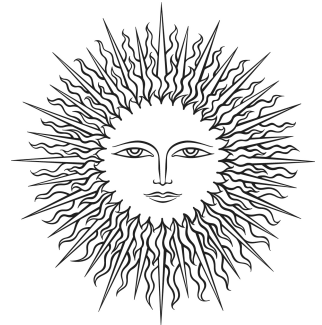


SCHOOL OF HOMEOPATHY



Proving: Indian Pipe (*Monotropa Uniflora*)

Proving date: October 2011

By Misha Norland, Mani Norland & The School of Homeopathy

Physical Symptoms

Sensorium & Vertigo

Intense day with a peer-led homeopathy group. I felt so giddy when I got home, nearly falling over several times. I've had this giddy feeling earlier on in the proving. I've had giddiness before but it's not something I recognize as being typical.

01PF 29 0:17:30 NS

Feeling spacy with vertigo and blurriness of the eyes, especially the left one. The spaciness is as if there is vertical hollow tube in the center of my head. The empty space inside the tube creates a pressure behind my eyes, a sort of congestive headache, mostly around the eyebrows. The vertigo moves in the circular direction of the tube, as if around the walls of the tube.

02PF 1 0:00:10 NS

The sensation of vertigo returned. This may have been brought on by the cup of tea I had at break, the light of the sun, or the stillness of sitting in lecture. This feeling was accompanied by slight nausea, an emptiness in the head similar to that of yesterday. The vertigo creates a difficulty reading print without feeling discomfort in the eyes, as if I am staring at a bright light.

02PF 2 0:12:00 AS

Sitting in bathroom at hotel. The wallpaper began to scroll downwards (optical illusion from my own brain). As if I was having vertigo outside of myself.

02PF 4 0:23:55 NS

Half asleep I experienced more sensations of the movement as if falling forward. I imagined it was like the energy meridians that go up the spine, over the head down the nose and mouth to the belly button and continue to loop in that direction.

02PF 5 0:11:00 NS

Woke with a massive hangover. I started the night very conservative and was not going to drink. The first glass of wine did not go down very well but somehow during the night I managed to drink a lot. The hangover is slightly different as it is more dizziness than usual. I drag myself to yoga and on closing my eyes in child's pose feel like I am falling forward into the mat. The feeling intensifies when I sit still and meditate on my inner state. Hangover lasted entire day. I also had a headache which is similar to the headaches I get when I talk on a mobile phone...tight, like a thin electric rope stretching through several cells on the right side of my temple. I feel if I massage the area the cells will neutralize the radiation. This is accompanied by a bruised like soreness above my right ear on my scalp.

02PF 8 0:13:50 AS

Ring in left ear at work, accompanied by slight vertigo. Lasted 30 seconds.

02PF 14 0:20:00 RS

Definite problem with vision and perception. Head feels very foggy inside and feel I need to concentrate really hard on normal tasks. Have a tendency to feel dizzy if I let the concentration lapse. Objects again look further away than they are. Feel slightly clumsy and bump in to things which wouldn't normally do.

06PF 4 0:07:45 NS

I am experiencing dizziness and vertigo. I am aware of a falling sensation and my head feels very heavy. I also have a heavy sensation around my eyes as if they will close if I don't make the effort to keep them open. I am aware of a stabbing, throbbing pain in the socket of my left eye. There is also a feeling of pressure on the bridge of my nose. I want to lie down and go to sleep and am finding it very hard to concentrate.

07PF 2 0:16:00 NS

I have a floating sensation in my head and I feel slightly dizzy. I also feel unsteady on my feet.

07PF 6 0:15:35 RNS

I have the sensation that the floor is moving underneath me. It makes me feel dizzy and disorientated and I need to hold on to a chair to keep my balance.

07PF 28 0:13:00 RNS

Feeling woozy, light headed and ungrounded. When I walk I felt imbalanced and unsteady, better for sitting and resting.

12PM 8 0:17:00 NS

Head

Jaw ache has mostly disappeared and pain has moved to front of head. Feeling it in the bones and temples. An aching with a sense of tightness. As I walk home from the station this sensation is accompanied by a sudden fall in mood, into a flatness and a feeling of 'what's the point'. I suddenly can't feel there is anything to get excited about in the future, I'm suddenly looking to the future and not what's happening around me.

01PF 7 0:17:30 AS

Occipital region, right side. Skin feels sore, bruised and sensitive to touch. I touch it and want to rub it but when I do the sensation develops into a throbbing sensation that feels more internal. It's almost itchy but too sore to scratch. Sometimes burning. A buzzing, numb sensation later develops over whole of the head. Soreness persists throughout evening. I am feeling it much more intensely than when I had it before, but I can't remember when.

01PF 9 0:20:50 ROS

Woken up from deep sleep by phone, lying very relaxed on my front. My neck normally gets stiff in this position but it isn't at all now.

01PF 9 0:09:10 CS

Soreness remains in occipital region, right side, same sensation but in a smaller area. Want to scratch but when I do makes it sore and bruised. Soreness on skin of head has continued throughout the day. 17:00 It has spread and become more generalized. The central part is still with a bruised feeling, then radiates out into this sore feeling. If I don't touch it I have a tingling sensation with patches where it feels like someone is pressing their finger into my head.

01PF 10 0:11:00 AS

Occipital region on right side. Bruised feeling has gone. Skin slightly sore, can now rub without increasing the bruised feeling, just leaves a numb, tingling sensation.

01PF 11 0:08:20 AS

Feeling spacy with vertigo and blurriness of the eyes, especially the left one. The spaciness is as if there is vertical hollow tube in the center of my head. The empty space inside the tube creates a pressure behind my eyes, a sort of congestive headache, mostly around the eyebrows. The vertigo moves in the circular direction of the tube, as if around the walls of the tube.

02PF 1 0:00:10 NS

Headache now radiates to occiput at both mastoid processes bilaterally and equally. This is accompanied by another cold sensation as if icy heat were on my arms. I feel chilled until I put on my winter coat.

02PF 1 0:00:20 AS

Headache now radiates to occiput at both mastoid processes bilaterally and equally. This is accompanied by another cold sensation as if icy heat were on my arms. I feel chilled until I put on my winter coat.

02PF 1 0:00:20 AS

still having trouble focusing on conversation and lecture in class. as if I cannot keep hold of the thread. Along with this sensation there is a slight headache which is worse moving the eyes, it takes more energy to use the muscles around the eyes to focus. As if energy is going to the eyes instead of to the brain to focus on what is being said. Energy feels low, eyes feel heavy and headache is frontal, mostly behind the eyes. Had a cookie at tea and think it may have worsened this condition of spaciness and low energy.

02PF 2 0:12:15 AS

Frontal headache feels foggy, thick, stuffy but dull. It radiates down nose and throat.

02PF 5 0:11:00 AS

Staring at the blanket in bed, the Mexican pattern looks like it is underwater as it ripples. As if water above it is distorting the pattern slightly. My head feels tight like a sponge twisted from temple to temple. There is a slight heat sensation dryness, and vibration running through the sponge.

02PF 17 0:02:00 NS

Slight frontal headache.

02PF 30 0:12:00 AS

Slight frontal headache in class. This feeling was accompanied by hunger. I became concerned that I was hungry as we had just gotten back from lunch. Suddenly I realized we hadn't eaten, it was just tea break earlier. I became relieved I would be eating but strangely aware that I have never mistaken tea break for lunch before.

02PF 32 0:11:00 NS

Occipital headache has settled on the right hand side posterior to my mastoid process. It is a bruised, sore feeling worse turning my head to the left. It is also worse lying down. 40, xx, AS, Neck on RHS (occiput) still painful worse looking to the left. 41,xx Pain in the occiput (RHS) less on waking, but still sore (less intense). LHS neck pain has returned and is now at about an intensity of 2/10.

02PF 38 XX:XX:XX AS

Showered after my red-eye flight home and fell into bed. As soon as I got settled I felt a headache come on brought on to the faint smell of paint fumes. I remembered seeing an open can outside my building, very close to my bedroom window. I felt angry and got up to take a photo of it and went outside and placed it on the public sidewalk. I was afraid I would get in trouble by the painters but they were not there and I did not want their paint cans permeating my room. It is now almost 9 pm and I am still smelling paint. I feel nauseous, like I want to throw up. I also have a headache still I worry about the implications to my health.

02PF 45 0:09:30 AS

I awoke with an intense headache – heavy, like a pushing down over my eyebrows as if my eyes would close.

04PM 2 0:05:00 NS

Driving to work, have intense straining sensation across forehead. Feels like the forehead is being squeezed together from sides and the strain is as a result from having to resist this squeezing. By 09:00 the intense straining has moved to both temples and it's as if I have to fight hard to keep them apart, hence the discomfort. As I am straining to resist temples being squeezed, become aware that this intense discomfort is throughout whole body and that I am gripping steering wheel really hard – consciously have to relax. This is accompanied by a surreal experience where I don't know if I am in my body or not. I'm driving my car but is it me or I up above watching me?

06PF 6 0:08:30 NS

Really intense sensation across forehead again – but much worse. Find it quite scary as it's so intense, feel blood vessel may burst and I'll have a stroke. This is the first time I have felt scared of the unknown since starting the proving and I just want it to stop. However I still feel very calm. Decide at 10:30 to go to bed and sleep. This resolves the pain.

06PF 6 0:09:45 NS

lying on bed with eyes closed. Feel discomfort across forehead and pressure behind right eye.

Forehead feels enlarged and bulging. Disappears when I get up about 20 minutes later.

06PF 9 0:17:00 NS

Overwhelming need to close my eyes. Sensation of eyes straining and forehead being squeezed. Don't resist it, just go to sleep.

06PF 9 0:23:00 NS

Throbbing headache, worse over right eye. I normally get this type of headache when I haven't drunk enough fluids and get a little dehydrated. Nose drier.

06PF 10 XX:XX:XX OS

Head feels foggy and I need to concentrate hard while writing this which increases the sensation of straining across the forehead.

06PF 10 0:08:50 OS

Head feels enlarged and heavy on shoulders. Feel quite spaced out and detached.

06PF 11 0:14:20 NS

Have woken with a frontal headache, worse over right side. It feels like the type of headache I get if I haven't drank enough and am slightly dehydrated. I have to drag myself out of bed and would rather go back to sleep. Headache went away after I'd got up and walked around.

06PF 19 0:06:15 ROS

Wake up with a headache which lasted all day. Thumping, intense worse on the right side. Felt deep inside and I had the desire to bang it. This did not make it any better or worse. Around midday it was at its worse. At this time I also felt very cold. I had a strong desire to go home and sleep but as I was at work this was not possible. During the afternoon, although headache still present it was more in the background and not so consuming. It eventually went overnight.

06PF 25 0:06:00 NS

Really intense sensation of being pinched both temples, as if glasses are too tight. The pain is vice-like, constricting. Lasts about a minute, during which time I have to take glasses off and rub temples. 13:00, Sitting on a Panel at work, aware that headache is worse. Have a burning sensation in head, along forehead and to both sides. ROS, At the same time I am experiencing aching in shoulder joints similar to what I would experience in the early hours of some "flu like" virus. I have the sensation of being very small as if hunched up perhaps cowering.

06PF 28 0:08:00 NS

Intense headache in the morning which I wake up with. Feel that I need to drink more water. This headache continues all morning, at times with a burning sensation in the forehead and I visualize at times my brain is being frazzled and shrunk.

06PF 31 0:07:00 ROS

Slight frontal headache returned which I was not aware of during the weekend. Not painful enough to disturb me but I was just aware of its presence. By midday I had noted that it had gone.

06PF 39 0:09:10 OS

Sitting on settee watching TV, I feel really tired and am aware of a burning headache across forehead, as if my brain is slowly being frazzled. Also aware that the burning sensation is behind both eyes

which feel very dry. I close my eyes for about 10 minutes which helps. Within 30 minutes I am no longer aware of the symptoms.

06PF 40 0:17:00 NS

All day have had a progressive headache, which is now burning across forehead and behind the eyes.

06PF 44 0:20:00 ROS

Get up and feel dizzy. Moving helps once started but the initial movement is worse. Feel nauseated and very tired. All I want to do is crawl back in to bed. Period started. Lots of low period type pains. Feel as if I want to bend right over to relieve the pain. These pains continue on and off all day. Worse than I would normally experience and the desire to bend right over is new. 09:00, Feel slightly better although slight dizziness persists along with a frontal headache.

06PF 48 0:06:00

I notice a tight pulling sensation in my forehead together with a tingling in my nostrils on breathing in. It feels as if the airways in my nose have been cleared and I am able to breathe more easily, although I hadn't been aware that they were blocked.

07PF 1 0:03:40 NS

I return home and realize that my headache has become much worse. The pain has intensified and my eyesight is blurry. There is a heavy, dragging feeling in my forehead and down the side of my nose. The pain is worse on the left hand side of my face. I also feel sick and nauseous. I am irritable and short tempered. I am not hungry and do not feel like eating. I also have a lack of thirst. I just want to be left alone.

07PF 2 0:19:00 IOS

My nausea gets worse and I realize that I am going to actually vomit. I lie down on the bed to see if I can stop this feeling by lying still. My head is throbbing and the pain in the left hand side of my nose is more intense. I rush to the sink and only just make it before I vomit undigested food from lunch. I lie down again on the bed and feel slightly better, but then the whole cycle starts and I vomit again. I am feeling very weak, cold and shivery. I lie down again and shut my eyes. I just want to sleep so that I can stop the headache and the nausea. I don't want to talk or see anyone. My partner phones but I cannot talk to him. It is all too much effort. Why won't people leave me alone? I want to lie perfectly still and fall asleep. My headache is so painful especially when I move or lift my head. The pain is shooting down both sides of my nose, however, it is worse on the left hand side. I must keep my head perfectly still to try to stop the dizziness and vertigo. When I stand I feel very unsteady

07PF 2 0:20:40 NS

I am aware of a boring sensation in my right temple, as if a nail is being driven into the side of my head.

07PF 3 0:14:20 RNS

The pain in my head has now moved to the right hand side of my face. It is a throbbing pulsating pain which is worse when I bend forwards.

However, despite the pain, I feel happier and less tearful. I still have no appetite and don't want to eat any supper. It just feels as if it is too much effort to eat any food, even though my son has offered to prepare it for me. 07.30 NS I get up again to get ready for work. I am expecting to feel very tired after my disturbed sleep, but actually feel refreshed and awake. My head feels clearer and I notice that the pain in my head has almost gone. I am able to bend my head forwards to pick something up without experiencing the pain that I have been having over the last couple of days.

07PF 3 0:20:00 RNS

I have a throbbing, shooting pain in the left hand side of my head which moves downwards from my left temple towards my ear.

07PF 17 0:13:00 NS

Recently I have noticed that my hair is much drier and looks less healthy than usual.

07PF 21 0:11:00 NS

Have sense of pressure in head in 2 symmetrical and equidistant spots just below hairline. Its the spots where the skull of the forehead is most prominent. (those spots are called the frontal eminence) Makes me think of horns and then antenna on insects. There's a sense of a triangle from these 2 spots down to my mouth. (as the proving progresses I experience headaches focussed around

these 2 points but the triangle doesn't come up again) 8, 12.00 Headache in frontal eminences, worse left side than right hand side (comes and goes a little in LHS). Pressing, heavy (as before but more intense) I'm also aware of stiffness in my neck today. (mentioned above

08PF 1 0:00:50 NS

The haziness is accompanied by a mild headache which slowly diminished throughout morning but lasts until about 15.00. Its in a straight line across my forehead a few cm below hairline. The sensation is heavy, sinking down. If this got worse I feel as if my eyes would close and my head would flop.

(Headache reoccurs days 3,4,5,8,27)

08PF 2 0:07:50 NS

A couple of times driving home I have a fleeting pain in my head. Left sided in the spot affected on day 1 during the proving. There's a feeling of pressure at this spot. After supper when I'm really tired this pain settles in the same spot. Its mild. Now it spreads to a spot on the left side of the back of my head. Now it feels a bit tingly and its accompanied by a hazy, slightly dizzy feeling (The hazy, slightly dizzy feeling is a RS for when I'm really tired. The sensation in my head is a NS) Mild headache again. As yesterday evening. Pressing in LHS forehead (but only here this morning- no longer spreading to back of head). When I close my eyes and focus on this sensation it feels as if this point on my head is lower down than the mirrored point on the RHS. As if the triangle from day 1 has skewed and the left hand side has sunk downwards.

08PF 3 XX:XX:XX NS

Today seems like a much quieter day proving-wise. Ongoing feeling of intense tiredness all day.

Concomitant with heaviness in head.

08PF 7 XX:XX:XX

Headache in frontal eminences, worse left side than right hand side (comes and goes a little in LHS).

Pressing, heavy (as before but more intense) I'm also aware of stiffness in my neck today.

08PF 8 0:12:00

After coming back from my walk there's the heavy feeling again in my head. Also a sort of haziness. As if I'm viewing the world through a bit of a mist. But its not quite still- not dizziness as such but the mist isn't quite still.

08PF 9 0:16:00

I have a bad headache across the forehead above the eyes. Feels as if its extending from tension in shoulders and nape of neck. < movement especially bending down and standing up again. > eating and finally fades after evening meal. I do get this headache from time to time- haven't had it for a while. Usually caused by tension and/or pre-menstrual.

08PF 19 XX:XX:XX OS

I have a mild headache on and off all day today- started 1st thing and goes through to bedtime but not constant. Its just like the headache of day 3 (but only in the 1 spot on the left frontal eminence, not spreading today). The pain is pressing.

08PF 27 XX:XX:XX

Pounding headache coming from the centre deep inside the skull and pressure on crown of head which was ameliorated in fresh air.

09PF 2 0:17:20 NS

I have a headache - around the front of my forehead. I cup my hand to it for relief. Holding it ameliorates, the contact eases the pain. (Not hard pressure.)

11PF 50 XX:XX:XX NS

Headache: Middle to front of head just behind the eyes, extending downward to the shoulders.

Constant pressure that pulsates slightly. There is a feeling of heaviness, of drawing downwards.

Continues for several days and then the pressure is much greater this morning and extends from the centre of my head down through to the trapezius muscles. Day 9: Headache is intense and seems to be sitting more heavily behind my eyes. Sensation is of a heavy, downward feeling with tiredness in the back of my eyes. Worse for lack of sleep. Day 10: Woken up with same headache this morning. Mild to medium intensity. Continues on and off until day 14, returns day 20-21 and then again day 42 where it disturbs sleep.

12PM 2 0:10:25 NS

Woke up unable to sleep. Have a headache in the middle of my head, pain extends down to the shoulders. Felt like I had a cold or a flu.

12PM 42 0:02:45

Eyes & Vision

Sudden intense itching, burning of both eyes. I rub them quite frantically which relieves. The lenses go greasy with lots of dried bits on them. Subsides enough for me to go and take the lenses out.

01PF 1 2:30:00 IRS

There is something in my right eye and when I put my lens in there is a pricking pain. After three attempts it goes in without pain. Itching in both corners. A tingling, numb sensation develops from inner corner develops over right side of bridge of nose and gradually diminishes through the day.

01PF 3 10:00:00 AS

Right eye slightly sticky, weeping has dried around my eye. Left eye also but not so much. Again the next day without itching

01PF 4 10:30:00 AS

Right eye bit gloopy, itching gone.

01PF 5 6:45:00 AS

Right eye, watery.

01PF 41 0:06:45 RS

Feeling spacy with vertigo and blurriness of the eyes, especially the left one. The spaciness is as if there is vertical hollow tube in the center of my head. The empty space inside the tube creates a pressure behind my eyes, a sort of congestive headache, mostly around the eyebrows. The vertigo moves in the circular direction of the tube, as if around the walls of the tube.

02PF 1 0:00:10 NS

still having trouble focusing on conversation and lecture in class. as if I cannot keep hold of the thread. Along with this sensation there is a slight headache which is worse moving the eyes, it takes more energy to use the muscles around the eyes to focus. As if energy is going to the eyes instead of to the brain to focus on what is being said. Energy feels low, eyes feel heavy and headache is frontal, mostly behind the eyes. Had a cookie at tea and think it may have worsened this condition of spaciness and low energy

02PF 2 0:12:15 AS

Sun seems exceptionally bright. Must shield eyes to feel comfortable. It makes it hard to keep my eyes open in class and I feel very tired. My chair is cozy in the warm sun. I feel spacy but at peace, less self-conscious or anxious than usual.

02PF 2 0:16:00 RS

The print is blurred and hard to read (experienced this as a child).

02PF 2 0:12:00 OS

Sitting in bathroom at hotel. The wallpaper began to scroll downwards (optical illusion from my own brain). As if I was having vertigo outside of myself

02PF 4 0:23:55 NS

Feel as if I have a virus in the center of my head, and the back of my throat. My nose is stuffed (both sides) and my chest is tight with a feeling of ropy tight and dry mucus in the throat and chest. I feel tired, my eyes and mind heavy. Everything seems an effort. There is an overall achiness but without pain; maybe more like constriction and stiffness. It is especially achy and stiff from my pinky radiating to the elbows of both hands, a deep ache in the ulnar bones of both forearms. Bowel movement was slow, dry and dark. It was small, the sizes of cat poo.

02PF 10 0:12:30 NS

Staring at the blanket in bed, the Mexican pattern looks like it is underwater as it ripples. As if water above it is distorting the pattern slightly. My head feels tight like a sponge twisted from temple to temple. There is a slight heat sensation dryness, and vibration running through the sponge.

02PF 17 0:02:00 NS

Sensation as if something is in my right eye – lasts for one minute then goes. This reoccurs on day 24

and last for 3 days.

04PM 6 0:07:30 NS

Eyesight has slightly improved (has been deteriorating since January). My right eye had been feeling weak and tired from compensating for my lazy left eye. During the proving my right eye has been feeling stronger.

04PM 19 XX:XX:XX AS

Intense problem processing information. Am hearing what people are saying but having difficulty processing it. The harder I try the more a pressure across forehead, behind eyes becomes. Feel I have to work hard to keep eyes open when it seems natural to close them. Also along with this, people seem a long way away and I feel detached from them.

06PF 2 0:10:15 NS

NS, Wake but don't want to wake up. Pressure behind eyes and a need to keep them closed. Reluctantly get up after about 5 minutes and symptoms resolve.

06PF 2 0:07:15 NS

Definite problem with vision and perception. Head feels very foggy inside and feel I need to concentrate really hard on normal tasks. Have a tendency to feel dizzy if I let the concentration lapse. Objects again look further way than they are. Feel slightly clumsy and bump in to things which wouldn't normally do.

06PF 4 0:07:45 NS

Overwhelming need to close my eyes. Sensation of eyes straining and forehead being squeezed. Don't resist it, just go to sleep.

06PF 9 0:23:00 NS

It feels as if vision from both eyes meet at a point about 0.5m in front of me and I have to strain to separate and keep the vision apart. This continued for 2-3 minutes while I was writing.

06PF 10 0:08:50 OS

driving home along motorway. Have a piercing pain intermittently in right eye. Imagine someone is piercing the eyeball with a pen and pushing it from inside to outside. Disappears after about 5 minutes.

06PF 14 0:21:00 NS

Driving along motorway. Have the straining sensation across forehead again and right eye feels under pressure, as if it is straining. I feel as if I need to concentrate a lot more on my driving than normal. This lasted about 15 minutes.

06PF 14 0:09:15 NS

In shower, aware that I have the beginning of a headache in the centre of my forehead. I am also aware that my vision is gradually getting worse. Things no longer seem as sharp. I need to get my vision checked.

06PF 28 0:06:45 ROS

Sitting on settee watching TV, I feel really tired and am aware of a burning headache across forehead, as if my brain is slowly being frazzled. Also aware that the burning sensation is behind both eyes which feel very dry. I close my eyes for about 10 minutes which helps. Within 30 minutes I am no longer aware of the symptoms.

06PF 40 0:17:00 NS

Eyes have felt very dry. Being outdoors in fresh air helps. 20:15, RNS, Burning sensation in forehead and behind eyes. Eyes feel very dry. 21:30 Decide I need to go to bed to sleep to get rid of the burning sensation. Feel like I am about to come down with something. 42, 09:00, RNS, Eyes still feel very dry. Normally when I go out in the fresh air both eyes water a lot. I no longer have this.

06PF 41 0:15:30 NS

I am experiencing dizziness and vertigo. I am aware of a falling sensation and my head feels very heavy. I also have a heavy sensation around my eyes as if they will close if I don't make the effort to keep them open. I am aware of a stabbing, throbbing pain in the socket of my left eye. There is also a feeling of pressure on the bridge of my nose. I want to lie down and go to sleep and am finding it very hard to concentrate.

07PF 2 0:16:00 NS

Whilst we are sitting outside the college I am talking to another member of my group and I notice that she seems to be a long way away from me, although she is sitting very close to me and she appears much smaller than she usually does. Her head appears to be smaller than her body. It feels as if I am looking at things through a tunnel. I am finding it hard to judge distances and size today, for example when I was parking my car in the car park I found it hard to judge the distance between the other cars.

07PF 2 0:15:00 NS

I return home and realize that my headache has become much worse. The pain has intensified and my eyesight is blurry. There is a heavy, dragging feeling in my forehead and down the side of my nose. The pain is worse on the left hand side of my face. I also feel sick and nauseous. I am irritable and short tempered. I am not hungry and do not feel like eating. I also have a lack of thirst. I just want to be left alone.

07PF 2 0:19:00 IOS

I am suddenly aware of a stabbing, jarring pain in my right sinus. I sneeze several times which seems to jar the pain and make it worse. My eyes feel very heavy and I keep sneezing. 5, 09.15, RNS I drink a cup of coffee and then notice that the pain in my sinuses has returned on the left hand side of my face. It is an intermittent throbbing pain which moves down my cheek.

07PF 4 0:23:00 NS

The outer corner of my right eye is very itchy and stings and I need to keep rubbing it. My right eye is also very watery.

07PF 5 0:08:00 NS

I am feeling slightly dizzy and off balance this morning, and my eyes seem rather blurry.

07PF 18 0:10:30 RNS

I have a sharp pain in and around the socket of my right eye which is worse when I lean forward.

07PF 20 0:09:30 NS

Itchy eyes (remains during evening).

08PF 1 0:00:10 RS

After yoga feel absolutely exhausted. I have a strange sensation- not a headache but a feeling as if all the skin on my forehead and face is drooping. Particularly the skin under my eyes but also the eyelids so that my eyes want to close. My whole head feels heavy and wants to droop too. Concomitant to this is an irritability about/sensitivity to noise. All the things the kids are doing (internet, TV, music, xbox, whistling) seem noisier than ever this evening (but I'm sure they're not actually being noisier than usual!!)

08PF 4 0:19:30 NS

Felt completely exhausted, could not keep eyes open.

09PF 5 0:20:00 OS

Suddenly realized while watching television, that I could not see the right eyes of people on the screen. When I looked away from the television screen found that everything was not normal and there was a blank space to the left of where I was focusing and when I moved the focus of my vision to the right there was a little bit of unusual light. This situation was not consistent as some things I focused on were absolutely fine. It was difficult to describe and righted itself in about ten minutes.

09PF 17 0:21:10 NS

Very tired and cannot keep eyes open.

09PF 19 0:20:00 NS

Child wakes up in the early hours with a sore eye. He has a sty at the inside corner of his left eye lower lid. He is crying, upset because his eye hurts. 09.00 Child has been rubbing his sore eye, it is puffy and red and swollen, with dark purple puffy bags underneath. 13, 16:00, NS He still has purple puffy bags under his red eye but no sign of a sty now.

11PF 13 0:03:00 NS

My eyelids feel heavy and tired and I have a headache starting around my temples and forehead above my eyebrows. It feels like a "tiredness headache".

11PF 13 XX:XX:XX NS

I woke up with gluey eyes with a dry grainy sensation every morning for a week.

11PF 32 XX:XX:XX NS

I feel as if my eyelids are red, and transparent. I don't think they are actually, but I'm trying to describe the kind of stress, in physical terms. It swells up. It's contained like that for a while. But it has been bursting out.

11PF 53 XX:XX:XX

The line of my eyes lids surrounding my eyes are extremely red this morning. Eyes are red and tired looking.

12PM 5 0:10:00 NS

Feeling really tired, especially behind my eyes. Feel heavy, tired, strained. Behind all of this feels like there is a bank of emotion inside me, welling up inside ready to burst.

12PM 12 0:15:12 NS

Arrived home feeling completely exhausted. Eyes feel tired and have a headache.

12PM 19 0:13:30 NS

Ears & Hearing

Right auricle painful as I lift right side of head from pillow. Feels like it's been crushed and now, releasing it, the pain is sharp, bruised. Pain persistent for couple of minutes then gradually recedes.

01PF 11 0:08:20 RS

At a party I don't want to be at because of a splitting headache. Manage to be sociable but it's hard work. Stand by myself by the bonfire and feel a bit alone but better. Can hear the fire and the wind in the trees in front of me, can hear the music and the chatter behind me. I know in my mind that the music is much louder than the wind and the fire but I hear them all at the same volume, one doesn't intrude on the other. It's very calming.

01PF 16 XX:XX:XX AS

Provers developing tinnitus. Realize that the booming sound in my ear has not been around so much so that I forgot I had it until the discussion. 40, 22.45, RS Booming in right ear, which had disappeared during the proving, has returned.

01PF 30 XX:XX:XX AS

Ring in left ear at work, accompanied by slight vertigo. Lasted 30 seconds.

02PF 14 0:20:00 RS

Ears sore but not painful. Feel heavy and as if stuck on to side of head. Feel I want to adjust their position. Hearing normally but ear canal feels blocked, like a dark tunnel. 22:00, OS, Ears still sore, right ear slightly worse. Slight frontal headache across brow – tension.

06PF 3 0:18:20

Ears still feel blocked. Ear canal like a funnel and the blockage is at the end – try to put finger in to clear blockage but unable to reach it, too deep inside. When I inhale deeply, the ears feel itchy but the pain in chest from this morning has gone.

06PF 5 0:14:30 OS

Ears very itchy. Scratching helps.

06PF 47 0:06:00 ROS

I notice a painful, throbbing sensation in my left ear which lasts for a couple of minutes and then disappears. My left eardrum is also very itchy.

07PF 6 0:13:50 NS

I have a ringing in my left ear as if my ear is full of water. There is a bubbling sensation and it feels better for pressing the outside of my ear.

07PF 19 0:15:00 RNS

After yoga feel absolutely exhausted. I have a strange sensation- not a headache but a feeling as if all the skin on my forehead and face is drooping. Particularly the skin under my eyes but also the eyelids so that my eyes want to close. My whole head feels heavy and wants to droop too. Concomitant to this is an irritability about/sensitivity to noise. All the things the kids are doing (internet, TV, music, xbox, whistling) seem noisier than ever this evening (but I'm sure they're not actually being noisier than usual!!)

08PF 4 0:19:30 NS

One prover is restless and thirsty, she paces a lot, in and out of the room and she drinks lots of water. She seems oblivious to the sound of the door banging loudly each time she comes in and out, or the plumbing being so noisy as she runs the water. It's late, I think, this will wake everyone up. I wonder, is this as loud as it seems or is it amplified (unreal) to my senses? I think maybe it's amplified.

11PF 1 XX:XX:XX

My ear's ringing from the visitors, crackling in my right ear from the volume and fracas and shouting.

11PF 18 0:10:00 OS

tinnitus crackling in my right ear, caused by noise and worse from noise, any noise

11PF x XX:XX:XX NS

Tinnitus in my ears is more pronounced than usual. I'm now constantly aware of the high pitched ringing and it has become worse in my left ear.

12PM 4 0:15:25 RS

When I woke up this morning the first thing I could hear was the tinnitus. I felt really annoyed about it as it's so loud.

12PM 6 XX:XX:XX

The high pitched ringing is overbearing at times. The ringing in my left ear is quite loud. We live in a very quiet street so I'm constantly aware of it.

12PM 7 0:15

I sat on the train and realized my tinnitus was ringing very loudly. I felt a little panicked and fearful. Usually the sound is subtle and now it is roaring with noise. I feel like I'm in a bubble and my tinnitus lies inside this. It's like there is a protective layer around me that blocks the noise from the outside and amplifies the noise inside

12PM 8 0:18:00

Noticed the tinnitus is quieter today, not as intense.

12PM 9 0:17:00

Tinnitus is loud again, back to a high pitched hiss or ring and mostly in the left ear.

12PM 10 0:07:39

Tinnitus seems hasn't been as noticeable over the last few days. This morning is the first time I've thought about it since day 10.

12PM 13 0:09:24

Tinnitus is at a medium level, which is much higher than it would usually be. Still dominates the left ear.

12PM 14 0:10:34

Tinnitus is ringing loudly. Worse for moving lower jaw forward where the ringing become much louder. Continues to day 34

12PM 17 0:20:23

Nose & Smell

Sinuses, sudden bubbling, popping sensation, release.

01PF 35 0:15:00 AS

Build up of pressure in sinuses, to either side of bridge of nose and reaching up to under both eyes, inner side. This is a very untypical sensation in an untypical region. Barely discernible when wake up. Front teeth ache; this is not unusual. Lasts a few minutes then releases slowly. Teeth continue to ache slightly, with sensitivity but no accompanying sinus pain.

01PF 35 0:05:30 NS

I felt my nose a bit stuffy, worse on the left side. It drips a little and is accompanied by chapped lips which I notice now I have had for several days. I feel very thirsty and dry. My ears feel slightly stopped up for the last few days and I had constipation yesterday...this is unusual for me. There is a dryness and stuffiness of my ears, nose and rectum. There are small streaks of blood on the toilet paper after straining to have a bowel movement.

02PF 8 XX:XX:XX NS

Stuffy nose with post nasal drip at back of throat. I feel I have a sinus infection.

02PF 8 XX:XX:XX AS

Feel as if I have a virus in the center of my head, and the back of my throat. My nose is stuffed (both sides) and my chest is tight with a feeling of ropy tight and dry mucus in the throat and chest. I feel tired, my eyes and mind heavy. Everything seems an effort. There is an overall achiness but without pain; maybe more like constriction and stiffness. It is especially achy and stiff from my pinky radiating to the elbows of both hands, a deep ache in the ulnar bones of both forearms. Bowel movement was slow, dry and dark. It was small, the sizes of cat poo.

02PF 10 0:12:30 NS

My nose sometimes feels acrid...I smelled a tea bag today and it sent my nose into a burning frenzy-like I had inhaled acid. I tried again several hours later with the same result. I wasn't sure if the tea bag was rancid or my nose was just really sensitive.

02PF 12 0:12:00 NS

This illness seems to reside in my throat and chest. It is like a burning rod from my throat to the center of my chest. Coughing makes the tissues press against the rod causing burning pain. Little is coughed up but what is is thick. I haven't been able to notice the colour or consistency because it mixes with saliva and so is dilute. But it feels acrid and painful. My nose sometimes feels acrid...I smelled a tea bag today and it sent my nose into a burning frenzy- like I had inhaled acid. I tried again several hours later with the same result. I wasn't sure if the tea bag was rancid or my nose was just really sensitive.

02PF 12 0:11:59 NS

Have started to sneeze since leaving college, approximately once every 20 minutes. Feels more like an allergy than a cold, slight discomfort in either side of nose.

06PF 3 0:18:30 NS

Nose blocked.

06PF 4 0:06:00 ROS

Dull, throbbing pain left side of nose up to left eye. Deep internal discomfort. Visualize area being eaten away inside, around eye socket. This is probably related to my sinuses.

06PF 5 0:09:00 NS

Nose blocked on left when get I up and this partially improves after moving around and blowing it. 06, ROS, Nose blocked again on waking on left side. Starts to loosen as move around.

06PF 5 0:06:30 ROS

Nose running left nostril, sneezing quite a lot which makes throat hurt – like a cheese slicer slicing top layer off back of throat. After sneeze feel I need to cough to clear throat which makes it feel better. 14:30, OS, Nose still running on left side. NS, Feels as if left nostril inflamed and visualize it being larger than right nostril.

06PF 5 0:08:45 OS

Right nostril now blocked and left normal. Lots of thick yellow mucous from nose – previously very watery and clear.

06PF 7 0:06:00 AS

Right nostril blocked. Cleared by blowing. Lots of mucus from nose this morning, feel congested in nose and throat – lots of repeated nose blowing and coughing to clear phlegm. 15:15, RNS, Nose continues to produce lots of yellow discharge. Feel as if I have to sniff a lot.

06PF 8 0:06:30 AS

My nose feels as if it is dripping like a tap and I feel as if I need to keep sniffing. I also have a thickly cough and catarrh is running down the back of my throat.

07PF 2 0:10:00 NS

I am experiencing dizziness and vertigo. I am aware of a falling sensation and my head feels very heavy. I also have a heavy sensation around my eyes as it they will close if I don't make the effort to keep them open. I am aware of a stabbing, throbbing pain in the socket of my left eye. There is also a feeling of pressure on the bridge of my nose. I want to lie down and go to sleep and am finding it very hard to concentrate.

07PF 2 0:16:00 NS

I am suddenly aware of a stabbing, jarring pain in my right sinus. I sneeze several times which seems to jar the pain and make it worse. My eyes feel very heavy and I keep sneezing.

07PF 4 0:23:00 NS

I wake with an irritating, tickly cough, and catarrh running down the back of my nose into my throat. I have a dry mouth and have a desire to drink lemonade. I also have a headache at the bridge of my nose. I feel very hot and clammy as if I have an inner hot water bottle. It feels as if I have a high temperature and I need to cool myself down.

07PF 9 0:16:00 NS

When I wake in the morning, my mouth is very dry and my nose is completely blocked. I feel exhausted and have to force myself to get out of bed.

07PF 12 0:07:00 NS

Recently I have noticed a strange feeling in my nose as if I have inhaled soap.

07PF 21 0:11:00 NS

I wake with a sharp, shooting pain in my left sinus and also feel nauseous. There is a feeling of pressure down the left hand side of my nose. 21, x I still have pain in my sinuses which is worse on the left side and worse for pressure. It feels as if my face is bruised on the left hand side of my nose. 27, 07.30, RNS When I wake up, I have a sharp stabbing pain in my right sinus again.

07PF 21 0:07:00 RNS

Woke up with clear nose but now nose is blocked (left side)- lasts about 10-20 mins. (room is stuffy).

08PF 2 0:07:30 NS

Blocked left nostril on waking.

08PF 4 0:07:15 RS

Left nostril threatening to run and mucous running down the back of throat.

09PF 11 0:06:05 NS

I feel nauseous at the thought of cooking. I search my mind to find a loophole to escape having to cook. I finally give in and cook, but loathe the cooking smells. I don't eat meat. I find the idea of meat repulsive today. I go out to the park for fresh air between cooking and meal time (unusual) but the cooking smell is inevitably still there when we get back. It makes me feel nauseous and upset. I open the back door and front door to let fresh air in and cooking smells out. I can only face eating salad, the cucumber and salad dressing is almost fresh enough to cope with, but it's not as refreshing as I'd usually find it.

11PF 5 0:17:00 NS

Oddly I can't sense the lemon smell of the cleaning liquid. Usually it would smell fresh. Later I squeeze a lemon and I can't smell the lemon juice. Has the remedy affected my sense of smell or my susceptibility to certain smells? My taste buds and sense of smell to aromas seem to be dulled.

11PF 6 XX:XX:XX AS

I've had an absence of the usual level of pleasure of the senses I'd take in it, with an amplification of the activity of washing and urge for clean sheets. It's as if my sense of smell is not attached to my evocative / emotional centre as it usually is. I haven't noticed the smell of clean washing this month. I haven't been wearing perfume or taking pleasure in the scent of my bubble bath toiletries. I have worn the same moss green top in bed as pyjamas, every night of the proving and I probably would have worn the same thing everyday but I knew I'd better not. I'm not being more fastidious. But I was compelled to wash the white bedlinen.

11PF 21 XX:XX:XX NS

Nose is full of mucous and having to blow my nose every half an hour as I sleep. Was convinced I was getting a cold. Nose feels stopped and blocked. Better for blowing nose. Worse for lying on the affected side. I was surprised when I woke up in the morning that I didn't have a cold, during the night I was convinced I had one.

12PM 2 0:03:00 NS

Ran my finger over my nose and felt a sharp pain. Looked in the mirror and saw what looked like a very small lifted piece of skin. After discovering this I couldn't stop touching it to experience the sharp pain it produced. Needle like pain, sharp as if a splinter were caught in the skin, piercing when I touched it. Nose. Wiggling nose back and forth in fingers continuously though the day. Worse for

thinking about complaint.

12PM 3 0:15:30 NS

Woke up at some point in the night convinced I had a cold. When I woke up in the morning I realized I didn't have one.

12PM 6 0:08:39 NS

Discovered a small bloody scab in the centre of my nose where the skin tag once appeared.

12PM 6 0:11:00 NS

Woke with a blocked nose on the left side in the middle of the night and thought I had a cold. When I woke in the morning I realized that I didn't have one.

12PM 14 XX:XX:XX

I scratched the inside of my nose with a fingernail and had a nose bleed that lasted 20 minutes. Blood was gushing out of the left nostril and was difficult to try to get to clot. After this was under control I felt even more exhausted. Later that evening, feeling energized, clear and focussed. All the preceding events of the day have dissipated and I feel tight and sprung.

12PM 19 0:13:40 NS

Been wiggling my nose from side to side all day. Grabbing nose at the bone and cartridge and twisting back and forth. Sometimes I grab the end of my nose and do the same. Continues through day 29.

12PM 28 0:16:00

There is a scratch in middle of nose. There is no sensation but it is in the exact same location as the previous month on the same day.

12PM 31 0:09 AS

Nose is really blocked and have to keep taking deep breathes through my mouth. Constantly aware of this symptom and my mind keeps wondering back to the fact I can't breathe properly. The next day it is the same.

12PM 41 0:15:10 RS

Slept all night on my left side, I had blocked nose on the left preventing me from sleeping on that side. It felt blocked and stopped up, with pressure. This would wake me from my sleep. It was made better for tilting head on opposite side, for sleeping on unaffected side. Occurred days 11-14 as well.

12PM RS

Face

Sudden intense itching, burning of a round patch of skin located on right side of forehead where the hairline is. I rub it frantically to relieve. It feels more sore and sensitive than eyes and the rubbing at first makes it worse. It subsides quite quickly to a vaguely sensitive patch.

01PF 1 3:30:00 IRS

Puffiness under eyes and general puffiness around face. Not so much visible as felt.

01PF 4 10:30:00 AS

Jaw bones and bones connected to jaw are aching with a tendency towards a sharp, rather than dull, pain which is persistent. Have I been clenching it and now released it? I feel pissed off with a co-worker because she has claimed ownership of some work I did. Have I been clenching my jaws because of this and now feel the pain as I release them? The jaw pain is generalized but over the next two hours becomes more localized at the joint between the lower jaw and upper jaw and the surrounding area and slowly becomes more throbbing. Later on, it feels like the jaw pain has been moving to the head and face bones, more around the front, with a feeling of tension across bridge of nose. It's a pain that feels like it comes from tension and is a bit sharp now, rather than dull as before. 00:17:30. Jaw ache has mostly disappeared and pain has moved to front of head. Feeling it in the bones and temples. An aching with a sense of tightness. As I walk home from the station this sensation is accompanied by a sudden fall in mood, into a flatness and a feeling of 'what's the point'. I suddenly can't feel there is anything to get excited about in the future, I'm suddenly looking to the future and not what's happening around me. Day 8. 00:20:20. Aching in joint between upper and lower jaw, both sides now spreading backwards towards ears. Have become aware of this as I worry

about my daughter being able to cope with a possible return of her father's mental health problems.

01PF 7 11:45:00 NS

woke with a painful pimple under my lip just to the left (my left) of center. It has a white center and is painful on palpation, although it is only the size of ballpoint pen mark (the white center).

02PF 16 0:09:00 NS

The skin on the bridge of my nose between my eyes is cracking and peeling off in large flakes. This is a symptom which I have had in the past, though not for some time.

07PF 15 0:13:00 OS

After yoga feel absolutely exhausted. I have a strange sensation- not a headache but a feeling as if all the skin on my forehead and face is drooping. Particularly the skin under my eyes but also the eyelids so that my eyes want to close. My whole head feels heavy and wants to droop too. Concomitant to this is an irritability about/sensitivity to noise. All the things the kids are doing (internet, TV, music, xbox, whistling) seem noisier than ever this evening (but I'm sure they're not actually being noisier than usual!!)

08PF 4 0:19:30 NS

Snuffly this evening. Comes on quite suddenly and intensely almost as I'm on the phone to my proving supervisor. By 21.00 and until bedtime I have: a blocked nose- alternating nostrils; a very runny nose- clear and watery. I sound like someone with a bad cold (characteristic of a flare up of my dust allergy) and I'm really shattered- heavy, can't move. Can't even be bothered to move from the settee in front of the TV to go to bed early. 7, (IOS?) My cold Sx are still present this morning though not so severe as last night. There's a heaviness in my head. Even sitting in a hard chair I could just drop off to sleep I think, Forehead is heavy, eyes are heavy and the bags under my eyes are heavy. I look as well as feel tired. This lasts all day. (Tiredness has been mentioned before in this diary but becomes a strong theme until after 2nd antidote) 7, IOS Snuffly nose has been there all day but not as bad as yesterday evening. Starts to intensify again at about 19.30. I've got itchy eyes with it this evening (also IOS) (This follows the pattern of my dust allergy a couple of years back before some helpful remedies have greatly ameliorated the Sx < sometimes 1st thing in the morning for an hour or 2 and < evenings. Also it was quite often < autumn. Recently, the way it was last night and this evening it would only be if I'd spent a day cleaning out very dusty cupboards). 8, morning generally, RS am snuffly still this morning (not as bad as during last 2 evenings). Sneezing quite often too.

08PF 6 0:20:15 CS

Itching on right side of face and chin. Better for scratching.

09PF 1 XX:XX:XX NS

itching sensation on right hand side of chin. Better for scratching. 17,10.39, NS, Quite intense itching on right hand side of chin. Better for scratching. 20,05.10, OS, Itching on chin. Better for scratching.

09PF 17 0:10:27 NS

I developed small blisters in my left eye, first inside the lower lid towards the outer corner of the eye, for a few days. Then a blister appeared on the upper lid towards the inner corner of the eye and only lasted one day and overnight. These are new symptoms, I have never had styes or blisters on my eye before. The blisters were small colourless sacs of fluid (eg not red styes), with itching stinging granular feeling. Slight grainy discharge from that eye in the morning, a sticky irritating sensation as if the blister inside the lower lid was discharging pus, but it wasn't.

11PF x XX:XX:XX NS

Wart to the left of my eye has a push and pull sensation. It's like a small hammering sensation. When it pushes in it feels like something is pushing inside to the corner of my eye area. The pulling sensation is less so as it goes back and force. There is a tension on the wart, it feels tight. The skin on the wart is dry and taut.

12PM 28 0:14:00 AS

Mouth & Teeth

Tiny hard painful papule on Left inside of cheek. Became painless but still here on day 12, although I noted it was almost gone on day 4. Tiny red circular lesion seen last night on hairline above right eye

which resolved by day 6. Day 12 a tiny, hard, painless papule under right earlobe discovered.

02PF 2 0:10:00 NS

tongue is no longer purple as it has been for most of the last several years. It has been three days since I noticed it is turning more pink/red.

02PF 10 XX:XX:XX CS

woke up and right lower incisor felt slightly sensitive, as if I had drank cold water. It was a deep sleep I awoke from and found it very difficult to wake from my alarm. I feel very heavy and things are difficult.

02PF 21 XX:XX:XX NS

I have noticed that my teeth have become sensitive, like exposed dentine, on-edge feeling. Also a metallic taste in my mouth.

04PM 5 XX:XX:XX OS

Whilst driving home, I notice that I have a metallic taste in my mouth and also that my mouth feels very dry. This symptom last until lunchtime of the next day and then returns on day 4 in the same form.

07PF 1 0:02:00 NS

There are several mouth ulcers in my mouth which are more painful on the right hand side of my mouth. They are particularly painful when I eat or drink, or touch them with my tongue. 19, 12.00, RNS I have a painful mouth ulcer on the roof of my mouth nearest my top back molars.

07PF 7 0:19:00 NS

My sleep during the night is very restless and I wake several times. During the night I am aware that I keep biting the inside of my mouth, however, I am not sure whether this is in my dream or whether I am actually awake when I am doing this.

07PF 8 XX:XX:XX RNS

When I wake in the morning, my mouth is very dry and my nose is completely blocked. I feel exhausted and have to force myself to get out of bed. 19, 07.00, RNS I wake up with a very dry throat and mouth and a blocked nose. It feels as if I am coming down with a cold.

07PF 12 0:07:00 NS

I have a sore mouth ulcer on the roof of my mouth.

07PF 26 0:12:00 RNS

food tastes really lovely- flavours more intense than usual. Its specifically the salty food that tastes fantastic. The ciabatta which tastes really salty and the avocado that I've put salt on. (This continues until day 4- desire salt and salty food also aversion to sweet).

08PF 1 0:02:00

Wave of nausea. Nausea is accompanied by excess saliva in my mouth. It doesn't last very long- just a minute or two but new waves keep coming every 10 mins or so. I really think I might have to stop to vomit the 1st few waves and then I realize that I'm probably not actually going to be sick (although the nausea is strong). There's a metallic, sour and bile-like taste in my mouth too. After the 1st 3 to 4 waves they become more frequent for a few more waves of nausea and then less frequent- maybe a wave every 20-30 mins. This continues for the whole 3 hour journey and after I get home for another hour- until 16.00ish. I don't feel like eating so miss lunch and only start to feel hungry once the nausea has stopped. (Nausea reoccurs days 4,5,6,8,9,14 and 28 and 29 as an antidote to Rx. Often accompanied by eructations).

08PF 3 0:12:00 NS

Wave of nausea. Nausea is accompanied by excess saliva in my mouth. It doesn't last very long- just a minute or two but new waves keep coming every 10 mins or so. I really think I might have to stop to vomit the 1st few waves and then I realize that I'm probably not actually going to be sick (although the nausea is strong). There's a metallic, sour and bile-like taste in my mouth too. After the 1st 3 to 4 waves they become more frequent for a few more waves of nausea and then less frequent- maybe a wave every 20-30 mins. This continues for the whole 3 hour journey and after I get home for another hour- until 16.00ish. I don't feel like eating so miss lunch and only start to feel hungry once the nausea has stopped. (Nausea reoccurs days 4,5,6,8,9,14 and 28 and 29 as an antidote to Rx. Often accompanied by eructations).

08PF 3 0:12:00 NS

toothache. Some teeth in bottom jaw RHS feel sensitive. Pain makes me think of the saying 'my teeth ate on edge'. Only lasts less than half an hour.

08PF 5 0:10:45 NS

My teeth feel bigger. My mouth feels strange. My tongue tingles.

11PF 1 0:00:00 NS

Student has mouth ulcers. Partner has mouth ulcers in the mouth inside the lower lip.

11PF 5 0:20:00 NS

After midnight, I'm producing saliva which is usually what happens before I'm sick (vomiting). Relief, I wasn't sick.

11PF 6 0:01:00 AS

A number of mouth ulcers have come up in my mouth. This is accompanied by swollen glands under my chin. Face looks tired, skin on face has broken out with red blotchy mark. Eyes are tired and blood shot. Ulcers are worse for tiredness and feel sore and raw.

12PM 10 0:18:24 RS

Appetite, Thirst & Desires

At tea break I went away from my usual herbal blend and had a coffee/hot chocolate blend, as I used to make over 10 years ago. I felt the need for the stimulating effect of the richness of taste rather than for the sweetness of it.

02PF 2 0:16:00 OS

Thirst for water seems increased.

02PF 2 0:10:15 AS

ravenous at lunch with craving for meat (not very usual). I had 2 large servings.

02PF 2 0:12:45 AS

thirsty for bottles of room temperature water with a moderate intensity.

02PF 6 XX:XX:XX RS

thirst for alcohol is diminished. I don't feel the need or desire to drink. It makes me feel fuzzy and toxic, like it is poisoning my brain. As if neurons were disintegrating, creating spongelike holes in my brain, void of any function. Yet I still sip it down to be social.

02PF 9 XX:XX:XX AS

Craved coffee today at 12 and enjoyed a cappuccino. I tend not to drink coffee but sometimes have a craving.

02PF 14 0:17:00 RS

Motivated to get out of bed this morning by the thought of making French toast. Felt a craving before I got out of bed. Made French toast for the first time in years. I recently bought some gluten free bread which I never have on hand. Ended up making a delicious grilled chicken and cheese sandwich later that day. It felt liberating to bring bread back into my diet for the first time in a few years.

02PF 20 0:10:00 NS

This afternoon I have eaten lots of sweets which I now regret and am cross that I didn't have more self control.

06PF 22 XX:XX:XX ROS

I drink a cup of coffee at break time which seems to help my head feel clearer, although it seems to taste different to usual. I feel more focussed and less tearful after drinking the coffee. There are biscuits on the table which I would normally eat, but I have no interest in eating them.

07PF 3 0:11:30 NS

My partner and I have both noticed that we have no desire to drink coffee at the moment, as it seems to taste different. If we make one, we end up just having a few mouthfuls and then throwing it away.

07PF 10 XX:XX:XX RNS

Recently I have been buying and eating chocolate every day which is unusual for me. I don't normally have a sweet tooth but at the moment, I have a strong desire for chocolate. I am still not thirsty and

have no desire for coffee. I am also eating more than I would normally do.

07PF 12 XX:XX:XX NS

All given a glass of bubbly for a toast. I don't fancy it but take it because I want to join in the toasting but I can't finish it. Its not that I don't like the taste but I'm really averse to it. 2, 00:20:30 - don't fancy alcohol but decide to try a gin and tonic to be sociable. Have a few mouthfuls and really don't like it.

08PF 2 0:05:30 NS

The apple juice, marmalade on toast and stewed fruit salad I eat for breakfast every school weekend all taste very sweet this morning- too sweet.

08PF 3 0:09:00 AS

My husband bought tiger bread (with a salty crust). Yesterday I had a little piece and it tasted delicious and now I'm craving it for my lunch. I have a little bit with cheese as a sandwich and that's nice but I have a bit more- just on its own with butter and its delicious. Its almost obscenely delicious!

08PF 4 0:13:00 NS

I'm drinking more coffee and more wine than usual in the past couple of days. I feel great! My appetite for food is back. Day 13: Desire for coffee is increased and tolerance of coffee. Coffee is not making me stressy or tired as it does if I have more than 1 coffee a week in my habitual state. I am drinking more coffee than usual, one or two coffees a day. This now seems normal to me. I'm drinking less tea than usual - 1 cup of tea a day instead of 5 or 6 cups of tea a day.

11PF 10 XX:XX:XX

I spent the weekend drinking champagne or wine. Back home I don't have any alcohol for days. I'll notice these little things less now, they've become normal to me.

11PF 13 XX:XX:XX

I have also had an aversion to sloppy cooked vegetables, sloppy sauces (eg sauce made with tomato base and olives, pesto, anchovy, basil, or thai green curry etc etc)

11PF 34 XX:XX:XX AS

I have had an aversion to flavour, pungent food like onions garlic spice and flavoured sauces. I want only very plain food, pasta, plain, roast chicken, bread, croissants, white mushrooms.

11PF 34 XX:XX:XX AS

Have been averse to red wine or any other alcohol

11PF 34 XX:XX:XX AS

Feeling really tired, like I just want to sit and do nothing. Work feels like a slog. Just want to drink tea to perk up.

12PM 13 0:11:00

Hiccough, Nausea & Vomiting

Giddiness with nausea and sadness. I stood by the sea on my own. The sea was black, swirling and menacing. I felt it was going to catch me in its swirls. I felt giddy by it. I tried to overcome the feeling because it was making me feel sad as well as threatened, as if something had changed in me so that I couldn't love the sea anymore. The feeling of menace remained and I had to go away from it. In the car I felt so giddy, falling asleep and a slamming feeling as I lurched awake. I felt sick. When we got home I tried to throw up but couldn't, just excessive salivating. I felt very sad.

01PF 29 XX:XX:XX NS

Eating late and then watch a very depressing and sad film. Food won't go down. Want to belch to try to release any air that obstructs but can't. Aversion to being sick so sit as still as possible hoping it will go away. The weight is in the top of the stomach. It's made me aware that I've been feeling nauseous the last days which is not particularly unusual but this sensation is really there and not going away. Lasts throughout the film and go to bed moving carefully in case I throw up. It's more as if I really am going to be sick and is heavier and more persistent than when I usually feel nauseous. Bowel movements are usually irregular; have been very few over the last days, but don't feel like I'm overloading.

01PF 43 0:22:00 NS

Nausea continues, off and on, throughout day. Increases as I get hungry, better for eating but then soon after nausea returns. Lots of windy flatulence, mostly odourless. 45, X, NS Nausea continues, of and on, throughout day.

01PF 44 XX:XX:XX NS

I notice how much I am eating this week. It feels gluttonous. Also with alcohol and tobacco when I smoke it. As if what I have will not be enough. I need to make sure I secure more of whatever it is to satisfy myself. But whatever I do, I will not satisfy my desire, so the trick is to ignore the desire in the first place to prevent the feelings of gluttony and overindulgence later. I feel this is the key to my wellbeing.

02PF 31 0:12:00 AS

Slight frontal headache in class. This feeling was accompanied by hunger. I became concerned that I was hungry as we had just gotten back from lunch. Suddenly I realized we hadn't eaten, it was just tea break earlier. I became relieved I would be eating but strangely aware that I have never done mistaken tea break for lunch before.

02PF 32 0:11:00 NS

Still very desperate to drink water, but when I did it was was not especially enjoyable.

03PF 1 0:02:20 NS

Suddenly felt VERY thirsty, craved water, felt like I had to have it.

03PF 1 0:00:55 NS

Felt like I had to drink water, but as I did so it was not pleasant, but unappealing, almost UNpleasant in my mouth and slightly hard to swallow. The water tasted stale, my body did not want it once it was in my mouth and I only swallowed it rather than spitting it out.

03PF 2 0:08:30 NS

I have a sudden thirst while driving. This is quenched by a fizzy drink and immediately I feel a cool sweat on my skin. I have experienced this before when I have been dehydrated but it doesn't normally happen.

04PM 6 0:12:00 NS

Awoke in the night dehydrated and drank a glass of water

04PM 20 XX:XX:XX OS

Feeling really hungry suddenly and jittery as if blood sugar low. Have to walk to school to collect daughter – worry on way back that I may collapse as feel so weak. Worry what would happen if I did. Don't want to make a fool of myself. Get home and prior to cooking tea eat 2 small bars of chocolate. Feeling disappears after a short time, perhaps 15 minutes.

06PF 5 0:16:15 RS

Wake up feeling as if I am going to be sick. All I am worried about is letting people down if I can't go to work in the morning. Eventually I fall back to sleep. In the morning my husband told me that he had been up in night as he felt so sick. We hadn't eaten anything the same or been together all day so this was just coincidence. 06:30, Still feel slightly nauseous but get up.

Have a normal busy day at work, nausea gone by about 10am. Don't feel particularly hungry today.

06PF 15 0:22:00 ROS

The pain in my head has now moved to the right hand side of my face. It is a throbbing pulsating pain which is worse when I bend forwards. However, despite the pain, I feel happier and less tearful. I still have no appetite and don't want to eat any supper. It just feels as if it is too much effort to eat any food, even though my son has offered to prepare it for me.

07PF 3 0:20:00 RNS

I am still urinating a lot less than usual, although the burning sensation has eased today. I am also still drinking and eating less due to lack of hunger and thirst.

07PF 6 0:15 RNS

I eat a sandwich for lunch and afterwards feel very tired and sleepy. I would like to go to sleep but I force myself to get on with my work. The office is very quiet today and I'm finding it hard to motivate myself. I feel very lazy today and don't have my usual enthusiasm and motivation.

07PF 11 0:11:00 NS

I feel constantly hungry at the moment, as if I can't get enough food. I am eating a lot more sweet

food than I usually do.

07PF 14 0:14:00 RNS

I am not hungry at lunch. The food looks very unappetizing and I just pick at my food.

07PF 29 0:13:00 RNS

I am surprised when I look at my watch to see that it is past my usual lunch time and I am not hungry. I have no desire to eat but feel that I should have something as I have hardly eaten over the last few days. I make myself a sandwich and do manage to eat it, although I could have gone without it. I don't seem to need food at the moment and my stomach feels satisfied despite not eating. It doesn't feel uncomfortable in any way. I also have to keep reminding myself to drink as I don't feel thirsty at all, despite my dry mouth. I have no desire to drink my usual cup of coffee in the morning, which tastes different, and will only drink tea and water, although I would be happy not to drink any liquids.

07PF x 0:15:00 NS

Didn't have an alcoholic drink all evening- unusual for the weekend, but didn't feel the need. (Aversion to alcohol mentioned again days 2 and 8- I usually only drink at weekends which these are).

08PF 1 XX:XX:XX

I take a cookie for my journey- they look really nice. I save it for later but within the 1st 5 minutes decide to eat it. Less than half way through I don't want anymore. I'm not enjoying it (similar feeling to with alcohol last night). I carry on and eat it anyway but it sits heavily in my stomach and I wish I hadn't.

08PF 3 0:11:30 AS

I've been burping quite often again throughout the day. There doesn't seem to be a particular pattern to this though it seems to be increased when I felt nauseous this afternoon. (burping often lasted throughout proving- remember even after 1st antidote) 4, Burping again. No pattern still to most of it but notice I burp after drinking.

08PF 3 XX:XX:XX

Faint hint of nausea from getting up until breakfast. Seems worse for moving around lots and better after eating breakfast. Returns, possibly even milder about 9.00 when sit down at computer. 5, 00:7:20, Nausea on rising (not on waking). Same as yesterday but worse. Really think I might be sick this morning (but I'm not). Lots of burping again and some of the burps feel like vomit rising. Really reminds me of morning sickness and how I experienced that. Have a feeling that I need to push on through the nausea and get on with things because I need to get the kids to school etc. Reminds me of morning sickness with 2nd and 3rd pregnancies because there was always that feeling of nausea and a toddler needing attention so you have to do your best to just ignore it and carry on through it. Doesn't go with breakfast like yesterday morning but eases a little after breakfast. 6, 7.15, NS Feel nauseous on rising again. Not quite so bad as yesterday. There's a constant background nausea with a sudden sense that I might actually be sick (often accompanied by burping). It passes quickly.. Breakfast doesn't help. Lasts until 11am 7, morning. Don't feel sick this morning! Am glad of that. 8, 13.00, NS Feel a bit queasy again after lunch. Not as bad as the nausea of days 3- 6 but a mild version. Lasts until 1.45 (when I go to bed). 8, Frequent burping of last week seems to have diminished. Only remember burping once yesterday and twice this morning.

08PF 4 0:07:15 NS

Have a gin and tonic just before eating and feel a bit queasy again afterwards.

08PF 8 XX:XX:XX NS

Feel nauseous for about an hour before the evening meal tonight- as if to confirm there is no pattern or rhyme nor reason to this remedy!

08PF 9 0:16:30

Feel really nauseous again- like I really might be sick. Lasts until bedtime. Comes on suddenly and without obvious cause. Concomitant with eructations again and increased saliva. (haven't had this Sx since day 9 so hoped it had passed!)

08PF 14 0:21

Experienced mild nausea over about 24 hours after taking my remedy- just like the nausea during the proving but more constant than it was on some occasions (although sometimes during the proving it

was constant too). Accompanied by eructations again. Felt like an aggravation of what was the most intense of the physical symptoms during the proving.

08PF 29 XX:XX:XX

I have a thirst for clear water. I have a dry mouth and a metallic taste in my mouth.

11PF 1 XX:XX:XX NS

I'm not interested in food today. I've forgotten to eat. Food seems irrelevant.

11PF 4 XX:XX:XX NS

I feel nauseous at the thought of cooking. I search my mind to find a loophole to escape having to cook. I finally give in and cook, but loathe the cooking smells. I don't eat meat. I find the idea of meat repulsive today. I go out to the park for fresh air between cooking and meal time (unusual) but the cooking smell is inevitably still there when we get back. It makes me feel nauseous and upset. I open the back door and front door to let fresh air in and cooking smells out. I can only face eating salad, the cucumber and salad dressing is almost fresh enough to cope with, but it's not as refreshing as I'd usually find it.

11PF 5 0:17:00 NS

I have my appetite back. I'm drinking tea as usual and I've been having a coffee everyday which is more coffee than usual.

11PF 8 XX:XX:XX

Child eats a mega cooked breakfast (two batches of bacon and eggs.) Usually his appetite is slight, he has to be encouraged to eat every mouthful. At lunch he has a huge appetite again.

11PF 13 0:11:00 NS

I have no interest in food, although I am eating. Plain bread and butter to fill me up or a peanut butter sandwich to fill me up without having to think about it. Usually I like fresh fragrant (Not spicy) food like tomatoes with basil. I tried basil today and I can hardly notice the taste - just as my tastebuds didn't register lemon. I am not stimulated by food.

11PF 21 0:21:00 NS

I'd eat: plain bread, baked potato. I made soup as my tummy was rumbling but I didn't eat it. No interest in flavour. I had a plain chicken sandwich, nice because I didn't notice any taste. Partner is not eating. He declined dinner today and yesterday. He felt full up from lunch weighing heavily on his stomach. He's not making sandwiches to take to work, he has lost interest in food.

11PF 21 XX:XX:XX NS

Appetite diminished, No appetite for the last month.

11PF 34 XX:XX:XX AS

I'm no longer off food. An interest in food is returning.

11PF 40 XX:XX:XX

I forget lunch. And dinner. I don't cook a proper meal,

11PF 48 XX:XX:XX

Woke up didn't and didn't have usual desire for a cup of tea. This was replaced by a strong thirst for cold water

12PM 2 0:08:00 NS

Strong thirst for cold water

12PM 2 0:17:00 NS

Hardly eaten anything all day and have no appetite for food. Pleasant empty feeling. Partner made soup for dinner on my return from college but was happy to go to bed on an empty stomach.

12PM 3 0:21:30 NS

I have no appetite and just realized that I haven't eaten this morning. I have to keep on reminding myself to eat. Digestion feels as though it has slowed down, as though I need to evacuate a backed up stool. The thing is that my digestion is normal and I've been passing stool as I usually would.

12PM 6 0:11:26 NS

I realized I hadn't eaten since 09.30 this morning. Absolutely no appetite, I had to force myself to eat as I was starting to feel light headed. Feeling of emptiness, lightness and light headedness.

12PM 15 0:16:30 NS

Waiting for a train and I felt really heavy, tired and weighted down. My stomach began to cramp and

I felt nauseas. After boarding the train the cramps persisted. I felt vulnerable and exposed with this feeling because I was on a train full of people. It was intense. I had to concentrate on trying to control both the physical and mental possibility of letting go in front of a train full of people. I felt I might lose control of my stomach. I wanted to be safe, private and alone. I had to go to a public toilet as soon as I got off the train. Stool was loose, full and expelled with force. It felt like the entire contents of my stomach had been expelled. The smell was rich and horrendous. There was a drawing, cramping sensation that took some time to subside after the stool. I felt tired, drained and exhausted after this. I felt vulnerable and exposed during and after the stool. It took me some time to recover, find my comfort zone and get on with my journey. Later that evening, I experienced colicky cramps in my stomach which felt tight, twisting and long. This was accompanied by nausea and diarrhoea which had a disgusting, rich strong smell. Stool was watery and brown with broken up solids. Cramps were better for expulsion of stool. Afterwards I was completely exhausted. I had to lay on the bed and was unable to recover myself in anyway.

12PM 16 0:13:30

Hardly eaten any food again, didn't eat any breakfast until 12.30. Had to make myself eat something at 16.00 otherwise would have forgotten.

12PM 18 0:16:00

Hardly eaten today. Had a bowl of cereal and a cup of soup earlier because I remembered that I should eat. However, still have no appetite for food or water. I become weak, confused.

12PM 19 0:19:20

Felt hungry for the first time in many weeks. Strong desire to eat something filling and ate lots of bread. An empty feeling with a need to fuel myself.

12PM 20 0:15:00 NS

Woke up with a really strong desire for coffee. I gave up coffee two years ago because I didn't like the way it wound me up. I drank a strong cup and really enjoyed it. Usually would feel hyped, speedy and over stimulated but felt completely normal.

12PM 36 0:09:30 NS

Stomach

Feel weak, slight giddiness, shaky and stomach bit tender. Ask partner to drive me to station to catch a train because I feel needy and a bit wretched with this stomach.

01PF 30 0:08:30 NS

Stomach feels tender as I lie on my front. Maybe the cream cake was too rich. Feel restless with it and very slightly nauseous. But this time feel happy rather than sad as last time.

01PF 34 XX:XX:XX RS

feeling irritable (old self) because family member complains very loudly to the staff of a restaurant we are dining in. All the patrons can hear. I feel embarrassed to be thought of as associated with her (we look alike and are dining together). This is not a new feeling but a return of my normal state. It is accompanied by a very bright, warm room which increases my agitation. I lost my appetite for breakfast and felt nauseas. I looked at the mimosa table at the buffet and craved a drink to self-medicate. I fear that my old self is coming back. I feel annoyed to be part of a unit with her and feel restricted and pressured, dominated by the relationship and not free to do as I please. I want to tell her to be quieter, nicer, less argumentative with the staff as they are people too. She is completely unaware of the impact she makes on others experiences.

02PF 7 0:09:45 AS

Feel discomfort and twisting in pit of stomach, causing a burning sensation. Lasts about 10 minutes and then subsides.

06PF 9 0:20:30 NS

Eating dinner but feel bloated and appetite is reduced.

06PF 17 0:18:00 ROS

Driving home my blood sugar feels quite low and I feel slightly shaky internally. I eat a cake as soon as I get in.

06PF 19 0:15:00 ROS

Feeling of dread in stomach and chest about all that I need to do. Twisting sensation in stomach and a heavy sensation in chest as if something is pressing me down. This subsides as I get busy.

06PF 33 0:06:00 RS

Physically I do not feel well but I do not know what is wrong. I feel the aching pains in my bones are very similar to symptoms I would experience just before going down with flu type virus. I have a strong desire to see my homeopath and get a remedy. 07:15 Eating breakfast when suddenly I feel I am going to vomit. Feeling passes within a couple of minutes and I continue eating.

06PF 34 0:06:00 NS

My nausea gets worse and I realize that I am going to actually vomit. I lie down on the bed to see if I can stop this feeling by lying still. My head is throbbing and the pain in the left hand side of my nose is more intense. I rush to the sink and only just make it before I vomit undigested food from lunch. I lie down again on the bed and feel slightly better, but then the whole cycle starts and I vomit again. I am feeling very weak, cold and shivery. I lie down again and shut my eyes. I just want to sleep so that I can stop the headache and the nausea. I don't want to talk or see anyone. My partner phones but I cannot talk to him. It is all too much effort. Why won't people leave me alone? I want to lie perfectly still and fall asleep. My headache is so painful especially when I move or lift my head. The pain is shooting down both sides of my nose, however, it is worse on the left hand side. I must keep my head perfectly still to try to stop the dizziness and vertigo. When I stand I feel very unsteady

07PF 2 0:20:40 NS

I return home and realize that my headache has become much worse. The pain has intensified and my eyesight is blurry. There is a heavy, dragging feeling in my forehead and down the side of my nose. The pain is worse on the left hand side of my face. I also feel sick and nauseous. I am irritable and short tempered. I am not hungry and do not feel like eating. I also have a lack of thirst. I just want to be left alone.

07PF 2 0:19:00 IOS

I realize I have no appetite. I don't feel hungry or thirsty. I eat very little at lunch and although I lift my knife and fork to eat, it just seems to be too much effort to put the food in my mouth. After lunch it feels as if I have eaten a meal, although I only ate a couple of mouthfuls. I try some of the pudding, but it is just too sweet and sickly and I am unable to eat it.

07PF 3 0:13:00 NS

My partner and I order an Indian takeaway and I suddenly feel very hungry. Once I start eating, I can't seem to stop eating, even though I start to feel uncomfortable and bloated. I haven't eaten this big a meal since the proving started. I expect to feel uncomfortable for the rest of the evening, but my stomach feels fine after a while.

07PF 8 0:20:00 NS

I am hungrier than usual and need to keep eating as my stomach feels empty and rumbles all the time.

07PF 12 0:10:00 RNS

Ate a handful of peanuts. These too seem to weigh heavily on my stomach.

08PF 3 0:21:00 NS

Everything is heavier on the stomach and blander on the taste buds. Today I have eaten 1 croissant for breakfast, salad for dinner, I forgot about lunch and only realized I was hungry at 5pm. My tummy rumbling is a reminder I'm hungry but I can't face the thought of food. I only realize at 10pm, I've had no cups of tea today, usually 8 cups of tea.

11PF 5 XX:XX:XX NS

Stomach and digestive system felt empty, there was a gurgling and bubbling sensation. I feel self conscious but noticed other provers had gurgling stomach noises.

12PM 1 0:00:30 NS

Stomach gurgling and rumbling very loudly and this carried on until I went to bed at 23.30.

12PM 4 0:21:30 NS

Stomach gurgling sound on going to bed. Sensation of rumbling, as if air is being forced from one place to another. This gurgling carried on and off at different times of the day until day 22.

12PM 6 0:23:30 NS

I just realized that I haven't eaten anything since breakfast. I've had absolutely no appetite. Whenever I remember I haven't eaten I think I should go and make something, but then I forget to and hours or the whole day passes by. My stomach feels astringent and there is a sensation of an upward force, like I'm going to burp, which sometimes I do.

12PM 10 0:11:39 NS

Nausea is intense this morning. I have no appetite and keep forgetting to eat food, I still haven't had breakfast. A sensation of a heavy feeling in my stomach, like a pressure. I feel that the food or any contents is being pushed upward.

12PM 11 0:11:00 NS

Only eaten a couple of biscuits since waking this morning and it was now mid afternoon. I walked 3 kilometres on an empty stomach. It wasn't until we neared the destination that I realized I hadn't eaten anything substantial today. I began to feel faint, tired and heavy but I had no desire for food. Had absolutely no energy and had to stop because I felt so faint. Wasn't sure if I could move forward, whether I should stop or if I should get something to eat right there and then to try alleviate this feeling. I was running on empty. Then I began to get griping colicky cramps and felt horrid. Felt vulnerable in the open, felt debilitated by confusion as to what the best thing to do was.

12PM 16 0:15:30

Abdomen

My stomach begins to growl (borborygmus). The room is quiet and I also hear several other stomachs making the same noises. It is close to dinner time.

02PF 1 0:00:12 RS

Am full of wind. Need to burp and fart to relieve the wind. This lasts all afternoon until I get home. The pain associated with the wind comes in spasms and I totally freeze when it comes, it lasts a couple of seconds but can feel it passing through starting from top of stomach and working through bowels. Farting helps! Finally stopped after getting home and blowing toilet away with lots of wind – no smell.

06PF 6 0:13:00 AS

I'm aware of period type pains, cramping pains in lower abdomen.

07PF 17 0:04:00 RS

I have an intermittent stabbing pain left hand side of my lower abdomen.

07PF 29 0:10:30 NS

Dull ache in hypogastric region accompanied by worry. Lasts 2 days. Ameliorated slightly by stool. 12,10.30, AS, Dull ache in abdomen but less intense than previously. 13,06.05, NS, Woke with dull ache in abdomen. 13, 08.21, NS, Dull ache in abdomen better after stool. 14,10.05, NS, Dull ache in abdomen. Better after stool. 15,09.53, RS, Dull ache in abdomen but less intense than other times at which this symptom has appeared. 15,22.30, RS, Sharper pains in abdomen on way home. (Definitely sharper than the dull aches mentioned before). Better after stool. 16,05.45, RS, Dull ache in abdomen. Eventually went into 'not properly asleep' mode. 16,08.15, RS, Dull ache in abdomen.

09PF 9 XX:XX:XX RS

Much louder gurgling in stomach, intestines which was followed by diarrhoea. Quite intense over 5 minutes. Brown watery stool, with small amount of solids. Painless and better for expulsion.

12PM 10 0:18:59 NS

Rectum & Stool

I want to fart but think something more is going to come out. Go to the toilet and after a small amount of straining loads of cloudy liquid comes out instead. Ends with small amount of runny, mid-brown faecal matter. No pain, no urgency, no flatulence. Go to bed and can't sleep for at least another hour.

01PF 13 0:05:00 NS

First stool apart from a very tiny amount since passing lots of water in the night, day 13. Urge to pass stool accompanied by mild aching, cramping pains. Feel I have really emptied myself. Stool is normal consistency, would expect it to be harder after two days.

01PF 15 0:08:00 NS

Passing stool, painless, not urgent and feels complete. But then have to return after about twenty seconds when feel urging again. This time passing stool is accompanied by strong aching, cramping pains and goose pimples, hair standing on end like an animal. I describe it as maybe what could happen if I had a shot of adrenalin. Pain ascends to almost unbearable then tails off. First stool in two days but not as hard as I would expect after two days. Lighter brown than normal.

01PF 17 0:11:15 AS

Nausea continues, off and on, throughout day. Increases as I get hungry, better for eating but then soon after nausea returns. Lots of windy flatulence, mostly odourless

01PF 44 XX:XX:XX NS

I had gas that smelled like boiled eggs and an immediate urge to have a bowel movement. I evacuated it very fully and easily but with cramps at the lower left of my abdomen

02PF 2 0:09:00 AS

I had gas that smelled like boiled eggs and an immediate urge to have a bowel movement. I evacuated it very fully and easily but with cramps at the lower left of my abdomen

02PF 2 0:09:00 AS

stool dry, hard and difficult to evacuate accompanied by gas. Ate a lot of bread yesterday.

02PF 7 XX:XX:XX RS

No bowel movement today. I feel like I just can't go which is unusual.

02PF 9 XX:XX:XX NS

Bowel movement was slow, dry and dark. It was small, the sizes of cat poo.

02PF 10 0:12:30 NS

Had three to four bowel movements today before 17.00. Gassy, urgent stools where I leap up to go to the toilet.

02PF 14 0:16:40 RS

woke in the night 2 times to urinate. Had offensive gas, hot and moist, almost burning.

02PF 21 XX:XX:XX NS

Bowel movement was dry and hard.

02PF 21 0:16:00 AS

Woke in night with incredibly itchy anus making me wriggle around. It felt like being invaded.

06PF 8 XX:XX:XX NS

I have been constipated recently which is unusual for me and my stools have been much smaller than usual. I usually go regularly after breakfast but haven't been able to go properly for the last couple of days. 18, 09.00, RNS I am still constipated and am passing stools far less frequently than usual. I am also less thirsty than usual, and have to remind myself to drink water.

07PF 12 0:14:00 NS

I am still constipated and my stools are much larger and harder than usual. I have to push hard to pass them and have an unfinished feeling afterwards.

07PF 31 0:09:00 RNS

My stools are very loose and soft today and I pass them 3 or 4 times.

07PF 32 0:10:00 NS

I have been evacuating my bowels regularly but the sensation persists. Keep thinking that I must try to go to the toilet to pass a stool because I haven't been, even though I have.

12PM 5 0:09:00

I have no appetite and just realized that I haven't eaten this morning. I have to keep on reminding myself to eat. Digestion feels as though it has slowed down, as though I need to evacuate a backed up stool. The thing is that my digestion is normal and I've been passing stool as I usually would.

12PM 6 0:11:26 NS

Much louder gurgling in stomach, intestines which was followed by diarrhoea. Quite intense over 5 minutes. Brown watery stool, with small amount of solids. Painless and better for expulsion.

12PM 10 0:18:59 NS

Constipated this morning. Passed a small stool but my usual urge did not come this morning. I felt slowed down and stopped.

12PM 21 0:09:00

Digestion has really slowed down. I feel like I'm constipated, stomach feels full.

12PM 41 0:14:00

Urinary Organs

Noticed that I need to urinate very frequently. There is a very slight burning sensation after I have finished. This can last up to approximately 10 minutes afterwards. I have an urge to go again quite soon, after about an hour, maybe a little less.

03PF 15 0:10:00 AOS

Surprised at how little urine I pass this morning considering I had beer last night and didn't go till after breakfast.

04PM 8 0:09:00 NS

When I urinate I notice a burning sensation in my bladder. I also have an unfinished feeling after I have stopped urinating. I need to urinate more frequently than usual, however, when I try to go, I find that I am only able to pass a small amount of urine. I am also aware of a stitching sensation in my pubic area which is worse when I walk. When I am sitting, it feels more comfortable if I cross my legs, as this seems to help to ease the burning feeling. 5, I am still aware of the burning sensation in my bladder. I think that it may be due to the fact that I have been drinking a lot less fluid over the last few days, so I force myself to drink some water. However I still don't feel thirsty or desire my usual amount of fluids. 15.20, RNS I am still urinating a lot less than usual, although the burning sensation has eased today. (I am also still drinking and eating less due to lack of hunger and thirst. Placed in separate entry under stomach)

07PF 5 0:15:35 NS

I feel very tired and try to sleep but cannot. I need to urinate and have to force myself out of bed.

When I urinate, I notice a sharp stabbing pain in the left hand side of my pelvis whilst I am passing urine. 29, 11.00, RNS I have a burning, smarting feeling when passing urine and have an unfinished feeling afterwards.

07PF 12 0:01:00 NS

Wake up dying for the toilet and have to get up quite swiftly. There's a large quantity of water- more than I'd usually expect in the night.

08PF 25 0:01:00 AS

Have to go to the loo a few times more urgently than usual and with larger quantities. I noticed when I weighed myself this morning that I seemed to have put on 2-3 kilos very swiftly. So I'm wondering if I've had water retention just before/ at the start of my period and that that explains the increased urination. Paradoxically my face feels very dry and my lips are sore. I feel quite thirsty and have a mild sore throat this morning.

08PF 25 XX:XX:XX AS

Child has constant urging to urinate, he has to go back to the bathroom 8 or 9 times. It's upsetting him. He hasn't ever had this before. Maybe he's caught a chill.

11PF 12 XX:XX:XX NS

Female

Sensation of itchiness at right labia minora. Slight burning on one spot. Lasted a few hours.

02PF 2 0:14:40 NS

Stood up first thing in morning and felt a gush from my vagina. The same thing happened yesterday when I first got to the airport in the morning around 9 am while walking to the check-in counter but that was not as intense as the one today. I checked to see what it was and I had a thick, white, cottage cheese-like odourless discharge that was surrounded by a clear watery spot on my underwear.

It was a significant amount of fluid, and it soaked my underwear. It came back again later and I had to continue wearing a panty liner for several days. This occurred around the time of my ovulation and did so for several months with less intensity. Day 6: leukorrhea noticeably turning yellow/green (unusual for me). It is profuse (>1 Tb) and odourless, clumpy like baby-throw up but thicker. I feel a slight rawness and burning of the skin around perineum. Still there on day 7, with slight burning and itchiness of entire area from vagina to top of gluteal crease.

02PF 5 0:11:25 NS

Libido seems changed, feel the desire but after a few minutes I feel burning and stinging in my genitals as if raw and the desire goes away. I feel disappointed in myself. My energy is also very low.

02PF 14 0:10:40 AS

I am still having menstrual cramps. Normally they abate once my menses begins but they seemed last night in bed to increase even though I started my period mid-day. My flow started very scantily, with watery and light red discharge. Barely flowing. In bed I felt full, congested and achy in my abdomen and lower back with this feverish feeling and I could not get comfortable watching TV before bed.

02PF 21 XX:XX:XX AS

Woke this morning and my menstrual cramps are still more intense than yesterday, which is unusual for me. The cramps are bilateral, in both the front pelvis area and lower back. It feels worse to stand.

02PF 22 XX:XX:XX NS

In the evening I experienced breast tenderness. It feels strange to have it at this time but when I do the math, my ovulation must have taken place, so it is not that unusual, although I haven't had this tenderness before the proving in several months.

02PF 41 XX:XX:XX AS

My breasts are super tender and heavy. I feel large and bloated.

02PF 47 XX:XX:XX AS

Period is finished. This is very short for me (5 days) and was lighter than normal.

06PF 26 XX:XX:XX NS

Breasts feel swollen and tender. Pre menstrual

06PF 44 0:22:00 ROS

Get up and feel dizzy. Moving helps once started but the initial movement is worse. Feel nauseated and very tired. All I want to do is crawl back in to bed. Period started. Lots of low period type pains. Feel as if I want to bend right over to relieve the pain. These pains continue on and off all day. Worse than I would normally experience and the desire to bend right over is new. 09:00, Feel slightly better although slight dizziness persists along with a frontal headache. 13:00, Leave work early, without eating anything all morning. Still feel slightly "spacey" and feel I need to be alone.

06PF 48 0:06:00 ROS

My period is due next week and although I do sometimes suffer from painful breasts prior to my period, they seem to be a lot more painful and heavier than they usually do at this time of my cycle. They feel very tender, particularly on the outside of my breasts.

07PF 12 0:15:00 IOS

My period which was due last weekend and is usually regular, still hasn't started, even though I am feeling pre-menstrual. 20, 19.00, NS My period, which was due last Saturday, starts today – 4 days late. 20, 18.00, NS My period which started yesterday is much lighter than usual with very little bleeding. 22, 08.30, NS During the night my period has become very heavy and I am passing a lot of dark red blood. 23, 08:00, NS When I get up I realize that I blood is dripping all over the floor. I go to the bathroom and pass what looks like a lot of bright red blood. I haven't had a period this heavy for many years.

07PF 19 0:10:00 NS

I wake because I'm having a hot flush. The heat is internal. I remove layers and go back to sleep quite quickly. (I get hot flushes occasionally in the night around the time of my period- which this isn't)

08PF 3 XX:XX:XX AS

At yoga. Have a few really strong hot flushes whilst holding poses.

08PF 4 0:18:00 NS

Have increased libido this evening- at last the proving is having some positives! It seems like a bit of a polarity to the general 'can't be bothered!! But this remedy seems to be full of mood swings and polarities. After sex I feel still and calm and peaceful for the first time this week I think. 9, Make love again tonight- afterwards- as with last night I feel calm and at peace.

(the strong libido of day 8 and 9 doesn't last and I think I might have been ovulating at this time. As the proving continued it seemed like these 2 occasions of love-making where the only times that I felt connected and happy and at peace.)

08PF 8 XX:XX:XX NS

Wake up to my period, period pains last about an hour- fade as I get up and start moving around.

Period has come on without any PMT. My periods have been quite irregular for the last couple of years and I think I might be peri-menopausal. I usually dream more in the week before my period and during my period. In the last week I've stopped dreaming. I often have period pains that come and go before my period, which have not happened. I quite often have a little bit of spotting in the day or 2 prior to my period

All of this hasn't happened. At least this flow has happened easily!

08PF 24 0:07:30 NS

Wondering why there's so much intensity to this today and I notice it's nearly the full moon (2 days time). And of course I've also got my period.

08PF 26 0:12:00

my menses cycle which was disrupted during this stressful summer is restored to normal.

11PF 16 XX:XX:XX CS

I have a very "heavy" period. Symptoms are that I feel denser than lead, denser than all the matter that could be packed into my body or mind, to the point of unconsciousness. I was wondering if I had actually put on 800lb if I weighed myself. I knew I must be defying physics to still be able to walk, with so much density I wouldn't have the lightness of being to animate my frame. I scarcely have.

11PF 47 XX:XX:XX NS

Voice & Larynx

Constant slight soreness at upper back of throat leading into nasal passages. Diminishes by midday.

01PF 6 8:40:00 NS

A sore throat that I had been experiencing before the proving (as if the rim of throat was burning and dry) disappears and I no longer feel the pain. 15 minutes later the pain is replaced with a splinter like sensation on the right hand side. It is like a very fine and thin 2 inch needle is poking my throat. This sensation lasts for several minutes.

02PF 1 0:00:10 AS

Feel as if I have a virus in the center of my head, and the back of my throat. My nose is stuffed (both sides) and my chest is tight with a feeling of ropy tight and dry mucus in the throat and chest. I feel tired, my eyes and mind heavy. Everything seems an effort. There is an overall achiness but without pain; maybe more like constriction and stiffness. It is especially achy and stiff from my pinky radiating to the elbows of both hands, a deep ache in the ulnar bones of both forearms. Bowel movement was slow, dry and dark. It was small, the size of cat poo.

02PF 10 0:12:30 NS

feeling progressively ill today. After eating lunch I felt dazed and unsocial even though I was with my partner for the first time in a week. I felt so tired I was asleep on the couch within the hour and then moved to my bed. The sun was shining but I wanted to be cozy in my sleeping bag, resting my aching bones. Notice specifically that my knees are achy as well as my wrists, particularly the ulnar sides. My throat feels burning and dry but only slightly. I have been sneezing and have that same stuffy nose. The illness came on quite strongly after finding out I did not have to work tonight. I felt so grateful I could take it easy and allow my body to rest. My chest feels tight and I seem to sigh in order to stretch my chest. Mentally I feel content with very little desire to self medicate.

02PF 12 0:16:05 NS

This illness seems to reside in my throat and chest. It is like a burning rod from my throat to the

center of my chest. Coughing makes the tissues press against the rod causing burning pain. Little is coughed up but what is is thick. I haven't been able to notice the colour or consistency because it mixes with saliva and so is dilute. But it feels acrid and painful. My nose sometimes feels acrid...I smelled a tea bag today and it sent my nose into a burning frenzy- like I had inhaled acid. I tried again several hours later with the same result. I wasn't sure if the tea bag was rancid or my nose was just really sensitive.

02PF 12 0:11:59 NS

Neck still sore. Feels like it radiates from one point (T5 or 6). Feels tight in the back of my neck but also constriction in the throat area, (the chin to chest action), as if my thyroid is enlarged.

02PF 20 XX:XX:XX AS

Cough is more intense, can choke sometimes with it but feel that it feels better after I cough. It is an itchy sensation, in my throat but made better by coughing up phlegm from chest. The colour is grey/green but less profuse than before.

02PF 21 XX:XX:XX AS

Noticed that I was speaking in a much higher voice than is normal for me.

03PF 32 00:00:15:40 NS

Nose running left nostril, sneezing quite a lot which makes throat hurt – like a cheese slicer slicing top layer off back of throat. After sneeze feel I need to cough to clear throat which makes it feel better.

14:30, OS, Nose still running on left side. Feels as if left nostril inflamed and visualize it being larger than right nostril.

06PF 5 0:08:45 OS

Have Reflexology on my feet. Therapist tells me my throat area feels very gritty. She hasn't felt this before. No throat symptoms today.

06PF 7 0:09:45 AS

None of the sore throat or ear ache of usual dust allergy Sx. Dust allergy flares days 6 and 7 and then better than pre-proving for rest of proving- still better by end- January when submitting this diary. Its interesting that so far in the proving my usual dust allergy has been ongoing but much less predictable, much less of a daily pattern to it, than usual. This seems to fit with the new symptoms which equally come and go without pattern. Certainly this last week haven't had my usual dust allergy symptoms so much. I did have then quite badly pre-proving (whilst premenstrual) and occurred a bit in 1st week of proving (though more unpredictably than usual). Hardly noticed them at all this week. Usual dust allergy seems to flare on days 6 and 7 of the proving, and then is a lot better for the rest of the proving and still is much better than pre-proving by mid January. Day 24: Have some dust allergy Sx this evening. These Sx have been pretty absent from after the 1st few days after the start of the proving. They are often intensified during a period and this evening I've got my usual mild sore throat extending too my ears and my eyes are a little sore.

08PF 16 XX:XX:XX AS

I have a sore throat, scratchy and dry and like a matchbox (sandpaper?). It's worse when I swallow. My sore throats are usually relieved by swallowing or eating bread.

11PF 13 0:18:00 AS

Throat pain on swallowing. Right side at the back tonsil area. Sore and bruised feeling. 08, 18.36

The pain now extends to right ear on swallowing and is now a sharp and sticking pain.

12PM 7 0:17:45 NS

Throat pain on the left side of throat. It is sore and rasping made worse for swallowing

14, 11.16 Throat and pain is low level but continuous. There is a sensation of heat that extends from the left side of the throat to the back of the left side of the nose and then to the back of the left eye.

15, 00:04:00 Woke up with intensified throat pain. 15, 09.41 Throat pain is now extending to the back of my left eye and down into the left lung. There is a constant pressure sitting at the throat to the back of the left eye and left lung. I am constantly aware of this symptom. Pain and sensation is worse between 4am and 9am. Along with this symptom, my left nose is also producing greenish white mucous when I blow my nose. Need to intermittently blow left side of nose to relieve pressure and clear mucous.

12PM 14 0:08:00

Woke up with a sore inner throat when I swallow. The pain is deep and sore. It feels better when I grab my throat with my hand and apply pressure, pushing hard with my fingers, although this hurts my throat. 28, 12.15 Throat feels much better today. It is still sore when swallowing and there is an associated ball or sticking of mucous in the area of pain. At times it will take me 3-4 swallows to dislodge the mucous and I swallow this back down. 29, 22.15 Throat pain is still there but has subsided. 32, 23.15 Throat is sore on swallowing on the right side. There is a mucous ball stuck in the place that is sore. Have to keep swallowing down to dislodge the mucous. 33, 10.18 Throat is still sore to the right hand side. I hadn't noticed it all night as I slept heavily but it was the first thing I felt when I woke up. The mucous ball began as soon as I woke up.

12PM 27 0:06:30 NS

Throat is sore to swallow on the left sided. It is sore and tender. 42, 09.10 Throat is sore mostly on the left side extending to the ear canals. Pain is sore, sharp and sticking. Accompanied by headache. 41, 10.12 Throat is sore, lots of heat in throat and around left tonsil. 38 0:09:32

Respiration

Smoked 4 cigarettes which is a lot for me. When I was tired I went upstairs again without saying goodnight (usually I am the last up). I didn't say goodnight to avoid being tempted into staying up. I just wanted my bed. Felt my inhalation was too short, as if my lungs were closed up. The exhale felt disproportionately long. Wondered if this was because of an emphysema-like condition due to smoking.

02PF 2 XX:XX:XX AS

Smoked 4 cigarettes at a party, which is a lot for me (would normally have 2). In bed that night, I felt my inhalation was too short, as if my lungs were closed up. The exhale felt disproportionately long. Wondered if this was because of an emphysema-like condition due to smoking.

02PF 2 XX:XX:XX IOS

woke up with a very localized pain in the spine around T10 accompanied by a tight chest, felt it difficult to inhale.

02PF 10 0:08:45

Feel as if I have a virus in the center of my head, and the back of my throat. My nose is stuffed (both sides) and my chest is tight with a feeling of ropy tight and dry mucus in the throat and chest. I feel tired, my eyes and mind heavy. Everything seems an effort. There is an overall achiness but without pain; maybe more like constriction and stiffness. It is especially achy and stiff from my pinky radiating to the elbows of both hands, a deep ache in the ulnar bones of both forearms. Bowel movement was slow, dry and dark. It was small, the sizes of cat poo. |

|02PF 10 0:12:30 NS

feeling progressively ill today. After eating lunch I felt dazed and unsocial even though I was with my partner for the first time in a week. I felt so tired I was asleep on the couch within the hour and then moved to my bed. The sun was shining but I wanted to be cozy in my sleeping bag, resting my aching bones. Notice specifically that my knees are achy as well as my wrists, particularly the ulnar sides. My throat feels burning and dry but only slightly. I have been sneezing and have that same stuffy nose. The illness came on quite strongly after finding out I did not have to work tonight. I felt so grateful I could take it easy and allow my body to rest. My chest feels tight and I seem to sigh in order to stretch my chest. Mentally I feel content with very little desire to self medicate.

02PF 12 0:16:05 NS

Feel tight chest and shortness of breath, fearful I have emphysema as my breathing reminds me of my grandfather who had the disease. I smoked 3 cigarettes last night and the last one lingered in my mouth (the taste) when I woke the next morning.

02PF 25 0:10:00 RS

In the evening I felt congested in the nose with a tightness of the chest. Almost as if I had difficulty breathing.

02PF 40 XX:XX:XX AS

Shortness of breath is pronounced. Like I have emphysema. I feel an urgent need to stop smoking.

02PF 47 XX:XX:XX AS

Aware that I am breathing very shallow but when I inhale deeply I get a sharp pain on right side of chest, as if a ball there, size of a marble. This pain being sharp restricts me inhaling any deeper and I have to exhale – this alleviates the pain. As long as I don't inhale too deeply I don't feel the pain. Visualize the pain as a ball in a tube – if suck too hard the ball gets stuck at one end. 14:30: When I inhale deeply, the ears feel itchy but the pain in chest from this morning has gone.

06PF 5 0:09:00 NS

cycle with daughter to the shops. Cycling home I can't believe how hard I find it and how quickly I get out of breath. Feel very fat. Since taking the proving I have gained half stone in weight but I don't feel I have eaten anymore.

06PF 18 0:13:00 NS

While swimming, every time I inhaled I felt a sharp stabbing pain in my chest causing me to take only short in-breaths.

06PF 23 0:11:00 NS

Wake up early thinking about all I have to do. Have a tightness in my chest, constricting feeling. Tightness in chest continues. I have a busy meeting all morning at work and also lots I need to do at home.

06PF 28 0:05:20 ROS

I notice a tight pulling sensation in my forehead together with a tingling in my nostrils on breathing in. It feels as if the airways in my nose have been cleared and I am able to breathe more easily, although I hadn't been aware that they were blocked.

07PF 1 0:03:40 NS

A few times this morning I notice that I'm starting to breathe more deeply again. I can take deep breathes and breathe into my abdomen. It occurs to me that I haven't been able to do this for the last 3 weeks. My breath has been shallow- in the upper chest only and even when I've tried to deepen it e.g. in order to try to still myself its been a struggle. It feels like everything is starting to flow again! When I think these thoughts and reflect on how bad its been it brings tears to my eyes.. But they are positive tears- like a happy ending to a sad and deeply moving film (see day 3). Writing this I start to cry again. Its been such a horrible few weeks and I'm not sure that the intensity of how horrible its been really comes through in my diary. Its as if I can't really explain what was so awful about it. I definitely feel like I've been stuck in it and that I don't at the moment have a grasp of quite what I've been stuck in.

08PF 22 XX:XX:XX

46, 17.00 Sticking, prickling sensation in bronchial airways that causes me to cough. Feels like I'm breathing an irritating fume.

12PM 5 0:09:36 NS

Cough

Feel as if I have a virus in the center of my head, and the back of my throat. My nose is stuffed (both sides) and my chest is tight with a feeling of ropy tight and dry mucus in the throat and chest. I feel tired, my eyes and mind heavy. Everything seems an effort. There is an overall achiness but without pain; maybe more like constriction and stiffness. 00:21:46. Chest tightness from before has now developed into a deep cough that feels its roots in the pit of my lungs. It is slightly painful to cough but I want to in order to get out whatever is in there. I have been blowing my nose all day and drinking hot tea. I just want to rest and be cozy. Head still heavy and stuffy. Overall I feel spacy, dry, arthritic, and tight-chested. But in all of this I feel mentally peaceful. It is especially achy and stiff from my pinky radiating to the elbows of both hands, a deep ache in the ulnar bones of both forearms.

02PF 10 0:12:30 NS

This illness seems to reside in my throat and chest. It is like a burning rod from my throat to the center of my chest. Coughing makes the tissues press against the rod causing burning pain. Little is coughed up but what is is thick. I haven't been able to notice the colour or consistency because it

mixes with saliva and so is dilute. But it feels acrid and painful.

02PF 12 0:11:59 NS

Chest tightness from before has now developed into a deep cough that feels its roots in the pit of my lungs. It is slightly painful to cough but I want to in order to get out whatever is in there. I have been blowing my nose all day and drinking hot tea. I just want to rest and be cozy. Head still heavy and stuffy. Overall I feel spacy, dry, arthritic, and tight-chested.

02PF 12 0:21:46 NS

I felt progressively tired and uninspired to do homework. I watched a t.v. instead. I turned the lights out and just lie convalescing and felt really good to just relax. Began coughing up more mucus, a dark brown like milk chocolate mixed with greenish yellow phlegm. Quantity seemed to be the size of a 10p coin. Less pain on coughing now. Craved something sweet later that night and decided to have a cider.

02PF 13 0:21:00 AS

Began coughing up more mucus, a dark brown like milk chocolate mixed with greenish yellow phlegm. Quantity seemed to be the size of a 10p coin. Less pain on coughing no

02PF 13 0:21:00 NS

Continue to cough up greenish yellow phlegm but the darkness is more in specks now as opposed to the overall colour.

02PF 14 0:10:40 AS

My cough seems to be dry at night and quite wet during the early part of the day. When I do cough up anything it is a dark olive-brown colour, sometimes specked with dark brown and other times the dark brown is swirled in more than specked. The phlegm is quite tenacious, thick and about a $\frac{1}{4}$ of a $\frac{1}{4}$ of a teaspoon in volume. It always makes me feel better after having coughed it up. There is very little if any discomfort when I cough up the mucus, whereas the dry cough is a bit more burning. When it is dry I think my cough sounds more painful to others and when it is wet it sounds like there is a deep pathology but less dramatic when it comes to my voice box involvement. In other words, the dry one has a bit of a yelp from my voice box and the wet has no voice box involvement whatsoever

02PF 16 XX:XX:XX AS

As I spoke mid-day my voice was really hoarse and felt as if the phlegm was stuck between my throat and chest. It then dried up and a dry cough ensued for the rest of the day. My energy levels have returned to almost normal.

02PF 16 0:12:00 AS

coughing up green/grey phlegm about 20% of the time. The other times it is a dry, tickling cough.

02PF 20 XX:XX:XX AS

Cough is more intense, can choke sometimes with it but feel that it feels better after I cough. It is an itchy sensation, in my throat but made better by coughing up phlegm from chest. The colour is grey/green but less profuse than before.

02PF 21 0:09:00 AS

Right nostril blocked. Cleared by blowing. Lots of mucus from nose this morning, feel congested in nose and throat – lots of repeated nose blowing and coughing to clear phlegm. 15:15, RNS, Nose continues to produce lots of yellow discharge. Feel as if I have to sniff a lot.

06PF 8 0:06:30 AS

Constant cough in the morning after I have passed my first stool of the morning. The cough lasted for a few hours and then stopped. Congestion and itching in lungs. Better for coughing up mucous, for deep breathing. Worse tiredness, for coughing which aggravates cough. Day 8 Cough started again. There isn't as much mucous this morning, it's a little bit drier. Coughed up green phlegm. Cough only last for about 30 minutes. Worse for tea. Day 14, 00:10:35 Cough started again this morning in the same way. Day 25, 9:25 Coughing and hawking up a lot of mucous from my chest. Colour is whitish-green. Day 43, 10.14 Cough continues. Hawking up green mucous. Day 44, 00:16:00 Coughing and hawking up a lot of mucous from my chest. Colour is whitish-green. Coughing up small amounts of green mucous from lungs.

12PM 5 0:09:36 NS

Sticking, prickling and tickling sensation in bronchial airways that causes me to cough a couple of single coughs to clear the passage. Sensation makes me feel slightly panicked, there is something a bit oppressive about it, like I would choke or stop breathing. Feels a bit borderline, like things could go terribly wrong, that I could lose control and stop breathing. Slightly frightening. Better deep breaths.

12PM 44 0:16:00 AS

Inner Chest

Wake up to excruciating, sudden, sharp pain. I recognize this as if I've caught tissue in my ribs. Moving doesn't help. Can't breathe in deeply because it hurts, have to lie still. Go back to sleep with pain still lurking. I've had this happen twice already this last week which is unusual, usually happens rarely. Continues next day but gradually subsides as I walk to work.

01PF 39 XX:XX:XX

Woke with sore throat, more on the left side (not unusual). It accompanies this tight chest which feels like the chest cold I began feeling after the proving began

02PF 27 0:09:00 AS

Woke feeling very stiff in the chest and upper spine as if I had smoked 20 cigarettes. I haven't in 2 days.

02PF 28 0:09:00 AS

I was very aware of the front of my chest and trunk. All the sense of urgency was concentrated there and radiated up and down from my solar plexus. This area felt open and clear. 04, 17.00, INS, Felt sensitive, aware and open in the front, middle line of my torso. It was as though I was experiencing everything through that part of my body and that it was open 05, 09.30, NS, Front of chest still feels very open and expanded, as though the bones are not fused there. It feels as though I have a strip (like a long rectangle) running down the front of my trunk that is receptive to stimuli. I feel that all my experiences are concentrated here, especially the sensation of fear/anxiety. 06, 16.00, NS, I still feel as though I experience things/the world through the front of my trunk and it is sensitive there. Still a sense of being open.

03PF 4 0:07:50 NS

Wake up early thinking about all I have to do. Have a tightness in my chest, constricting feeling.

06PF 28 0:05:20 ROS

Feeling of dread in stomach and chest about all that I need to do. Twisting sensation in stomach and a heavy sensation in chest as if something is pressing me down. This subsides as I get busy.

06PF 33 0:06:00 RS

My ribs are hurting from falling over last night and I cannot get into a comfortable driving position. 23:00 I feel bruised as I go to bed very early because my ribs are hurting and I can't sit in a comfortable position. 24, 08.00, NS I get up in the morning and everything aches. My upper arms and ribs are still very painful from my fall.

07PF 23 0:21:00 NS

I have a shooting, stabbing pain at the base of my left ribs.

07PF 26 0:10:15 RNS

Pain in chest RHS. Like stitch from running in 2 places just below breast & over top of breast- stronger there. Lasts all evening but gradually becomes less. > burping which I do quite a bit. (same sensation returns day 3 and 4 in LHS-see below) 3, 19.30 onwards, NS. I have the same sensation under my left breast as I had day 1 in my right breast. A stitch as from running (though I'm sitting). < breathing deeply. Lasts until bedtime (and there again next morning). 4, 7:15, Pain in left hand side again. This morning it's more defined. Mild- like a shadow of pain all the time and a sharp intense pain when I breathe deeply. It's moved slightly to mirror the pain in the left hand side on day 1. It has the quality of muscular pain. Lasts most of morning.

08PF 1 0:01:00

I've noticed that every time I keep thinking that maybe the proving is wearing off (and I've written this a number of times- even at the end of week 1) it seems to come back to get me again- but a bit

more intensely and a bit more deeply and darkly each time. The more I push it away, the more it comes back. I feel that yesterday I saw the bottom- that complete absence, of joy, of flow, of creativity of love. Its stems from a lack of connection with myself and my own core, with the Mother, with the earth, with others. So there's a numbness, a lack of feeling (except for fear)- just an emptiness, an absence. And with it complete self-loathing and worthlessness. Physically its expressed as sore tightness in the whole of the chest area and into the shoulders and neck. Oppression, not able to breathe fully and heaviness. Like its been clamped but clamped by a weight..

08PF 27 XX:XX:XX

speak to friend about the proving to get some feedback. Talking to her I got the pain in my chest again- a burning pain. When I come off the phone I feel quite shaky. I really don't want to go back into the proving state again.

08PF 33 XX:XX:XX

I feel a sense of abandonment in my chest and diaphragm. I want to put my hands there to try to protect myself.

09PF 15 0:14:30 NS

Outer Chest

It has been several months since I experienced breast tenderness before my period and today it has returned. It is not very intense. Breasts don't feel particularly swollen, just tender to the touch.

02PF 16 0:09:00 RS

Breast tenderness on waking. Sides of breasts, just medial to my armpits. One of my cats was trying to burrow in this most sensitive spot on waking and I found it really painful, yet interesting that he chose that particular sensitive spot. It was so painful I threw him out of the bedroom.

02PF 20 0:09:00 AS

Have had to listen to a diagnosis which is fairly shocking. Have had core biopsy on 'the problem' in my left breast and the consultant radiologist is certain that there is little doubt about his diagnosis. He says I will need surgery followed by radiotherapy and also the removal of a lymph node. I shall take advice and consider all this carefully.

09PF 18 0:12:30 NS

Neck & Back

Wake up and can't sleep for at least an hour. Persistent but mild aching in lower back, around sacrum, can't get comfortable. Can have this after lifting heavy loads but haven't lifted anything heavy recently.

01PF 18 0:05:30 AS

Pain region of sacrum has been in the background. Associate it with lots of physical work though not typical for me to have back pain. Experienced it day 17 and has been coming and going, often brought on by lifting at work. Exacerbated last weekend from heavy physical work. It's a sore feeling with slight burning sensation. Uncomfortable, making me want to move rather than debilitating. Pain region of sacrum immediately alleviated after a long overdue stool.

01PF 29 0:09:20

Discomfort in sacrum area is more of a burning in a small spot, less aching. Don't feel so restless with it but the burning is more intense though not painful. It's moved to the top of my sacrum.

01PF 32 0:08:30 AS

Burning small spot rises up my spine from top of sacrum and spreads outwards tending towards gradual dissipation.

01PF 32 0:12:00 AS

Burning sensation has been replaced by bruised, sore sensation either side of sacrum in the muscles above buttocks. 33, X, AS Sensation around sacrum has gone.

01PF 32 0:19:00 AS

Wake up feeling like I've been punched in the muscles either side of my spine, lower half of the

thoracic region. Tight feeling, move and stretch carefully to avoid making it worse. I don't recognize this and not sure what to do. Dissipates slowly. Think I may have dreamt about being punched here. Later that day, the sensation in thoracic region of spine, less of a punched feeling, still tight. On and off through the day. Sensation more familiar now, associated with straining, weariness more.

01PF 35 0:06:45 NS

Again a pulling tension in the left side of my back. This feels more familiar, where I strained a muscle two and a half years ago pushing a very heavy piece of furniture. Lower down than the sensation yesterday. Sensation dissipates after moving around. Unaware of it until I go swimming. Swimming, pulling and tension in muscle left side of back becomes the focus and intensifies as I swim. Swimming stretches it out and relaxes it. Still present three days later 39 with a bit of stiffness and aching along the top of the buttocks.

01PF 36 0:06:45 IOS

Burning sensation in small of back, like a small circle of burning at the top of the sacrum, small of the back. Aching and sore. When there is a small relief it feels like it's going icy cold. Persistent throughout the day into the evening but not debilitating. Continue to do a lot of physical work throughout the day into the evening, knowing I should rest it but when resting I become more aware of it and it stops me thinking clearly. Pushing my back into a cushion while sitting in the evening relieves it temporarily. Push harder to relieve more but not permanent relief. It slowly dissipates but doesn't go entirely when lying down to sleep. Sleeping on hard floor on my back (because I'm in the process of building a new bed) and this feels good for it. The next day it returns to its full intensity.

01PF 38 XX:XX:XX IOS

Physically working all day even though sensations in back persist. Not debilitating but worries me and I'm constantly aware of it. Stretching by squatting relieves temporarily by pulling out the tension. More stiffness as well. 00:17:00 Need to walk to distract me and hope it will pull out the tension. Walk fast, get relief. Sitting down is not so bad, put back firmly into back of seat as some way of support. 22:30. Lying in bed, restless, cannot get rid of the tension and soreness. Persistent, nagging. Still slightly burning. Partner in a bad mood becomes extremely irritated and gets up. When he walks out of the room the tension almost immediately subsides and I imagine he has taken it out of the room with him.

01PF 39 XX:XX:XX IOS

Wake up to absolute relief from back symptoms of last days. Completely left me. Memory of it returns only slightly when sitting down.

01PF 40 0:06:45 AS

Back is feeling tension, pulling and aching. Wandering pains all over, snake-like, not weaving but moving with force. Feels like I can't support myself in one position for long. Flex my back to try and get rid of it but it only goes away of its own accord. This feels much more defined, stronger and persistent than when I've had it before.

01PF 40 XX:XX:XX IOS

Sensations on back of yesterday have gone, leaving me with slight stiffness, soreness along the line across the top of my buttocks. Wary of lifting in case pain returns. Throughout the day, a low-lying sensation of burning, stiffness and aching in this area. The burning is not so concentrated in the spot at top of sacrum, more dispersed. More aware of these sensations when sitting, probably because I'm still. Continues for several days after.

01PF 41 0:08:00 AS

Realized my neck pain may be related to my shoulder pain as massaging the area always brought me down to my shoulder.

02PF 18 XX:XX:XX AS

I wrenched my neck when getting up and now it is hard to move without sharp pain radiating down my SCM on the left side. Occurred twice before: once 2 years ago, both in stressful family situations. As I got out of bed I stubbed my toe and found my finger was bleeding all within 5 minutes of waking. I had been looking forward to today and felt frustrated and uncomfortable, wanting the day to be as I had wanted it to be. I thought, this day is not going to be good.

02PF 18 0:08:35 RS

After shower turned head as I was combing my wet hair and aggravated my neck. It had been feeling 70% better than when I injured it the first time. The pain feels localized near the spinous process of T5 or T6. There is heat and inflammation, almost a burning pain. When I move my neck from side to side the pain radiates down to the same sided trapezius (if I turn to the right, the right trapezius hurts where a shoulder strap would sit. It feels as if my meninges were inflamed. The pain is also aggravated by yawning and pointing my chin down towards my chest.

02PF 19 XX:XX:XX AS

Noticed while driving to school that my lower back hurts when I sneeze or cough (Valsalva). It remains in bed that evening.

02PF 25 XX:XX:XX NS

Wrist achy again, back achy, want to stretch backwards to align my spine.

02PF 25 0:14:00 RS

waking in the morning I feel the sensation in my arm has returned. My back is still achy, as if the fascia is crystallized and needs to be pinched away from my skin to break it down into a more fluid lubricant.

02PF 27 0:09:00 AS

My neck continues to be sore and every once in a while I get a sharp pain if I move the wrong way too fast. My shoulders feel scrunched to my ears and need weights on my scapula to pull everything down.

02PF 27 0:19:00 RS

Woke with achy back. Feel arthritic in spine and hands. Reminds me of my mother at my age. She was inflamed and was later diagnosed with cancer. I feel I have aged and am now middle aged. It makes me feel old.

02PF 30 0:09:00 AS

Crepitus in back more than I remember. As if every joint cracks with a backwards movement. As if my joints are dry and inflamed.

02PF 30 0:12:00 AS

Noticed I awoke free from pain of joints this morning, including spine, wrists, shoulders and neck. I hadn't felt this pain free in at least a week or two if not longer. Noticed that several of my colleagues were experiencing neck and shoulder pain that had begun overnight. My painlessness lasted a while, and slowly the inklings of joint pain came back throughout the day. But it has only reached an intensity that is about 60 per cent less than before.

02PF 32 0:10:00 AS

I have tremendous conflict with being seated at my desk. It is as if I am forced into a shape that I am not meant to be in. I feel my organs collapsing and my spine begins to ache. My hips and buttocks get stiff and the circulation seems congested.

02PF 34 0:23:00 AS

Have not noticed any pain or stiffness in my back, neck, shoulders or hips over the past few days. (This is very unusual for me, as I have had back problems since my teens) 19, 10.30, OS, Noticed gradual return of back pain/stiffness.

03PF 12 XX:XX:XX NS

Feel a cold stabbing pain in between shoulder blades – want to bend to stretch shoulders to alleviate. I think it was caused by the cold wind and it disappears as we continue to walk and I warm up.

06PF 9 0:22:00 NS

While swimming, I was aware of a deep tightness in the back of my neck and my arms ached quickly, worse on the left side below shoulder.

06PF 23 0:11:00 NS

My neck and across my shoulders are so sore. The pain radiates to both arms just below the shoulders. I don't know what to do with myself to alleviate the ache. Its deep and draining. A feeling of being dragged down. I'm aware that I am tending to hold my head slightly down when in fact stretching it backwards with the shoulders helps. 20:15, A neck and shoulder massage alleviates the ache. 15:00, ROS, My shoulders and neck are once again very uncomfortable. I try to ignore it but I can't. Sitting and writing is not helping. Movement helps and also stretching.

06PF 42 0:19:40 ROS

The pain in my neck and shoulders which is an old symptom that I have had for some time, has moved to my upper back in the middle of my spine. There is a sharp, stabbing pain which feels as if it is pulsating in my back. There is also the sensation that my shoulder blades are being pulled together.

07PF 1 0:00:35 AS

The pain in the middle of my back is more intense today with a dragging down sensation along each side of my spine. It feels very weak as if I need to constantly support it with a cushion or a chair. The pain is better for pressure and also better for movement and walking. I feel as if I need to stretch my back to elongate my spine. However, the usual pain in my neck and shoulders has eased and I feel as if I have more movement in that area. When my partner massages my shoulders, he mentions that they feel much less tense than usual.

07PF 5 0:15:00 IOS

I have an appointment with my osteopath who has been treating my neck and back pain. When he treats me today, he comments that my energy feels very different from my last treatment, as if it has become unblocked since he saw me 2 weeks earlier, and he also observes that this 'happy, playful' energy has been released in me. He tells me that he has found a problem with the L4 vertebra in my spine which seems to be stuck, and that L4 it is linked with my heart. I tell him about the proving and he says that I should be very proud of myself, though I'm not really sure what he means.

07PF 7 0:11:00 NS

I have an intermittent shooting, muscular pain down the left hand side of my neck which feels as if I have pulled a muscle in my neck. It is worse when I turn my head to the left or bend my head forward. The muscles in my neck feel very tight, as if they are too short and are restricting the movement of my neck. The pain also shoots down into the top of my left shoulder.

07PF 7 0:11:40 AS

I wake in the middle of the night and my neck is rigid. I cannot move it to either side. I feel very panicky. Eventually I force myself to move it through the pain and then I fall back to sleep.

07PF 10 0:04:00 NS

I am feeling very achey and uncomfortable today. The back of my neck is very stiff and I have a tight drawing pain between my shoulder blades. I also still have a lot of pain in my upper arms, as if I have been exercising hard.

07PF 26 0:09:00 RNS

Whilst I still have a lot of pain and stiffness in my neck and shoulders, and the movement in this area is very restricted, the pain has eased slightly and I don't feel as worried and panicky. I can now turn my head, although it hurts when I do so and I can also lift my arms again. There is a sensation of my upper body being constricted. However, I do feel more hopeful and positive.

07PF 30 0:07:30 RNS

I'm aware of stiffness in my neck today.

08PF 1 0:00:50

I've got used to the muscle ache and stiffness across my back and shoulder blades, stiff as a board, stiffness like a wide plank. It doesn't bother me.

11PF 5 0:11:00 NS

I've got used to the muscle ache and stiffness across my back and shoulder blades, stiff as a board, stiffness like a wide plank. It doesn't bother me. Persists for 2 days.

11PF 5 0:11:00 NS

numbness while sitting (in the palms of my hands (especially the left), and my buttocks (both)

11PF x XX:XX:XX NS

Neck tension on the left side that extends from occipital area to the shoulder. Stiffness and slight ache. Worse for neck rotation. Better for hard pressure, rubbing and stretching.

12PM 13 0:08:12

Laying on the bed I felt as though I had pulled a muscle between left scapula and thoracic vertebrae. Sharp, nicking, pulling sensation. Worse for extending, rotating neck and spine, leaning on the affected side.

12PM 14 0:22:00

Neck tension extending left and down toward shoulder and scapula. Pinched muscle in left side of the back between scapula and thoracic spine.

12PM 18 0:21:00

Tension in the left hand side of the neck extending downwards towards the left shoulder. Feels like a pulled muscle or a knotted tension point in the left trapezius.

12PM 28 0:14:00

Pain extends outwards towards sides of torso. Lower back is aching, feels weak and tired. It feels worse for movement and better for stretching.

12PM 38 0:09:15 OS

Upper Extremities

During the night I wake up suddenly with a stabbing, bruised sensation in one spot in the left upper arm above the elbow in the muscle. I move my arm to stretch out the pain but it persists and is quite painful. I fall asleep before the pain subsides.

01PF 4 XX:XX:XX NS

Sudden sharp bruised pain in right arm as if someone has grabbed hold of me hard and then let go. Slightly pulsating and persistent. Then it goes after a couple of minutes.

01PF 5 17:40:00 NS

Thumb and first two fingers very specifically, of both hands. Wake up to pins and needles.

01PF 35 0:06:45 RS

I am meditating on sensations, I feel a slight, subtle twitching on my arms and shoulders The twitching moves around in quick flutters as if fireflies were beaconing with their flash of light and then disappear again into the darkness. This sensation lasted about 30 seconds.

02PF 1 0:00:12 NS

Had strange urge to rub and squeezed my arms and shoulders on waking to get the blood flowing back to the area. Felt it had been shunted/constricted and had to manually move it around. Later that day in class we did a similar exercise to get us focused but with pinching. It was described as getting the lymph moving. I found this synchronistic. (NB: also returned day 22 and day 27 as noted below).

02PF 2 0:08:30 NS

Left shoulder, rotator cuff is inflamed, mostly the anterior portion. I think I hurt it doing yoga the day before. My back feels achy from carrying my bags during travel. Feeling in shoulder is new only because it the left one. 3 years ago I had a similar injury to my right one.

02PF 4 XX:XX:XX NS

left shoulder aches worse lateral extension and external rotation. Hurts to take shirt off or lifting heavy bags. Feels I am further injuring it every time I aggravate it. Went swimming in a neutral bath and the gentle resistance of the water felt like a good stretch.

02PF 6 0:11:00 AS

Left hand first finger and thumb feel cramping from wrist on waking. Lasts a few hours.

02PF 6 XX:XX:XX NS

Shoulder and wrist more achy than earlier

02PF 12 0:11:59 AS

I feel as if I have carpal tunnel syndrome in both wrists. When I am not typing I tend to massage the ulnar bones about 2 inches from the wrist.

02PF 12 0:21:46 NS

Last night I fell asleep and awoke not too long after with my left arm numb in the places that are effected by the Ulnar nerve. Associated with this pain is a pain in my elbow where the ulnar nerve passes (funny bone). I had been sleeping on my back which surprised me to have woken in such a state. It was as if my neck had pinched my nerve and the whole of my left arm was numb. I was scared and uncomfortable by this sensation. I turned to my right side to take the pressure off my neck and then became aware that I needed to urinate. But I did not want to get up as it was cold in the room and I was too tired to move. Instead I turned to my left side in hopes that the sensation to

urinate would be suppressed. I began to feel as if I was going mad. The sensation was palpable, as if my skull had been cut off at the top and my brain was coming out, evaporating into the world, out of my body. The lid was off and the container for my mind was opened. It was scary, unnerving and I felt I was losing control. I remembered hearing a story that may have suggested this sensation to me the previous morning. A man had done a meditative proving and had told me about his fear of going insane when he laid down. On the right were palpitations and on the left was a feeling of going mad. I wondered if I was dreaming my experience but I knew I was not. Perhaps I was still half asleep. I turned back to the right side and knew I had to get up to urinate. It may have only been an hour into my sleep. I got up and made my way across the dark room. I thought I saw and felt the presence of an animal, a grey, furry cat at the door. I did not want him to get out. I realized that I was at school and this could not be, could it? I was fearful I was going mad, seeing an animal in my room as well as the loss of sensation of my arm. I quickly opened the door. As the light poured in my senses came back to me, although when I went back to my bed my left arm was still numb. Since this time, my elbow where my ulnar nerve runs (funny bone) has felt achy, 4 days later.

02PF 26 XX:XX:XX NS

Wrist has not been painful unless I provoke it and when I do it is only the right hand side in the space that was the center of the pain, just below the ulnar epicondyle. Left neck and shoulder pain still there sharp pains on rotation of left shoulder. Smoked one cigarette last night and notice more coughing today.

02PF 29 0:17:00 AS

Hands achy when I write, both left and the right in class. Left elbow has joint pain as if out of place, like I could manipulate it and it would pop into place. Back achy still, fascia around my shoulders and trapezius feels tight and stiff.

02PF 30 0:12:00 AS

Anxiety in bed last night, as if I were dying. Numbness to my finger on RHS. Very sleepy and groggy but feeling as if I were dying of a neurological disease. I hit my left wrist yesterday on a metal door jam and it struck my nerve posterior and inferior to the acupuncture point LU 7. There seems to be a lot of nerve issues these days of the ulnar nerve on the left hand side and radial nerve of the right hand side. 41, xx, AS, Woke with RHS Radial nerve numbness to 1st and 2nd fingers while sleeping on the LHS. Note: This RHS radial neuralgia has come on every night in bed for three days running now (it is now day 42).

02PF 39 0:09:00 NS

Sensation in my right little finger of pressure and numbness, just below the middle joint on the back of the hand. I first noticed this when I was washing up. The feeling was of something stuck firmly and pressing on my finger, such as a piece of sticky plaster or tape. I tried several times to remove or find the thing that was that stuck to me. 16, 18.30, NS, The sensation in my finger has been intermittent for the past hour, lasting up to 10 seconds each time. (I remembered that I had been injured in this area about 10 years ago. The effects of the injury had lasted several years with some tendon and nerve damage/pain, arm/shoulder problems and reduced grip strength. 17, 19.00, NS, Sensation in right little finger of pressure and numbness. There is now slight tingling sensation, and the feeling is a little higher up around the middle joint of the finger. I tried initially to to remove the thing that was stuck to me, but then remembered that this was a sensation only. 17, 22.30, NS, The 'pad' of my right little finger is quite numb. Someone touched it and said that it was colder than the rest of my fingers, but I was not aware of this. There is also slight tingling and the feeling of pressure is intermittent over the top/back of the finger just below the middle joint. 18, 10.00, NS, Right little finger intermittently tingling with slight feeling of pressure, numbness, something stuck on it. Sensation is localized in a strip just below the middle joint.

03PF 16 0:17:30 NS

Aching pain (slightly cramping) in the palm of my right hand. Worst in the medial area - above my little finger.

03PF 19 0:11:00 NS

Woken up by pain in left shoulder and loss of sensation in the entire arm.

03PF 31 0:07 AOS

It looks as though the warty eruptions on my left arm are turning to eczema – red, itchy, dry, sore. Lasts a few days. 10, X, AS, Noticed the eczema has nearly gone on my left arm but unfortunately it has left behind the warty eruptions that were there before, I was hoping they would go.

04PM 3 XX:XX:XX AS

Pain in left arm between shoulder and elbow. Gnawing pain which comes and goes.

06PF 13 0:15:00 ROS

Playing tennis and experience a sharp pain in right elbow when I move arm, worse when I twist it. Better for being held tightly at elbow or keeping arm still. I feel as if I am benefiting from being outdoors in the fresh air despite the rain showers. I have a good feeling inside because it brings back happy memories of when I used to play tennis regularly.

06PF 13 0:10:30 OS

Have been aware this afternoon that my arms feel weak, like there is a band just below the elbow reducing the sensation. Writing seemed to exacerbate the feeling.

06PF 29 XX:XX:XX NS

Aware while doing office work that I have a strange sensation in arms. Both arms feel weak and a discomfort pulsates down them from shoulder to wrists. Worse on the left, up from the wrist and travels up and down. It feels as if I have lost the power in my hands and wrists. It's an altered sensation, as if I haven't got the power in my arms. This pain is deep and although initially feels like a nerve problem, at its worst it feels really deep and coming from the bone. It goes right in to the shoulders, in to the bone and is like a gnawing pain. I notice it more when sitting, writing or driving. At its worst I feel quite nauseous and feel that I need to go home, it's making me feel ill. However, this lasts 30-40 minutes and then subsides for a while. Sitting appears to aggravate the discomfort. I notice it again more intensely when I am driving home. At the back of my mind I worry about MS. ROS, At the same time as this arm problem, the pain in my legs intensifies when walking. The pain is no longer in my feet but more in the ankles and travelling up to the lower calf. It's a deep ache making me feel debilitated. I notice with these symptoms it is the first day I can really recall not having a headache.

06PF 32 0:09:30 ROS

Woke up with feeling of tingling sensation in my fingers and a feeling of reduced sensation. This lasted about 20 minutes, and eased with movement, no pain.

06PF 32 0:06:00 NS

Driving to work. Sensation in arms returns and I experience pain in my fingers, worse in ring and little finger. It feels as if the circulation is reduced, although the colour is normal. The word disintegrate plays on my mind. I feel as if I am disintegrating. I also have a slight headache in the forehead in the background. 34, ROS, Throughout the morning the discomfort in my arms returned. I do not notice it when I am moving around. It's worse when I am sitting writing or the PC. 35, 10:00, NS, Pain is now more in the shoulders than down the arms. 36, 19:00, ROS, Pain in both shoulders, worse in the left. Feels like I'm being attacked and something is eating away at the bone. Also have a sense of being pressed down from the shoulders. Strong desire to massage the shoulders to relieve the pain. The pain also makes me feel very tired as if it's draining me.

Rotating the shoulders helps. 39, XX Driving home from work, aware of pain in both upper arms just below shoulder, a dull ache which was better for pressing/kneading firmly. 18:40 On computer aware of a lot of tension in back of neck and across by shoulders. 47, 22:00 ROS, Lots of pain in shoulders and down top of arms.

06PF 33 0:09:15 NS

I am woken up several times during the night due to the pain in my left shoulder. My neck and shoulders are very stiff and painful and I am barely able to turn over in bed. Every time I fall asleep, I seem to wake up from the pain. 07.30 RNS I wake with a sharp, jarring pain in my left shoulder blade, which is worse when I turn my head to the left. I need to lie completely still to ease the pain. I am very tearful and feel as if the pain will never go away and I will never feel healthy again. I feel like an old arthritic woman at the moment and feel as if I've aged 30 years in the past month. When I look in the mirror, I'm surprised that I don't look much older than I used to. I try to wash my hair but am unable to lift my left arm. I feel frightened that I am losing my mobility. The pain is eased by heat

and keeping the area warm. 08.00, NS I finally decide to take Arnica 200 to try to ease the pain from my accident last weekend, as I feel as if I have to do something to help the pain. 14.00, NS Over the course of the day, I realize that the pain has got worse since I took the Arnica this morning. 29, 15.00, RNS The pain in my left shoulder has now spread across my whole upper back and it feels totally rigid. I feel paralysed and unable to move. I have to keep completely still to ease the pain and am unable to turn my head, particularly to the left. I feel paralysed. Someone offers to massage my shoulders which eases the pain slightly and comforts me. Whilst talking about my symptoms, I burst into tears. I am not sure why I feel so upset and emotional but think it is because I suddenly feel abandoned. I don't want to go home and leave the support of the college. I am worried about having to cope on my own if the pain doesn't go away. It feels as if college is a cocoon where I am safe and protected, and the outside world is scary and unpredictable. 33, 09.00, RNS I have a sharp, stabbing pain in my left shoulder blade, which is worse when I move it. Although my osteopath reassured me yesterday that it was nothing to worry about, I worry that it is something more serious.

07PF 29 0:04:00 NS

Sleep well. Wake up just once with a completely dead arm. I think I've had it above my head on the pillow. Also has different quality to usual pins and needles when have lain on a part in bed and get a dead arm. Blood goes back into arm quickly and without the usual tingling caused by pins and needles. (This dead arm is common throughout proving. Am still experiencing this Sx a couple of times a week in January. I've never had it so frequently as this and it isn't necessarily when I've been lying on my arm or some other explanation.)

08PF 3 XX:XX:XX NS

Awake at some point in the night with a dead right arm again- from just above the elbow down I can't feel it.

08PF 8 XX:XX:XX NS

I decide to try to meditate. I realize I've not felt truly still this week. Its really difficult to still myself and focus on my breathe. I have to work much harder at this than usual. (I noticed this earlier in the week at yoga too.) Even when I do manage to become fairly still I'm aware of a vibration, particularly in my fingers. The energy is buzzing. As a result of meditating and relaxing my headache seems to intensify!! This buzzing occurs the next day as well.

08PF 8 0:11:30 NS

Wake with a dead right arm again.

08PF 10 XX:XX:XX

fell asleep on sofa in front of TV. Left arm went to sleep. (its always been the right arm so far). The other interesting thing about all of the occasions when I've had a numb arm is that when the blood comes back into it I don't get a lot of pins and needles.

08PF 11 0:20:00 AS

I'm feeling all the stress in my shoulders and chest area.

08PF 11 0:15:00

My arms feel very heavy. There is a sensation of density.

11PF 1 0:00:03 NS

Pressure in my shoulders around the ball and socket, stiffness in my back horizontally like a board across the shoulder blades. I've had this stiffness for 2 days but I'm getting used to the feeling. I've adjusted to the change in pressure and density. I'm acclimatising to it.

11PF 4 XX:XX:XX NS

Sore right thumb, weakness in the joint, near the joint where the thumb joins the hand (mount of Venus). I pick up some books to tidy up and take them upstairs and my thumb is not strong enough to hold them. These are hefty weighty textbooks, but I am normally able to carry a book.

11PF 6 0:12:00 NS

My upper arms biceps are aching again. They haven't been sore for a few days -this is a recurrence of the NS. by 20.00 the aching has worn off.

11PF 13 00:18.0 NS

I've had stiff arthritic hands, numbness and aching muscles but my aches were less severe physical symptoms than some people - no inflammation

11PF 30 XX:XX:XX NS

I still have physical aches and pain in my thumb joints, but not in my shoulders any more. The mental state of spaciousness seems to be waning. I wonder if I may be coming out of the proving.

11PF 34 XX:XX:XX

My hand is numb all day, the fingers in my left hand are numb, tingling, especially the little finger. I wonder if I trapped a nerve in my neck or shoulders. I don't have any other symptoms.

11PF 34 XX:XX:XX NS

I am very cold. Physically. My hands, cheeks, chest pectorals, and breasts, especially my nipples are very cold. Cold as metal. My fingers are stiff with cold. I don't know if they are stiff with cold or the stiffness of the proving. I can't tell. I feel dissociated from my body. I can feel it but I can't understand its mechanism, as an emotional feedback system.

11PF 34 XX:XX:XX NS

I wake up with the sensation of heavy limbs, heaviness and aching in my arms, numb hands and fingers and fizzing itching sensation in my feet, so itchy it drives me out of bed.

11PF 36 0:07:00 NS

Is it possible to get another wave of the proving remedy after the main tsunami has subsided? I'm wondering because I woke up this morning with the heaviness and aching limbs of early on in the proving; with total exhaustion. I felt it as heaviness and sore shoulder joints. Last night I was so exhausted I fell asleep at child's bedtime.

11PF 47 XX:XX:XX NS

My shoulders ache, especially the right shoulder joint. my back aches, a dragging sensation in the space between each vertebra. It feels as though my spine is too heavy for my body to hold up. I am collapsing in on myself.

11PF 47 XX:XX:XX NS

I still have the numbness in my left hand and little finger of my left hand. I am very cold.

11PF 48 XX:XX:XX NS

The physical symptoms of painful joints are still there today with a stiff aching right shoulder joint - I can't reach to pick up a cup of coffee easily - this symptom continues the next day, and slight stiffness in my right elbow and left hip.

11PF 49 XX:XX:XX NS

The joint where my thumb joints my hand, aches. I'm massaging it at least every half an hour to relieve the discomfort. My thumb has hardly any strength in the grasp on my left hand. I am struggling to pick up a book. This symptom is a NS that has recurred several times during this proving.

11PF 49 XX:XX:XX NS

aching shoulders, with a very heavy sensation of weight and density. The joints in my shoulders have started to clunk as well.

11PF x XX:XX:XX NS

stiffness in my back, longwise and across the shoulder blades and in the neck.

11PF x XX:XX:XX NS

aching in the long muscles of my upper arms - relieved by massaging, also relieved by immersing in a warm bath

11PF x XX:XX:XX NS

slightly swollen fingers knuckles and phalanges (I cannot take my rings off, they won't go over the phalange let alone the knuckle)

11PF x XX:XX:XX NS

numbness in my fingers

11PF x XX:XX:XX NS

terrible aching in my thumb joints where it joins the hand - relieved by massaging

11PF x XX:XX:XX NS

Pain in right shoulder and right side of torso, as a result of being on one side all night. Aching and tight. Better for lying on the side which hurts.

12PM 6 0:08:38

I noticed an excessive amount of skin peeling around the cuticles. There are six areas where the skin has peeled back to reveal raw spots. The pain is sore and bruised like.

12PM 7 0:11:00 NS

Hit outer side of left elbow on wall accidentally. The pain excruciating, hit my funny bone. Pain is a sore bone pain that persists with a slight throb but it is continuous.

12PM 21 0:09:15 NS

Lower Extremities

Feel relaxed throughout body except underside of both heels which feel as if the bones are pushing down so hard that there is soreness and dull pain and I think of rods of steel boring into something.

01PF 1 0:00:00 NS

Walking from station to work I am pleased my right knee is not hurting. I then feel a stabbing pain, similar to last night (stabbing pain) but not so sharp. It brings up the memory of crashing my motorcycle into the back of a car that suddenly stopped. I flew off the bike landing on my feet but banging my shin bone so hard I could not stand on it.

01PF 5 0:08:15 OS

My usual stiffness of the knees is not there. This usually causes me to walk around with legs slightly bent until they loosen up. When I get out of bed there is no stiffness whatsoever and I'm so pleased. Even my right knee has no pain which is unusual because it usually does after working the previous day. So pleased I feel good to go for a walk.

01PF 6 8:40:00 AS

Walking in am, slight ache under right knee bone is a usual symptom but instead of getting worse the sensation moves round to the left of knee bone, develops into a pressing pain and then dissipates after five minutes. Right knee occasionally twinges throughout day but very much reduced from normal. Day 8, 00:06:45. No stiffness in knees on getting up again! Slight sensation of thickness around right knee but no pain.

01PF 7 7:20:00 AS

Wake up from this dream sleeping very comfortably on my front which is unusual because in the last 6 month or so I have woken up on my front with a very stiff neck from putting my head sideways. I can feel my whole body lying deeply relaxed into the mattress. I then notice the fronts of my ankles are really painful as I move them. It's a painfully stiff and aching sensation and gets worse from moving. I can sometimes get this but this pain is so strong that I imagine I must have been really bearing down on them when the fronts of my feet were lying flat down on the mattress. Eventually goes.

01PF 8 0:08:00 NS

Walking home from work, slight ache under right knee bone. Return of old symptom but bearable.

01PF 8 0:17:30 AS

Very slight stiffness in leg joints with slight bruise pain under right knee bone. Marginal compared to normal and dissipates quickly moving around.

01PF 9 0:09:10 AS

Getting out of bed and ankles feel stiff. Slight bruised pain in right knee. This feels like a return to how my legs felt before the alleviation this last week.

01PF 10 0:11:00 AS

Get out of bed and temporary stiffness in leg joints has returned with knee symptoms. Something tells me these symptoms have returned, I am conscious of them again and they are back to fluctuating without any clear picture as to modalities as before.

01PF 11 0:06:15 RS

Morning wake up with tightened sensation on both calves. It's located in the centre of the widest bit and limited to a spot on each calf.

01PF 18 0:09:15 NS

Walk up to school for prover meeting. Right knee is painless in the same way as first week of proving. 31, XX Knee continues to be painless and feels light.

01PF 30 0:14:30 AS

Knee pain has returned slightly with slight stiffness of ankles and legs when I get out of bed.

01PF 32 0:08:30 AS

Knee pain has moved to left of knee bone rather than the right. A pulling sensation. I don't feel like I need to be careful to protect it as with normal pain.

01PF 33 0:07:15 AS

Lifting at work which involves bending knees a lot. Left knee rather than right knee is feeling unsteady and the pulling sensation feels more painful.

01PF 33 XX:XX:XX AS

Wake up from pulsating spot of pain inside left side of knee joint, right leg. Prevents me from sleeping for a while, restless trying to find a comfortable position. Don't seem to be able to put my leg in the right position, feels awkward, as if I am exacerbating the pain by the wrong positioning but can't seem to find the right position.

01PF 35 0:05:30 NS

Knee pain in right leg has returned to usual pain on right side of knee bone. Continues intermittently throughout day as usual.

01PF 35 0:07:15 RS

Walking home from work and suddenly have a sense of freedom from time and obligations, as though they have just been lifted away from me. In that moment the knee pain completely disappears.

01PF 41 0:16:20 CS

Right knee completely painless. The knee pain is hard to monitor because it fluctuates so much but this completely painless sensation is unusual because what comes with it is a complete sense of freedom with walking.

01PF 41 0:06:45 CS

I am feeling coldness of the knees around the tops of my patellas. It is an icy sensation that lasts a few seconds. When this occurs I am sitting crossed-legged. 02PF 1 0:00:10 NS

Previous left 3 and 4th toe inflammation was 97% improved on waking this morning but now it feels about only 30% improved from before the remedy. Other areas have increased inflammation: my tailbone hurts (cracked it over 1 year ago but haven't felt pain in several months). Wrist pain also returned. It may have been aggravated by the coffee, red meat or sugar I ate today. Day 6 I noted that this toe pain was completely gone. Day 10 I can say that it comes and goes but when it is felt it is 93% improved from before the remedy. Before the remedy it also came and went.

02PF 2 0:17:15 AS

Arch of right foot itchy before going to bed. Never occurred again.

02PF 7 XX:XX:XX NS

felt a twinge behind my left knee, like in a varicose vein. This is the second occurrence as I felt this a few days ago after getting off of an airplane. As if my vein was puffy and varicose. A tight, stinging sensation on beginning to walk. It lasted a minute and felt like I was being pinched with a small tweezers.

02PF 7 XX:XX:XX NS

I notice my hip hasn't bothered me for several days

02PF 8 XX:XX:XX AS

Felt itchy on right sole of foot near arch before bed as I did the other night. Lasted briefly (about a minute). Day 20, 00:19:00. Itchy bottom of right foot around 7 pm. These itches during the proving always come when I am seated or lying down.

02PF 14 0:24:00 AS

woke to hip pain on left side, more the groin than lateral or posterior. Also feels as if connected to the inflammation of my left 3rd and 4th toe which occurred in March due to bad shoes. As if the groin pain radiates down to the toes. I drank coffee yesterday and feel maybe that inflamed both areas more than usual.

02PF 16 0:09:00 AS

feet and legs feel very tight and contracted, as if I have too much blood in my legs. It feels as if I have

peripheral vascular disease, like my blood is not pumping fully back to my heart. The sensation is particularly in the back of my calves and bottoms of my feet. They feel full, congested. I believe this to be aggravated by sitting for long periods as well as maybe standing for long periods. I worked the last two days as a waitress and that seems to definitely have caused it. Concomitant to this I feel the return of the itch on the bottom of my right foot. It is accompanied by the bottom of my left foot itching as well which is new.

02PF 19 XX:XX:XX AS

My legs this evening feel restless. Too full, I want to massage them and move the skin and fascia to move the blood and lymph as they feel stuck. Concomitantly, I feel really unmotivated to do anything that takes any energy. I want to watch television all night. I can't seem to move.

02PF 22 XX:XX:XX NS

Third toes feel too long for shoes and now nail and tip of toes hurts. As if the nail is jammed. Sore and bruised feeling. Gone when I woke up the next day.

02PF 25 XX:XX:XX AS

Restless legs in class, as if I need to move blood around manually. Tight, stiff, and full.

02PF 27 0:13:00 AS

The sole of my right foot suddenly feels sore and bruised as I walk on it. It feels as though I have either fallen or landed heavily on something hard. (I have not injured it in any way) It is painful to walk on, but it is normal when I am not weight-bearing. 21, 17.00, IOS, The pain in my right foot is getting worse and I have to walk very carefully or even limp a little. 21, 20.30, IOS, My right foot is almost too painful to walk on. 22, 07.30, AOS, I have less pain in my right foot, but there is some pain higher up my leg and into my right hip. It feels as though the muscles have been pulled, there is aching pain and some stiffness. 27, 20.00, AOS, Suddenly had pain in right foot - cramping, aching, stiffness wrapping around the top of my foot and into the lower, lateral part of my ankle. Also some pain in the sole of the foot. Worse for weight-bearing. 28, 08.00, AS, Slight pain and stiffness in right foot and ankle, extending up to the knee. Worse for walking.

03PF 21 0:13:10 AOS

Some slight cramping pain in the sole of my right foot. The feeling was concentrated in the outer area of my foot.

03PF 23 0:09:00 OS

Pain from my right foot and hip now transferred to my left shoulder. I have some stiffness, aching pain and some 'clicking' as I move the joints in that area.

03PF 23 0:07:30 AS

I am suffering from gout in my right foot (joints of big toe). This is a return of an old symptom and started about 8 days before the proving day. The only other time this came back was last time I did a proving. 10, 09:00, AS The gout pain in my right foot is worse, have to take pain killers. Now I am getting fed up, when will this go? I feel powerless to do anything about it. I am starting to worry about kidney stones. I want to show I can take the pain but can I take kidney pain? I feel vulnerable. 19, x, Coinciding with the gout pains reducing so the pains in my knees started to return (seems to be a problem for 2 or 3 days). After the gout pains went the skin on my right foot started to peel off it quite big pieces (I had this once before).

04PM 1 XX:XX:XX OS

The top of my left big toe started furiously itching. I awoke to see a red square patch on it, still itchy. Not a perfect square but had notably straight edges to it.

04PM 3 24:00:00 NS

A new pain has afflicted my right foot. This time on top, feels like tendonitis. This means that there is no position that is not painful now. Annoying but it does not unduly bother me - I just get on with it. I don't want to show weakness.

04PM 5 XX:XX:XX NS

I noticed I have been staggering slightly, not properly in control of my limbs. I am knocking things over, bumping into things and mis-judging distances. I'm not sure how much is due to the pain in my foot.

04PM 5 XX:XX:XX NS

Pains in my left lower leg. It feels like the veins are bruised, only hurts when touched (varicose veins?). It has been getting progressively worse for a few days. It makes me feel "what now? Why can't I just be pain free for a while?" Lasts for about one week.

04PM 22 XX:XX:XX NS

Feeling of being in a bubble and at same time hands feel numb and I have to move them to check that they are still working and connected to me. If I don't move them I have no feeling in them. Feet are icy cold and the toe nail on both big toes feel like they are lifting.

06PF 6 XX:XX:XX NS

Soles of feet tender, hobble around like an old lady. Improved with 30 minutes but still tender.

06PF 7 0:07:00 RS

Reduced sensation in lower legs and feet. Are they attached to me or not? Have to move them to make sure.

06PF 8 0:06:00 NS

Feet feel strange, warm sensation but numb and detached. Have to move them to know they work. Hands have a similar sensation but not as strong. Once I've walked a few steps on feet, they improve.

06PF 10 0:08:00 NS

Soles of feet really tender. Walk on tiptoes to relieve soreness. Feeling makes me feel weak, restricted and slightly nauseated. I feel as if I don't have as much freedom of movement in my legs from knees down. 10, 20:30, Feet still feel weak and sore.

06PF 10 0:14:00 OS

Discomfort in left leg from hip downwards. Have urge to rotate leg inwards and flex to reduce discomfort. Feel restless. Aching pain in both groins. Flexing the whole leg relieves this a little and makes it more bearable. Ankles feel small.

06PF 10 0:20:30 OS

In bed, legs still restless and unable to lie with feet touching each other.

06PF 10 0:23:15 OS

Feet are so painful, legs feel really restless and I don't know what to do to get rid of the pain its half way between my knees and my ankles. I get stuck. I can't really describe it. It's a dull ache, gnaws away at you all the time. It's constantly there all the time, worse at night as I can't put my feet near each other. The weight of the bedclothes is not a problem.

06PF 11 0:21:00 NS

I feel fed up and want to be alone. I take myself away from the family and go and have a hot bath to try and relax but once in I soon want to get out. I feel tearful but I don't cry. My feet really sore and I thought a hot bath would help but it just made them itchy. This resolved once they had cooled again. After just lie on bed for a short time (10 minutes) before joining the family again.

06PF 11 0:20:00

Legs still have diminished sensation – as if they are failing. When I look at feet they look smaller than they really are.

06PF 11 0:08 IOS

Have an enjoyable day with friends, walking in the pouring rain. Feet feel much better.

06PF 12 XX:XX:XX

Aware that both legs are uncomfortable and I have a gnawing pain in both groins causing me to become quite restless because I cannot get comfortable. This frustrates me.

06PF 12 0:22:15 IOS

Both feet and ankles are painful with altered sensation. I'm aware that one leg is on top of the other but it's as if I can't move them apart and I sense warmth and steam rising from them. Eventually I drift back off to sleep. When alarm clock goes off I don't want to wake up.

06PF 13 0:04:05 IOS

Feet feel icy cold and take about 30 minutes to warm up. Find that I am walking on my heels. Normally if feet hurt I want to walk on tiptoes. 13, 00:10:30, Feet also still tender and walking aggravates them. Feel cold.

06PF 13 0:07:00 NS

Sitting on settee watching TV. When I try to get up I have great difficulty. It was as if I had to think

really hard what to do. I feel I have to concentrate harder than normal to achieve the same things since the proving started. Legs momentarily feel dead and immobile and it takes a second or so of thinking about getting up before I can actually move. Once up, I hobble for a few steps before I can walk normally.

06PF 13 0:22:15 NS

Feet slightly tender and ankles ache. 23:00, ROS, legs feel weak and tender.

06PF 15 0:06:30 ROS

Out shopping. Both hips ache from walking. Relieved when get in to car but the discomfort then transfers to both groins causing a continuous dull aching. This can at times lead to my legs being restless as I try to find a comfortable position but today sitting doesn't aggravate the discomfort anymore.

06PF 17 0:16:00 IOS

Pain in both groins from walking. This is getting worse since taking the proving. Although walking causes and starts the discomfort tonight resting does not ameliorate it. It's a continuous, gnawing discomfort that I find draining. Wearing down pain, gnawing, attacking. 23:00, ROS Go to bed and read in order to lie down which eases the groin discomfort. Obviously activity causes the discomfort and resting improves it as it disappears over night. Day 19, 00:21:30 Discomfort in both groins feels worse tonight. I have been to exercise class with my children and onset of groin pain has been gradual over the past 2 hours. Now it is dragging me down.

06PF 18 0:19:00 IOS

Both my legs ache from exercising yesterday. Left thigh muscles are the worse, every time I stretch my leg it feels as if muscle is contracting. The more I walk the easier the discomfort but it gets worse again after moving once rested for a while.

06PF 20 XX:XX:XX ROS

Feet feel tender and weak as I lie in bed. This seems to be a normal sensation now in the morning and has got worse and more consistent since taking the remedy.

06PF 21 0:06:00

My feet are not as uncomfortable as they have been.

06PF 23 0:20:00 AS

Have a pain in my left groin which has started since walking around shops. A dull ache, sitting doesn't relieve it. 36,09:45 Cycling bicycle to Clinical Supervisors house. While going downhill, had pain in both groins as I pedalled round and round. This stopped as soon as I stopped cycling. No problem on the return journey.

06PF 24 0:18:00 ROS

Ankles feel weak, tingling sensation as if the circulation restricted. Again I have the feeling that they aren't really attached to me – moving them reassures me. As soon as I get up these sensations disappear.

06PF 28 0:05:20 NS

Sitting at dining table my legs became aggravating. I had a dull ache in both legs, worse in the left making me need to move them. This soon made me feel quite restless and in the end I had to stand up which relieved some of the discomfort. I needed to lie down.

06PF 37 0:22:30 ROS

During day legs really painful and when I bent right down felt burning pain in both knees, worse on Right.

06PF 48 XX:XX:XX

After sitting for a while, I stand up to go to another room, and notice that my left ankle feels weak and painful when I walk. It is worse when I first move, then improves after I have been walking for a while. I fell and twisted my ankle about six weeks ago, however, I hadn't noticed any pain from it in the past month or so.

07PF 1 0:03:00 IOS

I notice a stabbing pain in my right shin.

07PF 1 0:00:20 NS

I have intermittent shooting, stabbing type pains in my right leg that move downwards from my

right thigh to my knee. I also am experiencing the odd shooting pain in my left ankle which comes and goes.

07PF 11 0:11:30 NS

After walking round all day, I have an intense aching in my lower back and upper thighs, as if I have been exercising hard. My muscles feel very tight and ache.

07PF 15 0:19:00 NS

My left foot feels very weak when I walk on it, as if needs to be supported, as it seems to give way when I walk on it. (I fell and twisted my foot about 6 weeks ago)

07PF 22 0:12:00 IOS

Have painful athletes foot under little toe on LHS. < hot feet, heat of bedcovers; < evening, < after shower (heat of shower). (lasts until day 27)

08PF 25 XX:XX:XX OS

Varicose veins very intense, cramping and painful. General sensation of tight, constricting. It was hard to walk (if I could at all). I was too weak to walk. I would rather be dead than feel like this. There was extreme tension, contraction, restlessness. Lead to taking Ferrum.

10PM x XX:XX:XX IOS

I feel cold, I have a goose pimples feeling on my face, my nipples, my thighs, and tingling in my legs. (It is a feeling of the temperature being cold, not fear, or psychic goose pimples).

11PF 4 XX:XX:XX NS

Itchy patch on sole of my foot by the arch, on both feet. It is in mirror position on each foot. It's itchier on the side patch on the left foot. Incessant itchy sides of my feet, and tingling soles of my feet, drove me out of bed yesterday morning, when I was in my cosy slumber. Continues all day.

11PF 18 0:07:00 NS

aching in my left leg, calf - I had this last week but I was so excited by the mental state that I took no notice. It is aching in my vein

11PF 32 XX:XX:XX NS

very cold feet with tingling and prickling fizzing sensation. Becomes itchy and skin peels.

11PF x XX:XX:XX NS

As I returned to my room I walked up the stairs and with each step I was aware of my legs aching. It was a tired, heavy, aching and sore sensation, as if there was no energy to lift each leg. I was then aware that I was feeling completely exhausted on a mental, emotional and physical level.

12PM 2 0:22:00 NS

Aching, drawing and cramping pain in feet and lower leg muscles. Pain extends upwards in a slow drawing and pulsing manner. 08, 19.51 My feet aching and calf muscles are really hurting tonight. Drawing, tense and cramping. The pain is constant. Worse for thinking about complaint. Better for stretching and hard pressure.

12PM 5 0:20:17 NS

My lower legs and feet are freezing cold but the upper half of my body feels normal in temperature. The next day, exactly the same experience: lower legs and feet are freezing cold but the upper half of my body feels normal in temperature. I'm unable to get my lower legs and feet warm even when keeping them wrapped up. 42, 21.00 Feeling really chilly, can't get warm, especially legs.

12PM 7 0:14:00 NS

Sleep

Woken up from deep sleep by phone, lying very relaxed on my front. My neck normally gets stiff in this position but it isn't at all now.

01PF 9 0:09:10 CS

Some kind of machine or contraption that looks like something medieval, wooden, old. It's used for a ritual or something sacrificial. The feeling is dark and somehow I am involved. I think I may be going on it. Wake up with my head lifted up and gasping loudly, sweating and hot. Feel like I have escaped something dreadful.

01PF 14 XX:XX:XX

Wake up, fully awake but physically tired then go back to sleep for three hours having lots and lots of dreams to do with processing and working through relationships and domestic things. I can't remember any of it now but feels a bit like I was having a conversation with myself and sorting things out. Don't want to get up, feel so tired and need comfort of my duvet. Write my diary. Could stay here all day but make myself get up at midday.

01PF 17 0:07:00

Woken up in the night by myself breathing out with a loud, vibrational sound. Head in a tremor, feel slightly uneasy. Woken again later feeling uneasy on my chest, slight panic. Feel a presence in the room but go back to sleep.

01PF 22 XX:XX:XX NS

Notice an awareness of smells. Not lots of smells, just one distinct smell. This is unusual. This has been happening for a while but only seems significant now, on reflection. First noticed it a while ago when I kept on smelling the washing powder in the kitchen even though it wasn't out. It's a new washing powder and I just love the smell, it conjures up a lost memory.

01PF 23 XX:XX:XX

Instead of partying and being the last one up as I normally am, I felt sleepy earlier than usual and was incredibly excited to get into bed so I could rest.

02PF 1 0:24:00 AS

At party, when I was tired I snuck upstairs without saying goodnight (usually I am the last up). I didn't say goodnight to avoid being tempted by the others into staying up. I just wanted my bed.

02PF 2 0:23:55 NS

Woke from a very heavy sleep not knowing where I was. As soon as I did I tried to remember my dreams to no avail. I found myself sleeping on my stomach, and felt that my body was very heavy.

02PF 2 0:09:00 AS

At the break I lie down on my stomach (unusual position) and nap in the sun (usually averse to the sun). I fall immediately to sleep and although aware of where I am, I feel I have been sleeping for hours when the others return to class. It has only been 10 minutes!

02PF 2 0:16:30 AS

Woke having slept on my stomach again, with a feeling of tightness in the chest.

02PF 2 0:08:30 AS

going to bed was again a delight. A welcome treat.

02PF 4 0:24:00 AS

woke very late this morning. Had an extremely heavy sleep accompanied by a complete lack of where I was. When I remembered, I thought I was sleeping in the other bed and was confused.

02PF 5 0:11:00 NS

Woke from very heavy slumber with many dreams. Felt it was very difficult to wake, like wearing a suit of chain mail with eyes closed obscured by a large head mask/hat.

02PF 6 XX:XX:XX AS

slept very poorly last night. Felt hot and filled with dream interrupted sleep.

02PF 12 XX:XX:XX AS

woke at 8:45 thinking it was 2 pm. Had a meeting at 2 and felt anxious I would miss it. I could have stayed up but decided to go back to sleep to get more rest. Ended up sleeping until 1pm and felt extremely heavy and tired in both my head and body.

02PF 13 0:13:00 NS

Felt motivated and productive...driven. I did fall asleep at 16.30 after reading for school and when I woke felt unmotivated to attend a yoga class that I love which I rarely have the opportunity to go to. I talked myself into thinking it would be too much exertion for me at this time even though deep down it would have probably benefited me to no end.

02PF 20 XX:XX:XX AS

woke up and right lower incisor felt slightly sensitive, as if I had drunk cold water. It was a deep sleep I awoke from and found it very difficult to wake from my alarm. I feel very heavy and things are difficult.

02PF 21 XX:XX:XX NS

When I got into bed felt so nice to be in it, almost as pleasurable as the first touches of a massage.

02PF 31 0:24:00 RS

So good to get into bed again. Restrained myself last night from a late snacking binge at midnight and watching TV.

02PF 32 0:23:45 RS

Suddenly felt heavy, sleepy, became very relaxed, nearly fell asleep in group with others.

03PF 1 0:00:40 NS

My alarm clock went off and I felt anxious, like there was an emergency. My breathing was fast and heart rate was quick, with a feeling of urgency.

03PF 4 0:07:45 IOS

So tired I feel asleep in the day.

03PF 10 0:14:30 IOS

Cannot remember when or if I have had so many disturbing dreams in one night.

03PF 11 XX:XX:XX NS

Woke after vague dream that I forgot. I remembered something about being frustrated with my daughter, but no details. Felt anxious and heart rate seemed faster than normal.

03PF 23 0:06:30 OS

Feel tired and unrefreshed after sleep. Do not feel I have the resources to cope with the day.

03PF 33 0:08:00 AOS

Not sleeping well. Woke up feeling low and tired.

03PF 34 0:07:45 IOS

I awoke in the middle of the night and couldn't breathe, my mouth and throat were dry and it felt like my throat was closing up. I felt fear and panic, I thought I might suffocate. I was not in control of the situation.

04PM 12 XX:XX:XX NS

Sleeping pattern has been improved until day 18 when woke at 5 and every day since.

04PM 18 XX:XX:XX AS

I woke in the night from an incredibly deep sleep, I feel crushed, my whole body feels under weight, squashed down in to the bed, it is very uncomfortable, limbs feels squashed and bent out of shape, I have to move, it is an unbearable heavy squashed feeling, I move and lie flat on my back, legs straight, arms by my sides and I feel the shape return to my limbs, like they are felling with blood and returning to their normal shape.

05PM 31 0:01:45 NS

Fell asleep in class. I have never done this before. The need to close my eyes was overwhelming and I couldn't resist it.

06PF 2 0:16:00 NS

Reluctant to get out of bed which is unusual for me.

06PF 7 0:06:00 NS

Feel as if I have slept really heavily although I recall waking several times in the night to check the time. I seemed to be sleeping for ages; time was going slower than usual.

06PF 13 XX:XX:XX

Can resist it no longer and crawl back in to bed for half an hour.

06PF 13 0:08:00

So tired, exhausted. Fall asleep instantly.

06PF 14 0:21:15 RNS

Feel exhausted and don't want to get up. Feel torn as I could sleep a bit longer but know I need to get on with assignment.

06PF 22 0:06:00 ROS

Sudden need to sleep, so nap on settee for 30 minutes. Feel much better after.

06PF 33 0:16:00 OS

Got up early as I was awake. Restless night waking frequently as I felt cold and couldn't get warm.

06PF 40 XX:XX:XX

Another restless night. I kept waking up thinking about all the people I need to contact, friends who I

have neglected because I've been too busy. I promise myself I will send some email today.

06PF 41 XX:XX:XX OS

Woken by alarm clock, but feel as if I have only just really got to sleep. Was awake between 3-5am, restless, worrying, churning things over.

06PF 46 0:06:00 ROS

Feel nauseated when go to bed.

06PF 47 0:22:00 ROS

Helping son with his homework but suddenly feel so tired. It comes from nowhere and I just need to go to sleep. I am in bed by 21:30

06PF 48 0:21:00

Feeling of nausea on rising. I ignore the feeling and it goes away after eating. This nausea continues each morning until Day 57 when I am no longer aware of it.

06PF 53 0:06:00 OS

I am experiencing dizziness and vertigo. I am aware of a falling sensation and my head feels very heavy. I also have a heavy sensation around my eyes as if they will close if I don't make the effort to keep them open. I am aware of a stabbing, throbbing pain in the socket of my left eye. There is also a feeling of pressure on the bridge of my nose. I want to lie down and go to sleep and am finding it very hard to concentrate.

07PF 2 0:16:00 NS

I keep yawning and feel very sleepy. I am finding it difficult to concentrate in class. The sun is out and I wish I could be outside in the sunshine. It feels wrong to be inside on such a beautiful day. I have to try very hard to keep my eyes open. I also notice that other members of the group look very sleepy and one has even dozed off in her chair.

07PF 2 0:15:00 NS

I have a restless night and wake several times.

07PF 2 XX:XX:XX OS

I wake after a very restless night when I feel as if I have had very little sleep. I seemed to be waking up hourly to look at the alarm clock, although the time on the clock didn't seem to change. During the night I am aware that I have to be awake at 5.30 am to wake my son who has to catch a train. I wake up suddenly when my son bangs on my door saying that he has to leave soon to get the train. I look at the clock by my bed which says 5.20 am and it still seems to be working. However, he is saying that it is 6.20 am. I am very confused and disorientated and can't work out what the real time is as every clock I look at seems to be saying a different time. I say goodbye to him and then go back to bed for half an hour although I am unable to go back to sleep.

07PF 4 0:06:20 NS

My alarm wakes me up from a deep sleep. I am aware that I have slept more soundly than I have the previous couple of nights and my sleep was less interrupted.

07PF 5 0:07:00 NS

My sleep during the night is very restless and I wake several times. During the night I am aware that I keep biting the inside of my mouth, however, I am not sure whether this is in my dream or whether I am actually awake when I am doing this.

07PF 8 XX:XX:XX RNS

When I return from shopping, I suddenly feel very tired and sleepy. I lie down for a rest and fall asleep quite quickly.

07PF 9 0:14:30 NS

I wake up and feel very hot and sweaty. When I get out of bed, it feels as if the heating is on high, but it isn't turned on. My son complains that it feels very cold this morning however, I feel very warm. I have noticed that I am definitely feeling warmer than usual, and do not need to wear as many clothes, even on a cold day. I am enjoying being outside on crisp, cold, sunny days. This type of weather makes me feel invigorated. However, I dislike being inside the house when I am feeling warm, as it makes me irritable and claustrophobic, making it difficult to breathe and my chest feel tight.

07PF 9 0:08:00 NS

I wake later than normal with a heavy head and a fluey, aching feeling in my body. I feel very tired and just want to go back to sleep, but then I feel guilty about lying in bed when I have so much to do. I get up and my partner continues to lie in bed. I usually get very irritable and annoyed when he does this, but today it doesn't seem to bother me so much.

07PF 10 0:09:00 NS

I go to bed early to read as I'm feeling very fluey with aching muscles and limbs. It feels as if I'm coming down with something.

07PF 11 0:21:30 NS

I wake after a very restless night. I remember having had several dreams during the night but am frustrated that I am unable to remember anything about them. I feel so tired when I wake and wish that I could stay in bed. My head feels very foggy and my limbs ache and feel heavy. I force myself to get up and get ready for work.

07PF 11 0:07:30 NS

I sleep badly and wake several times during the night. I'm unable to get comfortable and my lower back and legs are very painful. The bed feels very hard and no position is comfortable for me.

07PF 16 XX:XX:XX RNS

I am feeling very sleepy in the evenings at the moment and look forward to going to bed early. My energy seems to dip from about 7.00 pm onwards when I start yawning and feel ready to go to bed. 21.30, NS I come home and go straight to bed. Despite the fact that I would normally potter around the house and sort things out, I feel so tired that I just want to go to bed and lie down, regardless of everyone and everything else. As soon as I get into bed, I feel comfortable and relaxed.

07PF 17 0:21:30 NS

I suddenly feel very tired and just want to lie down and go to sleep.

07PF 32 0:15:00 NS

meditating at end of proving. Feeling of calm and sleepiness. Think I could just, pleasantly go to sleep now.

08PF 1 0:00:50

Took me a long time to get to sleep last night and didn't sleep well. I was in a drowsy, deep state yet not asleep- midway between sleep and wake. Deep but not really deeply relaxed but neither was it full of anxious thoughts- just deep. I felt a little anxious that I wasn't able to sleep but quite accepting of it. I had a sense of fleeting images passing in front of my eyes but don't remember them well. There were some figures and faces and some flashing blue lights out of the corners of my eyes which reminded me of all the police cars and ambulances.

08PF 1 XX:XX:XX

Wake frequently and quite suddenly sometimes with a particular thought. But go back to sleep quickly each time so when I wake up feel quite refreshed.

08PF 2 XX:XX:XX NS

Feel a bit hazy- almost like a slight hangover but I didn't drink. Could just be lack of sleep and stuffiness of room.

08PF 2 0:07:50 NS

In bed, on the phone to my mum. She's telling me a long involved story and I've fallen asleep. I suddenly wake up feeling guilty with not a clue what she's been talking about. I try to speak to her but can't get the words out because I'm still too deeply sleepy.

08PF 8 XX:XX:XX AS

Give up and go to bed! Sleep for 2 and a half hours- this is very rare for me during the day! When I finally wake up it feels like I have to climb out of sleep otherwise I'd just go on and on.

08PF 8 0:13:34

Sleep until 10am (That's 12 and a half hours sleep in the last 24 hours! Unusual!)

08PF 8 XX:XX:XX

Sleep deeply at first but then towards the end of the night I'm aware that I'm frequently surfacing from sleep- not fully waking and then falling back into deep sleep. It reminds me of the 2nd night of the proving. I know I've been dreaming but the dreams seem rambling and I can't remember them.

08PF 10 XX:XX:XX

After lunch feeling really tired again Could just go to sleep again! Get into bed and manage a cat-nap (10mins or so) but then try to get going again- its quite hard! 08PF 10 0:13:30 NS

After a bit of house work feel really tired again and fall on the settee for about half an hour until the kids come in and wake me up. 08PF 10 0:16:00 NS

Sleep late again. Although I've not felt so exhausted these last couple of days I'm still sleeping more than usual. 08PF 16 0:09:30 NS

Went to bed early intending to read but couldn't keep my eyes open for long and was asleep by 21.30. Although I'm not so tired in the day as I was earlier in the proving I'm still needing more sleep than usual. 08PF 18 0:21:00

Awoke in the early hours and couldn't get back to sleep for ages. At first brain just wandering from 1 subject to other but can't settle and get back to sleep at all. 08PF 19 XX:XX:XX OS

Asleep again by 21.30! Its as if my body clock hasn't adjusted to the clocks going back at the weekend. Either that or I'm needing more sleep still at the moment. 08PF 19 0:21:30

Wanted to go to sleep or walk in fresh air. 09PF 2 0:14:30 NS

Exhausted. 09PF 6 0:21:25 OS

Very tired so going to bed early. 09PF 7 0:20:30 OS

Woke up and could not sleep again because of worries going round and round in head. Feeling of desperation. 09PF 7 0:05:00 NS

Woke up, for no apparent reason and could not go back to sleep. I was still awake at 06.00. 09PF 9 0:04:40 OS

Feeling exhausted and fell asleep in chair while trying to study. This is most unusual for me. 09PF 11 0:12:15 NS

Had trouble keeping eyes open again whilst studying and nearly fell asleep. 09PF 11 0:15:00 NS

Woke and could not get back to sleep. Suddenly, out of nowhere, began thinking about French people eating frogs' legs and started wondering why anyone would. Then a worse thought. How did they kill them before they ate them?! Vision of their being dropped into pan of boiling water! Horrible vision! Horrific thought! Asked myself how anyone could DO this! Just wanted to get away from it as realized that, if it is true, then hundreds of little creatures could be suffering at any given moment! Hoped this was not the preferred method and tried to go to sleep unsuccessfully for some time. Went into some sort of 'awake but asleep' state and, as a result, got up a little late feeling tired.

09PF 14 0:05:07 NS

Got up feeling well, more optimistic and energetic. 09PF 17 0:07:05 NS

Got up feeling optimistic and wanting to get up and 'go'. 09PF 20 0:06:20 OS

Feel very tired, probably after early wakening this morning. 09PF 22 0:21:10 NS

Very tired and struggling to stay awake. 09PF 23 0:18:35

I don't sleep deeply. I go for a walk outside in the grounds on my own. I'm feeling a bit floaty and spacey. It feels clear and grounding to be outside in nature. I want fresh air and I'm drawn off the paths to the green grassy slopes. 11PF 2 XX:XX:XX

I run a long deep bath and feel so relaxed and floaty I fall asleep in it. 11PF 4 0:22:00 NS

The clothes iron has burnt out in a plume of smoke. Partner is panicking it could have started a house fire. I am in bed! So cosy. I feel very unworried. I'm in the most relaxed state of relaxation and floatiness between waking/sleep. I feel heavy and sleepy all day.

11PF 18 0:08:00

I'm tired, sleepy, with a heavy soporific feeling so I go to bed early, unlike me. But it's too early for my body clock, I can't sleep.

11PF 19 XX:XX:XX NS

I wake up in the midst of many dreams – as I have every night

11PF 36 XX:XX:XX AS

I crashed out asleep by 7.30pm, even though I had plans in the evening. I was unconscious, as if I was at the bottom of the ocean with the weight pressure and enormity of the ocean on top of me, annulling my consciousness. I still feel saturated with this density this morning.

11PF 47 XX:XX:XX NS

Slept in a half awake and half sleep state all night. Felt charged with energy all night, as though I was electrified. I was unable let go of my thoughts and was aware of my mental processes. All night I felt completely awake, at the same time I felt detached, as if I was in a bubble. Dreams would come and go but they were beyond my grasp, couldn't fully recognize the content of dreams and were unable to hold onto them in my mind. Dreaming in short bursts.

12PM 2 XX:XX:XX NS

During the night I found myself drifting between a deep sleep and a half awake energized state. As I drifted in and out I took my dream state and waking state back and forth between the two states. It was difficult to discern what was real and what a dream throughout the night was.

12PM 3 XX:XX:XX NS

After not sleeping properly for 10 days I had my first deep and continuous sleep. Woke up feeling exhausted, heavy and drained, as though still half asleep. I could hardly get my head off the pillow and just wanted to stay in bed and sleep but I had to get up for work.

12PM 4 XX:XX:XX

This morning I felt so exhausted that I had to return to bed to sleep.

12PM 5 0:10:00 NS

Slept for two hours and woke up feeling exhausted and heavy. Finding it hard to wake up and function properly, just want to go back to sleep.

12PM 5 0:18:00

Woken up feeling exhausted, heavy and tired. Didn't want to get out of bed, just wanted to keep on sleeping. Slept deep and heavy throughout the night. 12PM 6 0:08:37 NS

I have been sleeping in much later than I normally would. I was late for an appointment 3 days in a row. This is really unusual for me, I'm usually overly conscientious.

12PM 6 0:09:50 NS

For the first time I can ever remember I was in bed at eight o'clock in the evening. Usually the time flies on a busy midweek night and I struggle to get any kind of down time before feeling the need to go to bed.

12PM 7 0:22:40 NS

Woke up after a night of broken sleep, felt over heated during night. Was in and out of a deep sleep all night.

12PM 10 0:06:30 RS

Feeling tired and run down. Can't seem to catch up with my sleep. Last night I slept heavily.

12PM 12 0:07:00

Sleep was broken throughout the night. Dreams were difficult to hold onto and slipped from my memory. It was a half in and half out kind of sleep where I would dip into a deep sleep and then drift back to an awakened state. 15, 00:09:00 Broken sleep all night and then slept heavily between 06.00 and 08.30. Woken up feeling tired and heavy. 17, 08.30 Sleep was broken all night. 19, 06.30 Sleep was broken and woke up throughout the night. Felt half awake and half asleep but was unable to fall into a deep continuous sleep. 21, 08.30 Sleep was deep but broken. 41, 08.00 Had a broken nights sleep. Nose was really blocked whatever side I slept on. Couldn't get comfortable and kept

waking up. 26, 08.50 Slept all night half in and half out of sleep. Mind was preoccupied the whole night with impressions of the previous day. This was broken by the constant urge to urinate every hour or so. 38, 06.30 Sleep was heavy and broken. Whenever I would get up I felt dread about having to face the following day. Horrible feeling, it's ominous and dark and I just never want to wake up. I want to sleep forever.

12PM 13 0:07:30 RS

Woken up feeling tired and heavy.

12PM 15 0:09:00

Woke up feeling heavy and preoccupied by the evening before. Still beating myself up about not being more focussed

12PM 20 0:08:00

Feeling great today, lots of energy and motivation. 27, 09:00 Woke up feeling positive. Full of energy and optimistic about the day and life.

12PM 26 0:17:40 NS

Had good solid night sleep for the first time I have slept at school.

12PM 30 XX:XX:XX NS

Sleep was heavy and broken. When ever I would get up I felt dread about having to face the following day. Horrible feeling, it's ominous and dark and I just never want to wake up. I want to sleep forever.

12PM 38 0:06:30 NS

Having trouble sleeping, keep waking up, half in and half out of sleep. Had a strong desire for a cup of tea, thought maybe I should just get up and start my day. Then fell back to a deep sleep.

12PM 42 0:05:00 NS

I feel like a spinning top that has lost its centre of gravity and starts to wobble out of control. Feel really anxious. It's been weeks since I've slept properly, worried I won't recover from the proving. Slept in after managing to get at least 6 hours of deep sleep. Felt wonderful to have finally slept, I didn't want to get up.

12PM 43 XX:XX:XX NS

Perspiration

Restlessness accompanied by lots of heat, any cool place I find heats up very quickly. Heat normally associated with hot flushes but this is much more persistent and hotter. Also sticky sweat associated with my hot flushes, more than normal. Awake for at least an hour.

01PF 18 0:05:30 AS

Restlessness accompanied by lots of heat, any cool place I find heats up very quickly. Heat normally associated with hot flushes but this is much more persistent and hotter. It's really intense. Also sticky sweat associated with my hot flushes, more than normal. Awake for at least an hour and a half.

01PF 18 XX:XX:XX AS

Restlessness accompanied by lots of heat, any cool place I find heats up very quickly. Heat normally associated with hot flushes but this is much more persistent and hotter. It's really intense. Also sticky sweat associated with my hot flushes, more than normal. Awake for at least an hour and a half.

01PF 18 XX:XX:XX AS

Intense heat of previous nights has settled back to normal hot flushes in the night and I return to sleep quickly.

01PF 19 XX:XX:XX AS

Slept well, temporarily awoken by hot flush but greatly reduced.

01PF 23 XX:XX:XX AS

With only a few minutes to catch my train, I have to buy a ticket. He is very relaxed, not in any hurry. NS I'm being remarkably patient. I say, "I was really hoping to catch the 11:00." It is now 10:57 and he's reprocessing the card payment. "Don't worry, you'll get your train," he says. I'm sweating (sweating is not a usual stress response for me) but I keep my manners, I don't feel flustered or get

stressed.

11PF 9 XX:XX:XX NS

Woke up in a sweat, shirt was drenched. Hair, neck upper torso and under arms.

12PM 35 0:35:00 RS

Skin

Get up and both lower legs feel goose bumpy, prickly. Look at them but see no goose bumps. Similar sensation pre-proving, dream day 17, when excreting fluid day 13.

01PF 18 0:09:45 NS

noticed a return of my psoriasis behind right ear. It is itchy and has appeared for the first time in several weeks if not months. This time it is different in the sense that it is not thick and greasy but hard and tiny and scab-like. It is smaller and hard versus moist and flaky. It is only at this spot, sometimes it appears on my left forehead but hasn't returned in several weeks if not months. Day 19: my scalp behind my right ear is slightly itchy. I noticed a tiny scab today again. This is the second time this has occurred since the proving. It is the size of a dot that a pen would make, raised, as if exudate had dried and left a scab.

02PF 6 XX:XX:XX

A few months ago, I was bitten by a mosquito in the middle of my back. Although the bite has healed, I am now experiencing an intense itching on the same spot on my back. My partner tells me that he cannot see anything on my back but the itching doesn't seem to go away and all I can do is keep scratching my back, which eases the itching for a few minutes. 15.00, RS The itching on my back becomes particularly intense and annoying during the afternoon. I also have a very itchy scalp which I need to keep scratching.

07PF 7 0:07:30 RS

I have 3 large, red spots which are painful to touch. One is on my chest, one on my left thigh and one on my bottom. My skin also seems generally more spotty and I have noticed there are some painful spots in my hairline on the back of my neck.

07PF 14 XX:XX:XX NS

When I cleanse my face, my face feels flushed and burning, and is bright red like sunburn. I also have a bright red patch on the right hand side of my neck.

07PF 16 0:09:00 OS

I have a bath and notice a large purple bruise on my right thigh which is very painful to touch.

07PF 25 0:21:30 NS

Whilst getting ready for work this morning, I burn my right hand on my hair straighteners, and now have a painful red burn on the top of my right hand.

07PF 25 0:08:00 NS

I have a red, itchy rash on my chest. The skin feels very hot and inflamed. The rash reappears on day 28.

07PF 25 0:20:00 RNS

Generalities

Go to a comedy club. I offer to drive. I don't want to drink much, I want to be sober. I really enjoyed myself and surprised myself by eagerly getting up to dance at the end without needing a few drinks. I had a lot of energy to expend and did so with some very silly ultrafast dancing. This energy felt very child-like and free; I was demonstrating to some friends how some children dance so fast with so much energy and completely out of time. I felt like a crazy ball of escalating energy and I felt very light too. Only a massive hot flush stopped me. This feeling is familiar, but usually a heavier more intense feeling; this feeling was lighter. I usually have to suppress it because it's completely inappropriate or uncool. I calmed down and felt very ok even when I had to wait for a long time for my rather drunken party.

01PF 15 XX:XX:XX AS

Restlessness accompanied by lots of heat, any cool place I find heats up very quickly. Heat normally associated with hot flushes but this is much more persistent and hotter. Also sticky sweat associated with my hot flushes, more than normal. Awake for at least an hour.

01PF 18 0:05:30 IOS

I'm aware that I'm feeling a greater general body heat especially in the morning but also throughout the day. This morning it's beginning to get to me and I want to be cold. It's stifling. It's increased over the last days in such a subtle way that I can't really define when it started. I was most clearly aware last Sunday when we went for a walk in the park and I was wearing just my t-shirt whereas everyone else was wearing their jackets and scarves. I was enjoying the heat because I was loving the cold air on my body and wanting it to get even colder. Now I just want the heat to stop. It rises to my usual hot flushes but doesn't really seem to go away properly.

01PF 34 XX:XX:XX AS

Swimming. Feel incredibly relaxed, breathing even, as if I'm gliding effortlessly through the water. This is unusual, am usually pulling much more, making more of an effort and get out of breath quickly because I don't swim often enough to build up stamina.

01PF 36 0:16:00 AS

Noticed I had less hot flushes, less of general heat, less intense today despite being physical all day. Also less disturbed by hot flushes in the night, maybe because I was sleeping separately from partner.

01PF 38 XX:XX:XX AS

Hot flushes are much reduced. This has been happening over the last few days. So far have not had a hot flush today.

01PF 41 0:18:00 AS

Couple of hot flushes in the evening, mild and quick.

01PF 41 XX:XX:XX AS

I do not feel any musculoskeletal pain at all today which is unusual.

02PF 9 XX:XX:XX

Feel as if I have a virus in the center of my head, and the back of my throat. My nose is stuffed (both sides) and my chest is tight with a feeling of ropy tight and dry mucus in the throat and chest. I feel tired, my eyes and mind heavy. Everything seems an effort. There is an overall achiness but without pain; maybe more like constriction and stiffness. It is especially achy and stiff from my pinky radiating to the elbows of both hands, a deep ache in the ulnar bones of both forearms. Bowel movement was slow, dry and dark. It was small, the sizes of cat poo.

02PF 10 0:12:30 NS

Feeling progressively ill today. After eating lunch I felt dazed and unsocial even though I was with my partner for the first time in a week. I felt so tired I was asleep on the couch within the hour and then moved to my bed. The sun was shining but I wanted to be cozy in my sleeping bag, resting my aching bones. Notice specifically that my knees are achy as well as my wrists, particularly the ulnar sides. My throat feels burning and dry but only slightly. I have been sneezing and have that same stuffy nose. The illness came on quite strongly after finding out I did not have to work tonight. I felt so grateful I could take it easy and allow my body to rest. My chest feels tight and I seem to sigh in order to stretch my chest. At the same time, I feel content with very little desire to self medicate, less than usual.

02PF 12 0:16:05 NS

Had a good day out. When I returned home I felt progressively tired and uninspired to do homework. I turned the lights out and just lie convalescing and felt really good to just relax.

02PF 13 0:21:00 AS

At the end of the evening I smoked a cigarette even though I felt no need. I was sorry to have smoked the half cigarette that I did smoke.

02PF 16 XX:XX:XX AS

Felt achy all day, especially sitting down in a chair.

02PF 20 XX:XX:XX AS

Woke several times last night in a warm sweat. Unusual because it was a chilly night, I hadn't been drinking excessively, and I wasn't wearing much clothing to bed.

02PF 23 XX:XX:XX NS

Although today I have been successful in ignoring desire and being more moderate, this evening I could not wait to crack open a bottle of wine and start drinking. Even though I felt ill last night and today from smoking 2 cigarettes and was sure that I was put off by them, I desire a cigarette tremendously right now as I feel it will alter my state which at the moment feels achy and low.

02PF 31 0:19:00 AS

In yoga this morning I felt like an old lady again, having to undo myself from the poses one joint at a time as they were all feeling as if they would pop with the stiffness and inflammation I felt. I did walk away feeling much better than when I started, but couldn't help but to think I must have looked like an old lady in class.

02PF 35 0:14:24 AS

Woke this morning with a severe headache, high on toxic paint fumes. The smell was burning my nostrils and my first thought was how heavily the fumes had invaded my bedroom. I jumped up, stumbled around my cluttered bedroom. I feel numb in my head. My chest hurts from the burning green cooling sensation of the off gassing into my lungs. I feel angry that these people can just get away with doing this without any warning or notice. They are affecting people's health without thinking twice about caring for the well being of others and instead turn a blind eye to the health implications of their actions. I am worried about my cats, whose bodies are smaller. My day turned into leaving my home and staying away as much as possible. As my office was in my bedroom the work I had planned to do did not happen. I went to the park with my partner and cried. I hated living in my flat and it was another sign that I was in the wrong flat. We went to breakfast and sat outside. It was turning into a nice diversion until after we ordered I smelled paint fumes again! It was a shop down the street that was having painting done to it. I wanted to laugh and cry at the same time. We decided to move inside the restaurant as both my partner and I felt the fumes were too much. My headache came back to full force with the reintroduction to the fumes. In all of this my partner is tremendously protective of me and validates my concerns. I am feeling the 'hostile world' syndrome again. Everyone out for themselves and I cannot do anything about the implications of these childish behaviours. I want to get a blood test to prove how intoxicated I am but I hate the NHS and know they will just look at me blankly and tell me that it is not indicated. I want to scream. 37, 14.00, RS, The fumes have left me with a residual headache in my occiput. I feel helpless and hopeless: I am toxic and my cells are toxic.

02PF 37 XX:XX:XX NS

Physically I am feeling achy in my joints still. I notice I keep walking into doorways, really hitting my shoulder as if I had misjudged the space to walk through. This has happened to me at least 3 times in the past 2 weeks.

02PF 41 XX:XX:XX AS

Did physical movement/gentle exercise as part of the morning lecture at college. I did not like the feeling of coming back into my body. I was enjoying feeling 'spaced out'. Felt tired after only slight exertion, my body felt heavy.

03PF 3 0:10:30 IOS

Feeling exhausted in the mid afternoon, with a feeling that I cannot cope. I do not feel that I can get myself home from the local supermarket and it is an effort to walk around because I am so tired. Slight nausea and very weak. 07, 15.00, NS, Movement eases the nausea and walking outdoors makes me feel stronger. Fresh air feels good. (This is not normal for me as I am always better from warm, rest, keeping still. Fresh air does not agree normally, I like stuffy rooms).

03PF 7 0:14:45 IOS

Realize that I have been tired, lacking in energy or enthusiasm for life in general the past few days. I feel as though I am convalescing from an illness, and any amount of physical or mental exertion feels too much for me.

03PF 24 0:11:30 OS

Suddenly felt very tired. Found it difficult to concentrate on work as my energy was very low, but was very surprised that people were saying I was very lively, and seemed 'high'.

03PF 32 0:15:30 AOS

Have been very careful all week with what I've eaten to try and lose weight but weight is increasing despite this. Feel fat and uncomfortable. Am probably the heaviest now that I have ever been. 32, ROS, All day I have felt very fat and unfit. I make a decision to actively lose weight and exercise more. NS, I have a strong need to detox my body. 6, 10, 00:14:00 Feel full and heavy despite not eating much.

06PF 9 XX:XX:XX NS

Go out with children and their friends Trick or Treating. Usually I don't enjoy this but today I feel good for being outdoors in the fresh air.

06PF 18 0:18:00 ROS

cycle with daughter to the shops. Cycling home I can't believe how hard I find it and how quickly I get out of breath. Feel very fat. Since taking the proving I have gained half stone in weight but I don't feel I have eaten anymore.

06PF 18 0:13:00 NS

Since taking the remedy my husband has not been well. His symptoms of lethargy and exhaustion have been there all month. He has been off work for the past week – so unlike him. I wonder if this is part of the proving.

06PF 28 XX:XX:XX NS

Hit side of forehead on car boot as I close it. Have been feeling quite clumsy. Head now sore and a small lump quickly develops along with a headache.

06PF 46 0:09:30 ROS

Home from work, feel very cold and exhausted. Have to have a bath to warm up.

06PF 47 0:17:30

I seem to be more clumsy than usual. I knock a pile of papers off my desk, then when I go to pick them up, I stand up and bang my head on the shelf above me. My physical movements don't seem to be as fluid or natural as usual and I have to think about what I am doing, before I actually do it. On day 5, I misjudge how much room I have whilst walking past a filing cabinet and hit my arm hard on the edge of the cabinet. It makes me feel very dizzy for a while afterwards. On day 6, I walk into another cabinet at work. I am unable to judge space accurately which I also notice when I am parking my car, which I don't usually have a problem with.

07PF 4 0:15:30 NS

I walk into my house and immediately open the windows. Although the heating isn't on and it isn't a warm day, I feel very hot and the house feels very stuffy as though there isn't enough air circulating around it. The heat is making me feel light headed and irritable. I stand by the window and immediately feel cooler and less uncomfortable.

07PF 5 0:17:00 NS

I wake up and feel very hot and sweaty. When I get out of bed, it feels as if the heating is on high, but it isn't turned on. My son complains that it feels very cold this morning however, I feel very warm. I have noticed that I am definitely feeling warmer than usual, and do not need to wear as many clothes, even on a cold day. I am enjoying being outside on crisp, cold, sunny days. This type of weather makes me feel invigorated. However, I dislike being inside the house when I am feeling warm, as it makes me irritable and claustrophobic, making it difficult to breathe and my chest feel tight.

07PF 9 0:08:00 NS

I am watching television with my partner but feel very restless and cannot concentrate on what I'm watching. I cannot sit in one place and need to keep moving around.

07PF 12 0:21:00 NS

I am uncoordinated today as if my mind and body are working independently of each other. I feel very clumsy and out of balance. My hands seem to be a bit shaky and unsteady.

30, X, RNS I am still very clumsy at the moment and keep knocking things over and spilling things. I feel as if I don't have enough control over my hands and fingers.

07PF 18 0:12:00 RNS

I am walking back to our boat with my partner when I trip over a metal girder which I just don't notice. I bruise my hands, thighs, left knee and right ribs. I am very tearful and want to be left alone.

My partner tries to comfort me and make me feel better but I want to be on my own and don't want his reassurance. I keep saying to him that I feel fine although everything hurts. 23, 07.30, NS I get out of bed and realize that I feel very bruised and ache from falling over last night.

07PF 22 0:23:30 NS

Although the people around me are complaining of being cold today, I feel very hot and sweaty and can't seem to cool down. I want to wear less clothes than usual and cannot wear tight clothes as it feels as if they are restricting me.

07PF 27 0:13:00 RNS

I have put on about 5lbs in weight since starting the proving.

07PF 28 XX:XX:XX NS

I am walking along the street when I stumble and fall. I look down thinking that I must have tripped over something, but there is nothing in the way. People come over to help me but I am embarrassed and tell them that I'm fine, despite the fact that I'm not. I have bruised my palms and knees and feel very unsteady on my feet. When I get back to the office, I pretend that I'm fine and don't mention it as I don't want to admit that I've fallen over again. I look up 'falling over' on the Internet and it says that it can be a symptom of Multiple sclerosis. I look at the other symptoms of MS and realize that I have been experiencing a lot of these during the last few weeks. I become convinced that I have MS and feel very worried.

07PF 38 0:11:30 NS

At yoga. Have difficulty following instructions about poses and particular difficulty about poses/movements that involve movements that involve diagonally opposite limbs or asymmetry.

08PF 4 0:18:00 NS

I'm really tired again today (despite goodnight's sleep). Can't seem to summon up much energy. The tiredness peaks about lunchtime. (Intense tiredness seems to be 1st mentioned day 6. From here on it becomes a very common feature of the proving that last right up to 2nd antidote. It seems particularly intense in the week following. I generally needed to sleep much more than usual going to bed early in the evenings and lying in at weekends more than usual)

08PF 8 0:12:00

No physical Sx today until about 16.00. But still feeling tired! In afternoon go for a bike ride and walk and feel better for some fresh air and exercise (RS).

08PF 8

Enjoy shopping with my daughter this afternoon but feel flat again in the evening.

08PF 16 XX:XX:XX

Hot flush- lasted about 5 mins.

08PF 17 0:19:00

Feel very tired, grumpy and sluggish with no energy. Better after having bath and being under water. Had weep in bath.

09PF 7 0:07:30 RS

Feeling tired and need some fresh air.

09PF 14 0:09:00 RS

Feel very well, positive, and energetic.

09PF 23 0:07:20

Unusually clumsy. Banging my feet into things. Hurt my big toe, left side. Felt broken. Sensations lead to taking Arnica. Much bruising, which improved with Arnica. Took 3-4 weeks to fully recover.

10PM x XX:XX:XX IOS

General sensation: tight, constricting.

10PM x XX:XX:XX IOS

I feel sedated. I stop speaking. This sensation of sedated, floating blissfulness is probably like a feeling of being on drugs or a drugged feeling. It is both very dense and floating, inward and expansive. My head lolls back, I become very relaxed, in a torpor, I have to close my eyes. I go deeper inward and I go into dream space.

11PF 1 0:00:10 NS

Child and I are in a daze. Tired out and foggy. We perk up to go for a walk in the autumn glow. We

needed quiet time.

11PF 13 0:16:00

I'm hardly drinking any alcohol or coffee now, although there was a momentary increase in champagne consumption this month. I have only been drinking champagne or sparkling white wine. I haven't touched red wine which I usually like with cheese - I'm not interested in cheese at the moment and red wine is too 'heavy'.

11PF 21 XX:XX:XX NS

I have been really averse to the thought or smell or look of meat. I don't eat it normally but do still cook it for people.

11PF 34 XX:XX:XX AS

I'm in ever such a calm happy mood. But my body feels old and tired and exhausted.

11PF 50 XX:XX:XX NS

I don't feel stressed today, but I feel tired.

11PF 55 XX:XX:XX

achy muscular-skeletal system

11PF x XX:XX:XX NS

Whole body felt hot all day. The class we were in was hot, the heating was on high and it wasn't cold outside. I sat in front of the window and the heat of the sun was on me all afternoon. I was intensely hot and unable find relief.

12PM 2 XX:XX:XX NS

Tired, exhausted, heavy extending down toward the body. I feel like I have a weight on me and that I am being drawn down to the ground.

12PM 5 0:10:00 NS

Mentally tired and physically lethargic. Worse for any kind of mental activity. Better for rest.

12PM 6 0:11:42