pain on left
7	EAR	Ameliorated by eating, but still there a bit in the 'fang' area
7	EAR	One hour, forty minutes later, the pain moved to the right side from ear/mandibular joint down to the throat/parotid (trigeminal path). Intensity three; stopped on the left.
7	EAR	Four hours later, she notices that the pain had moved back to the left, now localized to just the 'fang' area. It has ceased on the right.
7	EAR	30 minutes later, begins subsiding to two. Oddly, she misremembers the pain's locations since onset, switching sidedness for the whole symptom. Per her reports now, the pain is now drawing her attention back to the left, sharper than before.
7	EAR	The 'fang' pain stays consistently on the left, but pops out on the right now and then. Goes away at 12:40 p.m. upon going outside; perhaps from eating lunch.
8	EAR	Left ear blocked, feels like bubble gum wad; muffled hearing. Like something is substantial in ear. Checked with doctor, but nothing really there. Getting better every day, first day like an ice pick. POINTED, more pointed than a knife blade. Whole opening of ear blocked. A bit of white pus in left ear a few days ago. This has been going on from the beginning, getting better each day.
8	EAR	Right ear, on physical exam by doctor, a larger physical obstruction was there, but no sensation of being blocked
8	EAR	Through all this obstruction in left ear, (echo-y, like a mike that is live), if I stretched my mouth open and arched the back of the mouth, then I felt like my hearing was normal
8	EAR	Normal state of 'not being heard,' emotionally is intensified
14	EAR	Itching in the right ear (common symptom)
14	EAR	Burning itching in right ear (common symptom)
14	EAR	Ears burning itching
14	EAR	Both ears burning
14	EAR	Right lower ear lobe itching
14	EAR	Heat is flushing, burning on sides of face, ears, and shoulder blades. Feels hot.
14	EAR	Feeling of pressure up in ears head, upward sensation
14	EAR	Ears feel squeezed on the inside
14	EAR	I've been getting pressure in my right ear with intermittent fluttering deep in the ear (common symptoms)
15	EAR	Pain right ear, just inside; like a band stretched
15	EAR	There is pain from just in front of right ear down to corner of jaw - feels like saran wrap is pulled tight across it
15	EAR	Right ear pain
15	EAR	Pressure on ears - as if from that band
15	EAR	Pressure at right ear and over bridge of nose - serious pressure. This is another new one.
2	EXPECTOR	The cold is almost gone. I only blow my nose about three times over the whole day. Finally, a tiny bit of dark yellow mucus coming out.

10	EXPECTOR	Much mucous expectoration. I feel the need to clear my throat and spit mucous. It's thicker: foamy, with thick mucous.
7	EXT THROA	Local pain in left temple area, moved down descending to jaw; radiating towards the ear and the upper teeth. All a deep root pain, but not intense. Within 15 minutes, the pain localized to the space between the ear and the jaw. Intensity of a level two within 20 minutes. Pain is most pronounced at the 'fang.' She says fang, pointing to the area that is below the point of the cheekbone at teeth root.
7	EXT THROA	Lateral and superior to the bicuspid - 'wide'
7	EXT THROA	Within 40 minutes, at intensity level two or three
7	EXT THROA	75 minutes from dosing, pain extended down toward throat
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7	EXT THROA	30 minutes later, begins subsiding to two. Oddly, she misremembers the pain's locations since onset,
7	EXT THROA	The 'fang' pain stays consistently on the left, but pops out on the right now and then. Goes away at 12:40 p.m. upon going outside; perhaps from eating lunch.
15	EXT THROA	OBS: prover's neck is quite flushed - rapid change
1	EXTREMITIE	Felt a pain in the back of my right knee. Slight/less than 45 seconds or so...stabbing, but not very painful.
1	EXTREMITIE	I did notice that my right knee was very itchy and tickly just above the knee and toward the inside. It felt really good to scratch it. It still itched a minute later, so I lifted my pants to check if there was a bug bite or something. It was red, but only from scratching. This symptom seems almost too trite to report, but there is no other symptom that was noticeable except to say that I have felt a very easy sense of well being all day long on every level. I'll list the itching as a usual, not very intense symptom
1	EXTREMITIE	I found myself itching my left leg between the knee and hip toward the outside. Again, it felt great to scratch it but there was no real or visible reason for the itching. It lasted only a few minutes.
1	EXTREMITIE	This morning I noticed the back of my right knee hurt in a familiar way. Off and on over the past year or so, it feels like there is something in that area that is causing discomfort. I felt my right hip sort of pull when I got out of the car last night. Before bed last night, I noticed that this recent symptom (with the posterior right knee) was again manifesting and I had hoped I would not wake up to it being problematic. It still hurts after being rather uncomfortable all day, and it's 11:50 p.m. now. It feels like there is a blood clot in the back of my knee and it doesn't really hurt unless I bend it, like when I need to bend down or sit cross-legged. I avoid moving it in those positions and it's not bad, but it really does hurt if I bend my knee. If I just sit and don't move, I'm aware of it feeling like there is something in there that shouldn't be there. Standing and walking is okay.
1	EXTREMITIE	Walking now is painful and it feels like shooting pain down my leg on both the outside and the inside. My knee in back (right) feels sore and the pain is penetrating, almost like a stabbing pain. I keep rubbing the back side of my knee thinking this will help, but it doesn't. I want to touch where it hurts, but it's hard to locate the source to rub it. Just an hour or so ago, I was rubbing the bone that is on the outside of the knee and it felt quite sore. It feels as though every tendon and ligament that runs through my leg at the juncture of my knee is like a string on an instrument that has been stretched and pinched and damaged somehow. All this began last night when I got out of the car and felt a slight pulling in my right hip. I keep moving my foot and twisting it around to stretch while I'm sitting, but nothing much is helping. I'm looking forward to getting to my chiropractor on Monday to have him do his thing which has been proving to be very helpful to address my muscular-skeletal issues.

1	EXTREMITIES	The pain and discomfort in my right knee was much better this morning, and almost went away completely by late afternoon. But this evening again I noticed that it feels uncomfortable again, and I find myself not knowing how to sit to get comfortable. It still hurts to bend my right leg, but not nearly as bad as it was yesterday. It's almost as if there is a mass of something behind my right knee and like my leg is disjointed at the point of my knee. Sort of like the bottom part is turned out at a slightly deviated angle, while the top is turned in at a slightly deviated angle and in the middle there is a metal rod that is holding the two parts together. But it's like the rod is in the back, or like there is a sharp metal rod sticking into the lower back portion of my leg just behind and now below the knee (still in back). It's worse walking up steps, and even sitting with my right leg crossed over my left hurts. When I'm sitting down while typing and I move my right leg slightly, it hurts a bit more toward the inside of my leg, behind my knee. It's not a dull, achy pain, more of a feeling of something in there impinging and causing nerve pain.
1	EXTREMITIES	All day my right knee (posterior) has been bothering me. When I woke I was hoping it would be gone, but as the day went on, the discomfort was worse. It's the same feeling of my leg being lame, as it hurts behind the knee like the feeling of a blood clot or damaged ligament or tendon, or like something is in there that shouldn't be. Or it's as if my right leg is too long and in needing to adjust, something finally gave way and snapped to accommodate equilibrium with the other leg's length. My mind searches not only as to how to describe this pain, but to understand what is causing this. I only know I got out of the car four days after taking the remedy. I felt a slight pull in my hip as I stood up, and my right leg has been a pain in the butt for days now. I so want to see the chiropractor tomorrow. He incorporates laser for pain and something called the "Graston Technique" to release tightened muscles.
1	EXTREMITIES	I experienced a sudden soreness and bruised feeling behind my left knee today. I would say identical to the feeling I have been having with the right knee (posterior). It was more to the inside of my leg and left as suddenly as it appeared. I no sooner had the thought, "oh no, not this on the left leg too" than I realized it would pass, and it did.
1	EXTREMITIES	Yesterday I did not report about my right leg that has been hurting for one week now. But today I took the "foot levelers" out of my tennis shoes and went for a walk. My leg and back of my knee feel almost 100 percent better. I still have some shooting pain going down into my leg on both the inside and outside when I cross my right leg over the left, and there is still a little discomfort toward the outside of my knee when I try to bend my leg at a 45 degree angle. But for the most part, I think removing those shoe inserts has helped my body heal from that twisted muscle when getting out of the car last week. I had a sense that this was not from the proving remedy, but had more to do with these new accoutrements in my shoes that I think are too small.
1	EXTREMITIES	The back of my right knee has been steadily improving, and I had another session with the chiropractor today who does a lot of laser/myofascial pressure point therapy and something called the Graston Technique. After today's session, which was a bit aggressive on my lower back, I was afforded at least 20 minutes on a 'table' that has heated water that sloshes against the back. I have wondered if/how the laser and the bed have affected the prescription if at all. I'm not worried about this, as I have been feeling good emotionally and mentally, but I sincerely hope that these 'tools' have not impacted the proving study by having an anecdote. Physically, I have only had very slight momentary pains, except for the back of my knee, which I attribute to my pulling a muscle/tendon getting out of the car.
1	EXTREMITIES	When leaving the grocery store this evening, I needed to stop suddenly with the cart for a car. As I stood on my tip-toes, I felt a sudden strain and pain that is very similar to the pain I have been experiencing (right), but this time it was in the back of my left knee. The pain was sharp and sore, and felt like a bruised tendon. Yet at the same time, felt like soft tissue being impinged or like nails or metal prongs into the back of my leg at the juncture of my knee. It left after a minute or so, and I noticed it walking to my car. My right knee (posterior) is doing much better since I have dispensed with the foot levelers I have been wearing for several weeks, but it still bothers me at times. It sort of comes and goes, and I have noticed that I am very cautious when stooping down as I am afraid to bend my left knee at an angle that puts my knee to my butt. It's still a bit tender back there, and usually better walking or standing. Not so good bending, sitting or going up stairs. Like something will snap or hurt if I just bend down.

1	EXTREMITIES	Today I noticed that the pain/discomfort in the back of my knee was felt above the knee on the back of my thigh, but only briefly. And later on, I noticed that the area of my calf, just below my knee (posterior) was sore and painful. I still have some discomfort and loss of freedom when stooping and/or bending my right knee. It's a feeling that is there most of the time, like I'm aware of it, but it doesn't really cause pain until I move it into a bending/stooping position.
1	EXTREMITIES	After receiving some therapy today from the chiropractor, I have since been much relieved of the pain in the back of my right knee. I very carefully knelt down tonight by a book rack to test it, and there was no pain or feeling like it would snap or break. I'm still being cautious, however, as I've experienced these periods of things being much better after therapy of some sort, then returning. But I am happy to report and relieved to be free of that strange pain in the back of my leg. The last few days, it had actually moved down from my knee to the very top of my calf.
1	EXTREMITIES	While lying in bed, I suddenly experienced what felt like a burst of pain - light and not severe, but I immediately thought of a fireworks display, as this was the sensation. Something bursting and exploding outward from a center in a circular way. This sudden 'pain' was on the outside of my lower left leg, above the ankle several inches. It then moved up toward the knee and I felt the same sensation again, only slightly diminished, then higher yet up to my thigh on the outside. It did not last longer than a few seconds. I was having trouble sleeping and could not get comfortable no matter what. It wasn't anything I had eaten, or any undue stress that I was aware of, just a very unsettled feeling of not being at rest or sleepy and being subject to every physical sensation that was irritating me. It was like the sudden itchiness that has no real cause, and the sudden headache that I have had several times during the proving that would leave suddenly as well. There was no negative feeling of 'what next.' It was more like I was just physically uncomfortable: too warm to sleep, over tired perhaps, thirsty for cold water, scratchy, miserable in not being able to fall asleep. I made a mental note to list this unpleasantness in
2	EXTREMITIES	A sharp pain on the back of the right hand below middle and ring finger. I can feel the pain when I hold still, too, but when I move the fingers, it sends stitches into the metacarpal bones of those two fingers. It is a while ago that I had serious issues with bone/joint pain, so it is not a new symptom. I am worried that this means the pains are back, even more so when I wake up in the morning and the pain is still there.
2	EXTREMITIES	My lower right back hurts today. This is a chronic complaint I have, and it does not feel any different as I get it this time. My back is usually worst around the time of ovulation.
2	EXTREMITIES	I've been biting my nails a lot recently. It's some kind of nervous restlessness. I'm not really biting them off, I just bite on them.
2	EXTREMITIES	In the afternoon, I decide to go for a walk around the lake. Halfway into the walk, or at the point farthest away from the car, all of a sudden I feel totally weak. My legs feel like filled with air, very light, but without any strength. I realize I have barely eaten anything today. I have to slow down, and I feel like I'm almost only creeping along.
2	EXTREMITIES	On top of the walking problem, I begin to become dizzy and light headed, and I feel like I might faint. I force myself to sit down on a bench and take a rest. The skin of my legs starts to tingle. It is like the bursting bubbles in a sparkly drink
2	EXTREMITIES	I get this light, airy feeling in my legs again when they start to become tired. Towards the end of the walk, it is like the bones do the walking again, a bit of staggering. This is unusual because normally, when my legs get tired from walking, they would become very heavy. But today, I am able to finish my walk without having to take a break, and I feel much better walking than I did yesterday.
2	EXTREMITIES	My knees, especially the right kneecap, hurt during the walk. It is a sharp pain, as if the kneecap would break apart. It is worse on ascending.
2	EXTREMITIES	Biting nails, kind of nervous nail biting, for no particular reason. Later in the day, I cut all my fingernails very, very short to not be able to chew on them any longer.
2	EXTREMITIES	My knees have been killing me all week. They are still hurting from dancing in high heels at the party last weekend. I hate that because I like to dance, and I like to wear heels!
3	EXTREMITIES	Sharp pains come and go suddenly in left elbow, only lasts a few minutes
3	EXTREMITIES	Sharp pains under index finger, left hand in the upper pad of palm. Come and go suddenly, only lasts a few seconds.
3	EXTREMITIES	Blotchy, red, itchy spot on top of right foot comes on suddenly. Very similar to neck, lasts about one hour.
3	EXTREMITIES	Sharp pains in palm of left hand come and go suddenly. Only lasts a few seconds
3	EXTREMITIES	Itching in palms, slightly blotchy. Comes and goes lasts, about an hour.

3	EXTREMITIES	Cut my right lower index finger on food processor blade. It stopped bleeding after only a few minutes, which seems a little odd considering how deep the cut looks. It's borderline if I need stitches or not. I don't really feel like going to the ER!
4	EXTREMITIES	Shaking, trembling. Hand shaking, not a vibration. Whole body warm
4	EXTREMITIES	Feel compressed in hands and wrists, mainly on right. Forearm muscles are tight.
4	EXTREMITIES	Nothing itches except toe on right foot. The rest of rash feels better. Face doesn't itch.
4	EXTREMITIES	Feel creaky in joints, like usual. Stretching from earlier feelings of compression.
4	EXTREMITIES	Toes still itching really bad on right foot.
4	EXTREMITIES	Pink and bumpy rash started on left temple after deciding to prove. A little itchy of right buttocks and inside thigh on left.
4	EXTREMITIES	Still itchy - not very intense, inner thighs
4	EXTREMITIES	Skin feels swollen in face, arms. Had chai this morning. Made me feel almost sick after drinking the whole thing. Drank a lot of water to try to feel better.
4	EXTREMITIES	Also very itchy and dry under skin on middle fingers, especially of right hand
4	EXTREMITIES	Fell downstairs while getting my journal to type up the last few days. So much pain: my shoulders AND wrists bad. I need them for work, so took a drop of rescue remedy.
4	EXTREMITIES	Woke with numbness in right first finger and webbing between fingers. Travels up arm in a line. Also, a line up right foot on top. Stretching and movement make them better.
4	EXTREMITIES	Rash is still drier; fewer spots on face. Skin on legs and buttocks dry, but breakouts near gluteal fold.
4	EXTREMITIES	Have been lifting weights and biking in the last few days. Feel compressed and tired in muscles and joints. Easy cracking in upper back.
4	EXTREMITIES	Overall, rashes are better. Leg rash is completely gone (have had since early 2007). No issues. Face and leg rashes better - drier than normal, although still aggravate in the middle of the night in bed.
4	EXTREMITIES	Dream last night was about lying on my back and reaching up to my leg and peeling skin off my leg in long strips. Fascinated by it. Felt good to peel off the skin.
5	EXTREMITIES	Feels like sausage fingers (like had too much salt) Sausage fingers mean they feel swelled up and tight, like a sausage. Normally to feel this way, I would have to be exercising or eating too much salt, of which I have done neither.
5	EXTREMITIES	Right hand feels more sausage like than the left. Feels a little funny when I touch the skin on my right hand – almost like the end of a Novocain shot.
5	EXTREMITIES	I notice that I am sitting with my hands folded, fingers clasped together. I never do this.
5	EXTREMITIES	Notices it's a little hard to write with this sausage finger thing – actually noticed it right away after taking the remedy
5	EXTREMITIES	Itching on top of right foot
5	EXTREMITIES	Sausage feeling now mostly at the ends of right fingers three and four. I think it's moving out.
5	EXTREMITIES	Fingers feel tingly on the inside
5	EXTREMITIES	Woke up to go to the bathroom. My arm had fallen asleep. I remember the sensation that my arm was more cubical in shape, versus shaped the way an arm is. My hand telescoped out and was a mechanical hand of some sort. This was half dreaming, half awake.
5	EXTREMITIES	I slipped on the floor and realized that I have been slipping since yesterday. Slipping in shoes I don't normally slip in, slipping in bare feet; they almost seem smoother and more slippery. Even some plates slipped off some other plates this morning. I am not falling, however.
5	EXTREMITIES	Sitting in the house today, I was really chilly and that often happens at this time of year where it is cool but not cold enough to put the heat on. But today, my hands were really cold – that was unusual. A friend who was there at the time was not feeling cold. I kept on (chanting), and it went away; I'm not sure when.
5	EXTREMITIES	Notice that my finger tips on my right hand feel a bit numb. This is similar to when I first took the remedy.
5	EXTREMITIES	My right knee hurts when I get into bed. I thought that it was from new slippers, but I don't have a problem in the morning. It is a deep ache when I bend it. It hurts above the knee as well. Does not hurt when walking around. I've had it for three days.
5	EXTREMITIES	Starting with my drive home around 9:16 p.m. from teaching a class tonight, I feel like I have high blood pressure. I don't have a blood pressure cuff or a stethoscope, so I can't check. Guess I should go to Walgreen's. It starts in my throat and it goes to my head. I feel pulsation in my finger tips. The sensation is relieved by burping, but the burps are definitely coming from the throat, not from my stomach. It takes a few minutes between "episodes" of burping.
5	EXTREMITIES	Now my fingers in my right hand are a little tingly

6	EXTREMITIES	Clamping/throb ache in right foot, outer edge, momentary times two.
6	EXTREMITIES	Noted to have shaky knees while standing in parking lot. Lasting only a minute or two. Ended with walking.
6	EXTREMITIES	Slight ache in third or fourth toe on left, lasting maybe three minutes
6	EXTREMITIES	Slight ache in between fourth and fifth knuckles of fingers of left hand. Lasting about two minutes.
6	EXTREMITIES	Slight ache in right palm directly in center, lasting only a minute. All the way through the hand.
6	EXTREMITIES	Slight ache remains outside edge of left hand from above
6	EXTREMITIES	Slight ache in left palm directly in center. All the way through the hand.
6	EXTREMITIES	Slight ache in both shoulders
6	EXTREMITIES	Feeling of something touching between second and third toes of right foot when I press toes to floor. Like a little stick lying there.
6	EXTREMITIES	Slight ache in right inner calf about three inches above the ankle bone
6	EXTREMITIES	Slight sticking/throbbing ache at right inner ankle bone. Lasting about three minutes.
6	EXTREMITIES	Dull pushing ache on right outer shin about two inches above ankle bone, in direct line from above entry
6	EXTREMITIES	Momentary sticking left inner kneecap
6	EXTREMITIES	Momentary dull push right outer hip
6	EXTREMITIES	Momentary sticking left back of hand through to palm
6	EXTREMITIES	Slight throb left outer thumb between knuckles
6	EXTREMITIES	One throb right outer foot
6	EXTREMITIES	Ache both ankles, outer side by bone
6	EXTREMITIES	Outer legs, thigh to ankles, ache lasting three minutes or so
6	EXTREMITIES	Three or four throbs, inner left thigh. Mid thigh, topside about five inches down from joint.
6	EXTREMITIES	Momentary sticking, right thumb at joint of first finger
6	EXTREMITIES	Touch sensation between second and third toes on top. Same as earlier symptom; milder, but lasting longer. Last for an hour and a half.
6	EXTREMITIES	One throb in center right foot, originating on bottom
6	EXTREMITIES	Momentary squeezing ache on little toe of left foot
6	EXTREMITIES	Slight momentary ache in right hip joint
6	EXTREMITIES	Momentary squeezing in inner left calf
6	EXTREMITIES	Sensation in both shoulders is as if the joints were open in a wedge shape from corner of shoulder.
6	EXTREMITIES	Dull ache inside left shoulder joint
6	EXTREMITIES	Momentary sticking right collarbone
6	EXTREMITIES	Momentary ache in right shoulder joint
6	EXTREMITIES	Momentary stabbing/throbbing pain in left groin and thigh, diffuse from femoral artery to approx one inch below crotch. Lasting for three throbs.
6	EXTREMITIES	One throb, center of right foot, originating from bottom
6	EXTREMITIES	Momentary stab left back inner side of shoulder blade
6	EXTREMITIES	Lost balance momentarily
6	EXTREMITIES	Slight ache inside right knee
6	EXTREMITIES	Left center calf ache. Approximately one minute.
6	EXTREMITIES	Left foot about two inches up from third and fourth toes aches for about 15 seconds
6	EXTREMITIES	Anxiety felt inside stomach/chest area. Like a buzzing, and noted hands a little shaky.
6	EXTREMITIES	Changed my oil; I don't think I have ever made such a mess. It was as if I didn't really know what I was doing. Had to review in my mind if I was doing it right.
6	EXTREMITIES	Throbbing pain in right inner upper ankle bone. Lasting about three minutes.
6	EXTREMITIES	Skin of fingertips is peeling
6	EXTREMITIES	Noted a mild pressing pain in middle of right calf
7	EXTREMITIES	Nerve pain and numbness, radiating from the right lower front anterior calf and up into thigh. Decreases to a two by 12:30 p.m. Goes away at 12:40 upon going outside, perhaps from eating lunch.
7	EXTREMITIES	Pain, numbness, nerve pain, tingling in the right arm; the hand cold. Pain from shoulder to fingertips, especially fingers. Lasted a couple of hours.
7	EXTREMITIES	Pain, numbness, burning; nerve pain in the left arm from the elbow to the fingertips. The hand icy cold.
7	EXTREMITIES	My legs get numb from my knees down. This was happening before proving; it is still there and maybe worse, or just worse from lack of movement that is due to the fatigue.

7	EXTREMITIES	Pain in the right hand when working (typing). Pain in the left hand, like yesterday. An image comes to mind of that hand being caught in a trap, with circulation cut off. Hand cold and nervous pain.
7	EXTREMITIES	My poor circulation below the knee was aggravated by the proving. Felt pain and numbness; I can control their movements, but like they are cut off from the knee down.
8	EXTREMITIES	Upon waking, feet felt a hot solar heat with a bubbling type of sensation. Amidst the bubbling was prickling, much like when the foot falls asleep and wakes up. Mild, not painful. Right foot had much, much more than left.
8	EXTREMITIES	Ascending itch on right inner ankle comes to a point about half-way up calf. I want to dig it out, itching feels so satisfactory. Gesture, rubbing with inner left foot on area of calf.
8	EXTREMITIES	Still have the itch on calf, no change in it. It is like on or in the bone.
8	EXTREMITIES	Work with feet warm, like solar heat. Bubbly sensation, mixed with prickles, as if my foot fell asleep. Not painful prickles. Right foot has more sensation.
10	EXTREMITIES	I have a inner coolness, minty cool (hand gesture/noise), feel it down my arms, coming down and out
10	EXTREMITIES	So aware of my skin; want to rub it, want to touch both arms, drags his hands to finger tips, feels like a smooth cool. It's the opposite of icy, bitter, sharp, craggily.
10	EXTREMITIES	Fidgety, restless, need to keep moving. Fidgety with my hands.
10	EXTREMITIES	Right shoulder pain; achy. Muscle spasms throughout the day for about 24 hours straight. Strong spasm down the right arm, lateral side; from the shoulder down to midway down the arm.
12	EXTREMITIES	Put right arm to head; arm gives out momentarily, sudden weakness
12	EXTREMITIES	Circumference pain in left ankle. Belt, collar, band wrapped around my ankle.
12	EXTREMITIES	Left forearm pain
12	EXTREMITIES	Woke up from very deep sleep (nap). Right pinky finger knuckle involuntarily depresses as I lay there, retracting the little finger towards the palm (once).
12	EXTREMITIES	Itching, deep in spot on sole of right foot, scratching it with my left toes. Probably not unusual, not sure.
12	EXTREMITIES	I'm really messing up on the keyboard, especially orienting my fingers accurately
12	EXTREMITIES	Chiropractor's office, lying face down, my arms hanging down. The arms, especially the left, feel heavy
12	EXTREMITIES	Wasn't thinking. I took an Arnica bath this morning. Over six hours of dancing on Saturday. Surprisingly, I wasn't very sore, even in my feet. But after I went to bed, I got a severe cramp in my left thigh. It has happened before from an evening of dancing.
12	EXTREMITIES	Limbs are quite limber; torso may be a little stiff
12	EXTREMITIES	Woke up, little pinky finger is a little numb (Wed a.m.)
12	EXTREMITIES	Feeling pain between sole and foot on outside of left foot
12	EXTREMITIES	Lumbar, above belt line, is stiff and sore, but limbs move freely
12	EXTREMITIES	My left thigh also had an aching restlessness to it when I got home Saturday night – not unusual. This is not abnormal after vigorous evening of dance.
12	EXTREMITIES	I remember, my first days of the proving, my split nail on left little finger seemed to have been aggravated a bit
14	EXTREMITIES	Itching, crawling under right arm where chest meets the arm
14	EXTREMITIES	Stabbing, burning, stinging inside left heel. Like a hot needle. Came and went.
14	EXTREMITIES	I've been having a progressive lameness and lack of stability in the left lower leg. I thought it was brought on by a long walk I had just before I took the remedy a few days ago, but there is a distinct feeling of instability when I step down, even though the muscle soreness is gone.
14	EXTREMITIES	This morning, I had a cutting pain vertically across the top of my left knee
14	EXTREMITIES	Sudden intermittent sticking pains are appearing and disappearing deep in the bones in my face, arms, and hands. I'm starting to want to take a remedy to stop it.
14	EXTREMITIES	The other pains, the burning, stinging, pressure, TMJ, chest and arm pains are gone
15	EXTREMITIES	Pain in right deltoid, anterior
15	EXTREMITIES	Right bicep pain/ache - deep and fleeting
15	EXTREMITIES	Pain leaves arm and the pressure over eyes returns. Tight band, like a rubber band pulled tight. That feeling again.
15	EXTREMITIES	Tripped on the sidewalk - right foot
15	EXTREMITIES	Tripped on the sidewalk again – right foot
15	EXTREMITIES	Have had no further shoulder pain today





12	EYE	Smarting in eyes while reading
12	EYE	When I woke up, I had a dry spot deep in the center of the left eyeball
13	EYE	Eyes are not able to focus, don't feel like my eyes can track very well
13	EYE	My eyes can't focus, things are a little fuzzy
13	EYE	Curious about the remedy: is it an animal remedy that needs more light at night so my pupils get larger?
13	EYE	Eyes are sensitive to the light from the window and I have to pull the covers over my head
14	EYE	Quivering in upper left eye lid around to the outer side
14	EYE	Right and left eye not coordinating
14	EYE	Vision weak in the right eye
14	EYE	Wanting to shut eyes
14	EYE	Roll them (eyes) up into the top of my head
14	EYE	Itching on lower left eye lid (common symptom)
14	EYE	Quivering around the rim of the left eye
14	EYE	I have had periodic quivering around my left eye rim through out the day.
14	EYE	I dreamed that my wife and I ran out of money and had to move into a hovel. She was giving me tremendous disapproval and I was feeling a total failure. It was so bad that in the dream I wept with great remorse, as if I had not hope. I was going to have to get a job doing dishes or something low paying and menial. I just wanted to leave my wife's disapproval and go away. When I woke, my eyeballs were aching real badly like they were being pulled into my brain. I had to deep breathe for a while to get it to stop. This happens on occasion, but usually after I've been working hard for a few days.
15	EYE	Left eye pressure
15	EYE	Eyes go blurry, like dirty glasses (no glasses)
15	EYE	My eye felt puffy and swollen
15	EYE	Eyes still feel puffy and swollen and like they have matter in them. I looked in the mirror and there was nothing there. They feel so gooky; there has to be something in them, but there is nothing there even when I pull the corners open and the lids away from the eyeball.
15	EYE	Right eye feels like it should have green pus in it – it feels like pink-eye from 28 or 29 years ago
15	EYE	Right eye is still a little sticky feeling, left is fine now
15	EYE	Eyes are still puffy – got swollen and gooky feeling again
15	EYE	Right eye so swollen and gooky feeling. I pull lid out to look – it is SUCH a strong feeling. There MUST be green, gunky, gooky stuff in that eye. It is always the right eye now.
15	EYE	Eyes are still puffy, but not gooky feeling any more
15	EYE	No further gunky or swollen feeling in the eyes
16	EYE	Tension - pressure now includes around the eyes
16	EYE	Doing detailed work - vision is still blurred (see note below).
16	EYE	Eyes seeping sticky fluid
2	FACE	Several times over the past three days, I have felt my left frontal sinus. It is not like a pain, but I feel something moving in a line in my forehead above my eyebrow. I also have a slight pressure in the left paranasal sinus. No pain in either of them. I have a history of sinus infections, so no completely new symptoms. But the feeling above the eyebrow seemed new to me as it was painless, but I could feel the tunnel it crept through. I'm not good at finding words to describe it, sorry.
2	FACE	There is some slight pressure in my sinuses (frontal and paranasal) on the left side, and cold watery discharge from the nose in the afternoon. I don't feel like I'm getting a cold though.
2	FACE	It is cold and wet outside. When I pick up the boys from school, I can feel my sinuses on both sides (OS).
2	FACE	My sinuses are swollen and filled with mucus. There is a little pressure pain and throbbing, especially in the right paranasal sinus.
2	FACE	I have a sore spot/patch on my lip. When I first noticed it, I thought I would develop the first cold sore in my life. It felt very sore to the touch, <b>a burning kind of nerve pain...</b>
2	FACE	I have a sore spot/patch on my lip. When I first noticed it, I thought I would develop the first cold sore in my life. It felt very sore to the touch, a burning kind of nerve pain. I went to look at it in the mirror, and there is nothing there! This spot continued to bother me all day, and touched it with my teeth or finger a lot, which made it, feel even worse. But there was no visible sign of it.
5	FACE	My face around the eyes (like a mask) from the nose on up feels as if I had just come in from the cold
5	FACE	Itching under nose

5	FACE	A little itch/pain at the hairline slightly to the right of center (supervisor).
5	FACE	Noticed my face feels really warm. While this isn't unusual for me, my face got really warm last night after having been handed the remedy. Also, the house isn't that warm, which would be a requirement.
5	FACE	Took a shower. <b>My face burned from the water on it...</b>
5	FACE	Took a shower. My face burned from the water on it. Hadn't even put any soap on it yet. I washed it with my usual face stuff and it got better then.
5	FACE	Had a glass of red wine. My cheeks are REALLY red and my face is REALLY warm. Ears too. This is not unusual, but this intensity is really something!
5	FACE	Noticed that after eating a bowl of warm soup that my face got noticeably less warm. Usually it takes until morning for my face to cool down and redness to go away.
5	FACE	My lips feel a bit numb and tingly
6	FACE	Slight cooling sensation in sinuses with inhalation, lasting maybe 10 minutes
6	FACE	Momentary sensation of hollowness, yet a pressure in sinuses/nasal cavity. As if nothing is stopping the breath and the air is part of the pressure.
7	FACE	Local pain in left temple area, moved down descending to jaw; radiating towards the ear and the upper teeth. All a deep root pain, but not intense. Within 15 minutes, the pain localized to the space between the ear and the jaw. Intensity of a level two within 20 minutes. Pain is most pronounced at the 'fang.' She says fang, pointing to the area that is below the point of the cheekbone at teeth root.
7	FACE	Lateral and superior to the bicuspids – 'wide'
7	FACE	Within 40 minutes, at intensity level two or three
7	FACE	75 minutes from dosing, pain extended down toward throat
7	FACE	One to one-quarter hour from dosing, pain on left
7	FACE	Ameliorated by eating, but still there a bit in the 'fang' area
7	FACE	One hour, forty minutes later, the pain moved to the right side from ear/mandibular joint down to the throat/parotid (trigeminal path). Intensity three; stopped on the left.
7	FACE	Four hours later, she notices that the pain had moved back to the left, now localized to just the 'fang' area. It has ceased on the right.
7	FACE	30 minutes later, begins subsiding to two. Oddly, she misremembers the pain's locations since onset, switching sidedness for the whole symptom. Per her reports now, the pain is now drawing her attention back to the left, sharper than before.
7	FACE	The 'fang' pain stays consistently on the left, but pops out on the right now and then. Goes away at 12:40 p.m. upon going outside; perhaps from eating lunch.
7	FACE	Pain in 'fang' returns
12	FACE	Pressure left side, between ear and eye. Also top of head, left side (in a large spot about two inches in diameter).
12	FACE	I'm aware, leaning head forward and down, that there is pain just above point between eyes
12	FACE	Right side of face feels warm
12	FACE	Heat flush, right side of face and chin
12	FACE	Hot sensation in right cheek, but not to the touch
12	FACE	After break, when I sit down, much heat to the face and right side
12	FACE	Face warm
12	FACE	Bending over: head pain, forehead, center, just above eyebrow
12	FACE	Head pain, left side, above eye. Single throb, intermittent, every 20-30 seconds or so for a couple of minutes.
12	FACE	Brief (one), stitching, lightning pain above left eye on forehead
12	FACE	Lightning, stitching pain. Linear - following vertical line of body. On forehead a little more to the side, a
13	FACE	(Supervisor) Prover 13 looks exhausted. Her face looks long and grey, eyes very tired and she has no
14	FACE	Burning, stinging, itching on left side of face, moving to different spots (common symptom)
14	FACE	Burning, itching on right side face appears and disappears
14	FACE	Itching and burning, stinging rolling around head and face
14	FACE	Heat flushing, burning on sides of face, ears, shoulder blades. Feels hot.
14	FACE	The energy and tingling in my head grew more intense. I had a very intense flushed feeling in my face, and my stomach had a strange burning pain. There was a person there who had a lot of rage in him, and I think I resonated with his energy. I felt intense and forceful, yet reluctant to speak. The chancre sore in my mouth grew more painful, and I realized that the energy flowing up into my head since I took the remedy is directly related. Sensations are burning. Stinging, prickly, needle, itchy. The side of my left face feels like I rubbed camphor on it, also around my mouth. It's cold and hot.

14	FACE	I had cramping followed by burning, acidic diarrhea (symptom I've had off and on for many years). This seems to have relieved that burning, stinging pressure I had in my head and face yesterday.
14	FACE	Sudden, intermittent sticking pains are appearing and disappearing deep in the bones in my face, arms, and hands. I'm starting to want to take a remedy to stop it.
15	FACE	OBS: prover's face wrinkles before my eyes. Skin on her neck sags and bags form beneath her eyes. She suddenly looks haggard. I ask if she is okay. She laughs and says she feels fine.
15	FACE	Pressure: bilateral pain, inner aspect of eyebrows – then it disseminates over head. Feels like a rubber cap on head.
15	FACE	Pressure over left outer eye area
15	FACE	Band over eyes intensifies again
15	FACE	Pressure at right ear and over bridge of nose – serious pressure. This is another new one
15	FACE	Prover's neck is baggy and she is wrinkled through the face with dark circles under her eyes. Skin is saggy.
15	FACE	I do notice my face feels slightly rougher. I began putting on night cream to try and firm it up since I lost my jowls. Suddenly face feels rougher and more wrinkled.
15	FACE	I just noticed that I don't have jowls any more
15	FACE	I am walking around feeling my face a lot with my hands – it is excessive. I feel my face with my right hand. I need to feel my whole face - both cheeks, jawbone. I have a sensation of, "Oh gosh! That's small! "
15	FACE	Both eyes have deep, dark gray bags under them – like raccoon eye, except only the bottom half. I have never before had bags under my eyes!
15	FACE	Still have fluid-filled dark bags under both eyes – very pronounced
15	FACE	Eyes are resolving – bags under them are lighter, smaller
15	FACE	My face is thinner and I like to feel that, but it is not the excessive touching I was doing before
16	FACE	Tension - pressure now includes cheekbones. Remained for a few minutes.
2	FEMALE	I notice a slight pain in my lower abdomen (uterus area), as if my period would come on. The feeling persists throughout the day (the period is not due before two and a half weeks from today). later I feel slight stitches on both sides of my abdomen (higher up, halfway to the beginning of the rib cage). Thinking about those two pains above makes me wonder whether they have to do with ovulation, which I usually do not feel at all.
2	FEMALE	I have a bit of a heavy feeling in the uterus and the pain as if menses would be about to begin. There is some whitish leucorrhea, too.
2	FEMALE	The leucorrhea gets worse. It's a lot, and it is clear/whitish, a bit like yogurt. A lot of it comes all out at once. I have to change my underwear. Before the leucorrhea comes out, there is the slightly cramping pain in my uterus again.
2	FEMALE	I still feel some heaviness in my lower abdomen, uterus/ovaries area from time to time
2	FEMALE	there is some clear leucorrhea again, but this time without any heaviness in the uterus
2	FEMALE	My period is due tomorrow (28) days, and I feel bloated and wobbly, like a caterpillar that's so fat it can barely move anymore. There is some heaviness in the uterus, and the ovaries feel like they were pulled together with a string for a little while. I eat a lot, and though I'm not hungry, I still think of more things to eat and find them.
2	FEMALE	leucorrhea is back again, still white and kind of like yogurt, only it is not as much as earlier this month
2	FEMALE	another sign my period is due is that I feel a pain in my lower back (right) a couple of times a day
2	FEMALE	My period starts in the morning (day 29 of cycle) with some spotting. Later in the day it is bright red blood with a couple small clots. It is not too bad, there is barely any pain.
2	FEMALE	two days after my period is over, I get this cramping pain again
2	FEMALE	The cramping pains come and go over the day. They are not severe.
2	FEMALE	Whitish, thin leucorrhea. Still some heaviness in uterus area, but no more cramps.
3	FEMALE	Light spotting before menses dark brown in color
3	FEMALE	Woke up with severe menstrual cramps this morning
3	FEMALE	Still have menstrual cramps, constant cramping pain. I also feel extremely fatigued. I could easily take a nap. I would really like to be alone right now. Lying down and using a heating pad on my lower abdomen helps a little with the pain.

3	FEMALE	Pain has increased in intensity. It feels like something is gripping my internal organs and squeezing or constricting them and won't let go. This is the worst cycle I have had in a year. I am very tired. I want to curl up and be left alone in the pain.
3	FEMALE	Still in pain this morning, maybe a little better than last night. Still feel tired even though I slept for 10 hours last night. The pain woke me up a few times, but I was able to fall back asleep
3	FEMALE	Haven't really noticed anything all day except for pain. Pain has still not decreased since this morning. Usually it only lasts about 24 hours. Still feeling fatigued. I am despairing because I am so uncomfortable. I can't get away from the pain.
3	FEMALE	Pain has worsened. I feel so much pressure in my pelvic area. I also feel like I have a poker up my ass. I can't take the pain any longer. I also have a headache in both temples and in both eyes, pressure like in nature
3	FEMALE	Went to bed at 9:00 p.m. as I was feeling so lousy. In pain and tired. The Aleve took the edge off the pain so I could fall asleep.
3	FEMALE	Woke up this morning; still feel in pain this morning. Also feel the pain in my lower back. Feels cramping and pressure like in nature
3	FEMALE	Pain finally went away!
4	FEMALE	Going to bed. I am irritated because I cannot find a remedy for this client. Mad that case taker didn't do a better job. Feel all those hours are worthless that I spent looking, even though I know I've learned things.
4	FEMALE	Still no desire for sexual contact (although I allowed it for the first time since the proving started - it has been a week)
4	FEMALE	Got period on Friday. Red and clotty - a few big clots and lots of little ones.
4	FEMALE	Lots of sexual stuff still happening. Still uninterested in having sex with my fiancée. While working, sexual thoughts about my clients come up sometimes (NS).
4	FEMALE	Last two days: sexual desire. More a desire to masturbate, not have contact with a partner.
6	FEMALE	Diffuse cramp-like ache on left lower side of uterus, from inside, radiating down to sciatic nerve area. Lasting a minute.
6	FEMALE	Momentary sticking right lower uterus
6	FEMALE	Beginning to have hot flashes again
13	FEMALE	I am busy at work and feel like I accidentally went to the bathroom, but then dismissed it and continued on with my work
13	FEMALE	I get home from work and run into the bathroom and realize that I got my period, and what I felt earlier was blood. I thought that it strange because it is a week earlier than normal.
13	FEMALE	My body feels weighed down and my breasts are tender and heavy. I am irritated by these feelings and wish I could just move light and weightless instead of feeling bogged down. Breasts are normally not tender with my period – has not occurred for approximately the last seven years.
13	FEMALE	Notice how crampy my stomach feels. My period is very heavy and there is a lot of clotted blood. It is very heavy (bleeding).
15	FEMALE	Hot flush upper body very noticeable, not like usual hot flushes
4	FEVER	Starting to cool off all of a sudden
1	GENERALS	I'm ready to hit the hay soon, and again it's been a very pleasant and productive day. I cleaned four closets and brought out all the winter clothing. I had plenty of energy all day, which is unusual for me without the help of caffeine or something to fuel my daily grind. I did have a very small cup of organic coffee early this morning.

1	GENERALS	Today I worked moving furniture out of my home office and around the house; my son helped me. I was experiencing the physical and creative energy necessary to do this, and was looking forward to it as I have been procrastinating for quite a while with this project. But I did need to stop and take a break, which is unusual for me. I felt like I was running out of steam. Normally I don't stop, which isn't healthy really. I was hoping the energy I've had the last few days would resume. But I did feel tired, even after taking a break, so I dropped the project and moved on to making dinner and resting a bit before getting a second wind. I have enjoyed the last few days as I feel the proving remedy was providing some needed energy and a feeling of things being easy somehow, as if I was given a new lease on life or as if things were somehow new and changing. Today, however, that feeling seemed to shift or abate a bit; not a whole lot, but enough to feel as if things are slipping back to what is more 'normal' for me. I'll 'rate' my taking a break as unusual because it was, but it felt good today to do that.
1	GENERALS	From the beginning of the proving, I have had an aversion for using things that are plastic or synthetic. Not that those tools are in abundance in my house, but there is a definite disinclination to eat/drink anything that has touched plastic. I recall the evening of the first day being at the grocery store, and I was handed a piece of pizza. As I walked away, I asked what kind it was. When the lady said "sausage," I almost gagged with the thought of eating this meat, kind of like I was doing something wrong. I've been aware of this, but have kept forgetting to list this. It may be nothing, but I'm more aware of this than usual, so thought I'd report it.
1	GENERALS	Today I felt several shooting pain sensations in different parts of my body that lasted only a few seconds. One time, this pain was in my occiput and another in my upper right shoulder/back area. These pains are very short lived, but have come and gone several times today.
1	GENERALS	I recalled tonight that I forgot to report that for the last three days, I have felt a very momentary feverish feeling that comes and goes suddenly. It's not that I feel hot or burning up; it's that feeling of having a fever, sort of like when your skin hurts/crawls with the flu.
1	GENERALS	On days 15 and 17, I experienced a very brief feeling of being feverish. It wasn't a feeling of being hot or flushed or even warm. It was that funny kind of feeling that comes along with being sick. It's very hard to articulate, but a feeling like I had a fever - but I don't think that I actually did, nor did I get sick. My immediate thought was, "oh no! Am I coming down with something?" It felt a little like the way my skin crawls or even hurts slightly when I experience a fever, accompanied by a very slight feeling of weakness. But this feeling was so momentary; it came suddenly and left after a few seconds.
2	GENERALS	Still being more on the warm-blooded side today, though the thumping of the heart and the heat radiation are less noticeable. My boss complained about being cold several times today, and we are usually both cold with the tendency of me being even chillier than her.
2	GENERALS	I have to be at a meeting in the evening. I'm late and I have to stand. It is hard to stand still - I feel like I am moving back and forth in kind of a wiggly move.
3	GENERALS	Took a plussed dose of proving remedy (?)
3	GENERALS	Haven't really noticed anything all day except for pain. Pain has still not decreased since this morning. Usually it only lasts about 24 hours. Still feeling fatigued. I am despairing because I am so uncomfortable. I can't get away from the pain.
3	GENERALS	Went to bed at 9:00 p.m. as I was feeling so lousy. In pain and tired. The Aleve took the edge off the pain so I could fall asleep.
3	GENERALS	Woke up this morning still feel in pain. Also feel the pain in my lower back. Feels cramping and pressure like in nature.
3	GENERALS	Pain finally went away!
3	GENERALS	Took two Aleve
4	GENERALS	Shaking, trembling, hand shaking, not a vibration; whole body warm
4	GENERALS	Feel like pressure on the back of head, like a string wrapped around head and body in a spiral from right to left, kind of drawing together. Pushing her to be more compact strongest on back of head.
4	GENERALS	Two geese flew right by the window
4	GENERALS	Starting to cool off all of a sudden
4	GENERALS	Time seems to go by fast
4	GENERALS	Breathing feels restricted. Other symptoms went away. Feel like taking a deep breath every once and awhile. Sighing a couple of times.
4	GENERALS	Have been cold ever since bike ride, despite sitting next to heater and drinking tea
4	GENERALS	Woke up very itchy. Ringworm is wet, blistery. Very cold.
4	GENERALS	Very cold for most of the day

4	GENERALS	Fatigue throughout day. Everything seems to be an effort.
4	GENERALS	Went out to a bar in Wisconsin for Halloween. Very smoky inside. Restricting the number of beers I drink because of the proving. Decided to have a cigarette to get a buzz (I smoke about one cigarette every two to three months). It made me gag and did not give me desired effect. Wanted to leave early; did not want to engage with these people.
4	GENERALS	Loved riding my motorcycle today. Felt cold, but could have gone forever. Pure joy.
4	GENERALS	Fell downstairs while getting my journal to type up the last few days. So much pain - my shoulders and wrists are bad. I need them for work, so took a drop of rescue remedy.
4	GENERALS	In the evening, things kept going wrong, so I threw a major fit. Frustrated and angry. I had the urge to throw things and break things.
4	GENERALS	Election day. Feeling of dread after voting and throughout the day. Fear of the future - what will happen? Hope any potential good changes don't get destroyed by circumstance and political corruption.
4	GENERALS	Dehydrated. Go to bed. Laying on left and sounds are very loud in my head. Loud, high-pitched noise. Realized I had this symptom a few times today while doing different things. Sense of lightness and energy from the lower right to the upper left side of my head. Went away when I sat up to write it down.
4	GENERALS	Overall, rashes are better. Leg rash is completely gone (have had since early 2007). No issues. Face and leg rashes better - drier than normal, although still aggravate in the middle of the night in bed.
4	GENERALS	Another long-term male client pushed sexual boundaries with a girl at work
4	GENERALS	Had hard time focusing on working other people's cases this weekend. Just want to work on my own stuff. Stayed up late drinking alcohol last few nights in a row. Had fun with people when I was drinking. Otherwise, an aversion to people.
4	GENERALS	Neck pain and headaches gradually coming back - stiff upper cervical (OS). Sweaty and warm overall.
4	GENERALS	Overall in this proving, have noticed that I don't have the compulsion to work so hard and multitask so
5	GENERALS	Another yawn
5	GENERALS	Another yawn. Unusual to yawn so much in the morning. Normally I would yawn a lot in the evening
5	GENERALS	Not only are my face and ears red and warm, but my upper chest is as well. This is a type of French wine that we drink frequently, so this isn't just the wine.
5	GENERALS	Noticed that my usual metallic/chemical perspiration smell is not present
5	GENERALS	Noticed that dark chocolate just doesn't taste good to me anymore. I can handle milk chocolate, but I can't find a dark chocolate that appeals to me at all. Just the thought of it is unappealing. The thought of
5	GENERALS	I have noticed that ice cream doesn't appeal to me so much anymore, unless it has milk chocolate on it. Normally ice cream is one of my big cravings.
5	GENERALS	Starting with my drive home around 9:16 p.m. from teaching a class tonight, I feel like I have high blood pressure. I don't have a blood pressure cuff or a stethoscope, so I can't check. Guess I should go to Walgreen's. It starts in my throat and it goes to my head. I feel pulsation in my finger tips. The sensation is relieved by burping, but the burps are definitely coming from the throat, not from my stomach. It takes a few minutes between "episodes" of burping.
5	GENERALS	I decided to have a glass of wine, and the blood rushing to my head really improved. I feel pretty normal right now. Normally, I might not have even considered drinking a glass of wine with something like this going on, meaning something that frightened me.
5	GENERALS	The glass of wine wore off, and the blood rushing to my head came back. So I poured myself another half glass, and within a few minutes, the blood sensation wore off and I was able to easily get to sleep.
5	GENERALS	I had a bit of chocolate from a box of chocolates my husband brought me back from Europe. So in spite of my distaste for chocolate, I wasn't going to pass this up. Within minutes, I started feeling the blood rushing to my head. Had a glass of wine and calmed it down. Then I realized that the night before I had had some ice cream with bits of chocolate in it as well. Definitely worse from chocolate.
6	GENERALS	Slight shakiness inside lasting a few minutes
6	GENERALS	Took second dose of remedy
6	GENERALS	Took third dose of remedy. Three pellets (NOW to 30C, per JAH).
6	GENERALS	Sensitive to the cold
6	GENERALS	Chilly this morning. Even in the house, thermostat set at 70 degrees.

6	GENERALS	Even my car feels zippier this morning driving home from work
6	GENERALS	Momentary loss of balance twice, did not fall
6	GENERALS	Took remedy, two pellets
6	GENERALS	Took third dose, two pellets
6	GENERALS	Feeling of undulation of body when lying in bed. Lasting 15 seconds.
6	GENERALS	Classmate said to write down that I took four pellets both times I took the remedy, and that I feel bad about it
6	GENERALS	I think I did antidote the remedy when I took it on Friday. I took it at 5:40 p.m., and then, duh, I went and got a cup of coffee before work. I don't have anything unusual today. I am very sleepy, but I only slept about two hours on Saturday morning, and then went to Iowa. Stayed up until one in the morning last night, and did not take a nap today. I will be traveling back to Omaha on Tuesday morning, and figure the remedy will be there if J-A sent it. I will take it and try to stay away from coffee for a while.
7	GENERALS	Tired. Wants to go lie down, go to sleep.
7	GENERALS	Tired. Want to go lie down, go to sleep.
7	GENERALS	(O) She becomes warm just sitting in class. Takes off sweater and fuzzy clogs in room, which remained an even temperature; she is usually chilly. This remains all day, even upon going outside. She is convinced that it is warm in the room until I point out that most others in the room are still wearing their layers.
7	GENERALS	(O) She falls asleep in her chair, sitting as she has all day, her head just simply bowed forward. Lasts about 10 minutes.
7	GENERALS	Dream: meeting with a friend (classmate?), a male, to go somewhere (party, school). He meets me, lifts me up in the air effortlessly, just weightless like a balloon, and he walks and I float to the party. Seemed very natural. Cheerful, light, pleasant dream. Next Dream: At J's cabin (have been having issues with his mom) with son just staying there. Feeling was of being in charge - you can choose to do what you are going to do, I will do what I need to do. Emotionally, very even, very blah. Woke up at night from being hot. Sweating.
7	GENERALS	Everything is better from eating and from heat
7	GENERALS	Felt so good to exercise my body: 45 minutes of slow, core work followed by one hour of power step aerobic. I was making it extra hard by increasing my intensity. And of course, at the end, the instructor had to play the "break up song of all times," "I Will Survive." It's good that my face was already red; sweat mixed with tears running down my face.
7	GENERALS	Feeling like getting sick, sore muscles (that is from working out before). Sore throat, low energy, achy, slightly foggy thinking. Talked to JA, okay to take another dose to "push things through." Also feeling like the first dose I took is wearing off; don't feel the energy of it any more.
7	GENERALS	[Question: how is your intensity, need for?] Not any more. Don't feel "the pond, the stillness" (a way she felt before the proving, against which she felt a need/pleasure in intense exercise). Don't need the intensity. Instead, I feel so drained. So tired. I walk a quarter mile and am exhausted. Not physically tired - TIRED. Now when I go to the gym, I don't think I can do the class. I have the physical stamina, but the concentration, the music, the intensity...I didn't want to be there. I wanted to be swimming because it is slow, soothing, low impact.
7	GENERALS	Computer glitch for four days. One of my databases became corrupted (my addresses and contacts), and because of that, my messaging system could not read/ send. Then it completely crashed. The database was lost, it could not be restored. I had upper level management and IBM on the line trying to resolve it - usually any problem of this nature would be resolved in an hour. It took four days in this case.
7	GENERALS	Food: I have noticed that I do crave sugar. Liquids especially, smoothies. I go shopping when I am out of sweets! Still do not like red meat, especially bloody.
8	GENERALS	Summary by prover: proving was weird. It just focused on tiny areas - ear, eye, ankle/shin, all left sided, slow to develop and slow to resolve, and then one feeling of speed
9	GENERALS	Driving my car, my eyes feel full in their sockets and I am tired. I feel like taking a nap.
10	GENERALS	Desire salty tortilla chips with salsa, desire salty food
10	GENERALS	Feeling weak, need food - protein. Getting a little shaky in the hands. Desire high fat, protein. Desiring McDonalds.
10	GENERALS	Pulse running very fast, can almost feel my heartbeat everywhere in my body
10	GENERALS	I'm restless. I can't keep my body still, fidgety, almost restless.
10	GENERALS	Restlessness, hyperactive, sudden bursts of laughter



10	GENERAL	Sudden heat flashes, my body is heating up. I just need to go outside and run around, preferably in circles or in some relentless and meaningless way, just to release this flurry of energy welling inside of me.
10	GENERAL	Fidgety, restless, need to keep moving. Fidgety with my hands.
10	GENERAL	When I lay down to rest for the night, the lights turned off and my energy surged. Despite being tired, my energy spiked and I became unbelievably restless with anger at wife. Restless sleep throughout the night.
10	GENERAL	Internal restlessness, agitation, fidgety. Feet keeping pounding on the ground in sudden up and down movements. Intense.
10	GENERAL	Feeling spacey, forgetful
10	GENERAL	Feeling really hot, too warm when lying in bed
10	GENERAL	Fidgety, can't sit still, moving and shifting in seat
10	GENERAL	Itching and rubbing arms
10	GENERAL	Keeps moving toes in his shoes
10	GENERAL	Can only seem to look left, can't look to the right
10	GENERAL	So aware of my skin, want to rub it, want to touch both arms. Drags hands to finger tips, feels like a smooth cool. It's the opposite of icy, bitter, sharp, craggily.
10	GENERAL	Touches left neck a lot; very aware of left neck, nothing on the right side of the neck
10	GENERAL	Strong left orientation to my whole body, jumpy legs; right side of body feels bland, nothing to look at
10	GENERAL	Getting over heated, takes off jacket, then feels chilled
10	GENERAL	Cool sensation from left occiput down to left shoulder. Was hot, but now it was cooling down.
10	GENERAL	Left arm, hand gesture. Like a swooshing sound, like a wind almost, a cleansing, cool wind moving from occiput down shoulder and down left arm.
12	GENERAL	Hot sensation in right cheek, but not to the touch
12	GENERAL	I could easily take a nap
12	GENERAL	Very sleepy
12	GENERAL	Yawn. Sleepy, but not necessarily tired.
12	GENERAL	Yawn
12	GENERAL	Whistling – haven't done much of that in years. Tapping fingers too.
12	GENERAL	Window cracked open in the car; I usually don't do that this time of year. It invites a cold – any prolonged cool, cold draft on the head.
12	GENERAL	Rest stop, not stiff – usually I am, but not always
12	GENERAL	Rest stop. Again no stiffness. Slept for an hour.
12	GENERAL	Lying in bed with eyes closed; very, very tired. I felt/sensed a wave of a shadow that overcame me from behind as I lay on my left side. I was a little spooked.
12	GENERAL	Lying on left side upon waking, soft throbbing pain in right kidney
12	GENERAL	In Pilates, I usually don't lay on a foam roller because it makes me somewhat nauseous, but I did this morning. I did feel a little queasy afterward. Reckless abandon – well, not that severe. In other words, I tried something that I should have been more careful about.
12	GENERAL	Want to eat even though I'm not that hungry
12	GENERAL	Lightning, stitching pain – linear, following vertical line of body. On forehead, a little more to the side, a thicker crack/line of pain. The other was a thinner line of pain.
12	GENERAL	Lying on right side, uncomfortable; I know I have to change. Nervousness in stomach, something inside stomach/abdomen that's moving. A gas, a volume of something moving, a nervousness to it. I must keep moving.
12	GENERAL	In bed, lying on right side, I'm scratching my left outside foot at the line where sole meets the foot, with my right foot. I believe I did that yesterday too, or the night before. I have probably done this in the past, but not often.
12	GENERAL	Unusual angered response to a colleague's request
12	GENERAL	Still there is a pervading fullness around the waist. Usually if I feel full, I just have a distended stomach. It feels more than that, a sense of expanded circumference kind of thing.

12	GENERALS	Two nights in a row, I start looking at the clock about 7:30 to go to bed. I usually may think about bed at 10:00 and get to bed about midnight.
12	GENERALS	Derangement of the sense of time; thinking about the things I have to do. I think it's Friday. It's a real surprise to know it is only Wednesday. It's happened occasionally in past.
12	GENERALS	Maybe I've been using the wrong words in speech this week
12	GENERALS	I'm really messing up on the keyboard, especially orienting my fingers accurately
12	GENERALS	Lying on stomach trying to remember some dreams and couldn't until I lay on my left side
12	GENERALS	When I woke up, I had a dry spot deep in the center of the left eyeball
12	GENERALS	While lying awake, there was this audible gurgling one time, as if something was released inside me and the flow began
12	GENERALS	Went to bed 12:30 a.m. last night. I have no dreams to report.
12	GENERALS	Sleep on the shallow side compared to the last few days. On waking, feeling not very refreshed.
12	GENERALS	Throat is sore on waking, a ball in the throat feeling. It was rainy weather yesterday.
12	GENERALS	Wasn't thinking. I took an Arnica bath this morning. Over six hours of dancing on Saturday. Surprisingly, I wasn't very sore, even my feet. But after I went to bed, I got a severe cramp in my left thigh. It has happened before from an evening of dancing.
12	GENERALS	Limbs are quite limber; torso may be a little stiff
12	GENERALS	Soreness in neck and back seems better recently
12	GENERALS	Woke up to sound of a crow. He wasn't as loud. Acuteness of hearing since remedy.
12	GENERALS	Upon retiring and lying on left side, feel weak on a vertical line with body in heart/nipple area
12	GENERALS	Upon retiring, while lying, feel calm; but there's an inner nervousness type moving within my core, a kind of inner restlessness, even though I feel calm and tired
12	GENERALS	Upon retiring, lying down, sense I had yesterday too. It's of the teeth in my mouth, feeling the inside of the cheeks against the teeth.
12	GENERALS	I favour sleeping on left side
12	GENERALS	Snacking - peanuts, chips. Something I do very seldom.
12	GENERALS	Clumsy. Bumped into or dropped things from my hand at least four times today (it's happened before, not often).
12	GENERALS	Feeling a twinge of pain in anus – one time
13	GENERALS	Tingly, swirling, dizzy feeling throughout my entire body
13	GENERALS	Tingly, swirling, dizzy feeling throughout my entire body
13	GENERALS	I am feeling so exhausted and wonder how I will drive home
13	GENERALS	Feel periods of fully awake and then total exhaustion
13	GENERALS	Husband says I look out of it
13	GENERALS	Its been windy, but I'm not as cold in a.m. as usual
13	GENERALS	(Supervisor) Prover sent me an email with the following: "So I am tired of thinking, and here are all the days I have for you, everything up until this present moment. I had it done earlier but my computer would not go online. NOTHING IS WORKING RIGHT!"
13	GENERALS	Its been windy but I'm not as cold in evenings as usual
13	GENERALS	Feel out of sorts within my body. Have not been good about eating regularly, and my body feels off.
13	GENERALS	Can't get warm - spent some time outdoors and the wet rain and wind have stayed in me. No matter what I try, I have shivers throughout my body.
13	GENERALS	Could not tolerate the cold wind outside. I was watching a soccer game and wanted it to be done, not enjoying the game because of the temperature outside and the wind.
14	GENERALS	Itching is burning (common symptom)

14	GENERALS	All itching appears, disappears, then reappears in other areas (common)
14	GENERALS	Lethargic, sleepy. Fell asleep, felt good.
14	GENERALS	Last night toward bed time, I started having those rushes of energy coming up my spine over my head. My neck would have spurts of tension followed by my right side head tingling. It was a tense, anxious feeling, like drinking a lot of coffee.
15	GENERALS	OBS: just as computer was crashing, prover was saying she felt done and wanted to leave and asked if supervisor had been saving (which is a highly unusual concern for prover to have). Had been saving the file after every symptom, but all was lost in the moment the prover disengaged.
15	GENERALS	Very tired, otherwise really well. Surprising how tired.
15	GENERALS	Getting antsy again. Want to move – cannot sit through until break (usually can).
15	GENERALS	Want to be outside enjoying the squirrels
15	GENERALS	Outside enjoying squirrels – very intent on walking through leaves. Enjoying swishing them with feet.
15	GENERALS	Classmate says remedy has made me quite funny – I am making remarks. Not like me at all.
15	GENERALS	Feel fairly well, notice it
15	GENERALS	SOOOOO tired!
15	GENERALS	OBS: prover thinks she is not having symptoms and asks if she should take another dose. Supervisor encourages her to wait. She appears haggard. Found her in an unused room down the hall from the classroom. She was picking through leftover food looking for sweets. This is extremely unusual behavior!
15	GENERALS	No contact with supervisor today. Nothing happening. Sent email.
15	GENERALS	OBS: no contact today except an informal email
15	GENERALS	OBS: all the info from today was gathered on a telephone call in the evening
15	GENERALS	Crabbiness has been dissipating all day and tiredness beginning – no other symptoms
15	GENERALS	I was barely able to clear the table after supper – that is highly unusual
15	GENERALS	I feel like I am coming down with something – I am really tired, EXHAUSTED, just wiped out. Otherwise I am having no symptoms. Everything else has gone off.
15	GENERALS	OBS: prover sent an email containing dreams and an injury she had not shared via telephone. She is still not doing proving journals.
15	GENERALS	I wilt when the sun goes down
15	GENERALS	Extremely high energy today – got tons done
15	GENERALS	Wilt when the sun goes down
15	GENERALS	More tired this evening
15	GENERALS	I wilt when the sun goes down, and I am energized when it comes up
15	GENERALS	My energy comes and goes with the light
15	GENERALS	I am noticing all the “old” symptoms are coming from around the same time period at the 28 to 30 year time span
15	GENERALS	I now have no desire to take another dose of that remedy; it would freak me out. I’d have maxed out.
15	GENERALS	I have been really tired since the time change. By 8:00 p.m., I am totally ready for bed and I am still finding myself dreading winter and even more so the dark of the next two months.
15	GENERALS	Winter yuck is really bad. I am never very late to bed, but 8:15 p.m. is ridiculous! Way too early!
15	GENERALS	I had gained weight with all the eating, but now I have lost that and I am continuing on with my pre-proving reduction plan
15	GENERALS	The 8:00 p.m. bedtime is easing. I am not as tired at 8:00. My bedtime is getting back to more normal for me.
15	GENERALS	It feels like everything is settling down at last
15	GENERALS	OBS: lost touch with prover for about two weeks, then an e-mail from London arrived on 12-01-08
16	GENERALS	Dizziness for a few seconds
16	GENERALS	Noticing a higher energy level

16	GENERALS	Crashed. As if the remedy had an antidote. Loss of energy.
16	GENERALS	Energy never did come back, so called Jason and took another dose. Energy level came back up. Not as high as originally.
4	GENERALS	Stretching, sideways and length wise
1	HEAD	This morning on waking, I noticed a slight headache above my right eyebrow. Not a bad ache, but definitely noticeable as I seldom have headaches. It left suddenly, but returned later this afternoon. But it was more across the top of my whole upper forehead and behind my eyes. Again, it was short-lived, but more intense the second time.
1	HEAD	When I laid down for a nap on my left side, I suddenly noticed a headache in the back of my head in the middle and along the side of my head (right). It felt a bit like nails coming from the inside that were pounding. It lasted less than a minute and left suddenly.
1	HEAD	The alarm failed this morning, so my husband woke me up and interrupted my dreams. I noticed that I felt a headache almost right away. The pains felt as if they were coming from the inside of my head and it was hard to determine where on my head it hurt as the entire head hurt. I would describe the pain as somewhat sharp and a bit throbbing. After getting up and drinking some water, though, it was much better.
3	HEAD	Sharp pains back of head, upper part; come and go suddenly only, lasts a few seconds
3	HEAD	I also have a headache in both temples and in both eyes, pressure like in nature.
4	HEAD	Feel like pressure on the back of head, like a string wrapped around head and body in a spiral from right to left, kind of drawing together. Pushing her to be more compact, strongest on back of head.
4	HEAD	Jaw feels pushed up and making line across back of head. Hurts quite often. Jaw transferring pressure to right, back of neck, couple of inches to right of spine, below occipital area.
4	HEAD	Head sensations are gone. Little burps, still there, a while after drinking. Nose sounds blocked, hard to just breathe through the nose. Right nostril more blocked the left pretty clear.
4	HEAD	Pink and bumpy rash started on left temple after deciding to prove. A little itchy of right buttocks and inside thigh on left.
4	HEAD	Sudden pain, right neck and head into ear. Increase in pain for few minutes. Now eardrum feels pressure as well. There is pain in a spot on the right forehead over eye. This symptom lasts a couple minutes, and then disappears.
4	HEAD	Bored. Want work to come easier. I understand clients, why doesn't the remedy just show up? Beginning of headache on right posterior neck and temple. Irritable. Why don't I get this? More frustrated than normal. Want to give up.
4	HEAD	Neck pain and headaches gradually coming back - stiff upper cervical (OS). Sweaty and warm overall.
5	HEAD	I just yawned. I have just a weird little feeling at the top of my forehead, like it's sticking out or something.
5	HEAD	Noticed that my scalp and hair are very painful when I rub my head. And the pain lasts for at least 15 seconds after I stop touching it. I've had painful scalp/hair before, but none of the conditions for this symptom were present. I mention this to my son, and he was very concerned that my hair would fall out. I considered wetting my hair down when I got home (we were out late), but forgot and noticed when I got into bed later that it wasn't painful anymore.
5	HEAD	I couldn't get to sleep. I read in bed, started falling asleep, so I turned out the lights. Then I felt a pressure in my head pushing outward. Temples especially. When I lay on my side, it felt like I was lying on top of a dowel that went right across my temples (at least the one I was laying on). If I switched sides, I felt it on the opposite side. When I lay on my back, I just felt the outward pressure on my temples. It felt like my whole brain was pushing outward. I felt some reverberation in my left ear for a second or two. I was afraid I was going to have a stroke (that fear is an old symptom). I turned the light back on and felt calmer about it all. I picked up a book to start reading and I felt better. Eventually I fell asleep again with the lights on, and then woke up enough to turn the lights on and slept the rest of the night.
5	HEAD	I was driving and drinking a Super Food Drink. Suddenly my ears and my head had so much pressure. This time the pressure was from the outside pressing inward. The head pain went away almost right away, but the ears lasted until I got home (about 15 minutes). I got out of my car and started walking around in and out of the house.

5	HEAD	Starting with my drive home around 9:16 p.m. from teaching a class tonight, I feel like I have high blood pressure. I don't have a blood pressure cuff or a stethoscope, so I can't check. Guess I should go to Walgreen's. It starts in my throat and it goes to my head. I feel pulsation in my finger tips. The sensation is relieved by burping, but the burps are definitely coming from the throat, not from my stomach. It takes a few minutes between "episodes" of burping.
5	HEAD	The right side of my head feels cold
5	HEAD	I have a headache on the right side of my head, just in one spot. It is just an ache. MUCH better from a glass of wine. Along with the headache was a sensation high up in my right nostril. They definitely felt connected. There was a little discharge out of the nostril, but not enough to blow my nose. Just a little snuffle.
5	HEAD	The glass of wine wore off, and the blood rushing to my head came back. So I poured myself another half glass and within a few minutes. The blood sensation wore off and I was able to easily get to sleep.
5	HEAD	I had a bit of chocolate from a box of chocolates my husband brought me back from Europe. So in spite of my distaste for chocolate, I wasn't going to pass this up. Within minutes, I started feeling the blood rushing to my head. Had a glass of wine and calmed it down. Then I realized that the night before I had had some ice cream with bits of chocolate in it as well. Definitely worse from chocolate.
6	HEAD	Momentary pressing/throbbing right temple
6	HEAD	Slight sensation of a band or light crown on my head. Momentary.
6	HEAD	Two throbs right temple
6	HEAD	Woke with diffuse frontal headache
6	HEAD	Woke a second time with the headache
6	HEAD	Hot shower for headache
6	HEAD	Headache remains mild. Moved to front of face and now back to center. Still mild, wonder if caffeine related. Did not have a cup of coffee this morning.
6	HEAD	Headache still mild, in the center now. Typical headache I get when dehydrated.
7	HEAD	Local pain in left temple area, moved down descending to jaw; radiating towards the ear and the upper teeth. All a deep root pain, but not intense. Within 15 minutes, the pain localized to the space between the ear and the jaw. Intensity of a level two within 20 minutes. Pain is most pronounced at the 'fang.' She says fang, pointing to the area that is below the point of the cheekbone at teeth root.
7	HEAD	Lateral and superior to the bicuspid – 'wide'
7	HEAD	Within 40 minutes, at intensity level two or three
7	HEAD	75 minutes from dosing, pain extended down toward throat
7	HEAD	One to one-quarter hour from dosing, pain on left
7	HEAD	Ameliorated by eating, but still there a bit in the 'fang' area
7	HEAD	One hour, forty minutes later, the pain moved to the right side from ear/mandibular joint down to the throat/parotid (trigeminal path). Intensity three; stopped on the left.
7	HEAD	Four hours later, she notices that the pain had moved back to the left, now localized to just the 'fang' area. It has ceased on the right.
7	HEAD	30 minutes later, begins subsiding to two. Oddly, she misremembers the pain's locations since onset, switching sidedness for the whole symptom. Per her reports now, the pain is now drawing her attention back to the left, sharper than before.
7	HEAD	The 'fang' pain stays consistently on the left, but pops out on the right now and then. Goes away at 12:40 p.m. upon going outside; perhaps from eating lunch.
12	HEAD	Pressure left side, between ear and eye. Also top of head, left side, in a large spot about two inches in diameter.
12	HEAD	Frontal head stress (pressure) on writing my symptom (from exertion?). Effort to concentrate causes tension and strain in middle of forehead. When I lean over to write, (head down) pain in forehead. This is definitely a symptom of the remedy because I never have this kind of symptom.
12	HEAD	I realize when I lean forward (to write) there is fullness and tension in forehead, about an inch and a half in diameter. It's rather intense – emanating from a central spot (two mm) in the forehead. As if furrow between eyes when bending forward. Slight pain in forehead on effort to raise eyes to look up.
12	HEAD	I'm aware, leaning head forward and down, there is pain just above point between eyes
12	HEAD	Temporal pressure, left side
12	HEAD	Window cracked open in the car; I usually don't do that this time of year. It invites a cold – any prolonged cool, cold draft on the head.
12	HEAD	Sense of hollowness in the medulla oblongata (can't believe I'm even using that word), right side, just to the right of center base of head, in back.

12	HEAD	Pain, right temporal
12	HEAD	Forehead pain, center, when I lean over, head facing down
12	HEAD	Bending over, head pain, forehead, center, just above eyebrow
12	HEAD	Head pain left side, vertex, shooting vertically down
12	HEAD	Pain extends a little forward in head
12	HEAD	Head pain, left side, above eye; single throb, intermittent, every 20-30 seconds or so for a couple of minutes.
12	HEAD	Upon retiring, head pain left side, an energetic type of headache. I'm not suffering from it
12	HEAD	Upon retiring, frontal headache in forehead during "transitional period." I think I'm referring to the transitional period to a state of sleep.
12	HEAD	Tender spots on head. Behind left ear and on left up near crown—tender to the touch.
13	HEAD	Any noise or light irritates my head
13	HEAD	My head is pounding in the front, it is a numb sort of pain that irritates me and feels tingly and numb near my forehead
14	HEAD	Ache around TMJ right ear constant, worse swallowing, becoming a tight sensation, worse opening mouth
14	HEAD	Slight pain in the middle of the head, squeezing
14	HEAD	Pain under right ear TMJ feels deep
14	HEAD	Hard sensation on side of head upper TMJ like wood
14	HEAD	Slight squeezing and pressing sensation on the top of the head and sides, more on the right
14	HEAD	Pain in jaw and ear becomes intermittent
14	HEAD	Pressing squeezing at sides of forehead
14	HEAD	Still and intermittent, hard sensation on right side jaw, under ear
14	HEAD	Burning itching back left side of head
14	HEAD	Burning/stinging across the top of the head; prickly, moving around behind head, then back to the top, more to the right, remaining constant there
14	HEAD	I have intermittent rushes of tingling on my head and tension around the sides of the neck near the spine. It squeezes then releases.
14	HEAD	I had cramping followed by burning, acidic diarrhea (symptom I've had off and on for many years).
14	HEAD	After yoga at 7:30 p.m., started having dull intermittent pain at the back of my left upper jaw in my teeth, which then moved to my lower jaw. It surges up for a second along with pain in the chancre sore.
15	HEAD	Pain right side of neck, down from occiput, tight, then around over shoulder to clavicle at the middle of the right side. (OBS: prover is a nurse, but confused clavicle with scapula)
15	HEAD	Pressure - bilateral pain, inner aspect of eyebrows, then it disseminates over head. Feels like a rubber cap on head.
15	HEAD	Right head – pressure, pain, forehead quadrant of head to ear. Also neck to ear, like before with saran wrap.
15	HEAD	Pressure, left hairline over eye
15	HEAD	Pressure across forehead, like the rubber band feeling again, not the saran wrap feeling; even more tired, very tired
15	HEAD	Right frontal and right ear pain/pressure, like the rubber cap again. This time, feel rubber cap over all the hair, and this time eyes go blurry, like dirty glasses (no glasses). Feeling that the cap is tightening down – this tightening down feels like what happened several remedies ago.
15	HEAD	Pressure over eyes, more on right side. Extends to right ear. Very tired, intense tired.
15	HEAD	Pressure of band – goes from ear across forehead and to other ear
15	HEAD	Tight band still pulling across forehead, about two inches wide. Goes from above ear to ear, across forehead. It has been coming and going all day.
15	HEAD	Had the feeling of the tightness in my (right) neck. Very transient.
15	HEAD	Did have transient head pain banding for a few minutes this morning
15	HEAD	Suboccipital headache, band type – like that rubber band again extending to frontal ridge above eyes, like wearing the rubber cap again.
15	HEAD	Still have a minor headache – the rest passed off during the day. Can ignore it if I am busy. Barely there at the eyes.
15	HEAD	Have had no further headaches today

15	HEAD	My hair is totally a pain in the ass. It won't do what it normally does for me. It looks like bad hair weather, but it isn't. I look like I need a haircut, but I just got one two weeks ago. In the past three days, this has occurred. A haircut usually lasts six to eight weeks for me. This looks rough. Not human. It looks like dog hair. It is heavy and thick. I feel like I am getting my winter coat! No joke. That's what it feels like. Not in a good way.
15	HEAD	My hair is still shaggy. I feel like I am a critter growing my winter coat!
15	HEAD	No headache
15	HEAD	I am still shaggy like the dog – my hair is excessively thick and it is definitely coarser
15	HEAD	Headache came on with hemorrhoids and right arm/shoulder pain
15	HEAD	No headache since yesterday
15	HEAD	Frontal sinus region feels a little congested today, almost like a slight headache.
15	HEAD	My hair! It is not bothering me any more. That was crazy. My hair went crazy. I got it cut again and it had only been about four weeks – I usually go about 13 weeks between cuts. The problem with it was the bulk, the heaviness – there was just too much hair. It was just too thick and heavy. The problem was not with the length, exactly, more with the thickness.
16	HEAD	Tension, pressure, small circle, center of forehead
6	HEARING	Noise in my bag on the floor next to my table, as if a mouse moving in a paper bag. Looked and no movement in the bag, and it is a cloth bag.
6	HEARING	Burp and it sounded like an echo in my right ear
8	HEARING	Through all this obstruction in left ear, (echo-y, like a mike that is live), if I stretched my mouth open and arched the back of the mouth, then I felt like my hearing was normal
8	HEARING	Normal state of 'not being heard,' emotionally is intensified
10	HEARING	I desire quiet, no radio or any intense sound
12	HEARING	Prior to class starting, I stand back against the wall by the window, overlooking the classroom, taking in the sounds. Captivated to hear the voices, low murmur of. I'm very sensitive to individual voices, but not really hearing what they are saying. My exact journal at the moment says: "aware and sensitive to all individual voices and murmurs in the room. It's peaceful."
12	HEARING	In restaurant, speech is difficult to understand with the ambient noise
12	HEARING	A train is passing in the middle of the night, about a mile and a half east of me, as the crow flies. I almost never hear him, but he is so loud this time. I hear the horn for several minutes. I even hear the roar and rumble of the train. I am amazed at the clarity at which I hear the train. Hearing acute?? Or the wind was favorable?
12	HEARING	I awoke to the sound of a crow, which is really going off this morning. He continued on and off for over an hour. I went out and took his picture; he was sitting on the very top of the highest tree around. I no doubt have experienced this before. The crow was sounding the alarm. This was another spirit sound, like the animal spirit that was in me. He was sounding the alarm because of me.
12	HEARING	Acuteness of hearing—sensitivity to sound is more acute
12	HEARING	While lying awake, there was this audible gurgling, one time, as if something was released inside me, and the flow began
12	HEARING	There are those crows going off (sound) this morning. Still not as loud as the first time but a lot of activity as before.
12	HEARING	Geese (sound) this morning
12	HEARING	No crows' sounds this morning, or for last week
2	KIDNEY	I feel a sudden, very sharp stitch in my right kidney that makes me bend to the side. It only lasts a couple of seconds.
12	KIDNEY	Lying on left side; on waking, soft throbbing pain in right kidney
12	LARYNX	Voice gravely – probably from going out in cool weather when perspiring
10	MALE	Really wanted to relax my wife by giving her a sensual back massage with essential oils. I took comfort in providing pleasure for her, relaxing her, touching her body, caressing it, loving it.
12	MALE	In retrospect on day zero, I remember that when I was driving home, I was aware of my left testicle – an uncomfortableness. Seems to have lasted through a big part of the evening.
1	MIND	Newness in perceptions. Everything seems fresh/different.
1	MIND	Hubby became suddenly angry... but ride home in car was quiet. I was not inclined to speak. <b>Became very tired and drained when arriving at home. ...</b>

1	MIND	Hubby became suddenly angry. Saw his normal expression turn to one of being perturbed with me. He explained his reasons for being cranky, but ride home in car was quiet. I was not inclined to speak. Became very tired and drained when arriving at home. Tried to nap, but wouldn't sleep. Felt very comfortable in bed cocooning under blanket
1	MIND	Headed off to work. Felt better to be moving and getting along with my own thoughts, but feeling of sadness had been settling in since the a.m. incident with hubby's irritability. After telling myself all day that the matter was minor, I told myself that I actually felt depressed. Returned supervisor's call and made her aware that I felt sad and relayed particulars. Just talking about it alleviated the melancholy, and when I had opportunity to speak with hubby about it., it lifted and left along with the tiredness. Looking forward to a good night's sleep and any dreams. Hope I can remember them.
1	MIND	Normally I 'hit the wall' so to speak with my energy at 9:00 p.m. This night I found myself getting very tired suddenly and crabby. I needed to type my symptoms and send them, and had trouble doing so as the page was not saved properly and the previous day's page was the only one that would pop up. The tiredness feels a bit like the depression I had experienced earlier on day one, sort of a heaviness in the area of my chest and a sadness mixed with a feeling like I need to cry, but I don't. I know this will pass with a good night's sleep. I just feel very much like I need to get to bed.
1	MIND	I was purposed this morning to maintain a positive attitude and possibly encourage my hubby to do something fun outside. But as the morning progressed, I found myself really getting whiney and irritable. Not a usual mode for me. I feel the negative mood may have had something to do with the stress I endured yesterday while caring for a friend who has ALS and the loss of sleep last night. Or, it could be that the proving remedy has brought some changes in my normally calm demeanor. When I reminded my son and hubby tonight about this morning's/today's irascibility and lack of patience, they just nodded in agreement and grunted to confirm that indeed I was not my usual 'cheerful' self.
1	MIND	Was able to say no to my son's unreasonable request. Normally I cave or cater and tell myself it's a good thing as it will build relationship, or afford "quality time." The ensuing regroup was easy, for me and for him. At least this is the feeling. Good boundary execution and favorable result! If this is a "symptom," I'm not sure how to list this.
1	MIND	Today as I watched the leaves fall off the trees, there was a similar feeling of appreciation and attraction that I experienced last night at dinner watching the bubbles in the beer and the food sizzling. It was a certain fascination with the movement of something "not formerly considered alive" that feels like I am seeing it as if for the first time. A newness and an aliveness about it, the animation of nature that compels me to watch. I like the movement, and I am almost surprised in a sense with the copious amount of leaves that continue to fall. Like a dance to music that I do not want to see end.
1	MIND	I woke up at 4:25 a.m. today, which is rather early for me, so I redeemed the time by going to work early. Today was one of those days again where I experienced an ease of execution, irrespective of the task. Case in point: it was 'Finance Friday' for us, and I found myself doing the bills. Normally this task leads to some negative thinking and tension that I usually carry around with me all day. It was easy to brush aside my husband's irritability, and I was able to write a letter to a creditor that I have been procrastinating with for over 6 months. The process of writing this letter was fluid and almost felt inspired.
1	MIND	My cousin died today. His daughter called to tell me, and it did not surprise me as I had gone to visit him recently and he looked like he was on his way out. I'm not sad, as I'm certain his pain is over. I had visited the gravesites for his side of the family recently and was honored/happy to trim the grass around his gravestone, along with the rest of the family members' graves on my father's side. I love cemeteries and have been to Calvary Cemetery several times in the past few weeks just to walk and enjoy the quiet, the sunshine and the gorgeous trees. Normally when someone dies, I loose a year and have a hard time with the entire grief process. P and I were from the same family, but there was much distance in years between our visits. He was what would commonly be called "a real character." I'm happy that in these last few years of his life, we were able to reacquaint and share life a bit. Apart from the fact that we were not real close, I can't really articulate or 'account' for the absence of pain and sorrow with his passing. I only mention this as these things that occur during provings often are ways to measure an atypical "symptom." It's hard to be objective with one's own stuff.
1	MIND	New song at church was heard as if never before experienced, with respects to hearing a beat and rhythm that was out of sync with the lyrics and harmony, yet it was not discordant. Wondered if everyone else was hearing this.



2	MIND	It makes me think more, like, I'm just hysterical about the whole thing. Though, that would be rather untypical of me.
2	MIND	From the beginning on, I have a heightened awareness of my heart in my chest. It thumps very strongly, and I feel waves of those thumps radiating through my body. (00:02:30 OS) For a while, I feel my heart as a "blue spot." that's a term I made up for a feeling that I oftentimes have in my heart. As far as I can think of, it's always related to emotional situations. today I just feel it "being blue" for a while, which I picture as one part of my heart not getting enough oxygen, and therefore being kind of cold and blue and not functioning right. But today there is no emotional reason attached to it.
2	MIND	Everything is a blur in my memory. It's really hard to sit down and write these notes. I only try to add some things I think I haven't mentioned. I also remember feeling like I'm not from this world, being there while not being there. I perfectly hear what the instructor is saying, and it makes sense in the moment, but I'm absolutely unable to make sense of more than one sentence, let alone any more complex context. When people speak to me, I understand the first words, but I always miss the meaning of the sentence because I can't follow. I can't get myself together enough to try harder to understand. It's like being drunk, or like the person speaking to me being drunk, or both.
2	MIND	For some reason, rather for no reason, I get the giggles and I feel happy and excited and just silly in a good way for a little while. The feeling comes up later (after lunch) again, without giggles. I hope my supervisor has noted the time, for she has asked my how I was doing. But these two episodes are rather short. For the rest, I'm in this sluggish blur not really noticing my surroundings (usually I am very aware of my surroundings). But that doesn't matter to me; I just can't seem to care.
2	MIND	We're having lunch with a small group of students. I can't follow the conversation very well, and when I try to say something, nobody understands what I say. I feel like what I said didn't fit the context of the conversation anyways and refuse to repeat it. Another prover is in our lunch group, and I can't seem to relate to his energy either. That's unusual; normally I can pick up on the energy of other people easily, but today nothing seems to connect.
2	MIND	Before I take off to drive home, I go to the coffee shop. I have to get something into my system to make me more alert. I don't want to drive in this narcotic state for six hours and risk falling asleep or causing an accident. The coffee helps to wake up my mind enough to focus on driving, but I can't seem to get much of the audio book I'm listening to. Usually I listen to audio books during my drive because it seems to make time go by faster. Today time does not seem to matter that much.
2	MIND	The longer I'm into my drive home, I realize I'm becoming more awake, almost like normal. I actually listen to the audio book, though I realize I have very little thoughts of my own coming up. I'm not
2	MIND	Everything seems so much this time. Thinking of all the everyday interaction with my friends and family makes it look like such an effort. I am even thinking catching up on my online/email reading is an effort.
2	MIND	This intoxicated and far away feeling lifts slowly, and I become 'normal' again. During the first couple of hours, I'm still feeling a bit weird and like not really being present. During a sales consultation in a store, I still have a hard time to follow, but can manage as long as I stay really focused. Emotionally I remain a little detached. Do not feel happy or sad or anything particular. This resolves somewhat throughout the day, but not completely.
2	MIND	I notice that while I'm driving, I am not paying too much attention to the traffic around me. That might be the only thing that is left from the "out of it feeling" of the first day. I am not very aware of my surroundings; it's almost like tunnel vision. Usually I notice a lot around me driving. But what I notice today comes with a feeling of being more focused, though I know I pay less attention than usual.
2	MIND	Working, too, I feel very focused today. I am working quickly and efficiently and do not get distracted. It is nice to get more things done faster, but being less aware of my surroundings is a new feeling to me.
2	MIND	Every time I open my bathroom cabinet where I have put the vial with the remedy, I feel compelled to take it again or at least sniff it. So far, I was able to resist the urge. Remembering how I felt when I DID sniff it/ take the dose and how awful it made me feel, I wonder why the hell do I want to do this again? Maybe to rule out that I had a sheer hysterical reaction to it. I don't know.
2	MIND	My queasiness is back, and I wonder whether this has replaced the "blue spot on the heart" feeling I usually get when thinking about emotional topics. For a while, I try to pull the feeling back to the heart, where it is familiar, and I almost make it. But the stomach/epigastria always pulls the feeling back.

2	MIND	I am frustrated before I even get there. The book we read was about a divorce gone bad – maybe not the best idea for me to read it in the first place. We're meeting at a house that's absolutely perfectly decorated; absolutely every tiny little thing has its place. The husband is out with the kids, so his wife can have her book club friends over. When they come back, he takes the kids upstairs and they do not disturb even once.
2	MIND	I know I'm supposed to look at myself really well while we are doing the proving, but I am getting tired of looking at myself under a magnifying glass. Sometimes I think, "what if those symptoms I note have been there anyways, and I just haven't paid attention?" I feel a bit silly writing everything down, but, oh well. I guess I wanted it that way.
2	MIND	I talk to my parents on the phone and find out that my (separated) husband has called them to tell them about an argument we had. I'm upset that he called them to talk about the argument. I had not told them about it, and as they heard about it from him first, I feel like I need to tell them my side, too. I'm not a big fan of involving the whole "clan" in things that concern just the two of us, but he has a history of always telling everybody, especially to my family, his side of whatever, kind of to build alliances. This behavior has caused a lot of damage in my relationship to my family in the past, and it completely upsets me that he does not even stop, though we have been separated for a while. After the phone call, I feel like crying.
2	MIND	I am also kind of restless and unfocused at church. My friend sitting next to me even notices.
2	MIND	I still cannot get myself up to work on the med sciences final exam, and I almost do anything to delay
2	MIND	I am emotionally very calm this month. I do not get upset or sad or anything. I'm just fine.
2	MIND	(NS) I always used to be very nervous driving after one glass of wine, so this must be part of the new "don't care so much" attitude.
2	MIND	I get very, very angry because the argument was weeks ago
2	MIND	I get really mad, so mad that I want to hang up
2	MIND	I'm so angry, I feel like I am going to have a nosebleed. I can feel the arteries in my nose throbbing.
2	MIND	I feel like I am going to explode
2	MIND	I notice how my mind likes the feeling of the body being so light that it's barely there. It is a bit like an out of body experience, but I don't like it because I feel like I am losing control over myself, mind and body.
2	MIND	I have an argument/discussion with my ex. It is not a bad argument, and I remain calm inside and outside. Right afterwards, I call my friend to talk about it. This is the second time in my life I do this (after last Saturday's argument with mother). It seems I need to get it out/express it right away. I feel better after talking to my friend.
2	MIND	Obama is elected president, and I am very happy, though I do not become emotional as I thought I would. I feel happy, but detached. Just to compare: I was pretty emotional when he gave his acceptance speech at the convention in September, and I expected it to affect me as much when he becomes elected.
2	MIND	I cannot seem to feel much about that throat stuff, maybe a little annoyed by the constriction. Only when I had the suffocating dream I felt like I was dying, and I was struggling and squirming in that tunnel. I think I woke up with a big gasp and a very constricted feeling in my throat.
2	MIND	the next morning I'm still feeling like a caterpillar
2	MIND	I feel this anger and the feeling of maybe I am getting a nosebleed. My body is all enraged, but my mind is not with the situation so much. Sure, I'm angry, but I also feel very detached, as if I was watching someone else's life. I don't know whether this is good or bad; it feels so out of touch.
2	MIND	Going to sleep, I see another picture closing my eyes. This time it is me lying on my back and a spear or a long arrow is being pierced through my throat, front to back, right through the constricted area. I know it is killing me. If the stabbing through my throat does not suffocate me, the piercing of the spear through the back of my neck (spine) will surely do the trick.
2	MIND	The difficult situation with my son continues, and he is absolutely unwilling to cooperate. I feel the same anger and agitation about it as yesterday, but today it builds up so much that I cry at some point. But even when I am expressive of my emotions, it is still weird, as if they were not my emotions after all.
2	MIND	When arguing with my son, my voice gives out and my vocal cords hurt. I did not argue non-stop for hours, but it seems my voice just gives out when emotions are involved.
2	MIND	This emotional but so detached feeling is so weird. I do not know how to deal with it because it confuses me. It is a real feeling, but it is not mine at the same time.

3	MIND	.... Feel like I can't get up; it would take a lot of effort to move. I'm trying to figure out what everybody's thinking; a disconnect from others. <b>Just don't want to move</b> ....Not scary - don't feel possessed. Feel like I'm just watching.
3	MIND	I don't feel like me. I feel jumpy and nervous. It's weirder being with all the people. I'm paranoid, like people won't know I'm not myself; I'm observing people, but don't feel I could talk to anyone. I feel outside myself. I could repel people. I feel nervous in my chest. Feel like I can't get up; it would take a lot of effort to move. I'm trying to figure out what everybody's thinking; a disconnect from others. Just don't want to move. Thinking of myself in the third person. My homeopath doesn't have a clear picture of what "she" (me) needs. I can't feel who I normally am, but I'm not two. I know I'm physically sitting here, but the thoughts aren't mine. I have a hard time talking with other people. I feel like they're strangers even though I know them. Not scary - don't feel possessed. Feel like I'm just watching.
3	MIND	I was hungry, but now I'm not. I hate this place; I always get the leftovers.
3	MIND	I don't feel like talking. I'd rather just watch people (observe that she is very quiet and uncommunicative in a social setting; not like her). I can't stop staring; can't move. I have no motivation at all. I'm tired and could go to sleep (observe that her eyes are very bright; sparkly; intense; glittery). I feel mesmerized; I'm mesmerizing people (observe that she is very demanding; pointing to people to do her bidding; hitting me on my arm to get my attention to tell me to do something for her). I want to tell people what to do for me.
3	MIND	(Observe that her throat has turned bright red; she took off her necklace and is starting to itch at her throat. The color is bright pink and somewhat blotchy.) I feel warm; my face and cheeks feel red (observe that she is still very demanding; wants me to talk for her. "You tell them." It feels like I am her servant.). Very intense stare. Feel like I could have a staring contest and could win. Feel like I'm sizing people up (observe that her stare is very aggressive; feels like an imminent attack). Tired, but not sleepy tired. Just don't want to move. Feel like I'm scaring people, making them uncomfortable, but I'm not really feeling any emotion. Just flat.
3	MIND	I felt very forthright. Assertive; want something right away and want someone else to do it for me. Wanted to see what people would do. It felt like I could lure people in. Observing, watching, magnetize, repel. Don't move fast.
3	MIND	Still have menstrual cramps, constant cramping pain. I also feel extremely fatigued. I could easily take a nap. I would really like to be alone right now. Lying down and using a heating pad on my lower abdomen helps a little with the pain.
3	MIND	Pain has increased in intensity. It feels like something is gripping my internal organs and squeezing or constricting them and won't let go. This is the worst cycle I have had in a year. I am very tired. I want to curl up and be left alone in the pain.
3	MIND	Haven't really noticed anything all day except for pain. Pain has still not decreased since this morning.
4	MIND	Shaking gone, in a zone. Attention nowhere, but where looking. Stuck on striped patterns of bed covers.
4	MIND	Like tripping, dots like on TV. Snowy, fuzzy, Really light - just enough to see. Stripes on cover moving a tiny bit; it makes me happy.
4	MIND	Sinking into self, and want to zone out. Feel heavy, hard to focus, more of a sinking.
4	MIND	Something going on with the breath. Heart not beating faster; short of breath or restriction of breath, but feeling somewhat nervous about breath.
4	MIND	Less of a zoned feeling; and pressure coming off a bit
4	MIND	Time seems to go by fast
4	MIND	Pink and bumpy rash started on left temple after deciding to prove. A little itchy of right buttocks and inside thigh on left.
4	MIND	Getting super impatient, want to go eat. Irritation at supervisor - stop watching me, everything will be
4	MIND	Breathing feels restricted. Other symptoms went away. Feel like taking a deep breath every once and awhile. Sighing a couple of times.

4	MIND	Not quite sad. Mood coming from stomach or solar plexus. Doesn't feel sad, but the sensation is similar.
4	MIND	Susceptible to feeling zoned; could stare out the window quite a long time
4	MIND	When swallowing water, it feels like the water is going around something inside of throat, like the water had to push itself around something and air had to come up and equalize. Air was trying to escape to make room for water. Every time swallowing, there are little burps. Burp is more in the chest, almost down to stomach.
4	MIND	Zone out, looking out the window. Still spots of movement and things floating across field of vision, like a few squiggles. Not energy movement.
4	MIND	Easy to zone out. When in that space, feel very heavy.
4	MIND	(This is a supervisor's addition – getting an explanation from prover) Zoney is like disconnected. Staring off into space. Not really present with myself or my surroundings. Like I am in my mind, but nothing is happening in my mind. Not in a clear way, like meditation, but in a not present way.
4	MIND	Déjà vu for second time this morning during the seminar. Strong sense I have done this before.
4	MIND	Was irritable with fiancée during bike ride today. He was riding slow and talking. Both were irritating to me, but also irritated because I could not ride next to him as normal because the path did not allow for it and there were many people. Was snappy with my comments to him and spoke sharply. When we returned home, he noticed my pupils are enlarged/dilated.
4	MIND	Going to bed. I am irritated because I cannot find a remedy for this client. Mad that case taker didn't do a better job. Feel all those hours are worthless that I spent looking, even though I know I've learned things.
4	MIND	Woke up irritated at fiancée because yesterday he was teasing me a lot, calling me "doesy," which is what they used to call people on acid. The reason I feel irritated is because I'm having a hard time dealing with the proving and figuring out what has changed without him antagonizing me on purpose. It's like he's trying to piss me off and use the proving to justify it or make it my fault (which of course isn't true, as he's been really helpful and is making me breakfast right now so I can journal).
4	MIND	Driving home from school down a one-way street. I watched a car turn into my lane coming the wrong way from about two blocks down. I stayed in my lane, driving at him, to prove I was in the right. I moved over one lane after a bit so we didn't hit each other, but I never slowed down or anything. Had weird sense I didn't want to move over somewhere deep inside. I then looked in my rear view to make sure the truck behind me didn't hit him. There was a weird moment where although I hoped they didn't crash because I don't want the truck driver behind me to get hurt. At the same time, feeling it would serve the car right for being so dumb.
4	MIND	Noticed was more forward with others today. I wanted to present my opinions and show the others they were wrong, yet anxiety they weren't going to do what needed to be done. I had to be very aware to be nice and considerate to their thoughts and ideas.
4	MIND	Went on long bike ride by river with fiancée. Went faster and farther than yesterday, so was not snappy. Feel good and rejuvenated.
4	MIND	Bored. Want work to come easier. I understand clients, why doesn't the remedy just show up? Beginning of headache on right posterior neck and temple. Irritable. Why don't I get this? More frustrated than normal. Want to give up.
4	MIND	Mad. Averse to touch, will allow my fiancée to hold me (cuddle). The idea of having any further contact almost repulses me, gives me a sense of violation. I have barely even allowed him to kiss me this proving - only small pecks on the lips. I have to force myself to be considerate and ask him how he is feeling. I really don't care at all though, and I hope he keeps his answers short and is doing fine so I don't have to deal with it.
4	MIND	My ringworm is itching really badly on legs and glutes. It makes me madder. I sit on ice and itching is better.
4	MIND	Tired this morning - completely zoning out on things. Tired - is heavy, unmotivated. My nose is somewhat stuffy, feel a little like I want to cry, but not sure why.
4	MIND	Haven't eaten yet and notice I am super crabby. Mean feeling. I am at the store and get a chai tea. immediately start feeling better
4	MIND	Trying to take my breakfast out of my lunchbox. My soup has leaked and this makes me mad. Why can't I find a container that doesn't leak? Grumbly about it.
4	MIND	Want to leave school and go for a bike ride. It looks so nice outside. Zoney, tense, like angry. Feel vibrating a bit internally. Tight around top of throat, heavy in stomach.

4	MIND	Anger throughout today simmering underneath - was really reluctant to go teach. Dreaded it, actually. Once I was there and speaking, everything went fine.
4	MIND	I am seeing a life coach today, and my homework was to do a visualization exercise with my subconscious to see my core values. I have done this before, but with much different results. I could not come up with words/ideas that felt like mine, so I allowed myself to drop further into the proving feeling. I kept writing very hard and hitting my pencils on the page, sometimes drawing a solid line across the page as if I was stabbing it with my pencils. I felt a strange compulsion to stay in this state. The danger of it excites me and helps me understand why this would be a tempting place to be in. The words that came out were: violence, black EVIL, out to get you, anger, vampires, dark soul of the night, stabbing, hatred, deep, mysterious, DESTRUCTION, mind fuck, dark, hit me - I dare you, beatings, destroy, don't eat, violated, don't touch me, sickly, drugs, just try to defend yourself, along with an image of a girl in an alley who is strung out, skinny, and used.
4	MIND	Nervous about sending these journals to supervisor and sharing them with people. What if these negative proving symptoms are not part of the proving and are part of me? What will people think? I notice the desire to hide the darker sides of this remedy.
4	MIND	Still having problems eating heavy foods. Soups and liquids are fine, so are tortilla chips. Steak, eggs and so on are somewhat hard to deal with and sit heavy in my stomach. No irritability today as far as I noticed.
4	MIND	Feeling of the dream was just eerie. It was weird. Wasn't scared at all (note: this was the dream of the dead spider lying on its back).
4	MIND	Dark dreams, but don't remember the subject. Woke angry and tired.
4	MIND	Irritation at family. Just don't want to answer questions, have them asking if everything is okay. Explain the proving, they are still worried. I wish they would let go of it. Desire to be left alone.
4	MIND	Dad shows me the new property evaluation on the cabin. The value has doubled, but I am optimistic the taxes will not double. About two hours later, he mentions we could lose the cabin if they do double. Tears come, and I suppress them. Am sad all day and have a hard time focusing. Not better until consoled by my fiancée hours later.
4	MIND	My family is still noticing I am quiet, depressed seeming. I don't want their inquiries or consolation. My fiancée is the only one that can talk to me about this without me getting upset.
4	MIND	Have been apathetic and discontent. Do not feel enjoyment when doing anything that is usually fun for me.
4	MIND	Feel depressed, mellow, and unmotivated this morning
4	MIND	Ringworm on face almost completely gone. I am nervous it is going to come back again soon.
4	MIND	Feel like the remedy is healing now. Appetite has come back, thirst less but still increased. Good mood, doing things at a reasonable pace and setting limits for myself as far as how hard I push myself.
4	MIND	Glad my fiancée is not at home and will not be all week. Feel peaceful and content to be alone. It's like all the time is mine and there are no demands on me. Very nice.
4	MIND	Ignoring all work/money issues. Pretending they don't exist.
4	MIND	Lots of mixing letters up and mispronouncing words while teaching today
4	MIND	Overall emotions and motivation even and balanced
4	MIND	Wake at 3:00 a.m. dreaming of intensity of actions of remedies and how one must match symptoms. Anxiety and intensity to the dream. I was trying to communicate these things to other people.
4	MIND	Still awake. Have not been able to fall asleep and am now giving up. I'm pissed off. Blaming fiancée for coming home when he was supposed to be gone for a week. He came home tonight as I was getting ready to start my preparation for teaching tomorrow. Had to listen to his stories, and then went to bed. He interrupted the great flow and momentum I had tonight. Maybe if I had stayed up and finished my work I could have slept! I know the covers kept getting crazy in bed, and I felt I didn't have the space or freedom to move. I couldn't find a comfortable spot. Tried a hot bath at 5:00 a.m. This usually helps me go back to sleep if I am awake, but this time it didn't. The anxiety around not sleeping, disturbing my fiancée, and not having my space kept making me more and more mad. I started subconsciously touching my ringworm on legs - aggravated it until it itched, then itched it until my skin broke open. That makes me mad too, because it was a lot better and I had hoped it would finally go away.

4	MIND	I realize that this whole proving I have an aversion to people being around, especially friends and family. I am fine at work and interacting with employees, clients, and students, but dealing with friends and family seems like a drain on my energy. I don't want to be engaged with them. I don't want to adjust my schedule or desires to accommodate them even in the slightest way. I do have the urge to be rough with one of my cats when he is hyper needy too. Pissed off at friends while thinking about how I feel I have to be present for them or support them in any way.
4	MIND	Wake at 3:00 a.m. dreaming of intensity of actions of remedies and how one must match symptoms. Anxiety and intensity to the dream. I was trying to communicate these things to other people.
4	MIND	Desire for fresh air - want to open window, but it's cold out and I dread the thought of getting cold. Fan doesn't help. I do notice I am more sensitive to cold than usual.
4	MIND	Dream last night one of the four "horsemen of the apocalypse" that I read about in a book last week. Dream focused on war and famine and how these things are created. I got stranded across the Twin Cities with a friend of mine. We had gone to a party, and even though I wanted to leave early that night, he was drinking with people I didn't like or trust from high school. He ended up drinking too much, and while I was waiting to drive him home, I fell asleep. I woke up exactly one hour before I had clients the next morning. Woke him up - he was being slow, taking his time. I was angry. I didn't want to start my clients a half-hour late. I was mad I was in such a situation. How would my client react? What would they think?
4	MIND	Another piece was being hired to do massage at a rock and roll concert. I had already booked my day with my clients and I hoped the concert people would let me do that. I didn't want to work on people from the tour - it seemed unpredictable, like something could go wrong or something bad could happen. The sky was dark; the grounds for the concert were huge and circular. I rode around it with a group of people - sense of uncontrolled, foreboding. After the concert, I was staying in a huge suite hotel with my ex-boyfriend. Didn't feel safe.
4	MIND	Went out to a bar in Wisconsin for Halloween. Very smoky inside. Restricting the number of beers I drink because of the proving. Decided to have a cigarette to get a buzz (I smoke about one cigarette every two to three months). It made me gag and did not give me desired effect. Wanted to leave early - did not want to engage with these people.
4	MIND	Got a lot done today because I was on no schedule until 8:00 pm. Around 5:00, started dreading having to go work. Felt depressed, needy. Was fine once I got there.
4	MIND	Loved riding my motorcycle today. Felt cold, but could have gone forever. Pure joy.
4	MIND	In the evening, things kept going wrong, so I threw a major fit. Frustrated and angry. I had the urge to throw things and break things.
4	MIND	Election day. Feeling of dread after voting and throughout the day. Fear of the future - what will happen? Hope any potential good changes don't get destroyed by circumstance and political corruption.
4	MIND	Woke itching and hot. Large and increased number of bumps on glutes. Very itchy, burning; makes me mad they're back.
4	MIND	Notice that at work there have been many issues of pushed sexual boundaries in the last two weeks from clients toward my employees.
4	MIND	Dehydrated. Go to bed. Laying on left and sounds are very loud in my head. Loud, high-pitched noise. Realized I had this symptom a few times today while doing different things. Sense of lightness and energy from the lower right to the upper left side of my head. Went away when I sat up to write it down.
4	MIND	Dream about a big, lovely drinking party outdoors at a park. The issue was about whether to drink or not. There is a lost feeling because people are not connected.
4	MIND	Lots of sexual stuff still happening. Still uninterested in having sex with my fiancée. While working, sexual thoughts about my clients come up sometimes (NS).
4	MIND	Dream: feel very anxious about getting wedding invitations out. Knew I had to send 300 invitations into my normal hectic schedule and school weekend (not happening at all for real).
4	MIND	Dreams about a guy I used to be attracted to, feelings around loss and attractiveness.
4	MIND	Symptoms seem to be going back to normal overall. The only three hanging on are the heartburn after eating something, the inability to find words and the desire to not be around other people.
4	MIND	Had hard time focusing on working other people's cases this weekend. Just want to work on my own stuff. Stayed up late drinking alcohol last few nights in a row - had fun with people when I was drinking. Otherwise, an aversion to people.

4	MIND	My cell phone broke. I am not as anxious or stressed about it as I normally would be. It's okay to be without a phone.
4	MIND	Dream last night was about lying on my back and reaching up to my leg and peeling skin off my leg in long strips. Fascinated by it. Felt good to peel off the skin.
4	MIND	Still screwing up words when taking and writing
4	MIND	Dream I had to take three classes in one evening to bill insurance for work. Then something happened and a mob guy was with us - he had a skeleton, and we had to go hide it. The guy had died accidentally and I think was one of us (mob), so a bunch of us were walking through a field and wooded area. It was as if we were searching for someone lost, but we were trying to throw off the cops. The cops were trying to get us. Sense of being persecuted and in a hurry.
4	MIND	So exhausted when woke. Dream of something that made me really angry.
4	MIND	At work, one of my employees is being stalked by her ex. I have had to work a lot more. Calm and peaceful about it.
4	MIND	Overall in this proving, have noticed that I don't have the compulsion to work so hard and multitask so
4	MIND	My computer acts up often while I am trying to type these journals. The screen grays out on the document. Very irritating. Has happened the last couple days.
5	MIND	I feel like there's some kind of a "wall" in front of me. Not like it's preventing me from doing anything, but like a big, clear marshmallow.
5	MIND	While we have been doing this, we have been discussing the various pieces of art work displayed around this room in the Center as well as those displayed out in the hallway. All the pieces are done by some St. Joseph's sister, and there is a newspaper article about her on the wall by the paintings. I think
5	MIND	My head also feels just a little bit like I've been drinking (and I haven't!)
5	MIND	Mother-in-law's phone number came up on my phone while I am talking to someone else – the phone was on lock!
5	MIND	Tried to call some friends where one of my sons was staying overnight. No one would answer the landline or cell phone. I know they have a lot of trouble with their VOIP phone, but I still immediately thought that maybe they had a carbon monoxide leak and everyone was dead.
5	MIND	Tried to call some friends where my son was staying overnight. No one would answer the landline or
5	MIND	Had a LONG conversation on the phone this morning. Normally I get really distracted by these calls, but noticed that I was really able to concentrate on what the person was saying. When I did get distracted, I
5	MIND	Client called. I usually have a little trepidation about answering calls in the car (I wasn't driving) because I have no place to take notes. I answered it without a second thought, dealt with the situation and ended
5	MIND	I am afraid I am not making much of a contribution. No changes in much at all. I didn't even really have a dream to report. I must have a placebo or this remedy is SO FAR away from a remedy that I need
5	MIND	A friend called. Haven't talked to her in awhile. She talks a lot, and normally I check out and back in when talking to her. I was able to concentrate on her call pretty well and make relevant comments back
5	MIND	Woke up to go to the bathroom. My arm had fallen asleep. I remember the sensation that my arm was more cubical in shape, versus shaped the way an arm is. My hand telescoped out and was a
5	MIND	I can't get back to sleep because I am worrying about the outcome of the Presidential election. I worry that people will actually believe the lies that McCain is spreading. My mother-in-law does, and she is usually more astute than that. I will have to call her in the next couple of days. I stayed awake at least an hour and a half.
5	MIND	Just called the State Republican Party and then asked them to not mail anymore to us. I didn't want their lies and negativity in my house. Then I proceeded to have a burning ceremony in the back yard with my boys where we burned all the mailings we got from them for the day. I often talk about doing such a thing, but I actually did it this time.
5	MIND	I gave a campaign contribution to my crazy congresswoman's opponent today, and I signed up to work on his campaign. I haven't really committed to anything like that since before my kids were born. I've always been interested, however, just no action.
5	MIND	I was unloading the dishwasher when a plate slipped out of my hand and I caught it mid air
5	MIND	Crawled back in bed to snuggle with my son this morning before he got up to go to school. I couldn't get out of bed after that. Later found that a client of mine had the same situation - went back to bed around the same time and couldn't get up. Is she picking it up from me, or is it a barometric change?
5	MIND	While lying in bed, I realized that this remedy really has acted mostly as an antidote for me. Not really a ton of new symptoms, but all my old stuff has returned in its same form.

5	MIND	I couldn't get to sleep. I read in bed and started falling asleep, so turned out the lights. Then I felt a pressure in my head pushing outward, temples especially. When I lay on my side, it felt like I was lying on top of a dowel that went right across my temples (at least the one I was laying on). If I switched sides, I felt it on the opposite side. When I lay on my back, I just felt the outward pressure on my temples. It felt like my whole brain was pushing outward. I felt some reverberation in my left ear for a second or two. I was afraid I was going to have a stroke (that fear is an old symptom). I turned the light back on and felt calmer about it all. I picked up a book to start reading and I felt better. Eventually I fell asleep again with the lights on, and then woke up enough to turn the lights off and sleep the rest of the night.
5	MIND	I couldn't get to sleep. It felt like my whole brain was pushing outward. I felt some reverberation in my left ear for a second or two. I was afraid I was going to have a stroke (that fear is an old symptom). I turned the light back on and felt calmer about it all. I picked up a book to start reading, and I felt better
5	MIND	Still the light headedness. Feels like I have taken cold medicine.
5	MIND	It is my son's birthday today. I had a full day of clients and I managed to bake two birthday pies, have several people over for a Buddhist meeting, wrap birthday presents and take the boys out to eat, all while my husband is away in South America. I was pretty relaxed about the whole affair. It is not unusual for me to do a bunch of things in a day, but I seemed calmer about it.
5	MIND	it's nice to be able to do this proving and not really be affected very much
5	MIND	I realized that at night I am usually a little bit scared to be alone (my husband is gone). The reason for the fear has shifted, and now it is that I'll get real sick and no one will be here to take care of me. I also wouldn't want to put that burden on the kids.
5	MIND	I took one of my sons to a Halloween gathering in our faith community. Clearly the people who planned it don't have children of their own. Normally this would have really irritated me and I probably would have taken him and left. I was more concerned about the people who had worked hard to plan this event than I normally would have been. Didn't want them to feel bad, but yet feel there needs to be some feedback.
5	MIND	I bent over to pick something up from the floor, and after standing up, I had stars in front of my eyes for about 10 seconds. It concerns me and I wonder if it is an indication of bigger health problems.
5	MIND	Lying in bed after the alarm went off. My husband is awake too and he is talking to me. I am so irritated that he is talking because I just want to fall back to sleep. I just wanted to tell him to SHUT UP! But I was afraid it would awaken me even more. It wakes me up and I am not able to get back to sleep.
5	MIND	Still light headed. Feels as though my atlas is off. It is affecting my vision. Can't focus very clearly. I've cleaned my glasses several times.
5	MIND	Lying in bed on my right side, I notice my heart starts to palpitate. When I lay that way long enough, it seems to also palpitate in my head. So I decided to lie on my back and see if it is any better. Just as I start to drift off, I noticed that it started going to my head again and it wakes me up. So I turned to lie on my left side. Same thing. I can tolerate it just in my chest, but the sensation moves to my head and that scares me. This is much better when I sit up, even just a little bit. I finally figured out that if I bend my head forward and rest the top of my head on a pillow I am MUCH better and am finally able to get to sleep. I have to add that I'm not sure this is a palpitation. I've had those and this feels a bit different, a bit "muddier" than a palpitation where each individual heart beat can be felt. This feels like a mishmash of strong heart beats
5	MIND	I also noticed that earlier in the proving when I had a scary night time symptom, it was also worse just as I was about to fall asleep. It felt like sleep was an escape from the problem (in both instances), and it wasn't about to let me escape from it. I had to be scared.
5	MIND	We carved jack-o-lanterns tonight. It seemed to be much less of a hassle than it typically has been. Usually I love the result but hate the work. This time, the whole experience is okay. The kids didn't even argue much about it. I seem generally more tolerant of doing really busy tasks. I glued some studs onto a fake leather choker so my son can be a rock star for Halloween. Really enjoyed the whole process. Wasn't dying for it to be finished.
5	MIND	Woke up and couldn't get back to sleep. Somehow the lack of sleep didn't feel as desperate as it normally does.
5	MIND	I don't really want to go to bed because I don't want that same heart experience again. VERY SCARY.



5	MIND	I am thinking this is actually a pretty close remedy to the one I need. I have definitely had some good experiences with it. I'll be really curious to see what it is. Nothing new this morning, but the symptoms seem to come in bunches.
5	MIND	Noticed that I have been letting a curse out now and again around my children. Nothing horrible. For example, whereas I used to say "smart aleck," I now would say "smart ass."
5	MIND	I woke up thinking I heard a knock at the door. I often hear such phantom sounds, but they are always the doorbell. This time it was a knock on a screen door, an old fashioned one with wood a wood frame that slams easily.
5	MIND	I'm up late because I'm having another one of those night time heart/brain/blood pressure episodes, which do not make it easy for me to get to sleep. I'm thinking I should antidote the remedy. But I always think that when I have one of those nights, and by the next day, I don't think that. I may have to antidote this naturally because I have a couple of old (really old) mercury fillings crumbling that have to be replaced. It can't happen soon enough for me.
5	MIND	Last spring, I was rear ended at a stop light in my brand new car. Since then, I always wince a bit when someone is following too close behind, or they appear to be approaching a stop light to rapidly. This seems to have gone away since taking this remedy.
5	MIND	I decided to have a glass of wine and the blood rushing to my head really improved. I feel pretty normal right now. Normally, I might not have even considered drinking a glass of wine with something like this going on, meaning something that frightened me.
5	MIND	I do feel more my old self, so it appears to be wearing off on its own. I am certainly curious to know what the substance is. It may point to one that is really close for me.
5	MIND	I think I am less inhibited with this remedy. First the cursing around my kids. Then today I made a call to my son's school to discuss a problem. I also told my husband to stop criticizing me and to read more carefully before he drew any conclusions.
5	MIND	I sliced a big chunk out of my finger while using a slicer on cucumbers. Had to take several doses of Arnica for pain and bleeding.
5	MIND	I had some dental work today - two mercury fillings replaced due to crumbling and decay beneath the fillings. As the dentist was putting on the rubber dam to protect me from flying mercury, I was overwhelmed with a sense of gratitude for being in such good and capable hands. This feeling lasted for several minutes. He is a good dentist, but I'm not normally that gushy about it.
5	MIND	I haven't written this in sooner because I have had a hard time describing this. When I had my period, although I was tired the first day, overall, it was way less of a "hassle" than it normally is, physically and mentally. Except for being tired the first day, I just slid right through it without really giving it much thought. Way less irritable than normal. But usually my irritability is about the hassle of having it, not necessarily directed at anyone else.
5	MIND	The remedy has definitely worn off. I find myself missing it and the way I was on this remedy. I was much more interested in working, getting things accomplished. I wasn't procrastinating like I may do. My mood was better. I was more determined. I was willing to do extra work to accomplish what needed to be done. Everything, not just my period, was less of a hassle. I felt less competitive. I cared less what people thought and the idea of being unloved was just not in my mind at all. Now I find myself sneaking off to read a book when I have TONS of work to do. I don't want to decorate for Christmas; I don't care if I see any clients. Many old symptoms that I hadn't had for ages seem to have returned with the dissipation of this remedy. I had old mercury fillings removed in the middle of this proving. It didn't antidote the remedy. After the novocaine wore off, I had no pain, no sensitivity. The tooth colored filling felt like part of me. Now, the tooth has sensitivity. Prior to taking this remedy, I had put a lot of spiritual energy into having a positive experience with the remedy. I had been doing so well just from chanting that I didn't want to mess it up by taking a remedy that was going to depress me. So now I feel much
6	MIND	Desire to look up Jesus' crucifixion and wounds. Not new, thought of it yesterday with pain in palms.
6	MIND	A little bit of hunger, but no motivation to go out and buy something
6	MIND	<b>Feeling sluggish when sitting in my car for break</b> and in the midst of all the disorganization of my stuff
6	MIND	Car won't start. Overwhelmed with the hassle. Cried, called Juel. I just want to go to my apartment and have my own space and relax.
6	MIND	Hurried to get this done so I can get my key for my apartment.
6	MIND	It is such a relief/tender feeling to have people take care of me when my car wouldn't start. I made a few phone calls and all worked out well. What started out as an overwhelming hassle turned into an amusing adventure.

6	MIND	Couldn't remember what time I had left the building to go to lunch
6	MIND	With above: I didn't really care. I wanted to get the orientation done.
6	MIND	Driving in the dark, rain. Wipers, lightening, wind, construction, big trucks. Floating feeling, altered somehow. Panicky feeling -I gotta stop, I can't do this. Lasting only seconds.
6	MIND	With above: feeling of being enveloped when a big truck passes me
6	MIND	The whole trip, feeling I am going to slow or too fast. Even 65 felt too slow sometimes and other times too fast. Noticed this last week too.
6	MIND	Sticking sensation in center. Lasted seconds.
6	MIND	Sensation on right ear, as if my hair is touching it and I need to put my hair behind my hair. Heavier than hair though, like I have a hat on that is too big and it is touching my ears. Or my hair is pulled in a tight ponytail on my ears. No other sensation on my head.
6	MIND	Lack of motivation. Not excited as usual about this new job, new apartment or new city. It's just a job, sort of a chore.
6	MIND	Anxiety felt inside stomach/chest area. Like a buzzing, and noted hands a little shaky.
6	MIND	Computer packed up to go to coffee shop. Misplaced a letter I was going to mail.
6	MIND	At coffee shop. I don't remember if the above entry was what I wanted to record or if it was something else. Remembered the time I wanted to record, but not sure if the entry is correct.
6	MIND	Feeling pretty good, finding my way around the city. Headache very mild; almost gone.
6	MIND	Feeling pretty good about going to work. Some slight nervousness. A little bit of shakiness in my knees.
6	MIND	NOBODY here asks if they can help me. It takes me three hours to get myself on the computer and working correctly. A little overwhelming. I am mildly on the verge of tears three or four times. My throat wells up, but no tears come as I can do this. Not a big deal. They don't work as a team.
6	MIND	Feeling confident in my work. Asking THEM if they need help.
6	MIND	Going back to Iowa for the weekend. Confidence in driving. No hyperawareness of being closed-in in traffic or the over/under correction.
6	MIND	Still not much appetite. Eating junk food at brother's house and birthday party.
6	MIND	Changed my oil. I don't think I have ever made such a mess. It was as if I didn't really know what I was doing. Had to review in my mind if I was doing it right.
6	MIND	Not as motivated about this new job
6	MIND	Work going well, organized and getting stuff done easily
6	MIND	Did not even drink coffee tonight. Waited after 6:00 p.m. dose, got busy and didn't remember it until
6	MIND	Feeling a little better about work, organizing more in my mind. More important.
6	MIND	Driving faster than I have been
6	MIND	Feeling good driving home. Confident in lighter traffic.
6	MIND	Worked an extra four hours on a different floor. The people were much friendlier.
6	MIND	Motivated to go to Goodwill today
6	MIND	I found my homeopathy books that I was missing. They were in a box in the trunk of my car. I would've sworn they were loose in my car and I misplaced them or someone stole them.
6	MIND	Thought I saw a bird or squirrel on my deck in peripheral vision. Nothing there.
6	MIND	Feeling a little frumpy in clothes. Feeling a bit heavy, not as slim or attractive as usual.
6	MIND	A week or so before the proving, I was looking on the internet for Chimney Rock in Nebraska with my nephew. I would swear we found it just south of Lincoln, about 50 miles from Omaha. I was talking to some people at work and it is actually about 50 miles from Wyoming?
6	MIND	Feeling like myself. Friendly, open, talkative, joking, laughing.
6	MIND	Not interested in emailing men on match.com. How can I judge a man by his picture when most of the pictures are goofy anyway?
6	MIND	Noted at work last night a little loquaciousness at the beginning of the shift. An almost giddy feeling being in a group of people.
6	MIND	Drove to Iowa. Noted a trace of the anxiety while driving in traffic. My thought, I'm too close to that guy in front of me, and the guy behind me is too close to me.
6	MIND	Loquacity; I was once again with a group of people and was feeling jovial
6	MIND	With this proving, there is some kind of confidence in practicing homeopathy, a wisdom or knowledge that was not there before. I feel more confident talking about it to people and starting a practice. More interested in studying.
6	MIND	Jovial with clinic mates at lunch, more so than usual. Our conversations are usually disjointed, but we are usually less tolerant of it. Laughing more than we ever have.
6	MIND	Walked about two miles; felt good to get out in the sunshine
6	MIND	A feeling of closing in while driving in rush hour traffic (two)

7	MIND	(O) Heightened interest in the birds - on a wire, what they are doing. Noticing the place of the little birds on the wire between the adult birds. Watching them move. One is so close. "Maybe my fangs are itching!" She looks mischievous. Notice the birds on the front page of the paper. Interesting.
7	MIND	(O) She says I am like a mother watching her baby. Makes her giggle and flush from the attention.
7	MIND	Mental confusion/memory: Oddly, she misremembers the 'fang' pain's locations since onset, switching sides for the whole symptom. Per her reports now, the pain is drawing her attention back to the left, sharper than before.
7	MIND	Emotionally, feels calm, just that it's neutral. She sounds relaxed, present, and calm. Ready, uncompensated...ready to respond. Healthy.
7	MIND	Feeling centred, grounded, present and alert. In a way, like a wild animal, a tiger or a lion, when they are lying and gazing in the distance. A little bit of a lazy feeling, but still very present, alert and calm. Like the calm right after yoga or meditation, "above it, but still part of it." When at the gym, found it very difficult to get motivated. I was not tired, just not much desire to be there and move. I got through the class without breaking into sweat, when usually I sweat and work hard. Didn't want to do weights. I was not tired, just lazy. You know the slogan, "Just do it?" I felt like, "Why do it?!" Just gazing, relaxed, like I COULD get up and run something down if needed; but why?
7	MIND	Later we were in bed and I felt like biting my partner's neck. I did bite him and made growling sounds – it felt SO good. And I don't usually growl. It felt so VERY good, very satisfying! If I could get my teeth INTO someone like that and growl with those canines...well, that would feel SO good. I wondered while doing it what would happen if I bit him HARD and he started bleeding. I wanted to. Felt like an animal with the big teeth.
7	MIND	Maybe a bit more irritable than usual
7	MIND	Got outraged when talking to my boyfriend. We were planning on going biking over the weekend. I got outraged that we did not get to go last year. All the distress I have experienced last year over having to cancel the trip came back. I got angry that he had to wait until the end of October, and now it's too cold to bike. Told him that I am nothing for him, and what's important to me does not bother him. Feeling hurt, angry, not listened to, not understood. Told him that from now on, I will be making my own plans, and he can make his own. Not sure I want to see him again. So angry at him. So tired of this dynamic. I have less tolerance than usual. I get very angry very quickly, and get loud, and then it is over. This last part is usual for me – once it's out, it's over.
7	MIND	Went to see the movie "Mamma Mia." Laughed and cried, and cried. Felt so good. Came home and cried some more.
7	MIND	Felt so good to exercise my body: 45 minutes of slow, core work followed by one hour of power step aerobic. I was making it extra hard by increasing my intensity. And of course, at the end, the instructor had to play the "break up song of all times," "I Will Survive." It's good that my face was already red; sweat mixed with tears running down my face.
7	MIND	With "J" there has been an issue for quite a while. The issue is about his being gone on the weekends. Usually I see him once a week for a few hours on Wednesday, and sometimes on the weekends. It's been for four years now. So, if he is gone on the weekend, what is left? Plus, he made plans to be gone for all of November and didn't tell me! I feel I no longer want to be accommodating. (Question: but you've said you don't like the old routine, "it's boring.") Yes, boring, but not deep enough. There is so much I cannot even share; I can't go there with him. I don't even bother.
7	MIND	[Supervisor note: in MIND bin only. I did not want to separate this entry out. I was concerned that the Appetite, Senses, Dreams symptoms in this entry don't fit the proving, PERHAPS; and perhaps they do. I thought it best for you to decide once you see how things are coming together] (Catching up: On day 10 of the proving, the prover's close friend and potential boyfriend/partner went missing; he was found on about day 12 of the proving brutally murdered by family members. There is thought/concern on her part that his murder is part of the proving energy/ambient field, and that it caused a long and looming threat to coalesce into horrifically violent and fatal action.) That part was like reading a horror story. I wanted to know the details; it was like reading a book. Not reality. It truly didn't bother me. That part doesn't seem real. Very disassociated. It has stayed that way. Even when I went to the house and saw the blood, it wasn't connected with him. I don't associate it with him. There is no closure. It's because I haven't seen his body (and won't see it), so that piece is not part of the story. It doesn't...the body. Legally, his mom can/will get possession of the body. Don't even know if his body will be released yet.
7	MIND	Thinking that he was ambushed, attacked, fighting for his life. He has such a strong will to live. I can relate to that, but it still doesn't. All the process of his murder and his death that (shakes head slowly). I have a very difficult time making it real. The part the things they did. The surprise part the ambush

7	MIND	(Question: what have you noticed in yourself?) First it was shock, a lot of crying. The first couple of days I cried non-stop. Can't stand being around people. Couldn't make one phone call. Still avoiding that. Couldn't eat. Obsessed with the details that I did have. Being with U: she was very...we're kind of like two orphans together. She has been very close with E. I got into spending time more with him - the three of us. So yeah, when there are three and then just two...leaves an empty space. My senses were heightened. The smell. All on Halloween - the bizarre world out there seemed even more bizarre! Didn't want to have anyone around. J called when he found out; the realtor for E's house is J's cousin, so she told him. He called right away. Wanted to come over. I wanted to be focusing on me - if he came I would be focusing on him. Wanted to cry as much as I wanted.
7	MIND	I look at everything from before in a different light. I thought he was a bit paranoid. I did not take it [the threats his brother made to his life] as seriously. I didn't know what it was like - with that constant threat that was very real. When I went back to his house, saw a mail piece, "Embracing Life," that was his. I remember him sitting in my kitchen saying, "When you squeeze trouble you get more trouble." He'd felt better than ever, said could build another business. Plus, I am glad you told him what I told him, but regret that I was holding back. I always wanted to run my hand over his hair. I wish I/we didn't [hadn't held back]. Dreams: I was with E. I was wearing a long red dress, an evening gown, nice - as he would see me. I had tall heels, red, and was now on his level. Kissing. The kind of kissing where you can't stop, with the spontaneous laughter like we had. The kissing was so intense, so intense, then laughing. This is what NOT holding back would have felt like. I had a feeling in my mind of what I wanted him to do, to sweep me up off my feet, bring flowers. I was a little bit mad at him, at how he kept talking about his spiritual organization, his meditation. I wanted to be more physical, touching, but I did not initiate that
7	MIND	The feeling of reading each other minds, of finishing each other's thoughts. Our conversation about our possible relationships was like that - amazing. If that is all we were to have, that is good. Then at that 'date' he started 'thinking'. He wasn't well. He said, "I don't see any of that happening." How else were you feeling? That meat was repulsive. [Appetite] getting better now. Nothing still is appetizing, but it is coming a little bit back. In the mornings it was hard to be up. Everything was taking a lot of effort. I was crying without any warning, without any thought. Getting better. It is helpful organizing the service and the trust for his daughter. But talking about it doesn't help at all. Doing is better in that I move into a different place - not crying, not allowing the feelings to come. Being with J was good - he just showed up. Not so much talking, just holding me.
7	MIND	(Catching up) I have been having a waking experience: a very strong feeling of being in a tunnel. There was part of me that was walking and talking in the world, doing what needs to be done. The other part was in a cave, underground; a split. The tunnel has doors and windows, all closed. It is comfortable there. I was resting there. It has lasted from the time E was killed and lessened about two weeks ago. I have felt more alone than ever; completely, completely alone since in the tunnel, as in a tunnel under the ground. I was talking to U: "I don't think anyone would come to my service," that's how alone. Now I still feel the tunnel, but not so profoundly present, nor so much of a split. And, also, now I can't distinguish what is me or the proving remedy. (Question: how do you feel about this state as compared to the state of prior to the proving?) I hate it. The split. The cave. The isolation.
7	MIND	(O) She becomes warm just sitting in class. Takes off sweater and fuzzy clogs in room, which remained an even temp. She is usually chilly. This remains all day, even upon going outside. She is convinced that it is warm in the room until I point out that most others in the room are still wearing their layers.
7	MIND	(O) She notices every time the baby in the classroom makes any noise, any squeal or cry. Comments on the baby sleeping "all curled up" in its mom's arms.
7	MIND	(O) She remains quite serene and calm throughout the day, as if slightly sedated, yet easily moved to ripples of giggling. If she giggles a lot, it causes her to heat up. She is very responsive the settles back down.

7	MIND	Lately the last couple of days, I feel a big animal, a contrast between being calm and centred and being extremely hypersensitive. Everything comes at me, and I experience it like irritation, like during PMS. This happens occasionally when I take a new remedy. Everything is perceived as offensive to my emotions and senses. At dinner time, I was very irritated and aggravated by all the things my son and partner were doing. It seemed all my senses were heightened, and everything was aggravating because of that. Very sensitive to things that usually will not bother me. Similar to PMS emotional and stimulus sensitivity that I have, except this was not PMS. During dinner, my son was to try a new food – always very difficult. I was putting different things on his plate and was irritated by his whiny, whiny voice and the way he was talking - his whole thing about food. Ugh. Plus, my partner was scratching the plate with his fork. He finally said, "You are not happy today." I wasn't and I didn't care!
7	MIND	At the proving extraction, I felt really irritated by those that did not resonate with my symptoms/experience. I thought, "You don't get the depth of suffering, pain, violence of this remedy. You are on the surface – don't get it."
7	MIND	Desire to be still, to not move is still there.
7	MIND	<b>Extremely irritated with son, every little thing sends me into rage that is very difficult to control. End up yelling at him. No patience at all! Very difficult to control anger, very quick response.</b>
7	MIND	Things that I was interested in watching: "Alone in the Wilderness" and "Earth," which is a show about nature and animal kingdom.
7	MIND	(Question: how are the holidays going? Do you feel this alone every year?) The hype, shopping, the music and running around – I just feel the loneliest. These aren't my holidays. I didn't grow up with all of this (she grew up in another country and culture). Thanksgiving, the holidays – I am not part of it. And then starting in it with D's family, then J's – the overboard, the hype, being with a family that is not your family. Feels like they know, but you know and they know that you are not part of the family. It feels separate. Alone. Another thing with Christmas here is about the stuff, buying stuff, and this is how I see the family connections here. Of course I am on the outside. Back home it was more about the connections, being with the family. Very different connection ...they knew me since I was an infant; we grew up together. Belonged there. Didn't have to pretend or say nice things or say, "ooh, ah" over the presents. (Question: is there any difference from this holiday as compared to ones prior since here in America?) No, except the depth of the aloneness; the tunnel; the split.
7	MIND	(Question: these new sensations – the ones since the provings – of those that are left, which feel harmful/limiting you?) Driving on the highway – I am thinking of smashing my car into the new brick walls. Just to be over with it. It is not like I have to restrain myself, but I am having these thoughts. Just to be done. To end the struggling. The struggle is like going up the hill both ways, all the time, backpack on your shoulder and a kid in tow. Ever since the divorce, the lawsuits, not sure if I could keep my house, the financial nightmare – and again back to court. I want to have a break! (Question: what does a break look like?) Like smashing your car in the wall! Also thinking of E's life in these last two years – a hell. Yet he wanted to live. But what a relief it must have been to...to go! "Would it ever end?" he'd say. "Just stop?" Yes. (Question: what do you think about it?) I hate the courts. I can't stand it. Other people making decisions about your life, your child. I don't know how to do this. I am tired.
7	MIND	(Question: mentally/emotional - the pond? The intensity, need for?) Not any more. Don't feel the pond, the stillness [the way she felt before the proving]. Don't need the intensity. Instead, I feel so drained. So tired. I walk a quarter mile and am exhausted – not physically tired, but TIRED. Now when I go do the gym, I don't think I can do the class. I have the physical stamina, but the concentration, the music, the intensity – I didn't want to be there. I wanted to be swimming because it is slow, soothing, low impact. (Question: how do you feel about this state as compared to the state of prior to the proving?) I hate it. The split. The cave. The isolation.
8	MIND	Mentally I am ebullient, bubbly/giggly, giddy, like I have had laughing gas
8	MIND	I misread the clock. I thought 6:00 was 7:00. Instant panic! I ran out to the car instead of checking to see if that clock was just wrong.
8	MIND	I am in a whole lot of hurry. Must get moving. I was getting an adjustment and popped off the table before he was done. I had to force myself to stay and socialize.
8	MIND	Normal state of "not being heard" emotionally is intensified

8	MIND	Summary by prover: proving was weird. Few emotional symptoms that was very brief, except for the feeling of being excluded. <b>This felt flat. This felt uninteresting, bored with this.</b>
8	MIND	Summary by prover: proving was weird. Few emotional symptoms that was very brief, except for the feeling of being excluded. This felt flat. This felt uninteresting, bored with this.
9	MIND	A merry feeling. Alternating serious and merry. Prover said merrily "Did you record heart attack and choking (laughing). I'm just in a good mood...ha ha ha." Then serious. Goofiness in gestures. Very attention grabbing gestures – sudden (with a shock element) and goofy.
9	MIND	That's weird. My dad doesn't call at 8:00 a.m. on Sunday. I am not as annoyed as I normally am (laughing). Happy to hear from him. Felt he was calling to connect because he thought I would be in school all day.
9	MIND	Supervisor's notes: Prover walked out of the room saying she's going to walk down the hall to see if anything is going on (in terms of response to the remedy). Supervisor felt she disconnected to connect with herself. Supervisor's general note: connection and disconnection came up in different ways. Connection mostly in relationships.
9	MIND	Prover went into the Carondelet library, came back and said, "I picked up a book <i>Pray as You Can</i> . I wasn't connecting it about the question about the prayer, but realized afterward" (this is probably a question her dad asked on the phone). Disconnection mostly with rational thinking, as she is pursuing something close to heart.
9	MIND	Supervisor's notes: prover talking about socks. Then Taiko drummers' shoes. "Their shoes are split. Two toes on one side. I couldn't stop staring at their shoes." Then she started checking for "exact directions" for recording the proving, swinging her foot (looked anxious). "This is going to be crazy."
9	MIND	Supervisor's notes: looking merry & telling supervisor, "Watch it! Smarty pants" (the suddenness of the beginning and end of merriment and dramatics is noteworthy). Then, she goes into more dramatizations – pretending to sleep and snore
9	MIND	"I am not looking forward to science class," she said. "Mind is more on clients from yesterday. Am going to be distracted thinking of their cases" (again, following her heart rather than rationale).
9	MIND	Supervisor's notes: prover said, "I could easily forget to do the quiz and send it in. Should we wander in (go to med class)?" Both giggling and laughing. As we headed out, three ladies of the Carondelet Center were watching SNL featuring Sarah Palin on the internet. At 8:30 a.m., their loud laughter is a contrast to the serenity of the building (comedy is everywhere!).
9	MIND	Supervisor's notes: prover remarked, "Oh wow, she (person from another class) is at my table when I need to talk to her" (coincidence). Supervisor had several coincidences the same day, like people walking into room after thinking of them. This happened three times. Noticing people with similar clothes, or commonalities, sitting together; in general, connecting things, people, patterns, shapes.
9	MIND	Supervisor's notes: In the med class, prover brought up "the single guy at DAMS" (a lone crusader in a dental association). The teacher added that "he is well-connected."
9	MIND	Supervisor's notes: prover is joking again. Also kind of irritated that supervisor is writing everything down, but then in an apologetic tone says she really appreciates it (however, doesn't sound sincere, wants to be polite). Then getting up to leave for home from the med class (it's only been two hours since the class started, we are into our first break). Says she is leaving for home "to work on cases." When questioned if she would normally leave, she says, "I want to go home to be with family, help husband out with some things. I've been away from home for a while. And then later, I'll work on cases."
9	MIND	Slammed right thumb in a kitchen pantry drawer while shutting it. I screamed loudly!
9	MIND	Completed a few chores around the house and realized I felt more willing to do the work. I am typically more resistant to housework. This feels good!
9	MIND	Had a super confusing (but in the end, humorous) five minute conversation with a classmate. We were discussing a patient's case, and I assumed we were both looking at the same set of notes even though I was the one who duplicated a classmate's notes for her. I could not put two and two together, or remember that she was looking at someone else's notes. I thought the photocopier may have screwed up the pages. The classmate who called finally deduced that she was looking at someone else's notes, but I had NO idea.
9	MIND	A classmate asked for our clinic group's website printout. I couldn't figure out what she was asking me or what she wanted. This is the same person I had the case note issue with at 00:09:47.
9	MIND	Upon finishing dinner, I realize that I've not been feeling rigid and that I've lost (at least temporarily) my desire to control situations. I ask my husband if he has noticed this, and says he has. He says I'm more fun to be around.
9	MIND	While driving my car and listening to my son's favorite CD (to a song I've heard 70 times), I clearly feel

9	MIND	On my way to retrieve my son from kindergarten, I found myself taking an unusual residential route, a way I had never gone before. Suddenly I saw a small to medium-sized white and gray cat trotting across the street with a full-sized gray squirrel in its mouth. I slowed my car WAY down to watch this scene unfold. The cat seemed to have to hold its head up to keep the squirrel's tail from dragging on the pavement. I was amazed. I had never seen anything like this in my life. I watched the cat walk across the street and into a yard until I could not see it any longer. My reaction was amazement and I shared this story with most of the people I talked to that day. It was especially fun to tell to my 6-year-old son and his friend at school. What a catch!
9	MIND	Supervisor: during the day, the prover said "I'm lost, and I don't care that I'm lost."
10	MIND	Laughing, playful, feels really light and excited
10	MIND	Feel very mellow
10	MIND	Making funny faces, giddiness. Almost like he has just smoked some "pot," smoked a bowl. Laughs.
10	MIND	Feel very hyperconscious of being observed
10	MIND	Giddiness – like smoked pot, laughing. I have a shit-eating grin.
10	MIND	Sensation of intense coolness, minty fresh coolness. Not cold, more icy, like a cool autumn breeze touches arms. Both, wind is blowing everything away, cool wash down arms. Swooshing sound as hand movement down arms.
10	MIND	Feels nice to rub my arms, out from shoulders to fingers. Feels fluid, airy, cool.
10	MIND	Sensation of jumping into a pool of natural springs - covers you. Soothing, minty fresh.
10	MIND	Like jumping off a cliff feet first, cool water. Supportive. There is an initial shock to the system, but then soothing and comforting. Sit there all day relaxing, yet can't stop moving feet and legs, like a kid.
10	MIND	Wavy sensation
10	MIND	Can feel the current like the St. Croix. There are currents flowing like the river; soft, silky, makes me comforted, giddy. The deep end of the St. Croix – deep enough to support you, nothing abrasive, no rocks, no crags, nothing sharp, nothing painful.
10	MIND	Feel supported, suspended in something gentle, like a current in the water
10	MIND	Feels self conscious
10	MIND	Gets teary eyed from the calm quiet sensation; so peaceful just gently moving. Really relaxed. I could just fall asleep.
10	MIND	Heavy sighs
10	MIND	Feel dopey, spacey, laughing – feels "high"
10	MIND	Can feel the current like the St. Croix. There are currents flowing like the river; soft, silky, makes me comforted, giddy. The deep end of the St. Croix – deep enough to support you, nothing abrasive, no rocks, no crags, nothing sharp, nothing painful.
10	MIND	Feel supported, suspended in something gentle, like a current in the water. There is a depth to the water, the bottom of the sea waves not abrasive (swooshing sound), like a plant on the bottom of the sea. 12 feet deep, not like the Titanic deep.
10	MIND	This is better than a drug
10	MIND	Closes eyes and looks at the floor lamp; feels like sunlight, gentle and rocking in the waves
10	MIND	Seems a bit agitated inside, yet relaxed on the outside
10	MIND	Attracted to the seashells in my office, likes them being there. The shells are in a glass container and he comments that the shells want to be let out, need some air; he laughs! That's goofy.
10	MIND	Sensation of being in a water world, not air. In the water, and it is gentle, calming, soothing.
10	MIND	Rubbing hands together, feel the motion on my skin; there is a release in it. Want to move like a plant on the sea bottom. The wind of the water is caressing; rubs hands on face.
10	MIND	Now feeling warm; could take clothes off right now. Almost like a menopausal hot flash radiating out from my belly. Feel like I am perspiring a little bit.
10	MIND	Sensation of heat rushing, moving outward like menopausal heat flash. Not violent yet a smooth calming.
10	MIND	Swaying back and forth with his eyes closed
10	MIND	Swaying his body – sensation in 10-12 foot water. Can see the sun shining through the water. He is at the bottom - small rocks and sand there. Feels cradled. Have roots in the sandy bottom of a lake.
10	MIND	Walking out of the supervisor's office, I feel light on my toes; I have a spring in my step. I feel light and giddy; relaxed.
10	MIND	Feel dazed and relaxed on my drive home. I desire quiet, no radio or any intense sounding.

10	MIND	Feeling lazy. Don't want to record symptoms, don't want to call client. Want to just sit and relax, watch TV. Don't want this relaxed feeling to go away.
10	MIND	I notice I'm very centered and balanced. Old feelings of fear and betrayal need not have a place for me regarding recent events with my wife. I'm relaxed, in the moment, "doing" daily tasks normally mundane and annoying, even depressing; they are seemingly fine. It's normal, I feel normal!
10	MIND	A little dazed in the head. I went to add more symptoms and forgot what I was doing in the middle of downloading this document. I felt that a little bit throughout the day. Just a little slow minded, mind is not sharp. It's slower, doesn't focus so well. One thought just vanishes and I can't remember what it was I was trying to do or accomplish. I even can't remember, although I have been documenting it several times the past two days, what each column represents in this document. I can't think hard. Or, I just don't remember what it was I was trying to do. It just vanishes.
10	MIND	Much pain and anguish regarding past events. Sadness, crying, writing, journaling all ensued. Prayers said to help move through some of the current pain (with spouse).
10	MIND	Noticing I'm very relaxed. I delivered a training at work with ease of articulation and with balanced
10	MIND	Feel a little dizzy. Spacey. My eyes aren't tracking well; things are a little blurry. Mostly, I feel spacey, light-headed and a little dizzy.
10	MIND	Very relaxed and centered. Feel calm, cool, and collected.
10	MIND	Notably agitated upon leaving work. Talked to brother on the phone about life and things happening with spouse. I feel no-nonsense about expressing myself.
10	MIND	Agitated at spouse for being gone all the time, her mail piling up too much. I now have to cook dinner because she's been out all night, even though I just returned home from work at almost 10:00 p.m. It reminds me of the past when she'd be out all night regardless of day of week. Brings up old feelings of betrayal, fear, and anger. I'm notably angry at her right now. At the same time, my expression of anger frightened her, therefore I held it back; inside me, unexpressed. I don't want to do that again, yet I don't want to scare her away. I want to be able to express my feelings in a way that she'll hear it and not have her own independence be threatened, as she complained about before.
10	MIND	Even thinking about sending these notes, I go to my email account and check the inbox, forgetting totally what I opened up my account for in the first place: sending you these notes. Too many thoughts roll through and I just forget.
10	MIND	<b>Felt really calm on the drive to work.</b> The lane to be in to merge onto the next highway needed; switched all the way from the left to the right side. No signs indicated that the change was made. I found it really comical that such a change would be made without any forewarning. ... I found it really amusing though.
10	MIND	Felt really calm on the drive to work. The lane to be in to merge onto the next highway needed; switched all the way from the left to the right side. No signs indicated that the change was made. I found it really comical that such a change would be made without any forewarning. I'll admit, there may have been signs, but I sure as hell didn't notice any. I found it really amusing though.
10	MIND	Pulse running very fast, can almost feel my heartbeat everywhere in my body. It's the same physiologic response I felt when my wife told me about an affair. I immediately call her and talk about the feeling, talk about anything that's happened regarding the man she called things off with. I talk at length with her. Despite such a strong physiologic response, while on the call with her on the phone, I feel centered and rational. My emotions stay in check, and I let her know my fears, thoughts, and I listen for her response.
10	MIND	Pulse running very fast, can almost feel my heartbeat everywhere in my body. It's the same physiologic response I felt when my wife told me about an affair. I immediately call her and talk about the feeling, talk about anything that's happened regarding the man she called things off with. I talk at length with her. Despite such a strong physiologic response, while on the call with her on the phone, I feel centered and rational. My emotions stay in check, and I let her know my fears, thoughts, and I listen for her response.
10	MIND	I'm restless; I can't keep my body still. I need to go on a jog. I've been wanting to for several days, but just haven't. I've made plans to go out and exercise, but find myself always doing something else instead. I'm usually pretty diligent about my exercise routine, but I've found I have just too many other things to deal with right now. At this time, though, I find I can't keep my body still, I'm fidgety, almost restless.



10	MIND	During my run, I'm very centered, my body posture is upright, I feel strong and in control. I feel what it is my body needs to feel, and am in command. I notice I'm feeling angry from the day's conversations with my wife, yet cool and collected about what I feel. I process through it, run through it, and am ready to go home and express how I feel about her. I'm very eager to embrace her and just love her.
10	MIND	Listen intently to wife's feelings. I hardly say a word. I'm so sorry for all the mistakes I even have made.
10	MIND	I noticed I forgot to grab my dress shoes from my car last night (after I placed them there and put on my running shoes). I simply just forgot they were there.
10	MIND	In a normally stressful meeting, I remained calm, remained centered, spoke articulately without hesitation or interruption
10	MIND	Internal restlessness, agitation, fidgety. Feet keeping pounding on the ground in sudden up and down movements. I did just have some Halloween candy, but man, that was intense.
10	MIND	In the midst of a conversation with my co-worker, I remember to ask her something of importance. When I begin to ask, I forget what it was I intended to say. I tried a couple of different times during this brief five minute conversation to recall. I still don't remember what it was I wanted to ask her.
10	MIND	Feeling spacey again. I go to fill my water bottle, walk straight past the water dispenser and go to the garbage can. I stop and think, "Now what was it I was going to do?"
10	MIND	I woke up feeling agitated, irritable, and restless. I can't tell whether I should go jogging, talk to my wife about things I'm thinking about or just lie in bed and try to breathe through it.
10	MIND	I'm very forgetful. I can't remember what it was I was going to ask my wife. I never remembered.
10	MIND	There's so many things my mind is thinking about doing; I don't want to do any of them. I feel irritable, agitated. I want to just sit and do nothing, but not even that would satisfy me. I'm uncomfortable in my own skin, like a hung-over feeling, yet I drank only one half glass of wine last night. My sense of balance I enjoyed for a couple days is leaving.
10	MIND	I can't remember what it was I was trying to tell my cousin at the Viking's game. This happened a few different times throughout the game.
10	MIND	Feeling really sad and distant from wife. I'm having a hard time having any energy to try and understand and further the feeling. No attempt is made on my part to reach out to resolve it. I don't want to.
10	MIND	Feeling really gassy throughout the evening. I feel bloated. I don't want to do anything.
10	MIND	Feeling really hot, too warm when lying in bed. I'm reminded I haven't sent my journal notes to my supervisor. I just don't want to. I'm unmotivated to reach out to others in all fashions. I figure its part of this I need to write down, so I get up and out from bed to write these notes. I even received a text message from a friend inquiring how I'm doing with things related to my marriage. I just don't want to reply.
10	MIND	My wife lies down next to me; she's notably sad. Wife reaches out to touch me and holds hands as we fall asleep. I'm notably averse to her touch. I reach out nonetheless to run my fingers through her hair, but I don't want to.
10	MIND	Feeling very dizzy while lying down in bed. I roll over and my mind is spinning.
10	MIND	I want to jump around and crawl over the workstations at work. I feel totally weird; restless, hyper even. My mind wanders around; my eyes shift from thing to thing. I feel like I'm a kid with ADHD who needs Ritalin. I'm goofy; sudden bursts of laughter.
10	MIND	I want to jump around and crawl over the workstations at work. I feel totally weird; restless, hyper even. My mind wanders around; my eyes shift from thing to thing. I feel like I'm a kid with ADHD who needs Ritalin. I'm goofy; sudden bursts of laughter.
10	MIND	I'm feeling so tired - so, so tired! My eyes want to shut, and I just want to sleep, sleep away.
10	MIND	I'm so tired, but can't sleep. I'm still at work. I just want to lie down. It's almost like I was on an incredible sugar rush and now feel the plummet. I NEED sugar! Or a stimulant of some kind!
10	MIND	I lay in bed, so tired, so sleepy, but I can't fall asleep. I just lay there. Thoughts run through my mind
10	MIND	I want to jump around and crawl over the workstations at work after I have severe stomach upset. I feel totally weird - restlessness, and hyperactive. My mind wanders around; my eyes shift from thing to thing. I feel like I'm a kid with attention deficit disorder. I'm goofy, sudden bursts of laughter.
10	MIND	Sudden heat flashes, my body is heating up. I just need to go outside and run around, preferably in circles or in some relentless and meaningless way just to release this flurry of energy welling inside of me.

10	MIND	I lay in bed, so tired, so sleepy. I'm feeling very hot, restless. I can't get comfortable. I get up and sleep on the couch; it's the only place I feel I can get sleep. I want to sleep comfortably next to my wife, but I'm unable to.
10	MIND	It's time to go to bed, but I'm suddenly very awake. I have a burst of alertness. I really want to go to bed; I don't want to stay up all night again. It's almost like I'm on an "upper" and feel really alert and awake, <del>just as I'm normally found getting ready for sleep</del>
10	MIND	It's time to go to bed, but I'm suddenly very awake. I have a burst of alertness. I really want to go to bed; I don't want to stay up all night again. It's almost like I'm on an "upper" and feel really alert and awake, just as I'm normally found getting ready for sleep.
10	MIND	Deep desires to open up and feel my desires to be with other women. I feel I've held back so much of this energy simply by being married. I'm no longer holding those feelings back. I'm expressing my feelings for other women I've had attractions to for years. I'm able to distinguish observing the beauty in others, mentally/emotionally/and or physically, and not assign meaning to them. But, I'm opening myself to my feelings for another woman I've worked with for three years. As it turns out, the feelings are mutual. No actions have been taken, but I'm seriously contemplating not holding back or reserving my sexual desires. I'm quite aware of the consequences this would have in my marriage. Taking action would derail the path and the steps I'd like to take with her in moving forward in our lives together. I'm openly expressing these desires to this woman and talking it through with her.
10	MIND	Recognize that I have held back this powerful sexual/creative energy within myself. It has a strong expression, and I'm not reserving that expression right now.
10	MIND	Have much sexual expression involved in mine and my wife's relationship. We've made love almost everyday, and if we do, sometimes two to three times per day. I've always wanted this with her, but am now fully expressing this deep-seated energy, this kind of kundalini energy. It's strong, primal, and instinctive - involves lust, desire, and passion. It's the same energy I feel for another woman.
10	MIND	I have strong sexual desires. My wife is still at work. I desire watching pornography; I desire masturbation. I desire SEX! The feeling is strong and irresistible.
10	MIND	Perhaps it's repressed sexual energy; desires from older parts of my life that I've never allowed myself to feel before. I held these sexual desires back from expression in the name of duty, or remaining monogamous. My life and passions are still true for my wife, but I'm allowing myself to not only feel these feelings of sexual desire, but express them openly. This is happening to not toward my wife, but also toward another woman I have liked for years.
10	MIND	I also admit there is another woman who made passes at me at a past work party. She was ready to go home with me, no questions asked. She emails and calls. Nothing has happened between us; she is
10	MIND	When I lay down to rest for the night, the lights turned off and my energy surged. Despite being tired, my energy spiked and I became unbelievably restless. I couldn't sleep; tossing and turning. Thoughts ran through my mind of my wife's affair. "How could she?!" I wondered. Knowing I feel the same way, I know not to project onto her. I'm done with not feeling these emotions through. Her being with another - how could she? She portrays herself as not really knowing or expecting their relationship to go there. Knowing she felt this way with someone else, I openly feel and express my similar emotions for another woman. I couldn't get to bed until 1:00 a.m. Restless sleep throughout the night. Can't bear to be lying next to wife.
10	MIND	Uncontrollable restlessness. I feel I need something to settle me down. I pace; I go eat food. Not that I'm craving it, but there is cake, and pie; I need some, something to settle me down!
10	MIND	At work, around 3:00 p.m., unbelievable surges of energy. I'm restless, can hardly contain myself. I'm jumping up and down in my workstation; I can't remain still. I need to run, walk, go - whatever. Uncontrollable restlessness. I feel I need something to settle me down. I pace; I go eat food. Not that I'm craving it, but there is cake, and pie. I need some, something to settle me down!
10	MIND	I have an inner coolness, minty cool (hand gesture/noise). Feel it down my arms, coming down and out my arms and hands.
12	MIND	Started to drive to class, pulled over and took remedy and then drove on to class. Indecisive about whether to wait to take remedy with supervisor present or go ahead when others were taking it.
12	MIND	I conjure up an image of a leprous (alone, rejected) feeling; in a world of dark and dust
12	MIND	Light wind on face feels foreign to me as I get out of my car
12	MIND	(Observation) In classroom, other provers have unusual wide smile, corners of mouth turned up. They are buoyant and giddy, especially when asked if they are proving. It's as if they have a special secret to tell and want to, but can't. I want so much to ask them. Actually, I want to hang out with them.

12	MIND	Prior to class starting, I stand back against the wall by the window, overlooking the classroom, taking in the sounds. Captivated to hear the voices' low murmur. I'm very sensitive to individual voices, but not really hearing what they are saying. My exact journal at the moment says: "aware and sensitive to all individual voices and murmurs in the room. It's peaceful."
12	MIND	Quite mellow, really. Sun coming in window out of corner of eye doesn't really bother me like it did last month (last month had some irritability with the sun hitting corner of eye, but this month the sun light doesn't bother at all).
12	MIND	Frontal head stress (pressure) on writing my symptom (from exertion?). Effort to concentrate causes tension and strain in middle of forehead. When I lean over to write, (head down) pain in forehead. This is definitely a symptom of the remedy because I never have this kind of symptom.
12	MIND	Eyes feel wide open. Body comfortable, relaxed. Mind quiet and receptive.
12	MIND	At break, both ladies who I'm sitting with think I'm irritable. One jokes that I should be with my supervisor; I'm under influence of remedy. "You're different," the other agrees. I don't feel irritable at all.
12	MIND	I have noticed two other provers are also amused and giddy (like me)
12	MIND	Dry cough, four times; low, mild. I feel quite calm.
12	MIND	Classmate sitting next to me – we are whispering humorous comments to each other and laughing and giggling. At the exact same moment, we look at each other and say or about to say exactly the same thing: "you are a bad influence on me." I bought this biscuit at break; it was so hard I joked that I must have pica (indigestible).
12	MIND	I'm amused looking at one of my friends, who is also proving. She has this squinted, almost scowled, dazed look. She does not normally scowl or have a dazed look.
12	MIND	I am amused and get her attention
12	MIND	Sitting next to me, she has her back to me now. I am amused; I am a bad influence on her. I saw humor in that after we were goofing around. I call her attention to it and we giggle.
12	MIND	I really feel quite witty
12	MIND	Deep respiration – relaxing
12	MIND	Phone call to supervisor to see when she wanted to get together or join us for lunch. Wanted to be sure she was included in the process. She said I sounded intense, wired, rushed. Made plan to meet about 1:00 p.m. before class started at 1:30.
12	MIND	Lunch. Four of us, two provers. The other prover looks and acts so disinterested in the serious conversation of the other two. I feel likewise. I was laughing.
12	MIND	In restaurant, speech is difficult to understand with the ambient noise
12	MIND	Returned late to class (I've never been late before). Went up to supervisor and told her I couldn't wait to talk to her, let her know all the things I'd been experiencing. Supervisor says I winked at her. Wanted to talk to her at break then.
12	MIND	Back in classroom, I look at the other prover (same one I had lunch with) across the room to get her attention, and I do. Her supervisor is sitting next to her and notices and looks at me. It feels like the mother hen is watching over her brood. In an instant, I sense a theme about an authority figure and "retreat." I stopped looking at her because her supervisor was so serious. I was laughing. The other prover continued to have the frozen, dazed expression - she's never like that. It was hilarious. I started "playing" with her, trying to get her to smile back at me. Intrigued by the expression on her face.
12	MIND	I seem to strike up conversations quite easily with people
12	MIND	Everybody seems so serious (obviously I feel on the outside looking in)
12	MIND	Supervisor comment: went to talk to him at break. He didn't want to talk, said he'd just write everything down. Mood seemed very changeable throughout early afternoon.
12	MIND	After class, I wrote some thoughts: I felt a real community with the other provers. I wanted to be with
12	MIND	I should note that during the day I was aware of a theme of transition, transitioning, of going from my world to the world of tasking, adulthood, and the back and forth interplay of the lecture and the proving. This transition phase had a time element to it; it wasn't a sudden on or off thing. Maybe it's an interlude from one state to the other – I don't know how to express this awareness.
12	MIND	Driving home: artful eye towards the beauty of the manmade and natural landscape. Noticing little details, like tree lines, fence lines, groves, or "now why did somebody build a small fence there?" I often look at the landscape; what was unusual was asking the "why?" questions. Mind is on autopilot; traffic is flowing unusually well. Thinking of my fellow provers; their smiles of serene joy.
12	MIND	I am attracted to the color of bright red; it gets my attention

12	MIND	Random thoughts: I would like to have a proving of artists expressing a remedy through their medium of choice. I do not feel tired.
12	MIND	I am observant of things in the distance, but feel somewhat unaware of things in my proximity, particularly on the sides or back. Usually, I know exactly who's behind me, what's going on around me. I was somewhat unaware, but in tune with traffic. I wasn't concerned about the speed limit, didn't have to brake too much. Flow; interplay. I was in the flow for 10-12 hours on the drive home.
12	MIND	I noticed four patrol cars on the way into class this morning. 12 in an hour and a half of driving already. I
12	MIND	Reflecting back on the day, everybody seemed so busy, so on task. Usually I like to be on task and like it when other people are busy, but didn't today.
12	MIND	I am in the moment and everything is okay; everything not in the moment is okay, too. This is kind of
12	MIND	Sense of reverberation or tremulous voice (I guess I'm talking to myself)
12	MIND	It's dark. My dim lights are on, and I may be separated from other traffic for a bit because I spotted what I initially thought was a fox in the median near the road, in tall grass/brush, facing traffic at 150 degrees to the direction of traffic. I looked to catch another glance; he was motionless; I thought it might be a wolf or a coyote. I don't remember headlights reflected from the eyes. The image stays with me: a pointed nose, but a big head from the neck. I saw no body or legs. It was as if he knew I was coming and he was waiting for me. I felt him looking directly at me (at 70 miles an hour, in the dark). I think he was bigger than a fox but smaller than a wolf. All I saw was a frontal view of the head. It was about mile 136 on I-94, 15 minutes before the Tomah exit.
12	MIND	Didn't care to participate in the Halloween costume contest. I didn't want undue attention on myself, so I left before they started, but I went wearing a costume.
12	MIND	Moon peaking out from the clouds, about 35 degrees in the sky. My first instinct was to howl (remembering the animal).
12	MIND	Sense of hollowness in the medulla oblongata (can't believe I'm even using that word), right side. It's just to the right of center, base of head, in back.
12	MIND	I turn on the radio (near Chicago), and the second station I find is playing a haunting, new age type of music. I'm "singing" along in an "ooing, hooing" type of way, in a haunting manner. I had to record that <del>and the music. The name I wrote down was Wind of the Earth. I don't know if that was the song, album</del>
12	MIND	The next song from the group was about the transition from waking to daylight (that in between time). I recorded this too. At this time, I didn't make the connection with my earlier comments about <del>transitioning. Interestingly, I made this connection after I awoke at 6:00 a.m. (day three) while lying in</del>
12	MIND	Unusual heart pain. Image: heart was cracking like an egg shell cracks.
12	MIND	A friend calls to say he is losing a contract and he will soon be out of work. The financial details of his divorce are starting to take shape (another on the theme of transition – the knowledge that you are about to enter another state of being and you are in this interlude until the transition is complete). It is somewhat unusual that he would call me to tell me that.
12	MIND	Lying in bed with eyes closed, very, very tired. I felt/sensed a wave of a shadow that overcame me from
12	MIND	Spooked by shadow crossing floor as garage door closes (this is significant because it never happens)
12	MIND	In Pilates, I usually don't lay on a foam roller because it makes me somewhat nauseous, but I did this morning and I did feel a little queasy afterward. Reckless abandon – well, not that severe. In other words, I tried something that I should have been more careful about.
12	MIND	Along those same lines (reckless abandon); I talked about the proving today with my Pilates instructor (and later with my brother). Usually I would not mention such an esoteric subject to the uninitiated.
12	MIND	Alarmed again by passing shadow outside of the house (again, significant because it never happens)
12	MIND	Lying on back, I nuzzle the blanket, covering only my nose and mouth, like a fighter pilot with his oxygen mask on. I feel cozy; I have no trouble breathing. I'm breathing through the blanket and sheet. Day one, I made a comment about breathing through a blanket.
12	MIND	Upon retiring, I am lying in bed, half asleep, thinking about the interplay between animal and man. It should be apparent by now that I think we are proving a coyote, or maybe a wolf or fox. I'm remembering an incident long ago encountering a silver fox at night while we were camping out in the open. I woke up face to face with him, and I wasn't particularly fearful. He stole a pair of shoes from us by daybreak. Apparently, we had no trouble getting back to sleep with him roaming around among us. So I was lying in bed wondering what he was thinking or experiencing in that incident.

12	MIND	I awoke to the sound of a crow, which is really going off this morning. He continued on and off for over an hour. I went out and took his picture; he was sitting on the very top of the highest tree around. I no doubt have experienced this before. The crow was sounding the alarm. This was another spirit sound, like the animal spirit that was in me. He was sounding the alarm because of me.
12	MIND	Acuteness of hearing - sensitivity to sound is more acute
12	MIND	Unusual angered response to a colleague's request
12	MIND	Derangement of the sense of time; thinking about the things I have to do. I think it's Friday. It's a real surprise to know it is only Wednesday. It's happened occasionally in past.
12	MIND	I have been curious. Some animal has recently (in the last week or so since I cut grass there) dug a six inch diameter hole in a mound just off the driveway facing away from the house. The ground is littered with honeycomb just outside the hole. It faces a narrow corridor between my place and a row of trees where deer often pass through.
12	MIND	Prior to taking the remedy, I'd been fascinated with the financial markets and following the fall sports. This week I have much less interest in those stories.
12	MIND	Woke up to an unfamiliar but realistic ring/alarm. I had no idea what it was. This is not an alarm I have in the house, so it must have come from a dream or maybe from outside the house somehow.
12	MIND	I've sort of been in the zone while driving since the proving. Beginning yesterday and progressing today, I'm getting back to normal, being aggravated by other drivers.
12	MIND	I conjure up an image of a leprous (alone, rejected) feeling; in a world of dark and dust
12	MIND	Upon retiring and lying on left side, feel weak on a vertical line with body in heart/nipple area
12	MIND	Upon retiring and while lying, I feel calm. But there's an inner nervousness type moving within my core, a kind of inner restlessness even though I feel calm and tired.
12	MIND	Upon retiring and lying down, sense I had yesterday too of the teeth in my mouth. Feeling the inside of the cheeks against the teeth.
12	MIND	Industrious. Started doing some work around the house that I've been putting off. Yard work and cleaning out the garage.
12	MIND	Industrious today, <b>fall cleanup</b>
13	MIND	Lost track of time. I took longer to take client case.
13	MIND	In general, I don't feel like I am tracking well. I am not able to gauge what I need to do next.
13	MIND	Inability to track time; time is moving very slow
13	MIND	I don't feel like I am present in the room; I am feeling out of sync
13	MIND	Feel a compulsion to see how the other provers are doing. I feel a connection to them, and it feels like a special community I am able to be in.
13	MIND	I can't process what I need to do next. My memory seems to be going and it is frustrating.
13	MIND	I feel spacey and out of it at home
13	MIND	I don't feel grounded, and I have to make a effort to stay in touch with others around me
13	MIND	I have no worries. Can't remember what day it is. Had a beer at supper and feel even more out of my environment.
13	MIND	I wake up after 45 minutes. I feel rested and realize that I had forgotten to send my daughter's homework with her. <b>FORGETFUL!</b>
13	MIND	Cant seem to get it together; don't remember all that I am suppose to be doing
13	MIND	I realize I forgot my laptop at home. I am frustrated, but not too concerned. Decide to go to work without turning around to get it.
13	MIND	I feel really goofy at work. I have to put myself together and stay focused so I don't act so weird. I have a lot of lightness and want to goof off
13	MIND	Felt foggy all day – no concentration

13	MIND	I go to get some tea at a coffee shop, and as I am leaving, I see a huge frog sitting in the parking lot. I feel special for being the only one out there and being able to be in the presence of this frog. A car pulls in and I am worried that the frog will get run over. I keep walking and gaze back; the frog was saved.
13	MIND	My younger daughter says that I have been nicer and don't yell as much
13	MIND	Frustrated at work with employees' lack of attention to detail
13	MIND	Had a massage and was irritated with my friend who gave the massage. I just wanted to relax and really be internal, but she wouldn't stop talking. I was easily able to be in the moment
13	MIND	Want to just be free from commitments and be able to enjoy the beauty outside. I have a desire to drop all my duties and walk outside and do whatever feels right - walk, run, watch the wildlife, look at the falling leaves.
13	MIND	Feel out of touch with my physical body. Decide to go to sleep and not have any supper. Don't feel like I can connect my physical body with my physiological needs - seem out of sorts.
13	MIND	Get dressed up for a Halloween party; I am so excited for Halloween this year. I want to be totally scared and go to haunted houses that scare the crap out of me.
13	MIND	Hang out at my daughter's Halloween party. I am not annoyed with any of the parents that usually drive me crazy. I enjoy my interactions and just have fun.
13	MIND	Disappointed that we are not able to go to the haunted barn. My son fell asleep in the car and would not wake up. I have a desire to just have fun and laugh, to just be goofy and not intellectualize.
13	MIND	I am frustrated that I can't fall asleep
13	MIND	Frustrated that I can't find my cell phone, I looked over and over for it and was angry at my husband when he finally told me that he may have put it in his car
13	MIND	My older daughter helps me cook and makes a HUGE MESS but it doesn't bother me
13	MIND	We started to flow in the yoga class, and because it is a power flow class, my instructor was ready to put the music on and it wouldn't work. She became very frustrated and finally said, "I don't know what to do, do you want to go home or continue?" I thought about this proving remedy and how powerful it is, and wondered about its effects on technology. A man in class got the music to work finally, and we flowed through class. I felt very connected, and each posture opened up beautifully. I felt so present and healthy.
13	MIND	My husband is angry that I was gone for an hour to pick up my sick daughter's remedy. I really don't care, and it doesn't prompt me to hurry up to get back home. He calls me on the phone and tells me to get my butt home. I tell him "whatever" and hang up the phone. I know I am doing the right thing and no one can talk me out of it
13	MIND	Feel very grounded and nurturing to my child. I decide to give the kids massages, and it feels really good to transfer energy to them. It completely relaxes my daughter, and she is able to go to sleep.
13	MIND	I am able to concentrate better with all the noise around the house. Neighbors are over, and all the
13	MIND	I am aware of my ability to let things slide. I am not irritated with my husband, and am able to let go of any irritation I had earlier.
13	MIND	Things are moving smoothly in the house; things get accomplished and I feel good
13	MIND	I go to work and don't feel the normal rush of having to catch up on my work because of all the deadlines. I seem to have a flow that doesn't get interrupted by the environment.
13	MIND	I look forward to seeing friends at work and laughing and having a good time. I really feel blessed to have people around that I love to be around and that bring me happiness (these people came to work at 3:00 p.m.).
13	MIND	Time seems to be in my favour. I get a lot of things done in a short period of time and feel like I have accomplished a lot.
13	MIND	I leave work and feel like I can be present with the rest of my day. I can leave any work stuff at the door.
13	MIND	I go to children's conferences; I feel like I connected well with the teachers and that we are all on the same page. My expression of thoughts seem to flow freely and uninterrupted.

13	MIND	We decide to detour to the mall and allow both girls to get their ears pierced. The kids are so amazed we allowed them to get this done on a school night. I feel no sense of urgency to worry about homework or filling out my remedy sheets. I am enjoying life.
13	MIND	Wake up very tired but happy to be helping my kids get on with their day. I decide to give them a ride to school instead of riding the bus.
13	MIND	I feel like I am playing by my own rules and am not being run by anyone else. I can go to work when I
13	MIND	I accidentally used my business account to pay for my personal credit card and decide to not reimburse the company. They owe me that anyway, and I will pay it back when I want to. There is a feeling of self-confidence and holding my own.
13	MIND	Decide that I will not go to yoga because of my period. It makes it difficult to move into certain postures, and I just am cranky.
13	MIND	I bring my son to a Bible study with his friend's church. It is not my favorite place to be, but my son has fun with his friends. I meet some of the parents and I am able to just visit without noticing how immensely different our world views are. I feel solid in my thinking, but there is a feeling of lightness overall. Not rigid and inflexible in my thinking.
13	MIND	I go to the grocery store and am very distracted. While waiting in the check-out line, I drop blueberries and they fly everywhere. I feel like it is in slow motion and just laugh and stand there before I actually try to pick them up.
13	MIND	I desire to go home from work and be by myself. I am more sensitive to people around me and don't want all the commotion.
13	MIND	I eat a tuna salad sandwich and feel fat. I wish I could exercise to release this feeling (sweating).
13	MIND	Pick up my daughter's friend to spend the night. I am sick of my responsibilities and wish I could do what I want.
13	MIND	We go out to a haunted barn - the kids have a blast and are scared. I was disappointed that I didn't
14	MIND	I've noticed that I'm having trouble wrapping my mind around cases today, which usually is not the
14	MIND	I've been feeling urges to tease people and have been laughing a lot. This is strange because the economic and political situations have had me in a foul mood lately. I want to tease people in a frisky, mean kind of way, and see the shock on their faces. To tease them in a way that challenges their beliefs and perceptions of things.
14	MIND	Mental symptoms: I've been feeling forgetful of details, forgetting things. I forgot things in my hotel room when I left, even though I went back to get things I remembered I forgot.
14	MIND	I'm not feeling much mental or intellectual power. I'm having a hard time wrapping my mind around cases. This is unusual for me.
14	MIND	I've been feeling kind of apathetic about my studies and performance in case taking
14	MIND	I took a case at 9:00 a.m. I felt a little unstable in my case taking as to whether I could lead her deeper into her state.
14	MIND	I'm feeling like I should be remembering to do something or see someone, but I know it's not so, and I'm glad it isn't so
14	MIND	I need to work on networking, but feel hesitant to contact them; this is normal. It's not having any anxiety, or feeling I'm putting-off what I need to do, and that is not normal.
14	MIND	I've noticed the last few days an increase in my attraction towards women, even my wife. I'm feeling more frisky and grabby. This is strange because my desire has been on the wane for the last few years, and it's been a long time since I've felt this way.
14	MIND	I had much trouble falling asleep. It felt like I wanted to explode with focused violence.
14	MIND	I just left a session of the "Course in Miracles" and noticed some striking symptoms
14	MIND	The energy and tingling in my head grew more intense. I had a very intense flushed feeling in my face, and my stomach had a strange burning pain. There was a person there who had a lot of rage in him, and I think I resonated with his energy. I felt intense and forceful, yet reluctant to speak. The chancre sore in my mouth grew more painful, and I realized that the energy flowing up into my head since I took the remedy is directly related. Sensations are burning. Stinging, prickly, needle, itchy. The side of my left face feels like I rubbed camphor on it, also around my mouth. It's cold and hot.
14	MIND	Last night toward bed time, I started having those rushes of energy coming up my spine over my head. My neck would have spurts of tension followed by the right side of my head tingling. It was a tense, anxious feeling, like drinking a lot of coffee.

14	MIND	The edgy feeling has been growing for some time long before the remedy. I see a very clear pattern unfolding politically and economically, and I feel that within a few months the major population areas are going to be a bad shape; not safe, no freedom. The worst thing is the loss of freedom, not being able to determine my will. I think that being out in the country, off the beaten path where I can grow my own food, would be best. My family is starting to get on board, but I fear we have waited too long. My brother wants to get land in the population and commercial areas, and I've found land in what I think is a better place, so I can't get any decision made there. The feeling is that I should be taking action on this, but instead I'm thinking about homeopathy, finishing school, and building a practice. I'm anxious, edgy, split as to where my attention should be.
14	MIND	I gave a speech on homeopathy this morning, which went well. I was a little nervous and edgy and apprehensive I might lose track of my thoughts and choke-up. I felt little surges of it at times, but got through it. Everyone thought it was a great speech.
14	MIND	I've been feeling a bit of a tight constricting sensation in my heart and I had this before the proving
14	MIND	Been in a pretty good mood so far
14	MIND	I've also been feeling nervous and giddy. It's an insecure feeling in my solar plexus, like when you stand up to give a speech. Blood rushes to my head and my heart rate goes up. It's especially worse anticipating a controversy. In my marketing efforts, I have joined a local Yahoo parenting group online, and there is a chiropractor on there giving disinformation on homeopathy. I have been correcting her information and posting informative articles. It's gotten me two client inquiries, but it brings that feeling in the solar plexus with the pressure and heart rate. It's like the more I'm getting out there, this feeling is coming up. There is a feeling of being exposed or vulnerable, like someone could do something to me because what I'm doing isn't in accord with their belief or authority system. I'm getting people's attention and interest, but what is their real agenda? I'm used to being more low key, not expressing myself so openly until I know who I'm dealing with.
15	MIND	Notice feeling connected to supervisor
15	MIND	Had been very connected and engaged with supervisor and process, and suddenly disengaged. Feel antsy – want to go outside, want to get away, want coffee. Noticing the tree with things on its branches – really liking the tree and objects in the crook of the tree (O) She speaks again of large mushrooms or fungus now in the crook of the tree, rather than on branches. There are just a few dead leaves – nothing like what she is seeing with such clarity.
15	MIND	The case we were observing struck a note with me; it was hard to look at the client. It was the “slimy mother hating” piece. It was hard to connect after the break at 11:15 because I was caught up in feelings of “despicable” and “under the earth” while the client was describing all that stuff about being in the slimy pond. I really had a hard time looking at anybody. When client got out of the “pond” talk, I was okay again.
15	MIND	I was teary eyed even though the client was not emotionally attached. I felt taken aback by that.
15	MIND	Made special effort to connect with group member with whom I don't resonate. Other than that, not much happened today.
15	MIND	I don't know if I need another dose!
15	MIND	(O) She is complaining more than usual about clinic, upset at others' complaints about the rules. She is usually unruffled by this.
15	MIND	Got everything done and went home early! First time in two years of doing student clinic. It is my partner who does that, not me. Very different behavior. Could not stay. Just like last night at school. Had to leave. Could not stay and talk to supervisor. Just trust she will catch up with me.
15	MIND	Feeling when going home early is need to escape. Like, as soon as I can get out of here, I am gone! I just need to go – it's about moving, not about arriving or departing. It's not about accomplishing anything. It is just about moving. Just gotta move.
15	MIND	(No dreams last night) I'm feeling a real detachment/agitation right now. I'm irritable, like, “Oh grow up and take care of yourself!” Questions on common sense things irritate me; I just want to yell “Figure it out!” I've been bothered by this before, but never thought of saying anything and never felt this bothered.
15	MIND	Seven days out of my routine is a long time. There is harvest going on, and a lot of other stuff going on. That's enough to make me agitated. Being gone at harvest always makes me agitated, but this is much stronger than it would usually be, even in these circumstances.



15	MIND	Need to be close to supervisor. Could almost not get close enough. Feel I need contact, need to be close, need to be IN her energy. Very unusual and strong feeling. Also unusual is that supervisor doesn't mind. It's not a bad feeling. The need to be close to supervisor is strong, a little needy, just nice in a way. (O) Prover is patting and touching supervisor while supervisor is conversing with instructor and other group members. This is highly unusual behavior!
15	MIND	Need for supervisor had passed off, but came back very strong. Want to touch her and be inside her energy, wrapped in it. It feels strong and calm.
15	MIND	As soon as I can get out of here, I'm gone! I need to move. When sitting still, shoulders feel "fingery." Uncomfortable. Like fingers on them. Need to wiggle them. Agitated. (O) This hand gesture is what prover has been doing to supervisor through the day – fingering supervisor's shoulders from behind. It's the same gesture prover describes as uncomfortable now.
15	MIND	There is agitated energy about me. I feel it everywhere except when I am with my supervisor. I feel good next to her. Can't get close enough. Have to move to a seat behind hers and keep needing to snuggle up. Want to touch her.
15	MIND	(O) Prover is very close behind supervisor. Prover is wiggling shoulders frequently throughout the morning and says it is due to feeling of agitation.
15	MIND	We were out for dinner last evening when supervisor
15	MIND	(O) Prover is asking for another dose because she says there are no proving symptoms. She is willing to wait when supervisor points out unusual dreams and behaviors, but seems unconvinced and prefers supervisor check with master prover.
15	MIND	There doesn't seem to be any symptoms now. I am thinking that if there is nothing more today we
15	MIND	All day, I still feel fidgety and wiggly all over, inside and out!
15	MIND	I am in a "bitchy" mood this morning. Very irritable, "crawling on the inside" type feeling.
15	MIND	Have been less antsy today. Had busy day.
15	MIND	Looking forward to class of 15 people. I must put together a program for Homeopathy 101 for the community school. Just a basic intro.
15	MIND	(O) Prover seems unaware of her symptoms or changes until asked "what else?" After talking to supervisor, prover feels there has been movement and is willing to wait until another day to consider
15	MIND	I had less irritability than the last two days. I had much less of an "I don't give a shit" attitude today.
15	MIND	I seem to be really pissed at myself about the food issue and eating all the time, like it is going to win and I will regain all the weight that I worked so hard to lose
15	MIND	I am not at home most of the day, so there is less food temptation. I carried some grapes with me and
15	MIND	Crabby – woke up on the wrong side of the bed, but feeling less agitation. Little things set me off. Husband woke me four times in the night, and then got me up at 7:15 a.m. "RRRWWWRR!"
15	MIND	Crabby as all get out this morning, and quite verbal about it! Husband says he wants a banana for breakfast, and I say they are on the counter and he can get off his lazy *** and get it himself. This is VERY unusual!
15	MIND	Once into the routine of my day, I am fine. Irritable, but not like this morning
15	MIND	I really want to be warm – hot soup, warm bath, stay indoors
15	MIND	I am completely back on track food-wise. I am glad I did not take another dose! Any more with the food would have been way too much. I'd have had to quit the proving, the food was so out of control.
15	MIND	Oh, God, I just do not want to face winter this year - very unusual for me
15	MIND	I feel like, "Oh! Yuck! Winter!" It is overwhelming; it drags me down. Thinking of the lack of light more than of the cold with this dragged down feeling.
15	MIND	I yelled, "I hate this!" after coming out of a 4:00 p.m. client meeting and it is dark outside. I never even thought it before.
15	MIND	I have had several new clients lately, and teaching class, etc. Now there is understanding and clarity, like when my eyes were brightening, except it is in my understanding now.
15	MIND	I have more clarity when working with my clients, doing classes, teaching, in my studies...
15	MIND	I find myself preaching more lately about complementary medicine, being opposed to vaccinations and health insurance, etc. When people complain, I am like, "Well, Sweetie, you'd fricking better get your shit together a little bit more." I don't unusually speak out about my feelings!
15	MIND	I have been quite verbal: "RRRRWWWaaarrrr!"
15	MIND	My confidence has been really big lately. An internal light has been turned on.

15	MIND	I am jumping on things a little bit (verbally). My patience with clients is a teeny bit shorter, especially with those clients I do not like or whose energy feels it is not nice for me.
15	MIND	I am almost in a mood of "it's okay if I tick her off so she doesn't come back"
15	MIND	I have been really tired since the time change. By 8:00 p.m., I am totally ready for bed and I am still finding myself dreading winter, even more so the dark of the next two months.
15	MIND	Working on the schedule, the same one as for the past two years, and could not remember last names. I can always remember all these names!
15	MIND	My tolerance is not what it used to be. Usually the client is always right, but now I have limits and parameters. I am not so much the total caregiver as I used to be.
15	MIND	I still don't like the dark, dreary days, and I am shutting down between 8:00-8:30 at night.
15	MIND	A little impatient still – I make faces behind this one client who I used to really enjoy. Now she is annoying me. She is whiney and overprotective of herself. She is in her eighties, and she has all the answers (she thinks) for what everyone else needs. Well, she needs to take her own advice! She is a meddler and litigious and sue-happy, and that irritates the shit out of me. She gets all the insurance and legal proceedings she can get, whether it is legitimate or not. That really bothers me that she takes even if it doesn't seem "right."
15	MIND	I had a moment today when I could not remember which bone is the clavicle
15	MIND	Seem to be motivated to finish up a lot of loose ends at work and with school stuff. Clean up, pick up, make a few phone calls, etc.
15	MIND	I am not so much about "get your act together." That dissipated the last couple days.
15	MIND	Irritability has tuned down a bit since a couple days ago
15	MIND	I don't think I really know what I am doing. Doubts about schoolwork. Feel not smart enough.
15	MIND	My "mouthiness" has tuned down. (O) Prover is using far fewer obscenities. She is sounding more like herself.
15	MIND	I am still feeling overwhelmed by winter ahead and by the gray skies and early dark. That is not better at all.
15	MIND	I am feeling performance stress. I don't think I know what I am doing to be able to present my case to the instructor. I lost all that confidence I had! (O) This is typical of prover's state prior to remedy.
16	MIND	I made choices during this work day that were good for me - did not work harder than was expected of me. Did not push myself like usual. Energy was high all through the day.
16	MIND	Lost my temper - huge amount of anger. Sudden, uncontrolled.
16	MIND	Desire to for more social contact
2	MOUTH	I realize that the salivary glands under my tongue produce more saliva. It started with taking the remedy, and I keep noticing it throughout the day. Right after I swallow, the glands under my tongue gush out saliva.
7	MOUTH	Local pain in left temple area, moved down descending to jaw; radiating towards the ear and the upper teeth. All a deep root pain, but not intense. Within 15 minutes, the pain localized to the space between the ear and the jaw. Intensity of a level two within 20 minutes. Pain is most pronounced at the 'fang.' She says fang, pointing to the area that is below the point of the cheekbone at teeth root.
7	MOUTH	Lateral and superior to the bicuspid – 'wide'
7	MOUTH	Within 40 minutes, at intensity level two or three
7	MOUTH	75 minutes from dosing, pain extended down toward throat
7	MOUTH	One to one-quarter hour from dosing, pain on left
7	MOUTH	Ameliorated by eating, but still there a bit in the 'fang' area
7	MOUTH	One hour, forty minutes later, the pain moved to the right side from ear/mandibular joint down to the throat/parotid (trigeminal path). Intensity three; stopped on the left.
7	MOUTH	Four hours later, she notices that the pain had moved back to the left, now localized to just the 'fang' area. It has ceased on the right.
7	MOUTH	30 minutes later, begins subsiding to two. Oddly, she misremembers the pain's locations since onset, switching sidedness for the whole symptom. Per her reports now, the pain is now drawing her attention back to the left, sharper than before.
7	MOUTH	The 'fang' pain stays consistently on the left, but pops out on the right now and then. Goes away at 12:40 p.m. upon going outside; perhaps from eating lunch.
10	MOUTH	Mouth is very dry all of a sudden, very dry
10	MOUTH	Mouth is not as dry, a bit more saliva
12	MOUTH	Right side roof of mouth ticklish when touched
12	MOUTH	Half asleep, tip of tongue numb

13	MOUTH	Lips feel numb, like I have novocaine in them
13	MOUTH	Husband and I eat late. I eat a chicken sandwich. It seems to get digested fine, but before I go to bed I notice that I have some acid reflux. My mouth tastes like acid, which is very unpleasant.
14	MOUTH	There is a chancre sore forming on the inside of my lower lip left side. It burns and stings (common symptom)
14	MOUTH	I still have a burning, stinging chancre soar in my mouth
14	MOUTH	The chancre sore in my mouth is quite painful
14	MOUTH	The energy and tingling in my head grew more intense. I had a very intense flushed feeling in my face, and my stomach had a strange burning pain. There was a person there who had a lot of rage in him, and I think I resonated with his energy. I felt intense and forceful, yet reluctant to speak. The chancre sore in my mouth grew more painful, and I realized that the energy flowing up into my head since I took the remedy is directly related. Sensations are burning. Stinging, prickly, needle, itchy. The side of my left face feels like I rubbed camphor on it, also around my mouth. It's cold and hot.
14	MOUTH	After yoga at 7:30 p.m., started having dull intermittent pain at the back of my left upper jaw in my teeth, which then moved to my lower jaw. It surges up for a second along with pain in the chancre sore.
14	MOUTH	I have another chancre sore now on the inside of my upper lip on the left side; stinging, burning
14	MOUTH	I still have the chancre sore and some inflammation now on the rights side of my gums on the back side of my teeth. Worse eating hot food.
3	NECK	Redness on throat spreads to sides of neck. The spot is pink and solid, not blotchy. It is not raised.
2	NOSE	My nose starts to water in the afternoon, and I sneeze a couple of times. Seems like I've caught a cold. It is worse on the left side.
2	NOSE	The next morning my nose is still swollen, but feels dry inside, though I have to blow my nose frequently. The coryza is still clear. There is also a lot of tickling and tingling inside the nose, making me want to sneeze.
2	NOSE	Sinus swelling is gone. I blow out a long string of light yellow mucus in the morning.
4	NOSE	Head sensations are gone. Little burps still there awhile after drinking. Nose sounds blocked, hard to just breathe through the nose. Right nostril more blocked, the left pretty clear.
4	NOSE	Tired this morning - completely zoning out on things. Tired, is heavy, unmotivated. My nose is
5	NOSE	I'm starting to sniff – unusual unless I've been outside
5	NOSE	Bloody mucous in right nostril
5	NOSE	Noticed that my usual metallic/chemical perspiration smell is not present
5	NOSE	Along with the headache, was a sensation high up in my right nostril. They definitely felt connected.
6	NOSE	Possibly increase nasal discharge. Seems I have been blowing my nose more. Clear drainage.
6	NOSE	Walking to car. Momentary smell in nostrils.
12	NOSE	Hint of musty, dusty odor. Can't tell if it's internal or external, while driving. Rolled window down to check. It lasts a minute or two.
15	NOSE	Nose now drippy- clear discharge
15	NOSE	Still a little sniffy – no other symptoms of the acute remain
15	NOSE	I really can't add anything other than the sinus cold that we talked about school weekend (days 27-30), where I had the snotty green nose and full sinuses
7	PERSPIRAT	Woke up at night from being hot. Sweating.
12	PERSPIRAT	A recent symptom I've had: beads of perspiration, particularly from the head when dancing. This weekend, a lot of perspiration but no beads.
1	RECTUM	Since taking the proving remedy, it has seemed to diminish my daily bowel movements just a bit. They are getting fewer with less and less to write home about. Not so much that the 'integrity' of the stool has changed, just size and frequency. Today I didn't go at all. There is no real discomfort around this, except to say that I had been constipated for 35-plus years, but two years ago (with a change in prescription), started to have daily, normal bowel movements. I sincerely hope I'll be back on track before too long.
3	RECTUM	Pain has worsened. I feel so much pressure in my pelvic area. I also feel like I have a poker up my ass. I can't take the pain any longer.
3	RECTUM	Loose stools this morning. I have had this symptom before. I had the sensation like I still had to go even when I was done.
4	RECTUM	Constipated (OS). Difficult to just go. Must move and change directions on the toilet to get it all out (NS).

12	RECTUM	A twinge of pain in rectum, briefly, while lying in bed.
12	RECTUM	Feeling a twinge of pain in anus – one time
15	RECTUM	Hemorrhoids – previously had them 23 years ago
15	RECTUM	Hemorrhoids came on with headache and right arm/shoulder pain
15	RECTUM	<b>Hemorrhoids itch and burn – I want to cool them off with mentho</b> l but won't do it because of the proving. <b>It would feel good to put menthol on them and cool them off that way.</b> ..
15	RECTUM	Hemorrhoids itch and burn – I want to cool them off with menthol but won't do it because of the proving. It would feel good to put menthol on them and cool them off that way. They are protruding and annoying. I feel I want to push them back in and shut the door!
15	RECTUM	Still have the hemorrhoids - itchy, sore, and burning a bit. Truly a pain in the butt!
15	RECTUM	Hemorrhoids itch and burn and I really want salve to cool them off. Since proving is not over, I won't do it.
15	RECTUM	The hemorrhoids are less uncomfortable now
4	RESPIRATIO	Something going on with the breath. Heart not beating faster, short of breath or restriction of breath, but feeling somewhat nervous about breath.
4	RESPIRATIO	Drank water, going down slowly. Attentive to upper chest when swallowing - makes her burp each time she drinks. Like water pushes air down and she has to burp it up a bit, with small burps (supervisor is writing notes, thus third person).
4	RESPIRATIO	Breathing feels restricted. Other symptoms went away. Feel like taking a deep breath every once and awhile. Sighing a couple of times.
4	RESPIRATIO	Breathing feels shallow. Feel like clearing throat.
4	RESPIRATIO	Woke up coughing, dry throat, and stuff in lungs. Went for a bike ride - cold air made it hard to breathe. Burned my lungs. Could only breathe very shallow for a long time. Breathing extra hard with exertion.
4	RESPIRATIO	Woke with a sore throat, congestion. Realized I had been having for many days, especially if dehydrated when going to bed. Goes away within 10 minutes, especially if drink water.
12	RESPIRATIO	Deep respiration – relaxing
12	RESPIRATIO	Breathing somewhat muffled, as if breathing through a blanket
12	RESPIRATIO	Lying on back, I nuzzle the blanket, covering only my nose and mouth – like a fighter pilot with his oxygen mask on. I feel cozy; I have no trouble breathing. I'm breathing through the blanket and sheet (On day one, I made a comment about breathing through a blanket...).
12	RESPIRATIO	Breathing, laying on my back, feeling like a bubble in my chest, a dead spot. The breath flows around both sides of this bubble.
12	RESPIRATIO	During sleep, deep inspiration in right nostril. I notice a flowery odor, momentarily, like violets maybe.
12	RESPIRATIO	Last couple of days, noticed respiration when lying down (very quiet) at very, very end of exhalation. Wheezing sound. Haven't experienced since being a child. Sound of fluid - ripple or gurgling. Very, very faint. Hint of it, at the very, very end of exhalation.
1	SKIN	At several points in time today and once yesterday, I found myself itching here and there and feeling much relief and enjoyment with the scratching
1	SKIN	Today I noticed that several times I had to scratch a really itchy sensation that felt like something had suddenly been causing my skin to really itch. What was most perturbing was that the places this sensation would occur were inconvenient to scratch in public, like my crotch area or my breast. Today when in the grocery store, I felt really itchy on my back and in places that were impossible to reach. This happened before in the beginning of the proving. As it's late and I'm tired, I don't recall recording this itching in 'awkward to scratch' places or not. The feeling is like that of being bit by a very tiny bug - not painful, but very much in need of scratching, and then WAY better with scratching. All done!
2	SKIN	My skin has been itching on my left thigh, though there is nothing palpable or visible to the eye that could have caused the itching. Today in the evening, the skin on my stomach/abdomen starts to be itchy too, and there is a bit of a rash, though not visible or of any color.
2	SKIN	The itching on the thigh and abdomen persist, and today my upper back is itchy, too. I have to smile as I think of drug addicts being itchy. I think the rash/itch might be a late consequence of the subcutaneous tuberculosis test I have taken just two weeks ago.
4	SKIN	Rash starting to itch super bad all of a sudden. Super itchy after picking up remedy.
4	SKIN	Nothing itches except toe on right foot, the rest of rash feels better. Face doesn't itch.
4	SKIN	Feeling colder, no goose bumps

4	SKIN	My ringworm is itching really badly on legs & glutes. It makes me madder. I sit on ice, and itching is better.
4	SKIN	Skin feels swollen in face, arms. Had chai this morning, made me feel almost sick after drinking the whole thing. Drank a lot of water to try to feel better.
4	SKIN	Ringworm on face seems to be going away
4	SKIN	Woke up very itchy, ringworm is wet, blistery. Very cold.
4	SKIN	Ringworm on face almost completely gone. I am nervous it is going to come back again soon.
4	SKIN	Swollen under skin full body. Ate smoked salmon and had one glass wine last night - water retention? Pretty severe though. My skin feels squishy and it has a swollen appearance.
4	SKIN	Very itchy on ringworm, which has been much drier with no itch the last few days
4	SKIN	Also very itchy and dry under skin on middle fingers, especially of right hand
4	SKIN	Still awake. Have not been able to fall asleep and am now giving up. I'm pissed off. Blaming fiancée for coming home when he was supposed to be gone for a week. He came home tonight as I was getting ready to start my preparation for teaching tomorrow. Had to listen to his stories, and then went to bed. He interrupted the great flow and momentum I had tonight. Maybe if I had stayed up and finished my work I could have slept! I know the covers kept getting crazy in bed, and I felt I didn't have the space or freedom to move. I couldn't find a comfortable spot. Tried a hot bath at 5:00 a.m. This usually helps me go back to sleep if I am awake, but this time it didn't. The anxiety around not sleeping, disturbing my fiancée, and not having my space kept making me more and more mad. I started subconsciously touching my ringworm on legs - aggravated it until it itched, then itched it until my skin broke open. That makes me mad too, because it was a lot better and I had hoped it would finally go away.
4	SKIN	Rash is still drier, fewer spots on face. Skin on legs and buttocks dry, but breakouts near gluteal fold. Watery blisters appeared on feet again today in the morning. They are big ones. Popped them to amuse myself, and they were gone by the evening (this part is unusual).
4	SKIN	Woke itching and hot. Large and increased number of bumps on glutes. Very itchy, burning. Makes me mad they're back.
4	SKIN	Overall, rashes are better. Leg rash is completely gone (have had since early 2007). No issues. Face and leg rashes better - drier than normal, although still aggravate in the middle of the night in bed.
4	SKIN	Dream last night was about lying on my back and reaching up to my leg and peeling skin off my leg in long strips. Fascinated by it. Felt good to peel off the skin.
6	SKIN	Not so tolerant of the cold. I am not warming up like usual. It is cold outside, and I'm just not used to it yet. I usually love the cold and winter.
6	SKIN	Cold outside and rainy today, not as tolerant of the cold. My hair is wet (shower). I am inside but I have 3 sweaters and a scarf on.
6	SKIN	Now I am warm
12	SKIN	Goose bumps looking at picture of cancer of the esophagus
15	SKIN	OBS: prover's neck is quite flushed - rapid change
15	SKIN	Flush comes over upper body, then cools quickly
1	SLEEP	Slept in until almost 9:30 a.m. and woke feeling good and well rested
1	SLEEP	Slept in again until approximately 9:30 a.m. This is not my usual wake time, but again, I woke up feeling refreshed and well-slept.
1	SLEEP	I slept until 11:40 a.m., which is unheard of for me. I went to bed at a little bit later than usual time, and may have been tired from the evening's work, but this is highly irregular for me.
1	SLEEP	It was a bit harder to remember my dreams, but I did make a mental note to relay that the first thing I recall is waking up at 5:17 a.m. for no real reason except that I was rather warm. I got up and went to the bathroom...had a sip or two of water and went back to sleep.
1	SLEEP	Last night I was unable to fall asleep for quite a while. We had enjoyed dinner at a friend's house, but I think there may have been preservatives in the dessert that would have kept me from sleeping (this is usual). I got up out of bed and read in the living room, then went back to bed and didn't really fall asleep until almost 3:00 a.m. I did sleep for several hours. Woke up with the light from the window, but went back to sleep and dreamt about working on a project for the MHA.
1	SLEEP	I was unable to sleep well last night as I think I may have had too much caffeine. Slept only a few hours between 3:00-6:00 a.m. I know I dreamt, but can't remember. Today I took a five hour nap! I don't know that I've ever slept that long during the day before. I did dream...I just can't recall. When I woke up from my nap at 1:00, I felt like a drugged slug. I'm not sure what to report with this, except the very long nap.

2	SLEEP	I become very sleepy at 11:00 a.m. It's not unusual for me to be sleepy during the day, but it is always in the afternoon, after having lunch. Today I become sleepy in the morning. I don't remember if I doze off for a couple of minutes or not
2	SLEEP	During the afternoon lesson, I am incredibly sleepy again and can't keep myself awake. I hear the instructor speaking and realize I still understand what she is saying, though I'm clearly not able to wake up in that moment. I sink a little deeper into my sleep and see a picture of a narrow tunnel I'm standing in. A light is on the wall behind me and I can see into the tunnel for about three to four meters (10 feet I guess). There is a door in the ceiling that suddenly flaps open, and hundreds of bright green caterpillars (rather worms with feet) fall to the floor and race away from the light. I can hear the scuttling/scurrying (I had to look up this word) of their thousands of feet in a fast speed. They escape into the darkness and the dream is gone. I remember being surprised at them falling out of that flap door and marveling at their bright green color in that dark place.
2	SLEEP	I decided to allow myself to sleep in this morning. I go to bed at about 11:45 p.m. and I wake up at 9:13 a.m.
2	SLEEP	When my alarm goes off at 7:00 a.m., I turn it off without realizing it and wake up an hour later
2	SLEEP	In the morning, I find it hard to get up again. That's not from the two glasses of wine I had, it's been like this the past couple of days.
4	SLEEP	Woke up after dreams of structure and order. Can't remember details. Was about my client maybe.
4	SLEEP	Tired this morning - completely zoning out on things. Tired is heavy, unmotivated. My nose is somewhat stuffy. Feel a little like I want to cry, but not sure why.
4	SLEEP	Last three nights, I have slept soundly, like a rock. No getting up to go to bathroom, no stirring when fiancée gets up or changes position.
4	SLEEP	Still awake. Have not been able to fall asleep and am now giving up. I'm pissed off. Blaming fiancée for coming home when he was supposed to be gone for a week. He came home tonight as I was getting ready to start my preparation for teaching tomorrow. Had to listen to his stories, and then went to bed. He interrupted the great flow and momentum I had tonight. Maybe if I had stayed up and finished my work I could have slept! I know the covers kept getting crazy in bed, and I felt I didn't have the space or freedom to move. I couldn't find a comfortable spot. Tried a hot bath at 5:00 a.m. This usually helps me go back to sleep if I am awake, but this time it didn't. The anxiety around not sleeping, disturbing my fiancée, and not having my space kept making me more and more mad. I started subconsciously touching my ringworm on legs - aggravated it until it itched, then itched it until my skin broke open. That makes me mad too, because it was a lot better and I had hoped it would finally go away.
4	SLEEP	While pondering the last few days, I realized I have been drinking a lot of hot tea lately. Two to three cups per day, up to a pot (usually only one or two, if any). Have been drinking it when I'm tired or cold.
4	SLEEP	Overall, rashes are better. Leg rash is completely gone (have had since early 2007). No issues. Face and leg rashes better - drier than normal, although still aggravate in the middle of the night in bed.
5	SLEEP	Fell asleep sitting up on the couch, and realized when I woke up that this has happened three times this week around the same time (unless I am really busy)
5	SLEEP	It is extremely windy and I am awakened several times by son because he is scared of the wind. Normally I would have gone to sleep with him in the guest room, but I couldn't bear the thought of sleeping on the hard mattress in that room. Also, I am concerned that if he continues to wake me up and I get up with him, I won't be able to get back to sleep. That part is normal, but I was able to get back to sleep easily, which by the third time in our room would have probably interrupted my sleep for a couple hours.
5	SLEEP	I am so tired I can hardly stay awake. Normally if I don't sleep well or wake up and lose some sleep, it doesn't affect me the first day, but the second. I can hardly keep my eyes open because the need to sleep is just so overwhelming. This could also be because I got my period today. Yet, it feels different than my usual first day exhaustion. Normally I feel exhausted on the first day. Today just tired.
6	SLEEP	Woke with mild hot flash
6	SLEEP	Tired, want to go to apartment and lay down (I did get up at 4:00 a.m. though)
6	SLEEP	With above - slouching in my chair
6	SLEEP	With above - reading the words, but not making sentences. I had been working on this orientation on the computer since 8:00 a.m.
6	SLEEP	Woke with diffuse frontal headache

6	SLEEP	Woke a second time with the headache
7	SLEEP	Woke up at night from being hot. Sweating.
7	SLEEP	Fell asleep right after 8:00 p.m. Usually go to bed after 9:00. Tired.
7	SLEEP	Did not wake to go to the bathroom. Very unusual - I usually wake several times a night to go. Very busy night of dreaming. Constant. Not a restful sleep, didn't feel deep. Didn't like it.
7	SLEEP	Not sleeping again (this had gone away during parts of the early proving). Waking at 3:00 a.m., stay awake until 5:00. Hard to wake up at 6:20. Sleep has been off like this since pregnancy (eight years).
10	SLEEP	I lay in bed. So tired and so sleepy, but I can't fall asleep.
10	SLEEP	Lie down to sleep and my energy surges. Can't sleep, tossing and turning. Restless sleep throughout the night.
12	SLEEP	Sleepy (first time that's happened in her class). But not tired so didn't sleep.
12	SLEEP	I could easily take a nap
12	SLEEP	Very sleepy
12	SLEEP	Yawn. Sleepy, but not necessarily tired.
12	SLEEP	Yawn
12	SLEEP	Woke up from very deep sleep (nap). Right pinky finger knuckle involuntarily depresses as I lay there, retracting the little finger towards the palm (once).
12	SLEEP	Sleep: on the shallow side compared to the last few days. On waking, feeling not very refreshed.
12	SLEEP	Upon retiring, frontal headache in forehead during "transitional period." I think I'm referring to the transitional period to a state of sleep.
12	SLEEP	During sleep, deep inspiration in right nostril. I notice a flowery odor, momentarily, like violets maybe.
13	SLEEP	So tired. Can't stay awake, so I decide to take a nap.
13	SLEEP	I wake up after 45 minutes. I feel rested and realize that I had forgotten to send my daughter's homework with her. FORGETFUL!
13	SLEEP	Woke up and felt very rested, ready to get on with the day
13	SLEEP	Started to crash and feel tired, didn't want to do anything but curl up in a blanket and take a nap for hours
13	SLEEP	Decided to take a nap and rest. Felt extremely cold and tired
13	SLEEP	I am frustrated that I can't fall asleep
13	SLEEP	Extremely tired and desire to sleep, but can't because of my responsibilities
13	SLEEP	I notice my tiredness. I was not able to sleep because of a sick child and I don't like my sleep being interrupted - that is my time to myself.
13	SLEEP	I feel very full after eating earlier and go to bed. I can't stay awake.
13	SLEEP	Wake up feeling rested
14	SLEEP	Lethargic, sleepy. Fell asleep, felt good.
14	SLEEP	I've noticed that I'm having trouble wrapping my mind around cases today, which usually is not the case. I feel like it's too hard and I want to blow it off and sleep. I'll put it off till tomorrow.
14	SLEEP	I had much trouble falling asleep. It felt like I wanted to explode with focused violence.
15	SLEEP	Woke up very rested and alert. Attentive to outdoor sounds - nature, not traffic.
15	SLEEP	Requiring more sleep than usual - quality of it is as always
15	SLEEP	I am still very tired. I have to go to bed at 8:00 p.m. and I am usually fine until 10:00.
15	SLEEP	I am sleeping on my stomach. Used to do this as a child, but since childbearing, I have been a side sleeper (30 plus years).
15	SLEEP	Winter yuck is really bad. I am never very late to bed, but 8:15 p.m. is ridiculous! Way too early!
15	SLEEP	At 8:00 p.m. I might be fine, but then I get a sudden yearning and I have to go to bed NOW! This bed thing has been happening one way or another since the time change.
15	SLEEP	Back to sleeping on side as usual!
15	SLEEP	The 8:00 p.m. bedtime is easing. I am not as tired at 8:00. My bedtime is getting back to more normal for me.
16	SLEEP	Slept eight hours straight
16	SLEEP	Slept nine hours
2	STOMACH	The strong smell of alcohol when I open the vial immediately brings up the queasiness I've been feeling on smelling the remedy earlier in the morning
2	STOMACH	Waking up, I notice some of the queasiness is still left, but not as limiting as it was the past couple of days. It is no longer radiating from the solar plexus, but from a little further down, maybe halfway to the navel.

2	STOMACH	I wake up in the early morning, about 5.30 a.m., and notice the queasy feeling I used to have in the beginning of the proving
2	STOMACH	the swollen spot in the esophagus is still there
2	STOMACH	I have had a very strong craving for meat the past three days. I have eaten meat on each of them. At the party (day 13), I really had to force myself to not pile up only meat on my plate.
2	STOMACH	there is some queasiness along with a being more aware of my heart beating, but it is far from being as intense as it was in the beginning
2	STOMACH	Craving meat persists; this is the fourth day in a row that I eat meat. Unusual!
3	STOMACH	Notice that I am not hungry at all for breakfast, so I don't eat anything
3	STOMACH	Still not hungry, feel somewhat nauseated. Make myself eat a small salad. It doesn't taste good, and I really have no interest in eating.
3	STOMACH	Still don't feel hungry at dinner time. Nothing sounds good to me.
3	STOMACH	Still not hungry this morning
3	STOMACH	I still have noticed that I am not hungry at meal times. Nothing sounds good. No appetite.
4	STOMACH	Something in solar plexus or stomach pulsing slowly;
4	STOMACH	Something in solar plexus or stomach pulsing slowly;
4	STOMACH	Drank water, going down slowly. Attentive to upper chest when swallowing, makes her burp each time she drinks. Like water pushes air down and she has to burp it up a bit, with small burps.
4	STOMACH	Head sensations are gone. Little burps still there a while after drinking. Nose sounds blocked, hard to just breathe through the nose. Right nostril more blocked, the left pretty clear.
4	STOMACH	Getting super impatient, want to go eat. Irritation at supervisor - stop watching me, everything will be fine.
4	STOMACH	Not quite sad. Mood coming from stomach or solar plexus.
4	STOMACH	Stomach growled, not starving. Unusual to wait to eat breakfast.
4	STOMACH	When swallowing water, it feels like the water is going around something inside of throat, like the water had to push itself around something and air had to come up and equalize. Air was trying to escape to make room for water. Every time swallowing, there are little burps. Burp is more in the chest, almost down to stomach.
4	STOMACH	Stomach doing a light version of flipping
4	STOMACH	Very thirsty for large amounts of water, and have been all morning.
4	STOMACH	Get ready to eat, start salivating a lot. Stomach turns over, as if nauseated or doesn't want food.
4	STOMACH	Noticed a water theme today. At seminar, we mediated on water. I have huge craving for it that has lasted all day (have had over a gallon of water already today). Went to bookstore and bought two books on the power of water and healing with water. Thought the concepts would be good to teach to my students.
4	STOMACH	Have had 7 five and half quarts of water so far today. Still thirsty for large quantities of water.
4	STOMACH	The idea of heavy foods still makes me feel almost nauseous, as if my stomach can't handle them. I have eaten mostly soup, salad, and apples for the last few days. I keep going to my kitchen to eat, but my stomach gets upset at the thought of ingesting them.
4	STOMACH	Haven't eaten yet and notice I am super crabby. Mean feeling. I am at the store and get a chai tea - immediately start feeling better.
4	STOMACH	Skin feels swollen in face, arms. Had chai this morning; made me feel almost sick after drinking the whole thing. Drank a lot of water to try to feel better.
4	STOMACH	Want to leave school and go for a bike ride. It looks so nice outside. Zoney, tense, like angry. Feel vibrating a bit internally. Tight around top of throat, heavy in stomach.
4	STOMACH	Drank over a gallon of water today. Kind of an aversion to food - had to force myself to eat. Nothing tasted good at all. Even when felt hungry, nothing seemed good.
4	STOMACH	Could not eat much today. Liquids still going well.
4	STOMACH	Still having problems eating heavy foods. Soups and liquids are fine, so are tortilla chips. Steak, eggs and so on are somewhat hard to deal with, and sit heavy in my stomach. No irritability today as far as I noticed.
4	STOMACH	Still hard to eat. Still very thirsty.
4	STOMACH	Craving for beer, had a glass of wine instead - tasted bad
4	STOMACH	Felt good to eat, so ate too much. Nausea as if I should vomit, but no pain or cramping with. Discomfort for about 30 minutes.
4	STOMACH	Still very thirsty - unquenchable. Keep mistaking thirst for hunger.
4	STOMACH	Did not have time to drink water much today. Got home and was starving for dinner. Ate a normal amount for me, but more since the proving started. Didn't hurt for the first time since the remedy.



4	STOMACH	Feel like the remedy is healing now. Appetite has come back, thirst less, but still increased. Good mood, doing things at a reasonable pace and setting limits for myself as far as how hard I push myself.
4	STOMACH	Tolerating food well
4	STOMACH	Swollen under skin, full body. Ate smoked salmon and had one glass wine last night - water retention? Pretty severe though. My skin feels squishy and it has a swollen appearance.
4	STOMACH	While pondering the last few days, I realized I have been drinking a lot of hot tea lately. Two to three cups per day, up to a pot (usually only one to two, if any). Have been drinking it when I'm tired or cold.
4	STOMACH	Went out to a bar in Wisconsin for Halloween. Very smoky inside. Restricting the number of beers I drink because of the proving. Decided to have a cigarette to get a buzz (I smoke about one cigarette every two to three months). It made me gag and did not give me desired effect. Wanted to leave early - did not want to engage with these people.
4	STOMACH	Dehydrated. Go to bed. Laying on left and sounds are very loud in my head. Loud, high pitched noise. Realized I had this symptom a few times today while doing different things. Sense of lightness and energy from the lower right to the upper left side of my head. Went away when I sat up to write it down.
4	STOMACH	Noticed the last few days have been having heartburn after eating. Sense of nausea or extreme stomach tension with it.
4	STOMACH	Continued with borderline heartburn after every meal. Sore throat all day long today; worse with dry air, better drinking lots of water.
6	STOMACH	Poor appetite. Food doesn't taste very good.
6	STOMACH	With above: poor appetite. Decided not to go anywhere for lunch. Had cheese and crackers in the car. Decreased taste.
6	STOMACH	With above: decreased thirst
6	STOMACH	Nothing eaten yet today. Not hungry. I often eat with the clock, but no motivation to stop and get something.
6	STOMACH	Small hunger pang while napping. Not hungry now.
6	STOMACH	Cramps in my stomach after eating
6	STOMACH	Poor appetite
6	STOMACH	Food tastes like it has chemicals in it
6	STOMACH	Water tastes like it has chemicals in it
6	STOMACH	The water doesn't have the chemical taste this morning
6	STOMACH	Stabbing pain in left lower rib/stomach area. Lasting about 35 minutes.
6	STOMACH	Poor appetite remains. Have only eaten one meal a day for last three days. At night at the hospital.
6	STOMACH	Appetite better. Wanted food.
6	STOMACH	Still not much appetite. A little hungry, but nothing sounds good.
6	STOMACH	Hungry after my nap
6	STOMACH	Mild heartburn this morning. Get this occasionally sometimes after drinking coffee with milk. Did not drink coffee this morning.
6	STOMACH	Slight heartburn after taking about three swallows of white wine
10	STOMACH	Due to not feeling well, I remembered having quite a bit of flatulence last night after eating the chips/salsa. The chips I chose didn't agree with me. I'll remember not to get that kind again. It was soy chips.
10	STOMACH	Little desire for breakfast. Appetite is not strong.
10	STOMACH	I made some homemade cappuccinos for me and my wife. I took only a few sips and immediately felt I needed to use the bathroom. I also woke up this morning with gas.
10	STOMACH	Feeling really gassy throughout the evening. I feel bloated.
10	STOMACH	Intense stomach upset, then very restless. I wanted to throw up. My belly felt all churned up inside. Gassy.
10	STOMACH	I desire to eat; I want food, yet my belly is upset
12	STOMACH	Unusual fullness after eating. bloated out a little bit.
12	STOMACH	Feeling a touch of nausea. No wonder - I bought a big salami stick and some chocolate milk about a half hour back.
12	STOMACH	In Pilates, I usually don't lay on a foam roller because it makes me somewhat nauseous, but I did this morning and I did feel a little queasy afterward. Reckless abandon - well, not that severe. In other words, I tried something that I should have been more careful about.
12	STOMACH	Feeling very bloated after eating, in a different sort of way

12	STOMACH	Nauseous feeling, hard, stiff liver
12	STOMACH	Want to eat even though I'm not that hungry
12	STOMACH	Lying on right side, uncomfortable; I know I have to change. Nervousness in stomach, something inside stomach, abdomen that's moving; a gas, a volume of something moving, a nervousness to it. I must keep moving.
12	STOMACH	Still, there is a pervading fullness around the waist. Usually if I feel full, I just have a distended stomach. It feels more than that, a sense of expanded circumference kind of thing.
12	STOMACH	My stomach is in some kind of turmoil. Cramping, sore pain across my stomach when I turned to lie on left side.
12	STOMACH	Monday night, trying to go to sleep for about an hour. Got a couple of sharp pains in the appendix area. Also cramping in the diaphragm area around the stomach.
12	STOMACH	Pain left side stomach
12	STOMACH	It's unusual for me to be feeling hungry or thinking about eating
12	STOMACH	Feeling not so hungry too, yet I ate a big lunch but a small supper
13	STOMACH	Not hungry, didn't eat lunch
13	STOMACH	Very hungry at dinner
13	STOMACH	Food is not settled in my stomach. Stomach is upset, like things aren't moving like it should.
13	STOMACH	Food doesn't feel digested in my stomach. My stomach hurts and feels solid.
13	STOMACH	My digestion feels slow and upset, my tummy hurts. It feels like cramping, and my stomach is making gurgling noises.
13	STOMACH	I all of a sudden am so hungry and want to eat everything in sight (ate a mini chicken taco and the feeling passed)
13	STOMACH	stomach is grumbling and feels heavy
13	STOMACH	Stomach feels out of whack. Not hungry, but feel that I should be.
13	STOMACH	Went to the coffee shop and got a tea. Was surprised that I don't desire any coffee.
13	STOMACH	Feel so hungry. I eat two cheese sandwiches and am still starving.
13	STOMACH	Stomach doesn't seem to digest well, so now my stomach feels like food is just sitting heavy in my belly
13	STOMACH	Felt totally famished, couldn't get enough to eat. Ate more than usual – no overfull feeling.
13	STOMACH	I feel motivated to make a good meal that is comforting and warm. I have lots of energy and whip through the cooking prep in no time.
13	STOMACH	I was extremely hungry and ate very fast... I couldn't get enough food in my mouth. I was able to taste the food much more with my senses, and it was wonderful.
13	STOMACH	Felt overly full
13	STOMACH	I feel really hungry and decide to eat turkey chilli. It doesn't fill up my stomach like it normally does.
13	STOMACH	Husband and I eat late, and I feel very full and heavy in my stomach afterwards (ate a turkey burger)
13	STOMACH	I fall asleep on the sofa and finally wake up and go to bed
13	STOMACH	I make supper and am craving salty food. I have pickles, chips and teriyaki chicken.
13	STOMACH	I feel very full after eating earlier and go to bed. I can't stay awake.
13	STOMACH	Notice how crampy my stomach feels. My period is very heavy and there is a lot of clotted blood. It is very heavy (bleeding).

13	STOMACH	I don't feel like eating yet, my digestion still feels a little off
13	STOMACH	Husband and I eat late. I eat a chicken sandwich - it seems to get digested fine, but before I go to bed I notice that I have some acid reflux. My mouth tastes like acid, which is very unpleasant.
13	STOMACH	General food info: been eating the same foods as usual, but digestion feels off. At night I'm eating less, but I feel stuffed two hours later, not right away. No matter the type of food, my stomach starts to bother me hours later.
13	STOMACH	Often not hungry at lunch time
13	STOMACH	Craving healthier food
13	STOMACH	Don't have the discomfort after breakfast and lunch
14	STOMACH	The energy and tingling in my head grew more intense. I had a very intense flushed feeling in my face, and my stomach had a strange burning pain. There was a person there who had a lot of rage in him and I think I resonated with his energy. I felt intense and forceful, yet reluctant to speak. The chancre sore in my mouth grew more painful, and I realized that the energy flowing up into my head since I took the remedy is directly related. Sensations are burning, stinging, prickly, needle, itchy. The side of my left face feels like I rubbed camphor on it, also around my mouth. It's cold and hot.
14	STOMACH	I had some cramping preceding a bowel movement, but the stool was formed. My stomach felt hot and tender the rest of the day.
14	STOMACH	My stomach feels bloated and hot this morning. It's like I just ate too much and need to release the pressure.
15	STOMACH	Had coffee – had to have it. Also craving fruit – orange, nectarine, apple.
15	STOMACH	Craving sugar – have not eaten sweets for 24 weeks. Not a problem with craving until now.
15	STOMACH	Ate a package of peanut M&Ms
15	STOMACH	Notice intense sweet craving
15	STOMACH	REALLY craving sweets
15	STOMACH	I binged on food. Binged on everything in site when I got home last night (10/21), even though I had planned on the way home what I would eat. Pie, chocolate, salt - anything I could get my hands on. Used to do that occasionally, but it had been a really long time. No emotion with it particularly. In the past, there used to be emotion with it when I binged, even if it was unacknowledged right at that moment.
15	STOMACH	With eating, I am not doing well. I am eating everything all the time. Went to dinner last night and it was a little better. Ate only part of the desert after the full meal. I am quitting the proving if I start pigging out all the time again. Worked too hard to lose the weight to put it all back on just for a proving!
15	STOMACH	Grazed all night again last night (10/24). Half pound of peanuts and some other stuff.
15	STOMACH	I am not at home most of the day, so there is less food temptation. I carried some grapes with me and fat free popcorn; I felt okay.
15	STOMACH	I am hungry at supper, but I ate one plate and only a little desert and then pushed it away
15	STOMACH	Cravings that settled down yesterday have not returned
15	STOMACH	I really want to be warm – hot soup, warm bath, stay indoors
15	STOMACH	Food has pretty much lost its control over me, and I am back to eating as per my preproving
15	STOMACH	Craving fruit more than usual – it was all about fresh grapes
15	STOMACH	Now fruit craving is for grapefruits and oranges. I stopped at the store today JUST for fruit. Would not usually do that.
2	STOOL	I have to go stool after breakfast, which is my usual time to go to the bathroom. But the stool is very loose and foul; not diarrhea though.
2	STOOL	After loose stool in the morning, I had another loose stool in the afternoon. Both times there was a very sour smell to it.
2	STOOL	Had another very loose stool in the morning. Still sour smell, but very foul, too.
5	STOOL	My stools look like bunny droppings. Lots of very tiny stools.
5	STOOL	My stools look even more like bunny droppings
6	STOOL	Normal stool this morning, but burning from salsa eaten for lunch on Sunday. And noted a piece of corn from lunch on Sunday. Slow digestion?
10	STOOL	Urge to stool. Copious amounts of very soft stool; light brown (yuck). Gut feels heavy, irritated, agitated, swirling.
12	STOOL	No urge to stool till break; even then it was scant
12	STOOL	Clean, scant stool
13	STOOL	Stools are soft. Desire to go to the bathroom right after I wake (two).

14	STOOL	I had cramping followed by burning, acidy diarrhea, a symptom I've had off and on for many years.
14	STOOL	I had some cramping preceding a bowl movement, but the stool was formed. My stomach felt hot and tender the rest of the day.
15	STOOL	After my pig-out, the bowel movements were looser and there was more
15	STOOL	My bowels are back to normal today
15	STOOL	Had Southwestern soup for supper, and loose stool came after supper. It was like supper was passing through me. It is not foul smelling, just very, very loose, like liquid with undigested corn and beans in it. Twice in the past hour that happened, and this is not at all like my usual bowel.
2	TEETH	I wake up at night with a kind of toothache that is difficult to describe. It is definitely not the tooth (last molar upper left) itself that hurts, but there is some kind of pressure in the gums/jaw above it. Most noticeable is that there is a strange taste coming (oozing?) from my gums around that molar. It tastes a bit like pus or blood, definitely as if coming from an inflammation. The pain is worse when it bite my teeth, but better from pressure lying on the affected side (left). It is worse lying on the right side. In the morning, I check to see if there is anything, but everything looks fine and the pain is better. I notice, though, that the taste is still coming out of the gums. I wonder whether I have an inflammation of the maxillary sinus, but can't tell. I never had much tooth trouble all my life, so I'm not used to tooth pain and have a hard time describing it. I remember though, that at age eight, I had an abscess at the exact same spot that formed a visible pus boil. The inflammation at that time was not particularly painful and resolved on its own. The taste in the mouth was pretty much the same. My mother took me to the
2	TEETH	The tenderness and the taste have gone completely
7	TEETH	Local pain in left temple area, moved down descending to jaw; radiating towards the ear and the upper teeth. All a deep root pain, but not intense. Within 15 minutes, the pain localized to the space between the ear and the jaw. Intensity of a level two within 20 minutes. Pain is most pronounced at the 'fang.' She says fang, pointing to the area that is below the point of the cheekbone at teeth root.
7	TEETH	Lateral and superior to the bicuspid - 'wide'
7	TEETH	Within 40 minutes, at intensity level two or three
7	TEETH	75 minutes from dosing, pain extended down toward throat
7	TEETH	One to one-quarter hour from dosing, pain on left
7	TEETH	Ameliorated by eating, but still there a bit in the 'fang' area
7	TEETH	One hour, forty minutes later, the pain moved to the right side from ear/mandibular joint down to the throat/parotid (trigeminal path). Intensity three; stopped on the left.
7	TEETH	Four hours later, she notices that the pain had moved back to the left, now localized to just the 'fang' area. It has ceased on the right.
7	TEETH	30 minutes later, begins subsiding to two. Oddly, she misremembers the pain's locations since onset, switching sidedness for the whole symptom. Per her reports now, the pain is now drawing her attention back to the left, sharper than before.
7	TEETH	The 'fang' pain stays consistently on the left, but pops out on the right now and then. Goes away at 12:40 p.m. upon going outside; perhaps from eating lunch.
7	TEETH	Pain in 'fang' returns
7	TEETH	Aching pain in teeth, like having ice cold water in your mouth with very sensitive teeth; bone pain. Intensity varies; more intense over the first three to four days, subsided after that; lasted for about a week.
12	TEETH	Friday: feeling pain and sensitivity in upper left molar, particularly when chewing or fluid, warm or cold, touches those teeth.
12	TEETH	Monday: still having the teeth sensitivity. It's been a long, long time since I have had any tooth pain at all.
1	THROAT	My throat felt very funny in the back on the right side for a brief time...just a few seconds. And again, my first thought was that I may be getting sick. But it was such a different feeling...not one I recall having before, like something sharp was stuck way back in my throat and feeling like it was almost going into my ear. This wasn't a painful sensation at all, but more like a feeling of something tangible in the back that was sticking my throat, like a narrow bone or something.
2	THROAT	Still feel the lump in the throat. Earlier today, I felt like some phlegm I had swallowed was pushed back up like in reverse swallowing.
2	THROAT	throughout the day, I still have the kind of lump feeling in my throat in the spot I have described the days before, and a couple of times I also feel a reverse swallowing motion in that spot though I was not eating.
2	THROAT	After waking up, I have loose mucus rattling in my throat and bronchi. Not much, and it is easy to cough it up and swallow it.

2	THROAT	the first couple of times I swallowed when drinking water, gives me the reversed swallow feeling and motion
2	THROAT	reverse swallowing is less, though I still get the feeling the first time I eat or drink in the morning
2	THROAT	The feeling in the throat persists. At some point in the evening (4:13:00), it feels like a swelling inside my throat below the larynx. I try to swallow it down, but that makes it worse. I feel a bit nervous; a swelling throat is a scary feeling.
2	THROAT	my throat is still swollen, but not as sore anymore
2	THROAT	My throat is sore again. I wake up at night because it hurts; it is a dry burning.
2	THROAT	The feeling in my throat is back. I am aware of my esophagus right under my larynx. When I take my thyroid pill in the morning, it does not seem to go down; it just sits in this spot for a while.
2	THROAT	Forgot to mention yesterday: after the argument on the phone, I have a pain and swollen feeling in my thyroid (OS). To distinguish this from the other swollen feeling in my throat, the thyroid pain is more on the outer side while the esophagus swelling is at the same level of the throat, though being way more inside. The thyroid pain does not come with any difficulty in swallowing.
2	THROAT	the closed-in feeling in the throat persists
2	THROAT	The need to clear my throat/cough is still there in the morning, and now it feels like there is some mucus inside, but it is very tenacious. I get it up to the larynx, but due to all the constriction in my throat, it feels like it lingers there, not going up or down. It gives me a gluey-goopy feeling in my larynx. (I apologize to my editor for the choice of words. I don't know how else to describe, and I know this is difficult to translate into a rubric)
2	THROAT	Meanwhile, I began to hate that feeling down in my throat. It becomes more and more a feeling of suffocation. The narrowing of the passage is so strong; I'm swallowing all the time to get rid of it. I can feel how the larynx tries to process the saliva back up instead of further down. Falling asleep this night, I see myself getting a tube slid down my throat. The feeling of suffocation increases because the tube makes everything feel even narrower.
2	THROAT	I realize that I forgot to mention that the constriction gets worse once I lay down
2	THROAT	There I realized that singing in a lying position does not only make it feel worse, it hurts. I actually felt like there was pressure on my vocal cords (now that would make a great srp: worse lying down singing!).
4	THROAT	Dryness feeling in throat. Talking, and there is stuff in the throat. Had to clear it.
4	THROAT	Throat clearing
4	THROAT	When swallowing water, it feels like the water is going around something inside of throat. Like the water had to push itself around something and air had to come up and equalize. Air was trying to escape to make room for water, and every time swallowing, there are little burps. Burp is more in the chest, almost down to stomach.
4	THROAT	Want to leave school and go for a bike ride. It looks so nice outside. Zoney, tense, like angry. Feel vibrating a bit internally. Tight around top of throat, heavy in stomach.
4	THROAT	Throat sore - dry feeling in anterior throat
4	THROAT	Woke up coughing, dry throat, stuff in lungs. Went for a bike ride - cold air made it hard to breathe. Burned my lungs. Could only breathe very shallow for a long time. Breathing extra hard with exertion.
4	THROAT	Woke with a sore throat, congestion. Realized I had been having for many days, especially if dehydrated when going to bed. Goes away within 10 minutes, especially if I drink water.
4	THROAT	Dark green phlegm upon waking. Itchy eyes.
4	THROAT	Continued with borderline heartburn after every meal. Sore throat all day long today, worse with dry air, better drinking lots of water.
5	THROAT	A little tickle in the right side of my throat that goes up to the ear
5	THROAT	My throat hurts. It burns.
5	THROAT	Had some soup for lunch and the hot liquid felt good on my throat
5	THROAT	Noticed that the burning throat returned
5	THROAT	Had a cup of yogurt. My throat started to itch for a couple minutes.
5	THROAT	I just ate half an orange and now my throat hurts. It is not unusual for me to have a sore throat, but not after an orange. Pain is a little dry. Hurts when I swallow.
12	THROAT	Slight burning in esophagus
12	THROAT	Sore throat, right side; an elongated spot (stripe)
12	THROAT	Throat is sore on waking, a ball in the throat feeling. It was rainy weather yesterday.
12	THROAT	Noticeable sore throat, still trying to go to sleep
15	THROAT	Scratchy sore throat

15	THROAT	Scratchy sore throat for three days, now resolved
1	URINARY	I have to say that I've not remembered to report a change in my urine. Normally it is rather yellow and even dark yellow, possibly due to the supplements I take. And it does usually have a strong odor of some type, depending on what I've eaten. My urine almost always smells like what I've eaten, or it has a rather sharply sour smell. My urine since day one of the remedy has no odor, nor is there any dark color. It's rather pale in comparison to what it was. Not sure what is considered normal, but I'm putting this down as a cured symptom.
2	URINARY	A little burning at second half and close of urination in the morning. The urine smells very acidic.
6	URINARY	Burning in urethra, continuous, lasting about four hours
6	URINARY	Burning in urethra during night, did not write down time
6	URINARY	Burning in urethra. Milder. Lasting maybe an hour.
6	URINARY	A feeling like the beginning of burning in urethra, but never went that far
6	URINARY	Slight sensation in urethra. Not burning, just warmth.
15	URINARY	My urine was particularly smelly today. It was unpleasant and had a stronger smell, but was not concentrated.
2	VERTIGO	On top of the walking problem, I begin to become dizzy and light headed, and I feel like I might faint.
4	VERTIGO	Mild dizzy spells a couple times when standing suddenly
4	VERTIGO	Dizzy spells today when standing suddenly
4	VERTIGO	One dizzy spell today after getting up from sitting
5	VERTIGO	Just a little dizzy
5	VERTIGO	Just a little dizzy
5	VERTIGO	Feeling a little woozy – don't think I would get in an accident if I drive
5	VERTIGO	Still the light headedness. Feels like I have taken cold medicine.
5	VERTIGO	Feel a little more light headed when I laugh
5	VERTIGO	Was walking in the kitchen and felt a bit of vertigo. It passed in three seconds at the most. I grabbed onto the counter top until it passed. Normally I wouldn't feel this way unless I had just stood up. It makes me wonder about the relationship with ears and dizziness, and wonder if this would be a Meniere's remedy. I also remembered that my grandma had Meniere's.
5	VERTIGO	Notice I feel a bit light headed. Very similar to how I felt when I first took the remedy.
5	VERTIGO	Still light headed. Feels as though my atlas is off. It is affecting my vision. Can't focus very clearly. I've cleaned my glasses several times.
10	VERTIGO	Left the training feeling a little dizzy. Spacey. My eyes aren't tracking well, things are a little blurry. Mostly, I feel spacey, light headed and a little dizzy
10	VERTIGO	Feeling very dizzy while lying down in bed
1	VISION	Unfamiliar funny feeling with vision when reading - different
1	VISION	When grocery shopping, felt a similar focus/vision deviation as in a.m. Hard to describe feeling, like the beginning of feeling faint without the dizziness. A loss of peripheral in a sense, with a tendency for a second or two to just see as if in a tunnel with a very vague, somewhat fuzzy, cloudiness around the edges.
1	VISION	Tonight coming out of the grocery store, I looked up and noticed a light brown spider making a web. It has occurred to me that I have seen four of these spiders now in the last week, and all of them have seemed to pop up in my line of vision. They were not on the floor at all, but at least at eye level and on a wall or close to the ceiling. This does not sound like a symptom, but it is odd to me.
1	VISION	I noticed another one of those light brown spiders again tonight on the wall, at eye level. Must be that time of year and maybe there is an influx. What is interesting to me is that when I see these insects, they are up near the level of my sight or higher and not on the ground.
10	VISION	My eyes aren't tracking well, things are a little blurry
12	VISION	Side vision awareness not that great. Wanting, like race horse with blinders on - only sensing what's in front of you.
15	VISION	Vision very clear; can read at a distance. Brighter, like the lights turned up. (OBS: prover states with certainty what she is reading at a great distance and is incorrect)
15	VISION	Vision very clear; can see clearly at a distance - brighter, like the lights turned up. Like before, returned to normal quickly. (Prover is fascinated by a tree she sees through the window and is certain that the tree is growing mushrooms on its branches. Stares hard at it and "sees" that it is berries after all. There is nothing but a few dead leaves and some rough bark there.)
15	VISION	Vision very clear; can read at a distance. Brighter, like the lights turned up. Like before, returned to normal quickly.
15	VISION	Eyes go blurry, like dirty glasses (no glasses)

15	VISION	No further visual brightening since early in the day. Before noon it stopped.
15	VISION	Vision continues to have episodes where it is exceptionally bright. It seems I can see farther than usual, with greater clarity.
15	VISION	My vision has been normal for the past couple of weeks. No further bright or dim spells.