

5	0:00:00	GENERAL	Took first dose at bed. Slept well, felt rested in a.m. Had feeling of subtle "hyper alertness," almost like a lizard very aware of its surroundings and any potential predators. Did not notice this symptom after a few minutes in a.m. Was tired, irritable in afternoon - felt like fighting off cold. After rest this resolved.
10	0:05:00	GENERAL	Feel like I'm rushing inside - pace pushing me so I feel like I'm hurrying - need to step back and breathe and consciously slow down
11	0:06:20	GENERAL	Doing dishes and hit plate with another dish on the drying side while moving things; clumsy
11	0:23:40	GENERAL	Fell in shower; didn't hurt myself, but put foot up on seat to shave legs and fell; have never fallen in shower before; have shaved with leg up like that many times
3	01:XX:XX	GENERAL	Cold during night while sleeping, hard to get warm. Overheated alternating with cold toward a.m. Slept late after getting up to feed horses.
3	01:XX:XX	GENERAL	Feeling of weakness in extremities, then generalized with exhaustion (OS) < warm room; > eating
4	01:XX:XX	GENERAL	I have none of my usual pains. My body feels very comfortable and easy to be in.
4	01:XX:XX	GENERAL	Started shivering with cold and had to go get a blanket (US)
10	01:XX:XX	GENERAL	Desiring vegetables like broccoli, cauliflower and cabbage
10	01:XX:XX	GENERAL	Desiring latte mocha coffee or hot chocolate - won't have it but did have a Mounds candy bar instead, and desiring cold water also
10	01:XX:XX	GENERAL	Didn't eat whole piece of chocolate cake - very unusual for me - able to throw one-third of it away
1	02:XX:XX	GENERAL	Very thirsty - desire <u>cold</u> drink (US).
3	02:XX:XX	GENERAL	Did not feel dry after bath as I usually do - no need for lotion. Air of house and clothes felt too hot, uncomfortable - felt better after went outside in cool breeze.
3	02:XX:XX	GENERAL	Felt wonderful in bathtub - fully immersed except nose - wish I could stay underwater all day
3	02:XX:XX	GENERAL	Brief aching right ear; right palm, back of right hand as well as lower extremities - right shin, back of right calf; left thigh, left shin; right great toe, right heel, left outer ankle (lateral) <u>constantly wandering deep, tearing pains</u>
3	02:XX:XX	GENERAL	Very energetic and felt very good today despite wander aches in extremities which continue
4	02:XX:XX	GENERAL	Last night had a desire for pie with a fruit filling. Went to store and got strawberry rhubarb pie.
5	02:XX:XX	GENERAL	Feel slow, 'settled', a little tired
7	02:XX:XX	GENERAL	Was thirstier yesterday
10	02:XX:XX	GENERAL	Had an orange and couldn't decide on breakfast - saw cooked chicken so had it
10	02:XX:XX	GENERAL	Desiring warm water
10	02:XX:XX	GENERAL	I'm very tired
1	03:XX:XX	GENERAL	Desire: <u>bread</u> , pasta (US)
3	03:XX:XX	GENERAL	Wandering itching (lasts very briefly > scratching): vulva, sole of right foot, back, arm, thigh, occiput right and left, frontal head under hair. Fades in and out.
3	03:XX:XX	GENERAL	Tingling (fine tingling - like slightly asleep) with weakness in left lower extremities, mid-calf down and left forearm, distal half through hand - continued through p.m., left worse than right, <u>mildly on right side - same areas</u>
3	03:XX:XX	GENERAL	Had to go outside as soon as got home for fresh air, to garden to pull weeds - could have done it for hours but got dark early. Able to bend and stoop without problems.
3	03:XX:XX	GENERAL	House open for fresh air much > decrease irritable and restless.
4	03:XX:XX	GENERAL	Aversion to my usual fried or poached eggs - still interested in eggs but only if they are scrambled. Don't like the idea of eating the separate white and yolk, but okay if all blended together.
10	03:XX:XX	GENERAL	Very tired
1	04:XX:XX	GENERAL	Nerves seem to be extremely sensitive today. Any bump or scratch at work sent out intense signals of pain that normally wouldn't bother me too much. Very much noticeable today (US).
1	04:XX:XX	GENERAL	Desire/crave fruit, "juicy" items (US)

3	04:XX:XX	GENERAL	Felt very weary upon rising > after bath
3	04:XX:XX	GENERAL	Quite energetic all day, minimal fatigue early afternoon (much less than usual)
3	04:XX:XX	GENERAL	Eyes, nose, roof of mouth feel very cold
4	04:XX:XX	GENERAL	An intense external trembling or shaking whenever I try to hold myself up in bed. Like if I lean on a shoulder or an elbow and thereby have any muscular tension in my torso at all, the shaking starts. It stops as soon as I lay back and relax (US).
10	04:XX:XX	GENERAL	Good energy
10	04:XX:XX	GENERAL	Desiring sugar and pop and tea
10	04:XX:XX	GENERAL	More evening energy than usual - asking husband if he wants to stop for a drink after shopping 11:00 p.m. - he's surprised and so am I, I rarely like to go to bars - have a wine, glass of red - its all I need - am surprised I'm very tolerant of smoking surroundings - then after bar closes - want to get out for breakfast - boy haven't done this in 15-20 years
11	04:XX:XX	GENERAL	Very tired all day
1	05:XX:XX	GENERAL	Craving warm drinks today - coca, tea, temperature outside is in the mid 50's
3	05:XX:XX	GENERAL	Wandering itchy spots lasting about one minute each - head, occiput, frontal left, nostril left, vulva right, anus (intense), back below right shoulder blade, back behind left shoulder.
5	05:XX:XX	GENERAL	Went for a run in afternoon. Was very content to run slowly, steadily. Usually would run harder, faster. In general, have been much less inclined to get out and run. I remember that immediately after taking the later doses of remedy, I would feel some fogginess and lethargy. I would try to persevere through this feeling throughout the day.
10	05:XX:XX	GENERAL	Not hungry, only desire citrus and grapefruit
12	05:XX:XX	GENERAL	After slight work, felt extremely tired, shaky, sore. Wanted to take.....couldn't sleep. Felt flu-like, achy, soreness everywhere.
1	06:XX:XX	GENERAL	Craving <u>meat</u> today. A chicken sandwich or turkey.
2	06:XX:XX	GENERAL	Was very tired from 8:00-9:00 p.m. Thought about going to bed, but I didn't because I didn't want to wake up at 4:00-5:00 a.m. Energy picked up at 9:00 p.m. and I walked to the bookstore to buy some Christmas gifts.
3	06:XX:XX	GENERAL	Mild rawness in throat on left, felt up into sinuses on left and into left ear. Left ear with slight itch. Left eye feels gravely. Less evident during afternoon, returned about 7:00 p.m.
10	06:XX:XX	GENERAL	<u>Nasal pain &lt; after eating</u> desiring salt and spicy
10	06:XX:XX	GENERAL	<u>Thirsty</u>
10	06:XX:XX	GENERAL	Had Thai food - not very spicy though - mild
10	07:XX:XX	GENERAL	Playful is how I felt Saturday night and dancing, shopping and then inviting my husband to stop at Deli's Karaoke Bar on the way home. Had fun and more social time with people I wouldn't. Was more tolerant of smoke and drinking that I normally would be.
9	08:XX:XX	GENERAL	Food and drinks: craving sweets
3	09:XX:XX	GENERAL	Feel good today, energetic. Feel best outside in cool air.
9	09:XX:XX	GENERAL	Craving sweets
3	10:XX:XX	GENERAL	All p.m. - ache over sacrum after carrying groceries - ache off and on through p.m., < bending backward. Sharp piercing pain when move torso to sides. Pain moves from left to right, and right to left, corresponding to torso movement, across sacral area.
2	12:XX:XX	GENERAL	Felt low energy in afternoon
3	13:XX:XX	GENERAL	Aches, tearing pains in long bones on right leg - shin bone, right knee and right ankle - top of right foot
4	13:XX:XX	GENERAL	In general my appetite was increased (RC)
3	14:XX:XX	GENERAL	Spent much of day outside cutting wood. Felt wonderful outside - very alert, very energetic, boundless energy. Feel I can breathe the fresh air into the bottom of my pelvis.
10	14:XX:XX	GENERAL	Lethargic Nordic Tracking, which usually makes me energetic

3	16:XX:XX	GENERAL	Cold much of a.m., wearing heavy sweater at work, didn't warm up until mid afternoon < after nap. By time I got home 5:30 p.m., got quite overheated, daughter raised thermostat to 70. Used to keep temperature at 70-72 at all times. Now like 66 in house.
3	17:XX:XX	GENERAL	Have gained weight since proving from 114 - 116 pounds to 120-121 pounds
3	17:XX:XX	GENERAL	Old scar aching
3	18:XX:XX	GENERAL	Dreaming a lot. Tired, sleepy, feel swollen - fingers swollen. Eyes look tired, red-rimmed today.
3	18:XX:XX	GENERAL	Easily overheated by furnace kicking on this morning < after getting dressed
3	19:XX:XX	GENERAL	Retaining fluid - feel swollen - face and fingers
3	19:XX:XX	GENERAL	Checked weight after supper and weight down four pounds from yesterday. Hands still swollen, especially fingers.
10	22:XX:XX	GENERAL	Energy is good considering day one of my period - usually tired for first couple of days
10	22:XX:XX	GENERAL	Desired exercise after dinner - not all that usual, but noticing wanting to be more active since the prescription. Put on some music and danced my heart out - felt like an escape for a while.
11	22:XX:XX	GENERAL	Extremely tired. Lied down on couch (stayed up till 2:00 a.m. night before wrapping presents).
5	26:XX:XX	GENERAL	Lower energy, muscles stiffness in a.m., improved during day, then low energy again at night
10	26:XX:XX	GENERAL	Desire exercise
2	27:XX:XX	GENERAL	Went dancing in evening - good energy
10	27:XX:XX	GENERAL	Less energy day by 25 percent
10	27:XX:XX	GENERAL	Feel hard to stay warm - have three layers of clothes on
10	27:XX:XX	GENERAL	Feeling less energy - headache, congestive, full - worse standing, worse moving, feel more lethargic like something coming on
10	27:XX:XX	GENERAL	Go home, low energy, want to rest, crabby, achy body, achy sides, both left and right of trunk of body. Worse right side, only want to lie still. Moving slowly -head congested - only want to hear things slowly (something coming on?).
10	27:XX:XX	GENERAL	Desire to lie on couch with fire place raging. Thirsty, but not energy to get up and get anything. Appetite diminished by 70 percent - want only something warm - comfort food. Feels like flue symptoms, achy body, mentally out of it. Feels hard to stay conscious.
10	27:XX:XX	GENERAL	Wave-like sensation - accordion like inside mid trunk to lower trunk of body - like I had this sensation early on in the proving. This internal movement better when lying still - only lasted about one minute at a time on and off for over 20 minutes.
10	27:XX:XX	GENERAL	Husband home = very nurturing. I'm touched by his compassion. Better with him stroking my forehead - feel too weak to move off the couch, and he can sense this - offers me comfort and water. <u>Thirsty</u> , but don't want it cold - cool is okay. Tears easily with his comforting.
2	28:XX:XX	GENERAL	Good energy - went swimming
10	28:XX:XX	GENERAL	Woke off couch - dizzy headache. Want to go up to bed - achy headache. Don't want to move too fast. Weepy at compassion he extended. I'm touched and want to snuggle, but get too hot and need to roll away. Feeling so unloved - ?? If go from mineral to animal to plant states in evolution of the soul/spirit.
10	28:XX:XX	GENERAL	Woke slowly - want to move slowly. Chilly - stay bundled in bed for a time. <u>Thirsty</u> . Urine profuse and good stream - not usual (difficulty with slow stream is usual a.m.) Energy better but not 100 percent.
3	30:XX:XX	GENERAL	Sudden tiredness - lasting into evening with low ambition. A lot to do, would prefer to go to bed and sleep.
3	35:XX:XX	GENERAL	Spent time outside in the evening, cool and beautiful outside in the dark, hard to bring myself in
3	42:XX:XX	GENERAL	Still sleepy and tired after nap - feel should be hibernating (usually feel like this in January/February).

3	60:XX:XX	GENERAL	Can't eat enough, bottomless appetite, weight increase about seven pounds since start of proving, most of weight in my abdomen.
1	Conclusion	GENERAL	Much muscle pain
1	Pre-proving	GENERAL	Very cold around evening time, almost shivering and still 50 degrees outside. Yesterday very warm riding in car. Almost a flash of heat (12:00 p.m.). Very irritable when warm.
1	Pre-proving	GENERAL	Felt slight flu symptoms last night, but fine this morning
1	Pre-proving	GENERAL	Very tired while driving today. Eyes extremely heavy and feel as though I have no power to keep myself awake and alert.
1	Pre-proving	GENERAL	Craving <u>meat</u> today - turkey, chicken, fish, which aren't generally in my diet. Drinking lost of milk lately.
2	Pre-proving	GENERAL	Energy is good - exercise almost always boosts my energy
2	Pre-proving	GENERAL	Very thirsty this morning. May be because I ate some salty chips before bed last night.
3	Pre-proving	GENERAL	Up early for school. Felt very energetic even though up till 11:00 last night working on daughter's case. Wide awake and energized, still felt mentally stimulated.
3	Pre-proving	GENERAL	Long brisk walk outside at lunch time. Breathing hard from exertion. Sweaty. Felt very sleepy, laid down briefly for a nap, but unable to sleep as usual. Wide awake as soon as cooled down and sweat dried. Still felt mentally energetic - inspired by homeopathy and excited by it today.
5	Pre-proving	GENERAL	Felt chilled, took long hot shower to warm up. Generally relaxed, tired.
10	Pre-proving	GENERAL	Desiring hot liquids and steaming
10	Pre-proving	GENERAL	Fish sounds good
10	Pre-proving	GENERAL	I had no energy for going to the store
12	0:00:00	HEAD	Headache in frontal eminence of forehead
4	0:00:04	HEAD	My headache vanished a couple minutes after taking the remedy
12	0:00:15	HEAD	Slight feeling of heaviness in head
4	0:00:30	HEAD	Goosebumps passed in a wave up left occiput to side of head above ear.
10	0:02:00	HEAD	Headache top of my head over my eyes - ache congested feeling with some slight nausea
3	0:04:20	HEAD	Headache, dull moved from right temple after exposure to smoke last p.m., left temple with stiff neck
1	0:14:00	HEAD	Headache dull, located on the right side above temple, < noise, light. Headaches usually on a weekly basis prior.
11	1:18:35	HEAD	Chill on back of vertex and top part of occiput of head; right side felt like the scalp was pulling together in a spot
1	00:XX:XX	HEAD	Headache shifted and intensified. Went to the top of head and now throbbing. Felt light-headed and woozy throughout the day - on and off.
1	01:XX:XX	HEAD	Much light-headedness today. At one time, following putting my head down and bringing it back up, saw a series of stars and had a spinning sensation. This happens if I wait long periods between eating.
4	01:XX:XX	HEAD	Again I got a wave of goose bumps from my left occiput to above my left ear
4	01:XX:XX	HEAD	Itching of scalp, face and back (US)
9	01:XX:XX	HEAD	Headache, right bone inner corner of eye, throbbing
9	01:XX:XX	HEAD	Headache, with Photophobia
10	01:XX:XX	HEAD	Headache occipital dull press, gone at 8:35 a.m., moving into just above ears and more left sided - pain going into left ear stitching outward pain
10	01:XX:XX	HEAD	Got headache immediately from cake, went right to the top of my head. Pounding pulsating headache. Seemed > after 15-20 minutes and increase in water drinking

5	02:XX:XX	HEAD	Felt like I had a beak for my nose and mouth. Felt like I had a turtle's head. Fuzzy, numb kind of feeling in head.
7	02:XX:XX	HEAD	Have headache - dull ache in face/forehead/temples - feels like headache from not enough sleep
10	02:XX:XX	HEAD	Headache frontal and seems < as I try to think of the dram - feels like the effort makes the headache < - feels congested full, achy and notice also at base of my skull tension pulling face feels full
3	03:XX:XX	HEAD	Very sensitive to bright sun from windows - left frontal headache from sun - lasted through p.m.
3	03:XX:XX	HEAD	Headache, dull left frontal, occasional right frontal, ache behind left eye and up to vertex
3	03:XX:XX	HEAD	When bent forward at waist - pain and pressure left frontal headache
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5	03:XX:XX	HEAD	Slight left sided headache, dryness of left nasal passage when I wake up. Resolved within an hour.
7	03:XX:XX	HEAD	Sudden sharp pain in head behind left eye
10	03:XX:XX	HEAD	Headache in ears and upward to top of head - not bad though, achy, some pulsating
1	04:XX:XX	HEAD	Woke with slight headache. Top <u>crown</u> of head. Pulsating pain (RS with remedy).
3	04:XX:XX	HEAD	Headache through night - awoke to sharp, stabbing headache left frontal - occiput about 1:30 a.m.
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3	05:XX:XX	HEAD	Pressure on vertex on waking, > after stretching neck and back.
3	05:XX:XX	HEAD	Headache over right temple - into right ear and down into gland below jaw late p.m. until went to bed. Brief period of dull aching under chin along jaw line bilaterally about 1-1/2 inches. Headache associated with stiff neck and upper back muscles.
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12	05:XX:XX	HEAD	Sensation under occiput, slightly sore
1	06:XX:XX	HEAD	Slight headache top portion of head. Worse with standing, walking, light. Walking each step feels as though brain is being jarred.
3	14:XX:XX	HEAD	Pain behind left ear, stabbing pain and into mastoid bone brief
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3	14:XX:XX	HEAD	Pain behind left ear, stabbing pain and into mastoid bone brief
10	14:XX:XX	HEAD	Dull headache
3	19:XX:XX	HEAD	Aching behind left ear. Aching, cramping pain in gland on left throat below jaw.
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3	20:XX:XX	HEAD	Neck somewhat stiff, very mild, cracking loudly, then releasing change in weather, always cracks a little with motion
3	20:XX:XX	HEAD	Neck somewhat stiff very mild, cracking loudly, then releasing change in weather, always cracks a little with motion
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5	29:XX:XX	HEAD	Sunday afternoon/night and Monday. Headache and nausea, > lying down and sleeping. Slightly > fresh air and > distraction with eating.
11	38:XX:XX	HEAD	Left side of head, straight above ear where it curves from side of head to top. Felt vibrations three times between 1:00 p.m. and 2:00 p.m. Then on right side in the next half-hour or so felt that skin tightening.
3	Pre-proving	HEAD	Pain early a.m. back of head and base of occiput in spot slightly to right side - feels like hair has been rubbed the wrong way
3	Pre-proving	HEAD	HA, dull < right side - behind eyes for about one hour. Stiff neck and upper back after headache. Tension felt from eyes to back of head - through head. Very sensitive to noise rest of day, > outside fresh air.
3	Pre-proving	HEAD	Mild headache in temple on right in a.m.
5	Pre-proving	HEAD	Slight headache, vague or left sided
5	Pre-proving	HEAD	Woke up with headache vague, increased during morning and became right-sided. Aching toothache type of pain. Some nausea - headache > still or sleeping. < motion, thinking about it. Finally ended about 8:00 p.m. Didn't want to do much except wait for headache to end.
10	Pre-proving	HEAD	Woke with headache occipital and down into neck, neck stiff
10	Pre-proving	HEAD	Facial headache came on about noon - pressure achiness left sides, > with rest one hour
10	Pre-proving	HEAD	Slight dull headache right side above right ear temporally at 2:55 p.m. - < with pressure
11	Pre-proving	HEAD	Felt very slight vibrations left side of head above left ear and back.
11	Pre-proving	HEAD	Pressing headache sides and vertex
4	0:00:50	HEARING	I'm very aware of little mechanical sounds in the house - clock, refrigerator
4	01:XX:XX	HEARING	I continue to be more aware of background mechanical sounds - this time the humming of a fish tank bubbler
10	03:XX:XX	HEARING	Daughter tells I can't hear - she's right. I ask her and others to repeat, i.e. you've got to get your hearing checked and I say "earrings checked - what did you say?" This has been noticeable yesterday and today.
10	19:XX:XX	HEARING	My daughter says to write down, my hearing hasn't been the greatest - she's right. Hear words and not clear what was said. Like the time she said one-two weeks ago "Mom you got to check your hearing," and I said "what do mean about my earrings?"
5	26:XX:XX	LARYNX-TRACHEA	Laryngitis for two days
7	0:00:00	MIND	I took the remedy. I have got a lot accomplished today. I cleaned the house, got all the Christmas stuff out, and worked on the laundry. I am feeling impatient with D. at times throughout the afternoon.
3	0:00:01	MIND	I returned to bed and had a sensation, a vision of flying through light into a dark, spiraling tunnel, into light, then into another tunnel of darkness, as I was falling asleep.
4	0:00:04	MIND	I have a pleasant feeling inside my chest and head, as if a peaceful space was opened up in these places, or as if I'm in a marsh.
4	0:00:04	MIND	I briefly got an image of a large hand holding a thick vertical rope inside my chest. This was followed by an image of a broad, flat landscape near sunset, perhaps a lake. I get up to walk around the house and my legs feel different. It's like they are walking under me more independently. I'm aware of lifting them and putting them down, and I feel like my body is swaying side to side when I walk.
4	0:00:04	MIND	On seeing the reflection of myself in a convex pot lid, I'm intensified to keep looking. The convex surface creates this fish-eye effect, distorting the proportions of my face and body and the surrounding objects
10	0:00:15	MIND	I feel like I am repeating myself, not sure if I've ask apt question.

4	0:00:30	MIND	I feel mentally unsophisticated and I am paying closer attention to little details. Picking up a dirty wooden spoon, I smelled it before I put it in the sink. On taking out the cheese grater, I held it right up to my face to look at it and touched it carefully with my fingertips. I am usually the type to try to do a lot of things very efficiently, but this feels different. I feel like carefully doing things one at a time, step by step. I usually fly around doing three things at once.
4	0:00:30	MIND	I told my girlfriend on the phone that I feel like a duck.
4	0:00:50	MIND	I feel insecure about being a prover. "Too bad I will spoil the whole proving with my ridiculous and unreliable symptoms." I had an idea in my head before taking the remedy that it would be goose, and so I don't trust myself. I feel quite bad as if I have wrecked the proving.
4	0:00:50	MIND	I'd rather go outside and go for an ambling walk than stay in and work on my cases.
4	0:00:50	MIND	I don't really feel like doing anything. Content just to sit.
4	0:01:10	MIND	I went out for a walk. I liked the fresh air and the feeling of space. I am still walking strangely. It's very plodding, but not awkward. Step, step, step, step. On seeing the house, I didn't feel like coming inside.
4	0:01:10	MIND	The idea of doing some work at my desk seems absurd. I do not even want to be in my office. I was content while I was outside, but there was no feeling of anywhere I wanted to go or anything I wanted to do.
4	0:01:10	MIND	On talking on the phone with my partner, she seemed overly serious and worried. I feel like when we get together for dinner, she will want to talk about lots of serious things and ask lots of questions. I think I would prefer that we sit close to each other and nuzzle each other. I'm bored with the idea of carrying on a conversation. I would be content to just be with someone.
4	0:01:10	MIND	On my walk I thought, "maybe I'd like to watch some cartoons on TV." I never watch TV, and certainly not cartoons.
4	0:01:10	MIND	At my desk, I feel like Bugs Bunny trying to analyze a case, or maybe more like Roadrunner. On stamping a couple of envelopes with my return address, I stamped the top right corner instead of the top left. I'm able to work, but I have to make an effort to do things properly. I would certainly rather be outside. I'm doing simple remedy mail-outs, but I'm concentrating like I'm doing complex math problems.
4	0:01:10	MIND	I'm tickled to find I have Bugs Bunny postage stamps in the drawer.
4	0:01:10	MIND	There is an absence of my usual introspection. I'm usually always thinking about things, turning them over in my mind, but now I feel much more simple and direct.
10	0:02:00	MIND	I found myself in the <u>wrong</u> lane to get back to work. I fill out a form <u>wrong</u> on two through four – I had to start over
4	0:02:20	MIND	I'm doing a lot of things like grabbing the wrong line, turning on the wrong light switch, walking into the wrong room, or looking in the back of the phone book for something I know is in the front.
4	0:03:25	MIND	I want to goof around and have a tickle fight with my partner.
4	0:03:25	MIND	I went to the video store. I was disappointed that they didn't have an old Bugs Bunny/Roadrunner video. I got "Fantasia" and "One Flew over the Cuckoo's Nest."
4	0:03:25	MIND	A desire to be more helpful than usual in the kitchen. Much happier chopping vegetables and grating cheese than doing work at my desk. Feel on the verge of bursting into laughter, but don't. Asked my partner to go cuddle with me in the middle of making dinner. I am not at all annoyed by her goofy, silly behavior. I find it pleasant and enjoyable.
3	0:04:20	MIND	Horses acting very strange when I put them in. One mare (Sable) left barn three after rest of horses in, in fact ran out while I was cleaning her hooves. One mare (Amber) much friendlier toward me, kept coming to me to smell me instead of eating, watching me instead of eating. Smoky tried to bite me as soon as I entered pasture, kept trying to nip me, tried climbing over stall to nip Amber, would not eat while I was in stall, but did eventually let me clean his hooves. Very curious toward me after, wanted attention instead of hay.

4	0:08:10	MIND	While watching a movie with my partner, I did not have my usual feeling of being suffocated by her being cuddled up next to me. Normally I would be agitated and restless, and instead I was content.
4	0:08:10	MIND	I didn't have any of my usual fear when driving on the freeway.
3	0:09:30	MIND	The skin on my face and head feels tight, like it's stretching, feels like hair on end or feathers standing up. It began around the temples and spreads in waves over my forehead, inward over my eyebrows. It feels like my eyebrows are pulled up and inward. It comes in waves down my cheeks and over my chin inward (drawing of face). It's like hair standing up on upper lip and on cheek bones under the eyes. It feels like a bird with feathers fluffed out.
3	0:10:30	MIND	The tight feeling on my skin over the forehead continues – it's pulling inward, and feels as if it's pulled until the center of my forehead between and just above the eyebrows feels bulged out - it extended outward about one inch above the root of my nose.
3	0:11:30	MIND	My clothes have felt damp (uncomfortably) all p.m. since about 8:00 p.m. – I have not noticed increased sweat. It is very damp and foggy outside.
1	0:14:00	MIND	Mind preoccupied on one subject that upset me. Could not get past this point. Upset with person, and when I questioned him, did not push for more facts even though I wanted to obtain more information. Upset at him and myself for stopping and accepting the answer given. With this I felt betrayed, neglected and powerless.
9	0:23:05	MIND	I have a sad, miserable feeling
2	1:07:15	MIND	Starting crying at 9:45 a.m., feel really sensitive - started from phone call from receptionist at work ( <i>As if pre-menstrual</i> ).
2	1:07:25	MIND	Made a phone call to a friend. Meant to say “three days ago” and instead said “three months ago.” I caught my mistake and corrected myself. My hunch is that these are not proving symptoms and that I have no new symptoms yet or strong return of old symptoms.
1	1:09:30	MIND	Irritable < noise, events, people - great desire to be “left alone” today with no connection or communication with outside world. Everything was too slow - events of the day. Stopped and could not figure out why/what I was in such a hurry for, yet nothing could happen quickly enough.
1	1:15:30	MIND	Desire tobacco - casual smoker – yet the urge was strong this evening.
1	1:19:00	MIND	Mind preoccupied on past events. I feel as though I never enjoy the moment of what I'm doing, where I'm at, or whom I'm with. My focus is usually on a past time or future event - never in the now!
3	01:XX:XX	MIND	There is tightness and inward stretching of my skin over my face, with the sensation as if feathers are standing on end over my forehead, temples, cheeks and chin. There's continued outward pressure over the third eye area, unsure if it's out farther, swollen, or if it's my imagination (sensation intermittent all day long).
3	01:XX:XX	MIND	I'm feeling like hair is standing on end, lateral right calf.
3	01:XX:XX	MIND	I have facial sensations of pressure from the sides of my face inward. The pressure decreases from the top of my head. The forehead and facial bones feel elongated outward, especially over the third eye area, with a tendency for my lower jaw to keep extending downward.
3	01:XX:XX	MIND	Desiring hands in cold water - better after this.
3	01:XX:XX	MIND	Irritable and heavy when got up, worse touch. Felt much better after bath (cooler water than normal). When getting up out of tub, felt great, light as air, felt like just taking off flying upward. Hot and uncomfortable, more irritable again with clothes on, > outside in fresh air. After bath, put lotion on as usual, but felt not needed.
3	01:XX:XX	MIND	Even mood - not irritability after spending time outside this afternoon. Feel somewhat indifferent. Caught daughter lying to me, only mildly angry - more concerned about finances at present.
3	01:XX:XX	MIND	My birds more affectionate than usual. Singing for me increased.
4	01:XX:XX	MIND	I feel innocent and harmless.
4	01:XX:XX	MIND	Lying in bed this morning, I momentarily had a sensation like I had fishing line wrapped around the base of my throat.

4	01:XX:XX	MIND	I usually feel like I have an external and an internal self, but during this proving I have felt like they are the same. It's like the difference between being a piece of fruit, like an orange with a skin, and being a solid, seamless chunk of something, like a pound of butter or a piece of metal.
4	01:XX:XX	MIND	Since starting proving, I've had an urge to dance. A bouncy, happy kind of dancing, not artful or exertion focused or sexual (the new Beastie Boys song on the radio ("Body Movin'") is perfect for this).
4	01:XX:XX	MIND	I feel like participating in whatever is going on around me - urge to be more helpful.
4	01:XX:XX	MIND	It is usually a bit of an effort for me to interact with others, but during the proving it's been easy. I am less introverted, I feel more relaxed. For me, social contact can feel like an intrusion, and now it just feels normal.
4	01:XX:XX	MIND	It is usually a bit of an effort for me to interact with others, but during the proving it's been easy. I am less introverted, I feel more relaxed. For me, social contact can feel like an intrusion, and now it just feels normal.
4	01:XX:XX	MIND	On walking out the door to go to work, I realized that I had forgotten to pack myself a lunch and hadn't put together my books. I had to stop and do these things. I usually arrive at work 10 minutes early, but today I was right on time.
4	01:XX:XX	MIND	Feeling very irritable and cranky. Partner contradicted me after dinner, and I felt like arguing with her. This is similar to my regular irritability, so I didn't know if it's the proving or not. I just want to go and be by myself in the dark (RC).
4	01:XX:XX	MIND	No longer irritable, but I just want to lie in the dark. A feeling of not wanting any physical contact, like my body is surrounded by a mandatory empty space. However, I still have desire to reach out and make contact. I asked my partner to come and pull on my toes as a way of there being affection between us without too much physical contact.
4	01:XX:XX	MIND	I think I would like to be in a black, zero gravity environment. It reminds me of the scene in "2001: A Space Odyssey" where one of the astronauts is released free-floating out into space. In the movie it's horrifying, but at this moment it seems like it would be pleasant.
4	01:XX:XX	MIND	It occurs to me that my dream of last night has come true. Yesterday my partner and I were feeling close physically, and today we are on opposite ends of the apartment, feeling estranged.
4	01:XX:XX	MIND	Rushing through tasks - uninvolved – doing things poorly to get them done with.
4	01:XX:XX	MIND	This morning I went to hold the cat and cuddle with it, and tonight I feel a bit antagonistic toward it.
4	01:XX:XX	MIND	Making crass comments about everything I encounter (US).
7	01:XX:XX	MIND	I was really irritable when D. got into bed and tried to snuggle.
7	01:XX:XX	MIND	I couldn't find the chart – I looked three or four times. A. found it in exactly the right spot.
10	01:XX:XX	MIND	I noticed that I switched letters, i.e. "earlier" for earlier.
10	01:XX:XX	MIND	At the gas station where I filled up my car, just now I tipped over a whole rack of "Altoid Mints." About 40 Altoid candy tins came off the counter onto the floor – clumsy.
11	01:XX:XX	MIND	I forgot to take the sixth dose of remedy.
1	02:XX:XX	MIND	Work day was very frustrating. Really wanted to go home early, yet resented approaching foreman to do so. Overall very poor attitude. Angry, frustrated, temper very short. Wanting to throw my hands up and walk out!
1	02:XX:XX	MIND	Relaxed and watched TV tonight. Very emotional with documentaries: reflection, amazement and wonder with nature. Crying with this - not a "sad" cry though.
1	02:XX:XX	MIND	Upset with hypocrisy and injustice of government. Very stirred up over this, but an overall feeling of hopelessness and disbelief.
3	02:XX:XX	MIND	The feeling over my face is as if feathers are on end. It starts at temples and cheeks and moves inward and up over my forehead, down over my chin, and inward across my cheeks.
3	02:XX:XX	MIND	Desire to rub head and face all over, feels refreshing and reviving.
3	02:XX:XX	MIND	Birds (cockatiels) singing for me even in the dark.

3	02:XX:XX	MIND	In good mood - singing Christmas carols while birds sang before bedtime.
3	02:XX:XX	MIND	Upset with 17-year-old daughter, who came home screaming at me for no reason, unwilling to listen to any reason at all. She got right in my face and starting screaming in my ear, and I spontaneously slapped her cheek before I realized what I was doing. My ears were ringing after she screamed. I began to cry after fighting her off, after she beat on me. We both apologized and cried on each other's shoulders. I had much difficulty stopping crying, continued about 45 minutes (OS). I was very upset with her behavior and lack of self control. I was upset that I had slapped her (I have never done this before with her – it was done in response to extreme ear pain with scream); I felt she did need to be stopped, and was unsure of other alternatives. Did she deserve it?
3	02:XX:XX	MIND	I am thinking I should quit beating my head against the brick wall of my daughter and let her learn the hard way since she doesn't listen to me anyway. I am seriously thinking of moving out to western Minnesota (recent symptom) and getting myself a nice farm in the peace and quiet. I need to distance myself mentally and physically for peace of mind. Is it a feeling of indifference toward trials and tribulations of motherhood? Emotional exhaustion?
4	02:XX:XX	MIND	It's hard having physical contact with my lover. I'd prefer to have some space. First day of proving, I felt like I wanted to follow instead of lead. Now I would rather do neither and be off doing my own thing.
4	02:XX:XX	MIND	I have a desire to construct elegant sentences while I am writing.
4	02:XX:XX	MIND	I catch myself speaking to others in an unkind tone. Last night I made my girlfriend cry when I had thought we were having fun. I am a bit insensitive to others feelings I think.
4	02:XX:XX	MIND	Feeling rowdy and boisterous.
10	02:XX:XX	MIND	I put the key in the ignition and ended up looking all over for my keys this morning. Walking into HPL today, I thought I had left my day planner in the car, and when I got onto the elevator to punch the floor key, I found I had my day planner in my right hand. I realized I didn't remember holding it, and if I hadn't seen it in my hand I wouldn't realize my right hand was holding anything.
10	02:XX:XX	MIND	I wrote too many rs, and I notice I wrote return as "rentur" on the first line about my dream.
1	03:XX:XX	MIND	Upon waking, felt very focused, motivated, ready to get things done today. Mind: light, good-humored, easygoing.
1	03:XX:XX	MIND	I took notice mentally that with reported numbers or figures I tend to get jumbled up and very confused. Hard to keep figures individually separated. Memory seems poor as far as recalling recent things and events
3	03:XX:XX	MIND	The feeling of feathers standing on end is on my face, an increased sensation when I'm thinking of it. I also notice that when I'm petting my pet parrot, and when his facial feathers stood on end, my facial sensations corresponded to his.
3	03:XX:XX	MIND	My nose and inside of my mouth feel cold.
3	03:XX:XX	MIND	Very distant and apathetic at work in a.m. Hated being there much more than usual. Felt trapped, suffocated, very strong desire to not be there (locked in ward and I do have the key). Did my work, but unable to even smile until about 9:30 a.m. Wanted to be outside badly. Felt antagonized and persecuted by both patients and staff. The sociopaths who bugged me to smile more I felt like eliminating, such poor excuses for humanity. I refused to bend to their will.
3	03:XX:XX	MIND	Went to pet shop after work - strong urge to buy a baby ferret (my ferret died this fall). <u>Strong desire to raise and nurture a baby animal.</u> Very drawn to the birds, but forced myself to ignore the birds best as I could, as already have seven birds at home. Did have a few nice casual conversations with birds at pet shop.

3	03:XX:XX	MIND	Lying on floor with still-point relaxation - vision of swirling white then turns to silver gray in waves under light. Appeared to be the swirl of a white wing around my head, then vision of numerous gray wings in flight under sunlight. Ended in a swirl of white that stopped and appeared to be a shoulder of a wing with down ruffled and exposed. During waves of gray, wings in flight could hear the sound of the heavy flap of wings and wind.
4	03:XX:XX	MIND	On waking in the morning, I have a sensation as if my body is very clean.
4	03:XX:XX	MIND	I showed up for a 3:30 p.m. appointment at 2:30 p.m. because I had read my date book wrong.
4	03:XX:XX	MIND	I've been forgetful, doing things like leaving home without something I need, and forgetting to put things away when I'm done using them.
5	03:XX:XX	MIND	Small but significant impediments to my activities cropped-up during the day – it was very frustrating. We went out to dinner at a large restaurant, and were seated right next to the only smoking tables. The fact that cigarette smoke was drifting my way was extremely irritating and frustrating. The waiter was disorganized and the overall service was slow. When he finally brought the bill for me to sign, there was no pen in the bill holder. He had just walked away and disappeared again, so in frustration I signed the bill with a crayon my daughter had been using to color her placemat. I decided I needed to cool down after returning home, so I went out for casual shopping. It was during the Christmas season, and my wife had asked for a specific sized sweater. After being 'nabbed' at the front of the store by a clerk, they volunteered to look through the sweaters for the right size, and after looking through every last one in the store, including the back room, I was informed they had none. Then I went to a music store and looked up a CD on their reference computer. Later I came back to the computer, but could not remember how I had found the reference a few minutes earlier. The salesperson sold me another CD, and told me they would order the first CD I had looked up.
5	03:XX:XX	MIND	During a.m. meditation, I had thought that everything boiled down to survival. Survival was the key to all of life. I had thought about Native Alaskan tribes leaving frail elderly behind for the survival of the group.
7	03:XX:XX	MIND	I've been told I'm "cozier," more "solicitous" - my demeanor is different.
7	03:XX:XX	MIND	I was too sleepy this morning to work on a case - had a hard time connecting and thinking clearly about it. I worked on Christmas bags and potholders. I didn't even try to do homeopathy. I still feel unfocused that way, and kind of restless.
9	03:XX:XX	MIND	I am feeling happier in general, my energy is better, and I have a general feeling of happiness and strength.
9	03:XX:XX	MIND	I am irritated with my daughter - she won't help.
9	03:XX:XX	MIND	I get sad reading letter from my lawyer. I felt like crying more lately, not less like usual.
10	03:XX:XX	MIND	Crabby, easy with any contradiction - feel ready to fight and like I would bite someone's head off. Unfortunately my daughter's getting the brunt.
1	04:XX:XX	MIND	Mind: <u>alternating</u> moods today. One hour easy going and light thoughts. Next hour unpleasant thoughts and desperation with future things such as money, school, relationships, etc. With this, I look at the dark side of things and think of all I'm missing rather than being appreciative of where I'm at.
1	04:XX:XX	MIND	I have great impatience and frustration with work today. Want to give up and walk out.
1	04:XX:XX	MIND	Mood tends to be worse when I'm alone. I don't directly desire company, yet mood doesn't tend to go to "dark side" in presence of another.
3	04:XX:XX	MIND	I have an intense facial feeling of feathers standing up and my forehead protruding while driving to work. It's less evident the rest of day.
3	04:XX:XX	MIND	Mild apathy at work this a.m., less severe than yesterday. Efficient, indifferent, matter of fact, cold, watchful feeling. Mood improved by about noon.
3	04:XX:XX	MIND	Able to laugh and smile freely by 2:00 p.m. Not ruffled even by threats at work. Ready to take on any challenge necessary - "I dare you to push me too far" attitude.
3	04:XX:XX	MIND	Desire to rub face and head - during night, late morning, later afternoon, evening.
3	04:XX:XX	MIND	Saw V of geese on way home, filled with longing, strong sensation in solar plexus, brought tears to my eyes briefly.

3	04:XX:XX	MIND	<u>Love the moon.</u> Full - very hard to stop watching it and go inside. Could have stayed out all night, bathed in moonlight.
3	04:XX:XX	MIND	Horses very happy to see me - Amber kept licking my hand (has not done this to me before).
4	04:XX:XX	MIND	I have my first glimmer of sexual interest since starting the proving, but it's different than usual. I don't want emotionally intimate contact. The feeling is that I would more like to mate with the aim being the solidification of the bond between me and my partner, and to reproduce. I wonder if this is how animals feel.
4	04:XX:XX	MIND	In bed with my partner at night, I experience an alternation of wanting to be far away with absolutely no contact, and then wanting to be close.
4	04:XX:XX	MIND	I want to hibernate. I would like to disengage from all the details of consciousness and crank my metabolism down to a minimum. It's like being a car that prefers to sit in the driveway, or a school building that wants it to be summer so it can sit empty (US).
5	04:XX:XX	MIND	Maybe I'm imagining this, but it's very easy for me to think of myself as a turtle - hard shell at back, soft belly, head poking out from the shell, neck continuous with head.
5	04:XX:XX	MIND	I had asked a new nurse at work to return a chart to me so I could discuss a patient's problem with the physician I work with. Instead, she took the chart to the physician herself, passing on a note that I didn't know what to do about the problem, so instead she (nurse) wanted to ask the physician herself. The nurse was out when I saw this; I felt very frustrated. At night, I came home and had extended discussion with my wife about some comment I had made earlier.
5	04:XX:XX	MIND	Our individual interpretations of the intent of the statement (simply about whether to take our daughter along shopping, where we were going, etc.) was so opposite I wished I had had a tape recorder. In the afternoon, I made a phone call to an area we've been considering relocating to. I became very apprehensive about the risks and uncertainty involved, especially when compared to the feeling of job security I have here. This continues to bother me more than it normally would.
5	04:XX:XX	MIND	The mother of a homeopathic patient of mine (a 4-year-old girl) called to tell me that her daughter had been having problems for the past month ever since the last remedy, and wanted me to help as her daughter is leaving for vacation in two days. The problem was essentially unsolvable given the pressure of time.
10	04:XX:XX	MIND	Crabby and quick tempered with daughter - easy to snap at her with any contradiction. Any words are sharp and short, and I feel less tolerant and less patient. As easily as we argue, we hug and make up, not wanting to be "bitchy."
10	04:XX:XX	MIND	Feeling attractive and wanting to spend one on one time with husband - more tolerant of him and his smoking. This tolerance of his smelling of smoke surprises me.
10	04:XX:XX	MIND	Find I don't want to sit with my back to anyone. I want to have my back against the wall and observe everyone.
10	04:XX:XX	MIND	My mind is not as clear as I'd like - I've forgotten what I just set out to do, or what is in my mind to go and get. I get there in the living room and forget I went to get the portable phone.
11	04:XX:XX	MIND	I felt gloomy; the weather looked gloomy too.
1	05:XX:XX	MIND	Wake groggy - took me quite awhile to "get with it." Felt like I was in a trance.
3	05:XX:XX	MIND	I'm driving in my car again with facial sensations as if feathers are fluffed out, pulling inward towards the center over my forehead and cheeks, pulled outward from the center of my forehead between the eyes and outward from the nose. Also happens again about 6:30 p.m. while resting on break, one time also on unit.
3	05:XX:XX	MIND	When I'm walking I feel shorter, closer to the ground. Rooms and buildings around me seem taller.
3	05:XX:XX	MIND	I have a feeling of intense excitement in my stomach mid abdomen, similar to the excitement felt after the prescription with Homeopathy. Ether, but lower in stomach - the center just above the navel. It's a good feeling, not uncomfortable or disturbing in any way.

3	05:XX:XX	MIND	Felt wonderful to be outside, sky so blue - felt euphoric, like could fly up into sky and go forever.
3	05:XX:XX	MIND	Felt <u>very</u> centered, very in control at work.
7	05:XX:XX	MIND	A friend called - I took the wrong set of candles to her.
11	05:XX:XX	MIND	Christmas shopping: I am annoyed at people. I don't usually shop the weekends between Thanksgiving and Christmas. There are <u>too many people out</u> .
12	05:XX:XX	MIND	I wanted to tear the air out of my lungs manually. It felt like poisoned air.
12	05:XX:XX	MIND	From the beginning of this second dose, I have felt poisoned psychically or mentally, or both, and have wanted to stop the proving. I have regretted the second dose, I feel unclean.
12	05:XX:XX	MIND	I hate this stuff; I want to get it out of me. I feel poisoned, toxic. I can't wait for it to be gone. I feel unclean. I hate it.
12	05:XX:XX	MIND	In the middle of the night I have an unclean feeling. I felt poisoned.
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12	05:XX:XX	MIND	In the middle of the night I have an unclean feeling. I felt poisoned.
12	05:XX:XX	MIND	Queasy, exhausted, tired, weak, shaky
12	05:XX:XX	MIND	I have a miserable feeling in my stomach, a sad, miserable feeling, with a stiff neck, a sore lumbar and soreness across the top of sacrum. I feel regret, like I did something wrong. I'm sad. "I will change, not do that again." "I want to atone." I need to atone (very strong feeling - not normal for me. <u>That's not a word I would choose</u> ).
12	05:XX:XX	MIND	Tired through both shoulders. "I just can't go on" feeling with tired shoulders.
12	05:XX:XX	MIND	I can't write. I'm reversing numbers. I don't want to think about the proving. It's hard to concentrate. I can't finish because my mind wanders. I reverse words and numbers (one to two hours after taking the second dose, on day five).
12	05:XX:XX	MIND	It's somewhat hard to concentrate.
1	06:XX:XX	MIND	Thinking a lot lately about my place in life. Feel as though I don't deserve anything I'm striving for. I feel like someone, or something of an outside force is going to be there to knock me down, and I will easily give in. That scares me. I feel as though I have to be extraordinarily special or talented to succeed, that I haven't found that in myself yet. I'm somewhat doubting if it's there right now, and wondering if it will likely develop later! There's a big void in myself here. I feel very lost, as though I'm wandering and simply bumping into different <u>things and bouncing back</u> .
9	06:XX:XX	MIND	Mind: I am irritable with a friend. I wanted to end the relationship after 20 years. I have less patience with people.
9	06:XX:XX	MIND	Misspelling words: son for sun.
11	06:XX:XX	MIND	I am angry at my son because he wouldn't go into the basement to do something for me (he's scared). It's hard to understand his fear sometimes.
1	07:XX:XX	MIND	Sense of panic. Heart fluttery, great anxiety.
1	07:XX:XX	MIND	Felt overburdened by bills, goals, and realities. Just want to sleep the day away when it all closes in on me. Seems to be no solution.
9	07:XX:XX	MIND	Came home and was exhausted (after work), in bed by 8:45 p.m.
9	07:XX:XX	MIND	I am irritable late in day with patient, really irritable.
9	07:XX:XX	MIND	I have difficulty remembering answer for "Jeopardy." I have difficulty thinking of words.
10	07:XX:XX	MIND	I forgot my proving book at work last night and could <u>not remember</u> where I last had it.
11	07:XX:XX	MIND	I dreamed, but I didn't write it down in time to remember.
3	08:XX:XX	MIND	It felt like a growth on my forehead in the middle. I felt it, but there was nothing there to touch or see when I checked in the mirror.

3	08:XX:XX	MIND	Very irritated today by people not doing their work, lazy and incompetent, very bothered by this today. Wish I could fire them, but it's not my place. Upset that I've had to pick up their slack past two days at work.
9	08:XX:XX	MIND	Tired - needed nap for 45 minutes
9	08:XX:XX	MIND	Tired feeling - like want a nap
9	08:XX:XX	MIND	I almost hit friend's car. I didn't check when I was backing out of the driveway. I'm feeling spaced-out, and I don't like this spacey feeling
11	08:XX:XX	MIND	I couldn't remember my dream.
11	08:XX:XX	MIND	I'm forgetful. I called a person this morning and said I would see them tonight when I know it's tomorrow night. Right after that, I talked to another person and told her would see her tomorrow, when it was actually two days until I would see her.
3	09:XX:XX	MIND	The feeling on left eyebrow is like being pulled inward.
3	09:XX:XX	MIND	Thinking of friends and desiring to see them - much more frequent in my thoughts than usual, desiring companionship more than usual.
3	09:XX:XX	MIND	To meeting, thinking alternating between fuzzy and very sharp. Helped edit final draft of Bill. Felt fairly sage-like. Easier to cut to the point.
9	09:XX:XX	MIND	Wanted to nap - fought it
9	09:XX:XX	MIND	I have a good, general feeling.
9	09:XX:XX	MIND	I am having difficulty concentrating. I can't find the right words in the Rep. I am forgetful, misspelling words. I have difficulty finding the correct word.
9	09:XX:XX	MIND	I worked on two cases - I felt like I didn't know what I was doing for awhile. I couldn't find words in the Rep. I felt anxious.
11	09:XX:XX	MIND	I asked someone if she was coming to the meeting tonight. She is the presenter and I knew that!
11	09:XX:XX	MIND	I forgot to take my purse with me after the meeting (forgetful much more from 2:00-10:30 p.m.).
2	1:XX:XX	MIND	Didn't want to do work, or be around people. Desire to go up in room and ignore.
3	10:XX:XX	MIND	Found baby ferret that I like, a lovely little girl/baby. Joyful when thinking of or playing with her.
10	10:XX:XX	MIND	Was difficult to escape family environment on husband's side, which was quite smoky. At odds with husband, getting bitchy over kitchen in disarray. He starts getting upset, but I don't buy into the guilt and he's angrier. I tell him I met him and his mother for brunch, and he goes out storming. I need time to gather myself, calm down, center - and he re-enters in a demanding state, telling me to just crack a smile and everything will be all right. I say I need a little more time. He's hurrying and storming out again. He comes a few minutes later, and I'm very centered and state how everyone moves at their own pace, and that I am open to riding with him. He says, "so now you want to talk - so now it's ok to talk to you?" Well, I'm not - it's like his anger has simmered now into a slow boil. He leaves again. I relax and meditate awhile, and leave to my mother-in-law's. At her house, we're civil and can be kind, but there is this disjointedness that happens here with my husband and with my daughter (note that I wrote disjointedness disjointedly).
11	10:XX:XX	MIND	I didn't remember my dreams.
3	11:XX:XX	MIND	The facial sensation is of feathers on the end of forehead inward. It's less when I'm thinking of it or in a warm room. It's less on the left side of my face. I also have the same sensation down the right side of my torso, down my right leg as if hair is on end, with increase emotion and excitement.
3	11:XX:XX	MIND	Great day at work. Able to laugh joyously like I haven't laughed for I don't know how long - feel open, free, strong and light. Wisdom felt yet continued, with occasional anger of incompetence and injustice - less like I have to watch what I say for safety. Feel a power, like no matter what they could do to me, it wouldn't really touch my spirit. Feel like I'm rising above the old oppression, above and beyond it.

3	11:XX:XX	MIND	Felt very good today, even though tired (only got five hours of sleep). In good mood at work. Felt like a strong member of the community, both with fellow staff members and the patients. Able to even be civil with a patient who had been quite nasty, bigoted and racist toward me yesterday (normally would have maintained a very cool distance after being treated in such a way - an apology on her part).
5	11:XX:XX	MIND	My sex drive has been increased. I am finding myself hinting around almost every day. Generally the response is no (!). Perhaps I am a little frustrated by this, but not sad, angry etc. I have had some sense of humor about it.
5	11:XX:XX	MIND	On Wednesday and Thursday, I had difficulty finding a car key in my coat or pants pockets (only four). I would search repeatedly in the pockets, and after a few minutes, the key would be found. This happened about three times on Wednesday, and on Thursday after a quick shopping trip, I returned to my car and truly could not find the key at all. I returned to the store to find it lying on the floor right next to the counter.
5	11:XX:XX	MIND	I had also misplaced my wallet from Friday to Wednesday. I looked all over the house for it, but couldn't find it. Finally, on Wednesday night, I found it sitting in plain view in the back seat of my car.
11	11:XX:XX	MIND	Out of hot tub, realize how much I miss the outdoors, how little time I take to sit and ponder and how much I love water. Have always wanted to live on a lake. We have a cabin. Think about how nice it would be to get off the treadmill of activity.
3	12:XX:XX	MIND	Less fearful of agitated patients at work. Usually very alert with keen instincts regarding danger and impending danger (before proving). Now still alert and aware, though reaction more distant and cool - feel like watching from a distance even when actively participating in aggressive situations. Can feel heart pound some in chest and can feel it throughout body, but much less tachycardiac, less of a fight/flight response. Feel it down lower in stomach instead of in chest and solar plexus. I feel capable and more invincible, a "make my day" type response - very strong initially in proving, and this continues at a lesser extent still. I used to feel this way in past, mostly as a bravado attitude, but now it is much more heartfelt. <b>Now I feel long-necked and watchful, like the overseer, to alert myself and others to danger in matter-of-fact way.</b> In past, watchful but more from paranoia, ever observant because of stupidity of others and dangerous behaviors of co-workers who were ignorant and thoughtless. Now feel much more matter-of-fact - their behavior is a given, and I feel like I can watch it, react and rise above it all. Much at peace with myself and others.
3	12:XX:XX	MIND	Much less fearful about my 17-year-old daughter. Less preoccupied and anxious about her teenage activities and not knowing what she's up to. Feel like I've given up trying to control that, which I never did have control over. No longer feel totally obsessed with keeping her safe.
3	12:XX:XX	MIND	Thinking about being with friends several times a day. Very unusual for me. I have been a loner for quite a few years (eight years?), and preferred to be alone. Saw close friend about one month or less. Now very eager to spend time with friends at least every other week. Also feeling like I am a strong part of a political group with National Health Coalition. Meet every week, and even though they have made me very welcome, I have been more receptive to this than I would have in past - feel like family with them, a new, very loving family. Also warmer feelings toward my best friend and her family and friends. Though have been like family with them for years, can now actually physically feel the love radiate from my heart! Same feeling also with my children and my pets. Lost that neurotic control. I've held my emotions in check with them to some extent.

3	12:XX:XX	MIND	Concerns about moving and selling my home [Background: I live in home I grew up in that my father and grandfather built. My father lives next door in my grandmother's house (in NH) with his horses. We've both been wanting to get out - now too built up around us, too many people closing in, taxes too high. We both want to get out into country - western Minnesota on farms by my brother, or Wyoming in the mountains]. My Dad is moving out to my brother's farm in the spring, and I hope to follow soon after. I'm very torn - love the homestead dearly, yet want to get away. Suppressing deep grief at thought of leaving soon. I've left before at age 18, but bought place back after parents divorced. Gave house to husband when divorced (to keep kids there with joint custody), and bought it back from ex-husband according to provisions I'd established. Always in back of my mind, I remembered a promise I had made to my father when 12-years-old - I would take care of the place if anything happened to him (he had a dangerous job with NSP). I have fulfilled this promise. Now we both want a place like ours was before all the people encroached on us. But I feel <u>very</u> sentimental - my pond, my garden, my oak tree with all my pots buried beneath it. I've helped raise every tree on the
3	12:XX:XX	MIND	To leave all these memories, to leave my wintering ground - can I do it and survive? I know I can, but at what cost? I cry with deep sadness and loss at the thought of all this. I usually do my best to keep it hidden away, but it peaks through almost daily as I see the beauty of my land, a sharp pin feather just barely breaking the surface of the skin, its shaft buried deep, down to my soul. If I try to pull it out, my heart would be jerked out with it. If I let it mature and grow, will it come to full plume, will I be able to fly free?
3	12:XX:XX	MIND	I feel quite ageless. Age on the life and death continuum seem to mean nothing. I don't feel like any age at all. My body feels like a mere finite annoyance with its aches and pains, while my soul feels infinite, encompassing all of time. Is this what it's like to feel immortal? I feel light as air, like no gravitational boundaries are between me and the great blue sky above. My personal space and my imagination feel limitless.
3	12:XX:XX	MIND	Have had a chronic fear of abandonment my whole life. Daughter threatens to leave when angry - previously this would send me into a panic, terror. Now I'm okay with it - I know if she goes, we'll both be fine. It's nearly time for her to fly the nest, and for me too? Can look at daughter leaving calmly, able to consider options and ways to safely help her grow away from home. Panic is gone, I can think clearly and calmly about it now. As for me - maybe it's time to fly out and build a new nest I can call my own.
11	12:XX:XX	MIND	I went to store and forgot my purse again. I had to go back home for it.
3	13:XX:XX	MIND	At work, witnessed a doctor being assaulted - direct hit to the face - minimal adrenalin. Handled situation quickly, efficiently - restraint of patient, assisting doctor, icing his face, gave him arnica, assisted him with decision-making regarding pressing charges, getting him to ER for evaluation. Much more calm and collected than used to be, used to get moments of panic even when handling situations prior to proving.
3	13:XX:XX	MIND	Felt and acted friendly toward my boss, even though he has always been antagonistic (into intimidation and punishment). Able to treat him friendly and kindly, even though he most often will not respond with look or word, as if I am invisible. I used to treat him in-kind, now I will not stoop so low as he. Surprisingly, by end of day, he actually talked to me, small talk in an almost friendly manner.
3	13:XX:XX	MIND	Very good day at work, in a great mood. I was in charge of the units today - love to be charge, even though much more work. I feel totally in my element when I'm in control of it all. I feel like I'm wasting my time when not in charge, hard to watch others make decision - makes me anxious. I don't agree with. I'm often conservative or watching for safety, others take big unsafe risks (like my boss). My boss and I agreed a long time ago that we'll never agree on this point/style of operation. I felt very calm today with my decisions (more so than usual).
4	13:XX:XX	MIND	During the proving, I decided to buy the house I'm living in.

4	13:XX:XX	MIND	At the same time I am more interested in engaging in conversation with her on an intellectual level. In one discussion, I pointed out in a very non-judgmental way that I thought she was being hypocritical. Normally I would not be so cool and rational. I have also been very interested in listening to the legal and moral arguments made by Congress members about whether President Clinton should be impeached. I'm usually a bit intolerant of this type of discussion in favor of a more spiritually based perspective.
5	13:XX:XX	MIND	During meditation this a.m., I had a feeling that my eyes were on each side of my head instead of in front.
10	13:XX:XX	MIND	Feel like I can't leave home
11	13:XX:XX	MIND	(more intense) At a Christmas concert, two little kids behind me wouldn't be quiet. I felt <u>really irritated and shot them several looks.</u>
3	14:XX:XX	MIND	I have a sensation of feathers standing up on my face on my left side, with pulling inward towards the center of my face - it woke me up briefly.
3	14:XX:XX	MIND	I saw a chickadee with the down on his back being blown up by the wind. It felt like feathers standing up on my face on my left side and down the left side of my neck in response.
10	14:XX:XX	MIND	Got school CHC results, and I feel as if a fire has been put under me. A lot of energy and feel like I'll come out fighting. It's a sense as though things are not as they seem - like when my right hand held my day planner and my mind says I forgot it in the car. I hope all of this is true and the letter is not as it seems
5	15:XX:XX	MIND	I had a problem finding something in pockets again. I went to a nearby store to go Christmas shopping and left my wallet at home.
11	15:XX:XX	MIND	Reading a homeopathic newsletter, thought it interesting that I saw or heard the word bamboo twice in a day. Heard a customer in a store ask where he could buy hollowed out bamboo, then read about the <u>proving of bamboo this evening.</u>
3	16:XX:XX	MIND	Much enjoyed being outside cutting wood again today, felt great - very centered and aware, noted small knot holes where red squirrel nesting. Breathing deep and slow to bottom of pelvis.
3	16:XX:XX	MIND	Changes in size with distance seemed much more dramatic today. My dad, about 6'2" (one foot taller than me), seemed very short when he stood a ways a way to show where a tree would be falling - seemed so small, yet so close. Seemed very peculiar. The height of a tree seemed much higher than usual, my estimation of length after fallen much exaggerated ( <u>according to my father and brother.</u> )
2	17:XX:XX	MIND	Woke feeling calm. Am preparing to drive to Illinois for Christmas. Went to bowling alley in my hometown to see old friends. Noticed one especially nice looking man and noticed my stronger than usual sexual interest. Really enjoyed talking to this man.
3	17:XX:XX	MIND	Felt very sympathetic on way to work as listened to radio. Words "homesick" brought tears to my eyes. People talking about different places they'd spent Christmas
3	17:XX:XX	MIND	Much enjoy playing with my baby ferret, training her not to bite. So playful, so affectionate, she warms my heart.
3	17:XX:XX	MIND	Saw flock of four geese at dusk as driving home. Great joy, great longing, my heart swells till it feels like it will burst at the sight of them. Hard to keep eyes on road and drive.
3	17:XX:XX	MIND	Spoke with son on phone - he's not coming home for Christmas. I'm very disappointed, yet greatly relieved. I was already worrying about him and girlfriend driving up in a very old van in winter (no insulation, no heater). I'll miss him, I do miss him now. He may come up in <u>spring - we can make up for it then.</u>
3	17:XX:XX	MIND	Enjoyed talking to an old friend, called as she's passing through town. Didn't get real sentimental until I told a very old Quaker parakeet of mine who knows my friend. When he started to commiserate with me, I started to cry. Miss her. The parakeet does too.
10	17:XX:XX	MIND	I feel more connected a bit to my husband.

11	17:XX:XX	MIND	I had tears in eyes at end of the play "How the Grinch Stole Christmas." I thought it was a beautiful depiction of how Christmas is in our hearts and the spirit, not the presents or material goods.
11	17:XX:XX	MIND	Forgetful. Told my friend I didn't pack a lunch for my son to each after the play. We got into the car and he pulled out the lunch I had packed him. At the time I had packed the lunch, I wasn't thinking at all about the play and lunch and what time he would get back to school. I just packed the lunch because he told me he needed one. The other issues <u>weren't connecting</u> (felt more than just forgetful like things weren't connecting - <u>not in the same realm</u> ).
11	17:XX:XX	MIND	I went to post office, forgot purse <u>again</u> .
3	18:XX:XX	MIND	I'm thinking about this feeling of pin feathers standing up on my face, pulling toward midline. The left is greater than the right, mostly at my temples, with a feeling of my nose and upper jaws <u>extending outward</u> (at bedtime).
3	18:XX:XX	MIND	Very irritated by co-workers not doing their job fully and properly. I hate incompetence.
3	18:XX:XX	MIND	Very busy making cookies, preparing presents and box of Christmas things to mail to son after work. Very irritated by interruptions: dogs nosing around kitchen and walking over me as I wrap presents, dogs bickering and fighting, ferret playing on my wrapping paper; daughter making inane comments, like "We're going to die. There are bombs aimed right at us," etc. Very irritated at President Clinton for bombing Iraq. Had been anticipating this move for about a week and a half - upset that he's voicing his anger in this way. Some paranoia about what else will he do before he's out. I've known he was a psychopath since the first time I saw him - worked with them long enough, can spot a psychopath a mile away. My guard goes up instinctively.
3	19:XX:XX	MIND	I woke at 6:00 a.m. with very dry throat, jumped from bed and thought I was late for work, <u>reaching for phone to call, when realized I didn't work until 3:00 p.m. today</u> .
3	19:XX:XX	MIND	Very pleased at getting so much done: packages ready and mailed to my son. Started and finished Christmas cards before going to work. Mentally very alert - feel very strong <u>physically and mentally</u> .
3	19:XX:XX	MIND	Have noticed that I am better able to listen to friends and patients. Quieter inside. Markedly less self-focused than I used to be. In past, usually tried to relate most things to me and my similar experience, feelings, etc. Now significantly less feel the need to do this. I feel much less the center of the universe; now feel a part of the universe as an expansive, limitless feeling.
3	19:XX:XX	MIND	Very irritated with daughter's frequent wild ideas and plans: live in Africa, live in central America, go to Chicago in one week, move to Phoenix. Also her lack of ability to sit down and tend to her algebra - very distractible and inattentive. Easier for me to do it for her, but she'll never learn this way. She wants to get out of it any way she can, and she's so close to <u>being finished. Irritates me to no end</u> .
3	19:XX:XX	MIND	Thoughts of things that need to be done before Y2K, after heard yesterday that NSP will probably <u>not</u> be able to maintain power at year change. Mentally planning and preparing for what needs to be done to maintain family survival when this happens - dead of winter with no electricity, no heat, no water. What will be needed to care for family, property, pets, and friends? This entails a whole other set of problems - prefer to turn blind eye to situation. My family and I will probably be ready - will kids cooperate, coming home and staying safe? Will friends want us to take them in? Will we be unable to communicate when power goes? Fear of loosing touch with my kids if they're not here with me. Get grandma out of NH ahead of time to keep her safe? An endless speculation. But I'm a survivor - little time to prepare.
3	20:XX:XX	MIND	While I'm napping, I'm slowly awakened by the feeling of pin feathers standing on end over my left forehead, temple and cheek, pulling inward towards the center of my face.

3	20:XX:XX	MIND	Felt great in a.m. after getting up. Wanted to make cookies, but too many little things to tend to: bank matters, bills to pay, had to pick up bulk order of bird feet etc, before work. After at work, very efficiently found extra help for our shift to cover ill calls that day staff had been unable to do. Felt day staff compulsively slow, tedious and inefficient.
3	20:XX:XX	MIND	Difficulty with a very depressed patient. Wanted to avoid her - took a brief break by doing an admission then returned to deal with her. I was very direct about my concerns re: increase suicide risk, my expectations of her. Wanted to transfer her to a more secure unit, but she begged me to let her stay on our unit. I backed down - got soft and gave her the benefit of the doubt and let her stay. Usually I'm not so sympathetic. She came out of her funk by late p.m. after taking meds and we talked for along time, telling me in great detail regarding arson/suicide attempt. She laughed and cried with me. I left her feeling much more hopeful.
3	20:XX:XX	MIND	My dad was trying to keep a wild horse of neighbors away from his horses - horses were fighting and my dad was trying to keep them apart by jumping in between. I nearly panicked, so shaken I could barely find neighbor's number, barely able to tell them where to come to get their horse. Felt in control of myself again as soon as outside and in cold air. Able to help catch and remove neighbor's horse, get our three horses in - clean up the blood on the horses and mended fence in short order. The wild horse had been injured. Ours were not injured, just very shook up after the horse fight.
3	21:XX:XX	MIND	Very energized after being outside. Feel great, high energy all day till late p.m. (took usual nap on break). Irritated by senseless chatter of co-workers while napping. Slept as best I could.
3	21:XX:XX	MIND	Carolers at work singing Christmas carols. Touched, felt tearful but controlled it, especially with religious Christmas songs.
10	21:XX:XX	MIND	"Clyce" - oops cycle - I transposed and mixed up those letters again.
2	22:XX:XX	MIND	Went to gym - exercise bike and swimming. Mood is good. Feels good to be home.
3	22:XX:XX	MIND	Watching movie - woman saying goodbye to children she was caring for - I began to cry in sympathy.
10	22:XX:XX	MIND	I feel like a client is avoiding my calls. I left a couple of messages. I need to let it go. I had this feeling back in one of my dreams about the animals and the Frisbee: an old friend/co-worker was going to show us through the house (us is me, and me watching me and possibly a small kid) and I feel ignored and avoided in the dream.
10	22:XX:XX	MIND	I feel much gratitude right now, a place of peace and thankfulness for where I'm at - this home, this point in time. It feels like a place to savor. Breathe in and smell the aroma like a warm steam.
3	23:XX:XX	MIND	Feel full of energy, alert and organized. Feel even better when outside in cold crisp air. Suffocating feeling when furnace is on.
3	23:XX:XX	MIND	Upset with daughter regarding \$200 phone bill - calls to VI, thinking of making her stay home till she's paid me back - or will that be more costly? Upset with her continued irresponsibility.
3	23:XX:XX	MIND	Very irritable early afternoon when trying to get cookies made and dog underfoot. Yelled at dog, then felt bad that I did so, had to cuddle her so he wouldn't feel bad.
10	23:XX:XX	MIND	My heart felt sad last night. I saw difficulty in communication and tried to keep open to allow it to flow, but it was like my husband was tripping over himself so it wouldn't. Once I said a mildly snide comment with humor, but he couldn't receive the humor.
10	23:XX:XX	MIND	I laughed several more times last night as I remembered things that seemed funny on two or more occasions - once when dancing, and once with my daughter saying "I love cello" and I thought she was saying I love Jell-O, but she hates Jell-O. You had to be there.
11	24:XX:XX	MIND	I had to leave the Christmas celebration early so my daughter could sing at the 12:00 service - I felt resentful that I had to leave early. I considered letting her skip singing. I am angry at the church and at God for ruining my plans, then thinking that's not the way to be.

3	25:XX:XX	MIND	Very preoccupied with all I have to do today in preparation for Christmas with family tomorrow. Made oatmeal putting water in by accident and nearly burned it. <u>Very clumsy</u> , spilling cereal. Spilt water on bed. Upset with myself. Wondered if I was safe to drive and be at work if I was so full of blunders.
3	25:XX:XX	MIND	Busy at work - hard to keep up, but think I got everything done and charted as needed. Very chaotic day, patients agitated and some combative, family members agitated. All settled by about 1:00 p.m. Alone on unit much of day, exasperated but able to keep up, hated the menial waitress type work - patients asking for pop and cigs - endlessly it seemed. Upset me that they're entitlement interfered with the patients who really needed attention. Very irritated with <u>obnoxious, needy patients</u> .
3	25:XX:XX	MIND	Wrapping presents all p.m. Irritable when dogs interfering, yelled, then felt bad and hugged and played with them. Missing my son a lot tonight - want to call him, but suspect he's at work. Hope he's got my packages I've sent to him for Christmas - hope he calls soon. Can <u>only page his girlfriend - they're living in a van in Phoenix</u> .
3	27:XX:XX	MIND	Awoke several times with arms outstretched - had been rubbing and lightly scratching skin on stomach, chest and arms. Comforting, but awoke when arms were cold. This happened a number of times. Longed for the feeling of cold on arms, but got chilled. I have no heat in my bedroom and keep many covers on my heated waterbed.
3	27:XX:XX	MIND	Messiness bothering me more than usual. Feel need to get things in order - urgent need. Became quite tired about 5:00 p.m. - napped for an hour and a half after supper - full of energy, rest of p.m. went visiting friends.
3	29:XX:XX	MIND	Irritated by distractions. Except to eat, feel must eat every one to two hours.
5	29:XX:XX	MIND	In general I have more underlying anxiety about potential future employment, income, etc.
3	30:XX:XX	MIND	Continued thoughts for preparing for the new millennium - still expecting the worst. Frequently making lists in head of things that will be necessary for survival for myself, my family, my animals: basics of food, fuel, animals that will be necessary (a few cows for milk and meat), ammunition to protect my family and property. Seeds for garden, mouse traps. Feel need to start stocking up, bought some beans/lentils to store. Time is short, but I feel hopeful and competent to withstand whatever trials befall us. More coats and long johns, wool socks etc. I've lived without electricity before and can do it without problems, but what of my friends - many are afraid to consider the possibilities, asking if they can come stay with me if needed. Of course I'd take them in. Wish they'd use their heads and get ready.
3	30:XX:XX	MIND	Saw news about slaughter of wild horses in Nevada - shot, tortured - many babies and pregnant mares. Tore my heart - it actually pains me with the thought of it. I cry at the thought of it. Wish I could have been there to protect them, to stop the murderers, to save them from the pain they went through. I could have easily killed to save them from those bastards. How can we protect the innocent from so much evil?
3	36:XX:XX	MIND	Beautiful outside at midnight when getting home from work. Snow falling steadily and able to see full moon through the clouds. Felt very drawn to moon - hard to quit watching it or go inside.
3	37:XX:XX	MIND	All last p.m. worrying that my daughter's not caring for dogs, leaving them outside to freeze - don't trust her as she hates the dogs and not very conscientious. Kept having visions of dogs outside in cold, blowing snow freezing to death. Visions despite checking in with daughter. <u>Dogs were fine when I got home</u> .
11	37:XX:XX	MIND	I went with my daughter to confirmation class. When we walked in, the live band was playing <u>so loudly</u> I wanted to <u>kill</u> them. After I sat down I had violent thoughts about putting a knife in the lead singer and the people who were enjoying it. I wanted to rip their faces off. The <u>loud noise</u> is what bothered me. It was like being transported from a monastery to the middle of a Rolling Stones concert. The force and violence of my thoughts kind of scared me.

3	38:XX:XX	MIND	Feel need to get my house cleaned and in order - worked a little in basement and kitchen. Seems important to get rid of clothes and mess, simplify and order things. In the back of my mind - thoughts of moving out to country, getting a farm, stocking and preparing - necessities for hard times ahead.
3	38:xx:xx	MIND	Loved to play with my birds and animals. The love I feel seems much stronger, feels as if radiating outward. Feel strength and love radiating from solar plexus, like a strong feeling of excitement.
3	38:XX:XX	MIND	Upset that I haven't had enough time to work on homeopathy last few days. Feel strong need to prepare and learn all I can, to be as full of knowledge of healing as possible, to be able to help my family in the hard times ahead. Strong sense of impending danger coming in the next year. I must be ready to help those who are not.
11	38:XX:XX	MIND	I have been [listening to] a [taped] case. She is <u>incredibly</u> whiny. I started thinking about strangling her so she would quit complaining. She was also complaining about the bleeding from menses, and my reaction to that was "You're a woman - so shut up and deal with it." I am feeling <u>very</u> unsympathetic (US - unusual for me - I am normally quite sympathetic).
2	39:XX:XX	MIND	I must admit I'm sore to alarmed about the spot (on skin). What are they? Why are they there now? Is it the remedy? Did one of my patients expose me to something and my vital force picked it up?
3	41:XX:XX	MIND	Listening to tape of Carolyn Myss, Anatomy of the Spirit - she spoke of calling your spirit back. Quickly brought to mind my visions, of fields of geese and the sensation that my spirit is flying out of me to join them. Even visions in my mind of these geese replicate the sensation - almost a physical sensation of my spirit going out to join them. Question whether I should be calling it back - where does my spirit truly belong? In me or with them?
3	43:XX:XX	MIND	Took Christmas tree down and put Christmas stuff away - very depressing. Did so because daughter bugging me to put it away. When she's not home with me, I leave it up until February or March or Easter. Love the lights and ornaments - very sentimental. Brief thoughts if this will be last Christmas I'll have tree up with daughter home. Very fatalistic and depressed.
4	43:XX:XX	MIND	Since the proving I am more curious about other people's personal problems. Previously, I would feel impatient with them, and now I am inclined to ask a lot of questions and want to discuss the topic at length.
4	43:XX:XX	MIND	Since the proving, I feel I am less cautious. I'm more decisive, for example about changing a patient's constitutional remedy. This seems to be a positive change.
2	45:XX:XX	MIND	[Regarding spots on skin] They annoy me! I wish they'd go away. I think I dislike them so much because I already have lots of moles on my skin (prior to taking the remedy), and now I look like a spotted leopard!
3	45:XX:XX	MIND	<u>Increase</u> ESP - last night knew the <u>day</u> before that my typewriter ribbon would run out. Today woke up with thoughts of it being a good day to work on C-2 (not usually scheduled to work this unit), and found out at 6:00 a.m. that I was floated to C-2 today!
3	45:XX:XX	MIND	Feel really good today even though quite tired after up at 4:30 a.m. for two days for long hard drive to work in snow. Love the snow, the whiteness and purity. A great sense of calmness and peace, a belonging, at one with the earth and a part of the community - at work (unusual to feel this there). Also at MHA meeting. A strong sense of belonging with these people, feel like family, even though not really close to any one of them in particular.
3	45:XX:XX	MIND	Daughter said that I was surrounded by white light last night - said it freaked her out. She is intuitive.
3	45:XX:XX	MIND	I have felt like my spirit is expanding, more open and fluid, strong feelings of love in general, which is very new for me. A calm, quiet, peace expanding around me from solar plexus outward and upward. <u>Feel able to project my love out to my birds and dogs, quite palpable.</u>

3	47:XX:XX	MIND	Shoveled the whole roof. Looked up and was in awe of being at eye level with upper tree tops, felt at home and so much like I belonged in the trees, with the earth. I forgot about the exhaustion with these thoughts.
3	51:XX:XX	MIND	Feel very energetic, powerful. Very active, cleaning up house - dusting and cleaning, hadn't done in long time.
3	52:XX:XX	MIND	Felt very torn today. At work felt left out, excluded, like I was intentionally being avoided by certain staff, not listened to by younger, more inexperienced staff. At times felt like an important part of the staff. In general hated being there, mostly because of the staff, also due to some of the vile, evil, hateful patients who were dominating and threatening all. I don't need this in my life - not ever.
3	52:XX:XX	MIND	Out to eat with old friend and co-worker for both of our birthdays - much enjoyed this. Strong feelings of love and family with her and my family in evening - strong feeling of belonging, radiating love with them and my pets. Feels like my spirit is growing and spreading outwards at times, like my spirit no longer contained in my physical body, radiates far outward.
3	53:XX:XX	MIND	Difficulty thinking at work - forgetful with latent memory - many things happening at once, forget what I was doing, only to remember several minutes later.
3	54:XX:XX	MIND	Really hate work today. Not the patients, though a few could be eliminated - the amoral psychopaths. I can't stand being at work when I'm not in charge. The ignorance and dangerousness makes me sick. I've decided that if these staff will not listen to safe reasoning once, let them go down with their mistakes. I'll step in when I see blood flowing. It's a bad place, my wings are clipped and I feel trapped there - pinioned. Must leave soon for my sanity and to save my spirit.
3	58:XX:XX	MIND	Very touched by what I heard on radio early a.m. - moved to tears. Talk of a man who manages suicidal crises of farmers whose farms are going under. Feel so bad for them, then thoughts that farm prices will go down when I go to look for a farm to buy, then feel guilty for such thoughts. Majority sympathetic, alternating with coldness, rapidly vacillating.
3	59:XX:XX	MIND	During a dream, I felt heavy, as if my body was made of lead. It was difficult to move - the gravity was too much and the weight too strong. I awoke feeling surprised I could lift my arms so easily.
3	60:XX:XX	MIND	Feel more social with people in my homeopathic class, fellow colleagues, friends, spending much more time with people rather than being alone. Much more time making contacts on phone. Increase feeling of belonging to this tribe on earth.
3	61:XX:XX	MIND	Feeling very charitable at work, agreed to do double shift, also agreed to change work days with co-worker who wanted a weekend off. This alternates with critical sarcasm about other co workers who I don't feel do their jobs well or properly.
3	61:XX:XX	MIND	Very forgetful of names and words - early afternoon. Remembered with much struggle after several minutes. Mind felt vacant, clouded. Very upsetting.
3	65:XX:XX	MIND	Worked double shift - very concerned about having enough money after short on bills this week. Upset with increased cost of raising daughter without help from her father - one excuse after another. Difficulty sleeping after returned home at 8:00 a.m. - kept getting woke up by daughter and her friend. By 11:30 a.m., quite upset with being repeatedly woke up by their carelessness and inconsiderate behavior - threw them out of the house, then burst into tears, crying uncontrollably, so agitated, upset and sleep deprived. Daughter tucked me into bed and I slept several hours more.
3	65:XX:XX	MIND	Had thoughts of false pregnancy - all weight in abdomen below navel. Also thought of how geese always carry their excess weight in folds that hang down between their legs. Felt like a well-fed goose. Appetite continued great - meals about two to three times as large as I used to eat, and hungry shortly after.
3	72:XX:XX	MIND	At work great desire to no longer be there. Enjoyed the patients. But great feeling of need to leave and move on with my life. Get away from that city. Great longing to change jobs, leave, move out to the country. Noted sky stormy all day.

1	Conclusion	MIND	I felt very unstable at the time – rollercoaster, up and down, with a few twists in between. I had a great sense of anxiety. Money, school, bills - and usually don't get too worked up over these matters. <u>Huge</u> sense of urgency - mind in high gear and body unable to rest. Working to do one thing, thinking on to what I must do next, only to forget the first thing. Great dissatisfaction with my place in life. Want to be on the move, have experiences and build up my character. Feeling things are out of my control, but knowing deep down decisions only lie within <u>me</u> . Very indecisive at this time.
1	Conclusion	MIND	Alternating moods, emotions. Whatever it was, I didn't like it!
1	Pre-proving	MIND	Many projects to tackle today. Usually will indulge in numerous projects before finishing one. Tend to "forget" and later return to what I was doing.
1	Pre-proving	MIND	Felt like being alone in complete solitude this evening. No interaction whatsoever is pleasant, and is slightly annoying. Anxiety associated with money towards evening.
1	Pre-proving	MIND	Woke up angry and upset with myself [because I napped]. Felt as though great waste of time. Too much to do today. Great yearn to be outdoors today. Frustrated with having to be inside.
1	Pre-proving	MIND	Mood is good, yet quiet. Become quite skeptical of others lately. What they say, how they act, etc.
1	Pre-proving	MIND	Dwelted a lot on decisions. I've made it up to this point in my life - questioned myself on <u>things right/wrong</u> .
1	Pre-proving	MIND	Mind light and in a good mood, yet people irritating after brief encounter.
2	Pre-proving	MIND	Emotional state is fairly calm. I feel fairly balanced. I have a few deadline-related things for work, but they'll get done.
2	Pre-proving	MIND	Sorry I haven't been able to write in here three days. I was at a three day Zen Buddhist meditation retreat. It was great. My knees are a bit sore (my quadriceps muscles, actually) from sitting in a half lotus position. My mind grew quiet, most of the time and I had some insights into myself. I came home by bus - what an experience! The diversity of people on the bus. Felt open emotionally after I got home - the eve of the fifth, but not so open that I felt unsafe, or unprotected. There were some emotions that came up for me while I was sitting, but it was good. Actually, I feel this is a very good place from which to start before I take the remedy. Also, came home on eve of December 5 and had planned to go dancing with a friend. We danced for about one and a half hours and had a blast.
3	Pre-proving	MIND	Felt much better being outside after work and tending to horses. Several periods felt very <u>sentimental about home, worried about selling it</u> .
3	Pre-proving	MIND	Anxiety about 17-year-old daughter driving in snow (not yet snowing). Feel I must keep <u>giving verbal instructions to her whenever see her</u> .
3	Pre-proving	MIND	Picking at scaly eruptions in hair next to temples (bilaterally) with increased anxiety.
3	Pre-proving	MIND	Very organized and energized through day, felt racing against time to finish outside work before snow comes. Very productive. By early p.m. had accomplished many things, but much difficulty remembering what I had done. Had to search brain and relive day in order to <u>remember things I've done today</u> .
3	Pre-proving	MIND	Felt tearful while visiting grandma and reading letters from relatives hadn't seen in long time. Especially when read letter from distant relative (grandma's grand niece) when she spoke of missing recently deceased family. Comparing my grandma to her dead grandma (my great <u>aunt</u> ).
3	Pre-proving	MIND	Very irritated by noise of dog barking. Yelled.

3	Pre-proving	MIND	Fleeting periods of anxiety in morning. One quite intense at work, saw patient who had targeted me in past, ran and quickly locked myself in unit - great desire to run with sudden panic. Dissipated quickly when safely locked into unit. Brief periods of anxiety in afternoon and evening while driving in storm. Also when daughter late coming home. Calmer when talked with her on phone and she was home safe and sound.
3	Pre-proving	MIND	Vision upon falling asleep of a face viewed close in slow motion - theatrical type face. Stunningly beautiful. Vision was brief but breathtaking, awoke briefly in amazement - took my breath away.
3	Pre-proving	MIND	Driving home, saw large flock of geese flying in formation, banking and landing near road - brought tears to my eyes - filled me with joy. And longing. Feeling and tears lasted about 15 minutes with seeing geese.
3	Pre-proving	MIND	Angry with daughter for not taking remedy - had asked me to get her remedy. I took much time to do so. Sullen and angry, felt used by whims and unpredictable behavior.
3	Pre-proving	MIND	Sad, anxious. Parakeet dying - egg bound and appeared to have necrotic abdomen. Not real close to this bird - only had her about two years. Prayed to God to take her gently and let her continue to scold in heaven (She loved to scold). Very sad, felt tearful but did not cry when she died. Gently smoothed her feathers, wrapped her in cloth and put her in box for burial.
3	Pre-proving	MIND	At CST class, while having sacral-occipital glide done, nearly fell asleep, remembered/felt like when I was a baby, held at head and fail, being rocked to sleep by father or grandmother. Very safe and at peace.
3	Pre-proving	MIND	Very irritable in evening, noise of dogs wrestling bothering me.
3	Pre-proving	MIND	Saw V of geese flying early a.m., joyful site.
3	Pre-proving	MIND	At CST class, having cranial sutures loosed, cramping pain up and down abdomen, mostly at midline; then heavy ache, felt as if I'd been slugged in stomach in solar plexus, last time felt that when about 10-11-years-old when brother punched me in stomach and dropped me to the floor. An old memory from the past
3	Pre-proving	MIND	Again very irritable about 8:00 p.m., dogs wrestling very irritating, had to yell when they tried to wrestle on top of me when I'm trying to concentrate. Nose and hands very cold at this same time.
3	Pre-proving	MIND	Upset and angry with daughter for her constant screaming when she interacts with me. Uncooperative with doing her algebra. Upset that she's taking no responsibility for her behavior, claiming she learned to act that way from step-mother. So upset I started to cry, sobbing and angry. Feeling of love and hate. Upset that I have hateful feeling toward her behavior. Calmed after 20 minutes and hot soak in tub. BP increased when talking to my dad about daughter. 150/94.
3	Pre-proving	MIND	Good day at work - very busy and frustrating at times, but stayed calm and competent (in charge of five unite today). BP 112/80 despite the degree of tension. Occasional curt and sharp with peers with increased activity, though peers denied that I acted mean.
3	Pre-proving	MIND	Crack on tip of left thumb, two chapped hands. Pulled skin around nails of several fingers yesterday, felt mildly anxious at meeting - tired and anxious of meeting running late, knew I had to get up early.
3	Pre-proving	MIND	Still feeling morose and sympathetic since awoke (from dream), turned on news, teary and sympathetic about news.
3	Pre-proving	MIND	Throughout day continued, very tuned into pain and suffering on TV.
3	Pre-proving	MIND	Missed the geese on the way home - only sea gulls, soared beautifully. Happy remembering large flock of geese settled in park that I saw yesterday - majesty of guard, goose especially.
3	Pre-proving	MIND	Anxious while driving home from work - felt something bad was going to happen. Warned daughter to drive carefully tomorrow when visiting relatives for Thanksgiving.

3	Pre-proving	MIND	Very sensitive early a.m. while driving to work. On verge of tears - touched by story of farmers helping each other - Thanksgiving story.
3	Pre-proving	MIND	Somewhat irritable and distant at work - felt in no mood for humor today, all business at work until after about 1:00 p.m., then mood lightened. Felt very tired, very happy.
3	Pre-proving	MIND	Upset upon rising due to nasty note from 17-year-old daughter, angry and disappointed in her behavior. Also upset that she came home late last night - had to page her after midnight to get her home. Ruminating about it, irritable in a.m. at work, tearful briefly when received sympathy from co-worker.
3	Pre-proving	MIND	Feeling of excitement, anticipation in solar plexus late afternoon
10	Pre-proving	MIND	I am feeling particularly sentimental – I have noticeable thoughts of family and gratitude this morning.
10	Pre-proving	MIND	I cut off my daughter. My daughter was persistent, and I felt irritated and mad
10	Pre-proving	MIND	I feel fretful or worrisome that I'll forget something today.
10	Pre-proving	MIND	On my way to a party, I went past the turn-off - didn't register the logic of streets running alphabetically. Or on way home from party, I went past my exit to turn-off. Feeling of looking past things I'm trying to look for.
10	Pre-proving	MIND	I'm running late.
10	Pre-proving	MIND	I'm forgetting or overlooking things.
11	Pre-proving	MIND	Flew off the handle at my husband when he told me he pushed baskets out of the shelving system for his father's wife to move. I had assumed they were part of an integral system and she was taking something she shouldn't have. She has done that before. I was upset that he would go along with that. They were just plastic boxes they threw in the shelves. They're not a part of a system. She really irritates me.
11	Pre-proving	MIND	I cried when I found out my sister-in-law and her family were going elsewhere for Thanksgiving. That will be the third year they haven't celebrated with us. My husband can't understand why I care. It's just not fair. Why didn't she feel comfortable calling me to talk about the holiday? He tried to tell me his mother never cared about that stuff. Of course she did! But it was never an issue because we traded back and forth fairly.
12	0:00:50	MOUTH	Unpleasant feeling of excess saliva in mouth
12	0:00:50	MOUTH	Very pleasant, clean feeling in mouth, as if I had just brushed with peppermint toothpaste
12	5:05:50	MOUTH	Also, since starting this proving, gums have swollen from eating apples - yesterday and today. This has never happened before with this variety (Fuji), which is not too acidic.
1	01:XX:XX	MOUTH	Noticed a bad taste in mouth. "Fishy" - horrible taste.
11	01:XX:XX	MOUTH	Had arms crossed, sitting on chair and was slightly bent over at waist; felt heart beating in gums and teeth, especially upper right side
1	03:XX:XX	MOUTH	Lips very dry and cracked (peeling) externally
7	03:XX:XX	MOUTH	Pain in left jaw - aching. Similar pain from dental work last year.
11	04:XX:XX	MOUTH	In bed trying to go to sleep; felt pulsations in lips like the blood or pulse of heartbeat
3	05:XX:XX	MOUTH	Awoke with sweat, almost metallic taste in mouth - almost like blood
3	06:XX:XX	MOUTH	Ridges of hard palate still raw, < left side
3	25:XX:XX	MOUTH	Lips chapped. Canker sores on tongue starting - tender.
11	26:XX:XX	MOUTH	Felt soreness on gum, bottom right side, sixth tooth from center. I think first molar - white patches - like canker sore.
3	41:XX:XX	MOUTH	Ache in right jaw as if bruised or slightly dislocated

1	Pre-proving	MOUTH	Canker sores on bottom lip - inside edge of lip. Feels numb, yet blistery (US). White in color.
3	Pre-proving	MOUTH	Late afternoon - noticed sore, raised area on hard palate. Ate crisp fried potatoes and scratched mouth.
3	Pre-proving	MOUTH	Tongue pale, thin, white coating over top, pink edges
10	Pre-proving	MOUTH	Mouth feels like swollen because I have to work at enunciating when speaking
10	Pre-proving	MOUTH	Both cheeks and tongue feel clumsy as I try to speak and it's especially < when or after I've been looking down
12	0:00:50	NOSE	Irritation in nostrils, causing sneezing feeling (did not sneeze)
12	0:00:50	NOSE	Post-nasal drip sensation, with desire to _____ hawk, then swallow, mucus, which is slight, but runny
12	0:22:00	NOSE	Right nostril congested on waking
12	0:23:05	NOSE	Both nostrils congested, breathing through mouth
1	1:15:30	NOSE	Sore inside my left nostril. Very painful if bumped.
3	01:XX:XX	NOSE	Sense of smell very acute - can smell the decay of leaves, the water in the air, the wind
3	01:XX:XX	NOSE	Nasal congestion at night especially toward AM, thin clear nasal discharge. Difficulty sleeping on left side due to nasal congestion; < right side.
3	01:XX:XX	NOSE	Occasional itching inside left nostril
3	01:XX:XX	NOSE	Intermittent itch in left nostril
3	01:XX:XX	NOSE	Very sensitive smell after going to bed - dog's ball - like something rotten or dead
7	01:XX:XX	NOSE	D woke me up at 5:00 a.m. with his stuffy nose. Mine is stuffy a bit too (normal).
10	01:XX:XX	NOSE	Sneezed with running clear nose that followed itchy eyes on inner of right eye
10	01:XX:XX	NOSE	My nose was really plugged with the candy bar and now it's gumming up considerably
3	02:XX:XX	NOSE	Clear watery nasal discharge, worse than has been in some time
3	02:XX:XX	NOSE	Noticed crack right nostril upper edge next to septum - reddened across septum. Has occasionally cracked open in past - not usually this reddened. Only slightly tender to touch - saw it before I felt it.
3	02:XX:XX	NOSE	Very sensitive to smell after went to bed - could smell dog bones and balls - smelled like urine
3	05:XX:XX	NOSE	Sense of smell very sensitive after gone to bed before sleep - strong odor of dog flatus smelled
12	05:XX:XX	NOSE	Irritation of tip of nose, inside (nostrils) with sensation of drip.
12	05:XX:XX	NOSE	Left nostril plugged
3	06:XX:XX	NOSE	Sensitive smell on going to bed - dog licking her tennis ball - smell of urine strong
4	06:XX:XX	NOSE	Small bright red clots of blood from both nostrils on blowing nose.
10	06:XX:XX	NOSE	Woke with sinus pain pulsing in left nasal cavity. Discharge was green with old blood specks - pain > with hot tea, hot water and hot warm rag on left side of face
10	06:XX:XX	NOSE	Nasal pain comes on < after eating anything
10	06:XX:XX	NOSE	Sinus pain intense left nostril feels deep inside and pulsating and feels < on inspiration > inspiring hot moist air
10	06:XX:XX	NOSE	Pain feels like in a spot inside the nasal cavity
11	06:XX:XX	NOSE	Sneezed twice hard (husband says sneezing more than usual)
10	07:XX:XX	NOSE	Left nostril smells like old rotten s/t slightly today
11	07:XX:XX	NOSE	Blew nose - felt stuffed up to right ear
9	08:XX:XX	NOSE	Nose: bland discharge upon waking - running thick white. After three blows stopped.

3	10:XX:XX	NOSE	Very acute sense of smell when outside. Smelled smoke - felt sudden fear and panic regarding safety of my house - smelled smoke when driving down background by my house. Realized it was probably my dad's wood stove. Could smell paint or turpentine outside also - father had been painting a door at his house earlier in the day - over 50 yards away - smell was quite strong to me. He was painting it in his basement with house closed up.
11	11:XX:XX	NOSE	Sneezing
3	13:XX:XX	NOSE	Very congested in a.m. before getting up about 4:00 a.m. Clear sinus drainage < from right nostril, OS but more so than usual - constant drip in early a.m. > after 8:00 a.m.
10	17:XX:XX	NOSE	Nose discharge slight but green and a bit bloody - dried like
11	17:XX:XX	NOSE	Sneezed twice with cold sensation passing through head and shoulders
3	18:XX:XX	NOSE	Very bothered by smell of "lex" at work in cleaning fluid of janitors. Smelled from along way away, shortness of breath, chest heavy < reaction than usual.
10	19:XX:XX	NOSE	Smells lousy inside my nose
3	22:XX:XX	NOSE	Nasal congestion in a.m. while trying to sleep, only able to breathe if laying on left side, better after up and about
10	23:XX:XX	NOSE	Much drainage nose - post nasal drip - nose smells inside like an old symptom
11	33:XX:XX	NOSE	Achy pain right side of nose - sinus area
1	Pre-proving	NOSE	Nose very dry lately. Feels like mucous membrane is "tight" especially left nostril. Crack in right nostril upper left portion of nose very sore.
3	Pre-proving	NOSE	Nose stuffy on waking. Thick clear drainage.
3	Pre-proving	NOSE	Nasal congestion about 4:00 a.m. making difficult to sleep
10	Pre-proving	NOSE	Sinus plugs depending on which side I sleep on - alternate R-L-R
11	Pre-proving	NOSE	Blew nose; stuffed up to right ear
3	04:XX:XX	PERSPIRATION	Period of extreme heat with sun through windows, sweaty, with suffocating feeling. So hot wished I could take clothes off.
9	01:XX:XX	RECTUM	A little rectal itching
1	02:XX:XX	RECTUM	Constipation - small bowel movement. Extreme pain with this - sharp shooting pain upwards (usually have with menses).
1	03:XX:XX	RECTUM	Constipated
1	04:XX:XX	RECTUM	Constipated
5	06:XX:XX	RECTUM	Also had a couple brief episodes of "proctalgia fugax" quick sharp pain shooting up from rectum/perineum toward abdomen.
12	06:XX:XX	RECTUM	Diarrhea-like thick soup pours out in one second, no pain or discomfort before or after. Feel cleansed. Note: have never had diarrhea like this - ever.
9	08:XX:XX	RECTUM	Rectal itching - > scratching until raw
4	13:XX:XX	RECTUM	A week after starting the proving, I had an acute episode of diarrhea. My stomach was upset during the night and felt gassy and uncomfortable. Then I had to get out of bed at about 6:00 a.m. and had a loose stool. The stools were most frequent that morning, but did continue to be loose all day.
10	23:XX:XX	RECTUM	Remember flatulence with odor last night (probably due to bean soup I had for lunch). I'm usually not gassy.
3	0:11:30	RESPIRATION	Breathing much improved - respiration feel deeper and more vital than before, from abdomen. Not fatigued from such exercise.
1	0:14:00	RESPIRATION	Breath shorter than usual
2	1:07:15	RESPIRATION	Breathing feels shallow (< morning), and more rapid. Unaware if related.
3	01:XX:XX	RESPIRATION	Shortness of breath, feel suffocating when stooping.

3	01:XX:XX	RESPIRATI ON	Heart rate 64 (decrease) Resting Rate 8 (decrease) (usually HR 70-80) (RR 16-18)
3	02:XX:XX	RESPIRATI ON	Resting Rate 8 continued deep abdominal breathing Heart Rate 66. Brief palpitations at 4:00 p.m.
3	03:XX:XX	RESPIRATI ON	Very hot, felt suffocated and shortness of breath from heat, < intense sunlight on unit through windows (usually cold and OK with warm room)
3	04:XX:XX	RESPIRATI ON	Deep abdominal breathing continues, feel it all the way down into pelvis.
12	05:XX:XX	RESPIRATI ON	Stuffy unpleasant feeling in lungs as if stuffy air
12	05:XX:XX	RESPIRATI ON	Wanted to tear the air out of my lungs manually. Felt like poisoned air.
12	05:XX:XX	RESPIRATI ON	Irritation of mucosa of lungs felt. Continued realization that the irritation of mucosa produced or was the same as the stuffy air feeling.
12	05:XX:XX	RESPIRATI ON	Cough from irritation of mucosa in lungs. Weak feeling in chest.
12	05:XX:XX	RESPIRATI ON	Irritation in lungs, behind sternum
3	11:XX:XX	RESPIRATI ON	Shortness of breath in warm room, feel suffocated. Strong desire for cold open air.
3	16:XX:XX	RESPIRATI ON	Thick mucous in throat - feel mildly shortness of breath
3	33:XX:XX	RESPIRATI ON	Period of heart palpitations - lasted about 20 seconds - just shortly after cough.
3	Pre-proving	RESPIRATI ON	Occasional dry irritated cough. Feels like walls of throat sticking together on left side of throat. Intermittent during day and evening.
4	02:XX:XX	SKIN	A proliferation of my usual eczema. At beginning of proving I had a little on right eyelid. That patch has expanded, and added to it are patches in front of my right ear, behind my right ear, and on my left wrist and interior forearm.
10	03:XX:XX	SKIN	Notice huge bruise on side of right thigh - size of softball. Don't recall how it got it.
10	04:XX:XX	SKIN	Notice bruise size of quarter on right upper arm
10	10:XX:XX	SKIN	First day I woke with immediate itching
3	11:XX:XX	SKIN	Skin, especially finger tips, very sensitive to heat - medium heat feels burning hot.
10	11:XX:XX	SKIN	Itching is there this a.m.
10	13:XX:XX	SKIN	Really itchy this a.m. and almost feels total body
10	15:XX:XX	SKIN	Notice hands feel so much drier and chapped on the backs. Put vitamin E oil on for a bit and it's soothing - this seems worse than other winters, how I've had to deal with my hands.
3	16:XX:XX	SKIN	Rash on left upper thigh, just below groin area raised, itches some. Similar to rash from aggravation of other homeopathic remedy in past.
3	17:XX:XX	SKIN	Increase scaly itchy area (like eczema) on scalp on temples bilaterally. This has been ongoing for about 10-plus years (started about one year after my divorce). Had almost cleared up at beginning of proving, now a bit < than usual, scaling seems thicker.
3	19:XX:XX	SKIN	Tiny boil (an ingrown hair) upper inner left thigh
3	19:XX:XX	SKIN	Rash upper anterior thigh < itchy raised, red, < after waking up in a.m. and after nap
10	19:XX:XX	SKIN	Woke with itchy ankles and hips. The itchiness is diminishing.
10	21:XX:XX	SKIN	Wake with itchy calves and on shoulder blades - moderately itch better with itching
10	21:XX:XX	SKIN	Noticing my daughter is itchier, also better sitting still, and when she scratches she gets welts rising up and skin gets red all around. My skin gets somewhat red on my calves but not my forearms
3	22:XX:XX	SKIN	Rash on left upper anterior thigh about size of goose egg - red raised, feels thick and leathery. Very itchy at times, < after waking up in a.m. and after napping, after taking clothes off about 4:00 p.m.
3	22:XX:XX	SKIN	Slight itching right anterior upper thigh, unsure if dry skin or rash starting

3	22:XX:XX	SKIN	Skin dry, itching with increase static with drop in temp to below zero degrees.
3	26:XX:XX	SKIN	Rash on left upper anterior thigh still spreading with raised rash extending from perimeter - center healing - skin center darker, looks almost callused, leathery, like it was burned. Now size of large goose egg or bigger. Spreading horizontally across upper thigh, itchy < after waking, < after undressing > scratching.
2	34:XX:XX	SKIN	Noticed three spots on my abdomen to the left of my navel. Three red spots in a row. About this size O ( <i>See notebook for size</i> ). They do not hurt, and are not itchy. They are slightly raised and are well-circumcised (smooth edges). I've never had them before. They are sort of rough or callous-like to the touch.
2	39:XX:XX	SKIN	Noticed (felt) one more spot just below and to the midline from my left breast. Spot is the same type as the others. When I looked there more carefully, there are four more spots now at other places on my abdomen - so there are eight spots total. Both on right and left sides. Most of them are near waist level. I'm wondering if they are related to remedy. It seems a long time later to get this new symptom. I had been using some new body soap that I got at Christmas. Wondering if it is a cause, I decided to stop using it for now.
3	40:XX:XX	SKIN	Skin aching to touch on lower extremities over muscle areas - no stiffness after hauling the wood - only this extreme sensitivity pain with touch, even light touch, over tender muscles in arms, hips and legs. Usually get stiff without tenderness to touch.
3	40:XX:XX	SKIN	Rash on left thigh - Goose-sized shaped area of healed rash - darker color where rash has been and healed. Continued rash on both ends of egg-shaped area. Itchy < on waking, taking clothes off.
3	44:XX:XX	SKIN	Skin very dry - needing much oily moisturizer - all over body. Rash continues left hip and thigh at outer edges of area of origination. Very thirsty, dry and throat and mouth.
2	45:XX:XX	SKIN	Am noticing more of the same spots on my torso. Locations are right breast, near right armpit, and two on top of right shoulder. That makes 12 total. The others are still there - no change.
2	46:XX:XX	SKIN	Sometime during this period I noticed one spot on my back. I could feel it, but couldn't see it in the mirror.
2	51:XX:XX	SKIN	Had a massage today. Asked my massage therapist to count the spots on my back. There are four on the left, and one on the right. Some are near the spine, and others are more lateral. They are the same type as on my abdomen.
2	52:XX:XX	SKIN	Noticed that spots on abdomen are drying - they have a crusty edge now
2	58:XX:XX	SKIN	Spots are still there. They are less raised than they used to be, and more flat. They also look slightly larger - especially the one on my abdomen.
2	66:XX:XX	SKIN	I noticed three new spots on my right knee. Not as big as the others. They look like they are drying up a bit.
1	Pre-proving	SKIN	Skin (< heat) slightly breaking out near cheekbone area
1	Pre-proving	SKIN	Skin breaking out on face, shoulders. Skin (facial) unusually dry and flaky (RS).
5	Pre-proving	SKIN	Slight rash/acne on forehead.
2	00:XX:XX	SLEEP	After the remedy: took a nap from 2:30-4:00 p.m. - was sleepy.
7	01:XX:XX	SLEEP	Really restless sleep. Woke up to pee at 1:00 a.m.
10	01:XX:XX	SLEEP	Woke a bit crabby and ready to argue with anyone
11	01:XX:XX	SLEEP	More intense - husband said I snored 30 percent louder than usual.
1	02:XX:XX	SLEEP	Upon coming home (from work) napped for three hours
1	02:XX:XX	SLEEP	Awake and alert this evening - fell asleep 2:00 a.m.
7	02:XX:XX	SLEEP	Restless sleep from 3:00 a.m. on.
11	02:XX:XX	SLEEP	Yawning a lot; slightly tired - seven or eight times while talking to supervisor.
11	02:XX:XX	SLEEP	Woke. Snored - not quite as bad as last night.

4	03:XX:XX	SLEEP	I woke up at 2:00 a.m. feeling very wide awake, like it was the middle of the day and feeling completely rested. Fell back asleep at around 3:30 a.m.
9	03:XX:XX	SLEEP	Slept well, no dreams
9	03:XX:XX	SLEEP	On waking; eyes a little swollen, feel like asleep, groggy sort of feeling
1	04:XX:XX	SLEEP	Slept very deep - seemed as though I laid my head down and alarm went off 10 minutes after. Didn't feel fully rested.
3	04:XX:XX	SLEEP	Sleepy, intense yawning. Sleepy rest of p.m.
4	04:XX:XX	SLEEP	This is usually my most productive time of day, but I don't feel like doing anything. I'd like to go back to bed.
11	04:XX:XX	SLEEP	Didn't sleep well last night (full moon?)
11	05:XX:XX	SLEEP	Went to bed late last night (1:00 a.m.), but feel quite rested this morning
3	05:XX:XX	SLEEP	Awoke early to sunrise, unable to return to sleep (very unusual for me - especially since had been up late). Worked till midnight and no sleep until 1:30 p.m.
7	05:XX:XX	SLEEP	Went to bed last night at 12:30 a.m. Took me awhile to get to sleep. Woke at 5:00 - no dreams.
10	05:XX:XX	SLEEP	Surprisingly awake for going to bed at 3:00 a.m.
9	07:XX:XX	SLEEP	Slept deep
9	07:XX:XX	SLEEP	On waking; woke up with energy and cleaned kitchen and watched TV.
11	07:XX:XX	SLEEP	Laid on couch all evening watching movie, tired, almost fell asleep at 9:00 p.m.; at 10:00 got up to go to bed.
9	08:XX:XX	SLEEP	Woke refreshed.
10	08:XX:XX	SLEEP	Woke on and off through the night with daughter - as she feels sick I feel sick
10	11:XX:XX	SLEEP	Woke refreshed and desiring exercise
2	13:XX:XX	SLEEP	I didn't sleep well. Woke at 3:30 a.m. Went to bed at 12:30, so only got three hours of sleep. I couldn't fall back asleep. Finally get out of bed at 6:30 or 7:00 a.m.
2	14:XX:XX	SLEEP	Woke 6:30 a.m. had eight hours of sleep.
3	15:XX:XX	SLEEP	Very sleepy, better after resting 15 minutes
2	18:XX:XX	SLEEP	Sleepy - went back to bed at 10:00 p.m.
10	21:XX:XX	SLEEP	Husband tells me I'm snoring loudly. Feel like I'm sleeping very deeply but husband states he's sleeping very deeply last night also.
2	23:XX:XX	SLEEP	Sleep good
10	26:XX:XX	SLEEP	Woke good energy
1	Conclusion	SLEEP	Deep sleep, intense dreams - wake up very groggy.
1	Pre-proving	SLEEP	Slept very hard last night. Deep state of sleep.
1	Pre-proving	SLEEP	Restless sleep - toss and turn. Many thoughts on my mind.
1	Pre-proving	SLEEP	Slept very deep last night. Great fatigue around 2:00 p.m. - fell asleep until 4:30 p.m. - not like me at all.
2	Pre-proving	SLEEP	Slept great last night - eight hours (10:00 p.m. - 6:00 a.m.).
2	Pre-proving	SLEEP	Went to bed at 10:30 p.m. Up at 6:00 a.m.
2	Pre-proving	SLEEP	Prior to taking dose, woke up at 3:30 a.m. I think I woke up early because a) I'm used to getting up at 4:30 a.m. for the retreat, b) I was hungry - didn't eat enough for dinner, and c) I was excited thinking about Peter (the guy I went dancing with last night). (unrelated) I'm attracted to him. Anyway, I may have to nap later.
3	Pre-proving	SLEEP	Very sleepy from 1:30-3:00 p.m.
10	Pre-proving	SLEEP	Sleep on right side - left side feels too congested
10	Pre-proving	SLEEP	Napped 10-15 minutes at 3:30 p.m. and felt very refreshed.

10	Pre-proving	SLEEP	Woke - slept soundly
10	Pre-proving	SLEEP	Woke refreshed
10	Pre-proving	SLEEP	Bed seemed hard last night - woke a couple of times, but went back to sleep easily.
10	Pre-proving	SLEEP	Woke with a song on my mind - "I will testify to Love." This song has a lot of value and meaning to me.
11	Pre-proving	SLEEP	Yawning; tired; would like to go to bed; went to bed at midnight the last three nights (usually 2:00 p.m. is my sleepy time of day).
11	Pre-proving	SLEEP	Laid on couch all evening, watched movie; tired; almost fell asleep around 9:00 p.m.
4	0:03:25	STOMACH	She says my belly feels much softer than usual. It is very firm usually.
10	0:07:21	STOMACH	<u>Thirsty</u> so stop to get water at gas station - want cold water
3	00.09.30	STOMACH	No appetite, but able to eat fairly large meal.
3	00.09.30	STOMACH	Stomach gurgling after eating about one-half of meal - continues after meal for 20 minutes after eating, became very hungry, as if hadn't eaten for four to six hours. Hunger continued - want green grass - kept thinking a lot about green grass spears - see them in mind - want it.
3	00.11.30	STOMACH	Increase desire for cold water - drank three times the usual amount of this p.m.
3	01.XX:XX	STOMACH	Desiring cold water to drink
3	01.XX:XX	STOMACH	Mild nausea with hunger. Increased hunger after eating.
3	02.XX:XX	STOMACH	Very thirsty for icy cold today. Right cheek pain after drinking icy drink.
3	03.XX:XX	STOMACH	Stomach gurgling after eating. Craving squash and garlic mashed potatoes, had for supper.
3	03.XX:XX	STOMACH	Continued intermittent thoughts of green grass - thinking of calling friend who grows sprouts to eat, but she lives too far away. Still craving green grass.
10	03.XX:XX	STOMACH	Some eructations this a.m. after eating an apple - no odor, no pain
10	03.XX:XX	STOMACH	Increase water - thirsty - any water will do but prefer cold
11	03.XX:XX	STOMACH	After eating felt heartburn coming up throat then felt nearly full, then some belching, then little gas, smelly.
3	04.XX:XX	STOMACH	Foul smelling flatus in a.m. about one to two hours after breakfast.
3	04.XX:XX	STOMACH	Much gas. Brief lower abdominal cramping immediately after breakfast.
12	05.XX:XX	STOMACH	Solar plexus, something in there I want to get out. Unpleasant, queasy feeling (not nauseated).
12	05.XX:XX	STOMACH	A little bit of air in stomach, burped once
3	06.XX:XX	STOMACH	Very hungry today even after eating, feeling of hunger
3	06.XX:XX	STOMACH	Finally got wheat grass from friend. Too good for words. Sweeter than honey, tastes divine. Also craving breads last few days; Boston Brown bread, rolls (dinner), pumpernickel with cheese.
10	06.XX:XX	STOMACH	Eructation-like food from lunch > for awhile = water then returns again on and off from 2:00-6:00 p.m.
10	07.XX:XX	STOMACH	Some slight nausea mid to lower thoracic cavity, like had a beginning of this proving process but not as intense
3	08.XX:XX	STOMACH	Large supper - still hungry after
3	08.XX:XX	STOMACH	Ate wheat grass all the way to work (half-hour drive), much enjoyed. Also green peas for supper - couldn't get enough - so sweet and delicious.
3	09.XX:XX	STOMACH	Hungry all day, even after large meal - able to eat, feel bottomless. Weight increases several pounds in last week.
3	09.XX:XX	STOMACH	Craving green grass - snacked on wheat grass after meeting in evening - couldn't get enough. Though I did share with the dogs and birds.
10	09.XX:XX	STOMACH	Nausea - stomach achiness up shoulders wave of sensation goes from abdomen up through shoulders
3	13.XX:XX	STOMACH	Ate green grass on way home from work - first bite better than the best chocolate. Much enjoyed salad for supper also.

10	14:XX:XX	STOMACH	Feel a bit nausea
3	16:XX:XX	STOMACH	Delighted in eating bag of wheat grass
3	16:XX:XX	STOMACH	Cramping abdomen pain mid abdomen late a.m. - > after eating, > after stool
10	16:XX:XX	STOMACH	Thirsty - drank three glasses of water
10	16:XX:XX	STOMACH	Craving stimulants – pop like Coke - chocolate and spicy foods and vegetables
10	16:XX:XX	STOMACH	Don't usually like pork - but had pork ribs and felt like I devoured the cabbage salad. This brings to mind a tendency I've had the last three weeks or so to desire <u>cabbage</u> . Will steam it and lightly butter and salt it and this is all I'll want. Other things have been <u>Brussels Sprouts</u>
10	16:XX:XX	STOMACH	Bought lots of vegetables to eat raw. Red cabbage, kohlrabi, celery, carrots and cauliflower. Also am desiring oysters - will make oyster stew tonight and crab and shrimp.
10	16:XX:XX	STOMACH	Didn't eat crab and shrimp but did have oyster stew
3	17:XX:XX	STOMACH	Noticed that stool now more frequent often after each meal, formed whereas used to be in harder balls before proving. Maybe because I'm eating a fistful of grass each day - still love it.
3	17:XX:XX	STOMACH	Foul flatus, hot, smelled of rotten eggs
3	17:XX:XX	STOMACH	Craving salads, breads, garlic
10	17:XX:XX	STOMACH	<u>Desired</u> a glass of Coca Cola last night and yesterday noon lunch, and this is not usual for me
10	18:XX:XX	STOMACH	Craving spicy food. Had Italian dressing on salad. Craving vegetables today - also broccoli, cauliflower, celery.
3	19:XX:XX	STOMACH	Forgot to bring grass with to eat on way to work - very much missed it. Hungry for salads, Italian food with green olives in it, steak. Hungry all the time.
10	19:XX:XX	STOMACH	Last night in social setting, and the coffee smell was irresistible - had a half-cup with oatmeal chocolate chip cookies - tasted so good. What is this about tastes and cravings? I don't have coffee, but it was so calling me to just have a little and the urge to have a spicy snack before bed - I don't usually eat late at night but on our way home had a spicy taco and half of a beer and one stick of venison jerky and it was so good.
10	19:XX:XX	STOMACH	Thirsty for water
3	20:XX:XX	STOMACH	Very hungry today, until ate large supper of manicotti- okay for about one hour, then eating again
3	21:XX:XX	STOMACH	Hungry for fruit last week - eating tangerines, pears, bananas daily. Also Italian food daily, love green olives more than ever, especially in my Italian food.
10	21:XX:XX	STOMACH	Thirsty - am drinking hourly four to eight ounces
10	21:XX:XX	STOMACH	Want sweets, especially chocolate today - usually key my period is coming in two to five days.
10	21:XX:XX	STOMACH	Desire <u>wine</u> or beer - this can happen when my period starts
10	21:XX:XX	STOMACH	Had a glass of Spumante wine with a glass of OJ - tasted great.
10	22:XX:XX	STOMACH	I desired chocolate! All I had in the house was Nestlé's chips for cookies - had a handful and that was that.
10	23:XX:XX	STOMACH	<u>Thirsty</u> , have two large glasses water. Desire it medium to cold
10	23:XX:XX	STOMACH	<u>Nausea</u> feeling - rumbling stomach and a bit of gas - feels flu-like.
3	25:XX:XX	STOMACH	Very dry, very thirsty for cold water this p.m. Very hungry. Enjoyed salad lasagna and Christmas cookies and cashews before bed.
3	36:XX:XX	STOMACH	Very thirsty past few days for juice and cold drinks. Hot tea during day - cold drinks after mid afternoon.
3	41:XX:XX	STOMACH	Foul odor to flatus later p.m. Drinking more milk lately - craving it more than usual especially in p.m. - usually only have milk for breakfast and occasional lunch if early in day.
3	43:XX:XX	STOMACH	Stomach making loud rumbling and digestive noises all day, no pain or discomfort of any kind
3	59:XX:XX	STOMACH	Gassy stomach past few days - can feel movement in abdomen of gas - feels like stones dropping through intestines, not painful

3	59:XX:XX	STOMACH	Craving tangerines - can't eat enough. Also really into bean soups: black bean, split pea. <b>Strong craving for rye bread (dark).</b>
1	Pre-proving	STOMACH	Digestive system seems sluggish today. Only one bowel movement. Slight upset stomach.
1	Pre-proving	STOMACH	Slight upset stomach today, "nervous stomach"
1	Pre-proving	STOMACH	Extremely upset stomach. Felt too "acidic," yet with a slight burning sensation - "burning feeling."
1	Pre-proving	STOMACH	Woke up <u>very hungry</u>
1	Pre-proving	STOMACH	Appetite diminished towards evening
2	Pre-proving	STOMACH	Had some abdominal cramping yesterday. Think it was related to eating lentil soup for lunch - too many beans - gassy. Did not feel as though cramps were related to period.
3	Pre-proving	STOMACH	Woke up with abdominal cramping above navel, better passing gas. Pain returned very briefly after supper.
3	Pre-proving	STOMACH	Continued periods of brief anxiety in stomach with no concerns in particular - felt in a.m. Then strengthened and quite intense by 5:00-6:00 p.m. Worse with very strong wind and extreme drop in barometric pressure (lowest in state's history). Feeling in stomach continues and intense - feels like stomach dropping through the floor - no mental concerns noted. My pet bird felt tension in air and tried to nip me. Dogs playing wilder than usual.
3	Pre-proving	STOMACH	Ate fairly large supper and still hungry - could eat another meal
3	Pre-proving	STOMACH	Hungry for oranges - ate tangerine. Not hungry for supper after eating late lunch.
3	Pre-proving	STOMACH	Hungry for garlic - garlic bread
10	Pre-proving	STOMACH	Nausea, slight moving up along sides of mid trunk
10	Pre-proving	STOMACH	Nausea with light dinner
10	Pre-proving	STOMACH	Feeling of fullness pleasantly noticed
10	Pre-proving	STOMACH	Felt empty nausea after bending over to pick up something I dropped - like a wave over me it lasted only a couple of minutes
11	Pre-proving	STOMACH	Mouth is watering looking at food; really hungry; ate bagel and large juice for breakfast
10	0:00:00	STOOL	Three stools yesterday. This is unusual for me - I usually have one stool each morning. Stools were normal - not straining - just increase in frequency.
11	09:XX:XX	STOOL	Felt more toward constipation. Stool not hard, but harder work to get out.
11	10:XX:XX	STOOL	(have had these attached to stool before, not alone) White mucous plug like when I went to bathroom
11	13:XX:XX	STOOL	Pains in lower abdomen, go to bathroom. At first constipated, then soft, then liquid, pains move as I go to bathroom, brown in color, but so much caused me to groan.
11	17:XX:XX	STOOL	Hard BM; loose, in pieces, lots of urgency
11	17:XX:XX	STOOL	Urgency to bathroom again and didn't make it this time, soiled underwear.
11	17:XX:XX	STOOL	Urgency to go to bathroom
11	21:XX:XX	STOOL	Urgency for stool, got there in time
11	30:XX:XX	STOOL	Had to leave treadmill to go to bathroom - stool
3	05:XX:XX	TEETH	Ridges behind front teeth on hard palate swollen and more pronounced, feel raw after eating pizza, < left side.
1	06:XX:XX	TEETH	Teeth extremely painful. Two back molars on left side of mouth - drawing pain.
1	Conclusion	TEETH	Teeth very sore and sensitive

1	Pre-proving	TEETH	Teeth hurting, left-sided. Throbbing pain in back portion of mouth. This has been going on previously for about two weeks now. Pain worse lately, < food, cold drinks.
12	0:00:15	THROAT	Irritation in throat < cough
12	0:00:50	THROAT	Tickly, raw, slightly hoarse feeling in throat, causing cough in larynx
12	0:07:50	THROAT	Still feel raw feeling in throat with desire to cough
12	0:23:05	THROAT	Slight raw throat, provoking cough
10	01:XX:XX	THROAT	Clearing throat and getting light greenish mucous
7	02:XX:XX	THROAT	Went to bed with dry throat - woke up with a dry throat
3	04:XX:XX	THROAT	Hoarse with secretions in throat
4	04:XX:XX	THROAT	With this I have a slightly scratchy throat. The scratchy feeling goes a little into my chest. I am clearing my throat a lot (US).
12	05:XX:XX	THROAT	Tickle in throat. Cough from tickle in throat.
12	05:XX:XX	THROAT	Raw, irritated feeling in throat.
3	06:XX:XX	THROAT	Pressing pain in gland right side of throat under jaw
2	11:XX:XX	THROAT	Throat was sore this morning on waking. Got better when I was up for awhile and was talking and drinking hot tea.
2	12:XX:XX	THROAT	Woke up with sore throat this morning. Took one 500mg Vitamin C to try to ward off sore throat.
11	14:XX:XX	THROAT	Phlegm in back of throat, had to cough so hard to try to move it that I gagged
3	15:XX:XX	THROAT	Ache gland left throat under jaw
3	19:XX:XX	THROAT	Throat dry
5	26:XX:XX	THROAT	Had cold with sore throat which settled into chest. Thick green sputum with sore throat first thing in a.m.
3	36:XX:XX	THROAT	Cramping pain in right tonsil area and down in gland under right jaw early evening, intermittent
11	Pre-proving	THROAT	At food store; felt phlegm in back of throat; hard to clear, but coughing will clear; have been having this over the last few days
3	30:XX:XX	URETHRA	Spasm pain in urethra not related to urinating.
10	03:XX:XX	URINARY	Pain after urinating
10	17:XX:XX	URINARY	Urination took longer than usual - slight stream and went off to the left - not a normal stream. Seems congested - wonder if this was due to the one glass of champagne I had last night.
10	19:XX:XX	URINARY	Urinating was <u>difficult</u> - not slow but straight
10	19:XX:XX	URINARY	Color was cloudy and sweet smelling
10	20:XX:XX	URINARY	Urine cloudy this a.m.
10	21:XX:XX	URINARY	Urine seems scanty - cloudy - smells sweet. A bit uncomfortable to go - am using cranberry tabs to help with discomfort of pressure to go; itchy vulva
10	Pre-proving	URINARY	Urinary symptom - burn during or towards end
10	Pre-proving	URINARY	Urine leakage slight while asleep
10	Pre-proving	URINARY	Urine smelled sweet this a.m.
11	Pre-proving	URINARY	Woke to go to bathroom
11	Pre-proving	URINARY	Incontinent with hard coughing
3	0:11:30	VISION	When driving at night, streaks/spears of light from all light sources nearby
12	0:23:05	VISION	Eyesight very clear
3	01:XX:XX	VISION	Vision slightly blurred especially intermediate vision during daylight - okay at night, all distances.
3	02:XX:XX	VISION	Vision still slightly off in ½-1 black range. Close vision good. Distance vision exceptional (usually 20/20, 20/15 vision).

3	05:XX:XX	VISION	Continued slightly out of focus at intermediate distance about 20-30 feet for one to two blocks. Distance vision unusually sharp and clear.
3	18:XX:XX	VISION	Vision a bit blurry < indoors > outdoors or viewing outside. Difficulty adjusting distance vision close - for.
3	18:XX:XX	VISION	Vision poor today, eyes tired, blurry vision, much difficulty adjusting to changing distance, < intermediate vision, > close, less than 10 feet, > far, greater than one block and on. Very bothersome and irritating.
3	19:XX:XX	VISION	Notice that vision much poorer, blurry inside more difficult to focus > 10 feet. Outside focal adjustment much quicker, sharper, cleaner at all distances.
3	26:XX:XX	VISION	Marked improvements of vision - even when quite tired. Vision sharp all distances - seem to be able to see incredibly far, even up to the stars at night.
3	33:XX:XX	VISION	Vision much improved when outside. Continue halos around light at night. Streaks up and mostly down - great shafts from all lights upon blinking eyes. Shafts of light same color as lights. Full moon - feel like I can see beyond far horizon in the dark - horizon quite visible to me.
3	4:XX:XX	VISION	Halos around light, like numerous pins of light projected outward
3	49:XX:XX	VISION	Vision quite blurry still < indoors.