

COMPUTER EMANATION PROVING

9/2008 – 8/2013

*Master Prover:
Erica McPhee*

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“You don’t go anywhere, you spend your whole life in the utopia. There are so many tiny details. Every little word in the book means something. But you don’t know what it means until the end.”

- Prover 2, age 13

“Be Brave ... Love Life”

- Master Prover, age 42

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Acknowledgements

To my family -

A huge thank you not only for being brave and wanting to participate, but also for the sacrifices you have made while your mom/wife pursues the never-ending knowledge of homeopathy.

To Sally Williams –

Although we have never met and I did not know you were simultaneously conducting the proving until last month – thank you for all of your hard work, dedication, and contribution with this remedy. I cannot wait to read your proving!

To Nancy Frederick –

Thank you for giving me back my family and my destiny.

Provers:

Master Prover: Erica McPhee, female, age 42

Prover 2: male, age 41

Prover 3: female, age 13

Prover 4: male, age 9

Prover 5: female, age 5

Background

This remedy proving, my first official proving, has been five years in the making! It is my sincerest hope, the homeopathic community will find the endeavor worth while.

I originally thought of Computer Emanation as a tau-topathic remedy to give to my children. I was an HR systems analyst while pregnant with my first two children and a graphic designer while pregnant with my third. I spent as many as 17 hours per day working in front of a computer during each pregnancy. All three children have been on computers since the age of two. Each spends considerable amounts of time on a computer of some sort almost daily. This generation of children have grown up with computers.

Certainly not just the electromagnetic radiation exposure, but also the social ramifications of this type

of immersion, have an effect on us, both emotionally and physically. It is my hope the proving would provide insight into how it effects us.

Being naïve to the process, I was wholly unprepared for the symptoms and themes I was not expecting. Although thrilling, it was somewhat disconcerting. I recognize a certain bias on my part, however, the endeavor began as a much smaller learning experiment. It has grown to a giant undertaking, shadowing five years of my life, culminating with what I hope are valuable insights and contribution to the *Materia Medica*.

About the Remedy

I decided to create a remedy from Computer Emanation in September, 2008. I covered the sticky side of a piece of tape 1” long with blank remedy pellets and then adhered this to the front of my computer monitor. I determined this was the best way to get the most direct exposure since only a fraction of the pellet was in actual contact with the tape. I prepared another piece and adhered it to the side of the computer tower where the vent is. Since I am a graphic designer and self-professed computer addict, my computer is on virtually 24/7.

Initially I intended to expose the pellets for 6 months. That turned into one year. Then at 1.5 years (June 2010), I removed about 1/3 of the pellets and

gave them to Nancy Frederick in their raw form. The remaining pellets were exposed until March 2011 when I finally conducted the proving – 30 months (2.5 years) after I began the exposure!

Proving Protocol

The proving is a bit unique in that it was conducted with my family and so does not fit the typical proving protocol. My three children have taken homeopathic remedies for the past 10 years. They have taken many, many different remedies. They are slowly learning the *Materia Medica* and have mastered the ability to give symptoms in a way that makes it easy to find the right remedy during acute illnesses.

I felt it was important for my children to be a part of the proving if they wanted to be. In fact, the whole reason I thought of creating this remedy was for my children and others like them.

It is my sincerest belief remedies are completely non-toxic. We have discussed the idea of doing a proving many times in the past and all three children asked to participate in one. While they did not know the remedy they were proving, I did. I believe it infinitely safer than any pharmaceutical drug trial and believe my children benefitted from the experience. As Hahnemann

said, we are all in a higher state of health after a proving.

For those with ethical concerns, please see “Why Clinical Trials in Children are Important” by the FDA: <http://www.fda.gov/forconsumers/consumerupdates/ucm048699.htm>

I used the specific instructions for the C4 protocol as outlined by Alize Timmerman on hpathy.com: <http://hpathy.com/homeopathy-papers/c4-protocol>

As best I could given the uniqueness of my proving group, I followed the Proving Protocol guidelines as outlined on the Great Lakes Proving site. <http://www.greatlakesprovings.com/proving-protocol.html>

Unbeknownst to me at the time, this was created by Sally Williams, the very homeopath who would come to prove the vial of pellets I had given to Nancy Frederick years prior!

Details of Materia Medica

Since there is such a vast amount of information to review, I have broken this section down as follows:

- I. List of Main Themes/Emotional Symptoms
- II. Physical Symptoms
- III. Summary and Expansion (Essence) of each Major Theme
- IV. Conclusions
- V. Themes & Symptoms in Provers' Words, Listed by Common Theme & Physical Symptom
- VI. Final Thoughts – Summary of Symptoms post proving
- VII. Rubrics with list of Prover and Number of Occurrences

I. Main Themes/Emotional Symptoms

- Procrastination
- Losing Things/Searching for Things
- Losing Something Valuable/Irreplaceable/All is Lost/Catastrophic Loss
- Good Luck/Life without Troubles/Utopia
- Transition/Shifting/Change
- Trans-gender/Issues with Identity/Being Something you are Not/Misrepresenting Yourself
- Teen Heartthrob/Superstar/Famous/Kid at Heart
- Being on drugs, being stoned, high or drunk
- Addiction
- Eating/Diet/Weight/Averse Eating
- Sexual Desire
- Out of Control
- Discipline
- Mess, Disorder, Hoarding, & Fastidious
- Anger/Depression/Bi-Polar/Manic/Depression/Emotional Extremes
- Feelings of Importance/Grandeur
- Emotionless
- Disconnected
- Confusion

- Forgetful
- Making Mistakes
- Feelings of Failure
- Anger
- Picking Fights/Arguing over Unimportant Issues
- Holding a Grudge
- Miscommunication Causing Discord
- Difficulty Expressing/Communicating/Mistakes in Speech
- Speaking in Secret Language/Code
- Computer/Internet
- Outerspace/Internet/White space
- Robots/People (children) as robots – Autism
- Autism
- Hyperactive/Laziness
- Sleep/Fatigue
- Tension/Stiffness
- Vertigo/Dizzy
- Things in Threes/Triplicate
- Worry/Thoughts about Money
- Cancer
- Repeating
- Grief
- Desire for Baby in Older Mother
- Twins
- Creative Block

- Crying from sudden fright
- Psychic
- Bombs/Bombing/Explosions
- Animals
- Averse Showering
- Random Thoughts
- Vast
- Bees
- Ocean
- Dreams
- Desires
- Aversions
- Thirst

II. Physical Symptoms

- Head
- Eyes/Vision
- Ears
- Nose
- Sinuses
- Mouth
- Teeth
- Throat/Larynx
- Neck
- Stomach
- Abdomen/Hypochondria
- Rectum/Stool
- Bladder/Urine
- Female – Menses/Ovaries/Breasts
- Back
- Upper Extremities
- Lower Extremities
- Hands and Feet
- Skin
- Gestures
- Generalities
- Food Desires/Aversions

III. The Essence of Computer Emanation

While I have drawn some conclusions from the common symptoms of the remedy, I have also included all of the symptoms of the proving, in the words of the prover, broken down by common theme. This way readers can read the words of the provers, see them in context to the common theme, and draw their own conclusions. Following that section, I have made a list of rubrics with which prover experienced it, as well as the number of times it occurred.

Procrastination

Blatantly clear from the very beginning of the proving was the theme of procrastination. From the very start of exposing the remedy, procrastination was a problem. Initially I was going to expose the remedy pellets for 6 months. That turned into a year, then at 1.5 years I gave some pellets to homeopath, Nancy Frederick. I did not do this proving for another year and continued to expose the remaining pellets (2.5 years total!). I heard from Nancy the day I started the triturations and she said the vial had been sitting in her desk for over 9 months (actually one year) and they still had not conducted their proving.

After starting the remedy trituration on 03/04/11, it was completed on 03/18/11. I then did not begin the compilation and collation of symptoms for another year in April 2012. And again, it was another year before I actually wrote up the proving beginning in July of this year (2013). I only began writing it again because homeopath, Sally Williams contacted me and told me she had conducted the proving of the computer emanation I had sent to Nancy and she was getting ready to post it online. I wanted to complete my write up before reading hers so I began to work on it in earnest.

Even still, it has taken me over a month to get this far, partly because of continually procrastinating in between bouts of working diligently and part of it is the sheer volume of information this proving contains. It is overwhelming once I began to comb through the data and think of drawing conclusions. It is much like the internet itself, a never ending plethora of information.

Several times throughout the proving and during the write up, I had to force myself to continue on. I was overwhelmed by it all and just wanted to stop. I just wanted it to be over.

My oldest child, Prover 2 described it best with a perfect metaphor of the proving, when talking about a

book she was reading called, *The Giver*, by Lois Lowry. “You don’t go anywhere, you spend your whole life in the utopia. There are so many tiny details. Every little word in the book means something. But you don’t know what it means until the end.”

Clearly this remedy may be of use for those who procrastinate or are overwhelmed and thus put off doing things because of this. Indeed, Prover 1 seemed to have a curative effect from the remedy and felt the urge *not* to procrastinate and to get things done.

All is Lost - Searching

Also clear from the beginning was a theme of things being lost and searching for things. Misplacing things, forgetting where you put things, things frequently and randomly turn up missing. But this is a small part of a larger theme. I feel one of the major themes of the remedy is this sense of “all is lost.” So while small, insignificant things were lost over the course of the proving, it was the bigger sense of loss that was so emphatic.

Additionally, it became clear the searching was not just for things but for oneself. A theme of identity confusion was quite bold which I will talk more about later

on. What must be pointed out is the obvious correlation to “searching the internet.”

During the proving, the theme of things of great importance being lost came up over and over. This was in relation to photographs, family mementos, and important documents, all things now stored on computers. At one point, it overwhelmed me with the thought of how we store all of our photographs on the computer now and don't print them out. If we lose our hard drives, those pictures are lost forever.

Some people have a lifetime of photographs and videos stored on the computer, including all their children's baby pictures. I was deeply saddened thinking about how many people lose these valuable, irreplaceable mementos every day. They are intangible. It was an overwhelming feeling of “all is lost forever.”

I wrote:

I feel a big piece of this remedy is losing things forever. That we are keeping so many things on the computer and online that if there were ever a shift, ever a big change, so much would be lost forever. So much of our culture, so much of our lives, it's all online. It would be gone. There would be no documentation of this generation's existence. All of our memor-

ies, our pictures, our journals. It's all online. On the computer. Not recorded on paper. It all could be lost forever. A feeling of all is lost forever.

This was dramatically exemplified during the middle of the proving when an earthquake and then tsunami hit in Japan.

I wrote:

There was an 8.9 earthquake followed by a horrific tsunami in Japan today. It literally shifted the country 8 inches and changed the rotation of the Earth. I can't help but see a synchronicity with the proving – the first day of the proving I wrote about a shift which would create a huge and profound loss which would be irreversible. The devastation in Japan is immeasurable.

So how does this translate to a need for the remedy. Perhaps it will be of use for those suffering from a catastrophic event where they have lost everything. Or for those who suffer from an anxiety or fear of losing everything. Most definitely, it seems a good fit for those searching for themselves.

Good luck/Life without Troubles/Utopia

On the opposite end of this spectrum of immeasurable devastation was the idea of living in utopia. This was dramatically exemplified in the book Prover 2 was reading, *The Giver*, which is about a utopian society. All manner of control is implemented to assure life is without trouble. A noticeable theme mentioned several times throughout the proving was the idea of small, negative things marring an otherwise good life.

I wrote:

It strikes me immediately at how this parallels the proving and computers in general. I think it's a metaphor for the remedy. It's like they want everyone to be robots and do the right thing and nothing strays from what is supposed to be. But in doing so, you lose the very idea of Utopia because what is so beautiful about us is our uniqueness and what is so wonderful about life is its diversity and that life is unexpected. There is nothing utopic about everyone being the same and doing the same things and always having the same outcome. It was truly an epiphany for me because I strive to be perfect and in an instant I realized there can never be perfection and even if there could – how boring would that be.

This theme intermingles with another theme of people as robots which I will discuss further down.

Transition/Shifting/Change

The idea of a large shift as detailed above was applicable not only to the physical world but also to people personally. This was most obviously demonstrated in the theme of trans-genderism.

Trans-gender/Gender Change

The idea of trans-gender or gender confusion was loud and clear! It began with my parent's new puppy. We were told she was a girl, but never having had a dog before, we were convinced her genitals were that of a boy dog. It was all very confusing. My parents went so far as to change the dog's name! A week or two later, the vet confirmed the dog was indeed a female. How embarrassing for something that should be so obvious!

Several other references to trans-gender and gender identity came up. Also notable is the reference which came up repeatedly when I began writing the final proving. Prover P2, now 15, became obsessed with a TV show called Catfish. The show is about teens and young adults who create fake personas for themselves

on social media and then develop relationships with others, many of which are with same sex people, although unbeknownst to the other party.

In a great show of synchronicity, while writing this today, Prover 2 was astonished when a friend from school was caught in a “Catfish” - a young girl pretending to be a boy to develop relationships with other girls – all played out in online social media.

During the proving, there were also other issues with identity and misrepresenting yourself.

Addiction/Drugs/Food/Sex/Internet

Although I could not see the connections at the time, it became very apparent when collating the symptoms of a large theme of addiction, whether it be to drugs, food, sex, or the internet. At the time of the proving, actor Charlie Sheen was all over the news because of his drug and sex addiction. He also appeared to be experiencing some kind of breakdown. This feeling was also expressed during the proving. At the time, although we repeatedly made reference to addiction, I did not draw the parallels to the feelings of addiction and drug use. But at one point, I said, “I feel like Charlie Sheen

has been acting on TV this week. Out of control, crazy, with delusions of grandeur.”

Reference was made to or demonstrated addiction in one form or another. Prover 1 was consumed with reading food magazines and looking at recipes because we were dieting. I developed an aversion to eating reminiscent of college struggles with eating disorders. Multiple references were made to feelings of being on drugs, even by Prover 2, age 13, who I assure you has never tried drugs!

Out of Control/Discipline/Emotional Extremes

Along the same lines, the feeling of being out of control were very strong. Indeed, during one of the titration sessions, all three children were out of control and would not listen or behave, very unlike them. Discipline, or lack thereof, frequently came up, whether it be in regard to self-control or procrastination, or quite literally being out of control.

Tied into the procrastinating, as well as lack of control, was the mess and disorder, both in physical form around us and mentally/emotionally. These extremes of emotion ran throughout the proving; feelings of euphor-

ia, depression, crazy, out of control, constraint. Again, the idea of a shift becomes apparent.

Bipolar/Depression

These wide swings in emotion were felt by all. While the majority of these emotions were fleeting, at the last of the proving, it had a profound effect on Prover 2. I knew immediately I had to antidote her. She was so dark, so down, it was as if she were gone inside.

After the proving, her remedy of *Crotalus Horridus*, which she had been on for 4 years, changed. She then went on to demonstrate a perfect picture of *Natrum Muriaticum* which she continued on for almost 2 years with great result.

Forgetful, Confused, and Disconnected

Forgetfulness and confusion were strong symptoms of the remedy. Errors in memory, forgetting to do things, forgetting where things were put, forgetting what you were about to do or what you had just done, forgetting what you were going to say, or forgetting the words were all experienced. Confusion and disconnection were also prominent.

Overall feelings of being “confused,” “disconnected,” “foggy,” and “discombobulated” appeared again and again. The expression of being disconnected is interesting given the “connection” to the internet and becoming disconnected from a network. Also of importance, I think, is the parallel we can draw to our own lives. The more time we spend on the internet and on computers, the more disconnected we become from our families, friends, and in-person social interactions. There is a both a “virtual” computer connection and a virtual (real) disconnection from reality.

Communication

A majority of the symptoms relate to communication and miscommunication in some form or another. I wrote:

I remember thinking while still dreaming the essence of the remedy was about communication and not communicating. Being distant from others. Disconnected. Pretending to be something or someone you're not. (Trans-gender, angry, fat) and coming to peace with what/who you are or are feeling.

There were many, many symptoms with difficulty expressing oneself: Making mistakes in both speech and typing; Difficulty getting the words out, difficulty with pronunciation. Strangely, at three different times during the proving, P1 speaks in a cryptic fashion, but I understand exactly what he is talking about. It's like talking in code. Computers, obviously, are driven by code.

People as Robots/Autism

Similar to the idea of speaking in code, was acting like a computer or robot. The idea of people as robots and how this relates to Autism Spectrum Disorder correlates with communication and how children with autism often cannot communicate. Many of the symptoms were reflective of someone with autism - emotionless, or the opposite over-emotional; difficulty communicating; addicted to certain things at the expense of others; isolated, disconnected.

Prover 3 is recovered from autism. While he no longer has any developmental or social issues, he did have difficulty interpreting sarcasm. Interesting to note, during the proving, I had to give him a remedy for a severe sore throat. However, it was clear he was still demonstrating symptoms of the proving afterwards. At

the end of the proving period, I had to antidote him again for stomach and bowel issues. Bowel symptoms are a prevalent issue for children with autism. Prover 4 also experienced these and had to be antidoted. I also experienced issues with stomach and bowel reminiscent of the Irritable Bowel Syndrome I experienced after an MMR vaccine reaction in college. I had IBS for years until finding homeopathy.

This type of issue is huge in the autism spectrum realm. I can't help but wonder if there may be a use for the remedy for children with autism who suffer from bowel issues. Thankfully, the symptoms were fleeting during the proving.

Overall, the remedy had a wonderful effect on Prover 3, giving him more confidence and solidifying his identification with his masculine side. While difficult to describe, it just seemed to ground him.

Internet/Computer

References to the internet and computer were made a multitude of times. This is normal for my family. However, what isn't normal is how several times during the proving, the family completely disconnected from each

other and went into separate rooms to be on their computers/laptops/tablets.

Things in threes

While no meaning can be attributed at this time, things in threes were strongly repeated.

Desire for Baby in an Older Mother/Twins

While this wasn't a majorly strong theme, it did present itself several times. I feel it warrants mention because of the plethora of women in today's workforce delaying childbirth and the issues that accompany that situation. Along the same lines, was the idea of twins. While it wasn't a blatant reference during the proving, in hindsight, it warrants mention. Interestingly, the older the mother is, the greater chance there is for twins. (There is also some speculation that late age motherhood also contributes to cases of autism.)

Prover 3 was initially a twin, what is called a “dissolving twin,” first discovered during an early ultrasound but then not there in later ultrasounds. In the book, *The Giver*, which was discussed at length during the proving, twins are born. This presents a dilemma for the Utopia as twins could create confusion. In the book,

the twin is released out of the society. Again, we see the theme of identity confusion.

Also of note, Prover 1 dreamt his mother had another baby. This was interesting as she has passed on but when Prover 1 was young, she had a baby boy who died shortly after birth. While, I cannot draw any conclusions, the parallels certainly present themselves.

Lastly, the chemical elements praseodymium and neodymium are used in computer monitors and hard drives. Both lanthanides, praseodymium and neodymium represent twins. The name *praseodymium* comes from the Greek words *prasinos*, meaning green, and *didymos*, meaning twin.

Food Desires

- Chinese food
- Chocolate chip cookies
- Nutella
- Salmon

IV. Conclusions

It is well worth reading through the proving symptoms as there are several smaller symptoms dispersed throughout the proving. But overall, the main themes presented are:

- major loss of and searching for both material possessions and societal constructs
- issues with identity and sexuality
- issues with addiction – sex, alcohol, drugs, food, computer
- issues with mental health – depression, bipolar, manic depression, loss of control
- issues with communication – mistakes in speech, social interaction, miscommunication
- issues with connecting with others – disconnected, foggy, autism
- issues with energy – motivation, procrastination, fatigue, hyperactivity
- issues with twins and/or late-age motherhood

Overall, it is my feeling the remedy was telling us, the more technological we become, the less social we really are. Our lives on the internet are overtaking

our real lives. We are losing our ability to communicate in person. The more we are immersed in social media and the internet, the less social we are in real life. Social media allows us to be something we are not. Or it allows us to be who we really are and lets others see us as they should. It can allow us to truly be us or it can allow us to be someone completely different. It begs the question, “Who are we?”

A small word about the physical symptoms of the proving. For sure, the overwhelming symptoms garnering the most attention were mental/emotional. However, there were significant physical symptoms which warrant mention.

As already discussed, Prover 2 had to be antidoted because of mental emotional symptoms and Prover 3 had to be antidoted for throat symptoms and then again for bowel symptoms. Prover 4 also had to be antidoted because of stomach and bowel symptoms. I also had to antidote due to horrible neck and arm pain. However, antidoting myself proved difficult. Despite taking several remedies to try to antidote, the symptoms persisted until we ended the proving.

Most notable is the pain I experienced in the sternocleidomastoid muscles on the right side. This pain

was severe and affected all movement, eventually alternating sides. However, the pain was finally concentrated in my right arm and elbow. Prover 1 also experienced this pain briefly.

This is an old symptom for me, having suffered severe carpal tunnel and medial epicondylitis (also known as golfer's elbow) while working as a computer system's analyst and spending long hours at the computer. The day we completed the proving, the pain was so severe as to be unbearable.

Eventually, I recognized I was guarding my arm and insisting, "I'm fine." One dose of Arnica, 30c relieved all pain.

It is only upon reflection that I can see how naïve I was in this undertaking. What surprised me is how strong the energy of this remedy is and continues to be. As you will see in the Final Thoughts section, all of the provers again experienced the symptoms when I began the write up. Most gratifying was it allowed me to very clearly see the themes and essence of the remedy. Overall, it was an amazing learning experience and I am forever grateful for the opportunity and what I have gained. It is my sincere hope this proving will be of use to many in the homeopathic community.

Trituration Proving of Computer Exposure

03.04.11

Provers:

Master Prover: Erica McPhee, female, age 42

Prover 2: male, age 41

Prover 3: female, age 13

Prover 4: male, age 9

Prover 5: female, age 5

V. Themes & Symptoms in Provers' Words

Procrastination

MP: Initially I was going to expose the remedy pellets for 6 months. That turned into a year, then 1.5 years I gave some pellets to N. I did not do this proving for another year! I heard from N today and she said the vial has been sitting in her desk for 9 months.

MP: Procrastinating a bit by watching a video on YouTube about doing homeopathic provings.

MP: I'm going to start again. Well, right after I read this article on good. Google.

MP: Waiting for P1 to sterilize the spatula. It's still not ready yet. I should have been better prepared.

MP: I decide to continue ahead with what I've got for now. But I'm going to procrastinate a bit by looking up pharmacies that might have it.

MP: Just kind of sitting here so I suppose I'll check my email.

MP: I keep going to draw something and then I procrastinate because no ideas are there.

MP: not enjoying triturating today. I just want to get it done. I feel lazy. I just want to lie down and rest. I know I have to clean today but I don't want to.

P1: there is that energy pushing you to get it done. Normally on the weekends, I just want to relax and chill out. But I feel like that energy is there to get things done. Intolerance for those that do not get things done. It's driving me crazy that these guys are slacking and not doing anything. (opposite of procrastinating)

P2: wants to clean the playroom but doesn't want to.

P1: says he thinks it is interesting that they feel that way and I don't. I have the drive to do stuff. I think I feel that urge to get up and do things. It's offset the urge to lay down. I'd love to be able to do that but too much of an urge to do other things. (opposite of procrastinating)

P2: I feel like I need to go do things, but I don't know where to start. I need to take a shower. I have

gone to go do that twice but then changed my mind. Procrastinating.

P1: I have the urge to cook and cook something new and different that would be delicious. That sense of adventure. (opposite of procrastinate)

MP: This morning the personal organizer I hired canceled on me. It was raining and she didn't "feel like getting out of bed" today. I couldn't believe it. She has pushed back our appointment for 2 weeks and then today she cancels. A professional organizer who procrastinates! That's the whole reason I am hiring her – because I procrastinate! So that's clearly not going to work.

Losing Things – Searching for Things

MP: Things are lost. I spend the next 30 minutes looking for the mortar and pestle.

MP: The initial vial I prepared for N is lost. I prepared a vial for myself at that time. This vial is now also lost.

MP: Two other things I ordered have been delayed or lost in the mail.

MP: This morning I can't find the mortar and pestle, nor the remedy vial.

MP: While setting up, I misplaced the instructions for the proving.

MP: I started reading it last night but then couldn't find it this morning. (lost again)

P1: I'm laughing so hard my eyes are watering because he lost the checkbook which is clearly part of the proving and he said "checkses."

P1: "You know what's weird, I thought I brought my wide brown belt to NC. Throw on my jeans and shoes and go to get my belt and I can't find it. I'm looking everywhere for it. Thought I left it in another hotel. I get to (has to stop – can't remember the word. Thinking) Oh, I got home. Just now, I'm unpacking and look down and it's on the sink. I could have sworn I took it out of my suitcase and put it on the counter in North Carolina."

MP, P3: I get a message from P3's teacher saying he did not complete his spelling homework. P3 and I completed it together on Wednesday so it's either lost or he forgot to turn it in.

MP: I thought I wrote this but can't find it. I feel a big piece of this remedy is losing things forever. That we are keeping so many things on the computer and online that if there were ever a shift, ever a big change, so much would be lost forever. So much of our culture, so much of our lives, it's all online. It would be gone. There would be no documentation of this generation's existence. All of our memories, our pictures, our journals. It's all online. On the computer. Not recorded on

paper. It all could be lost forever. A feeling of all is lost forever.

MP: I am sending a copy of this so far to my email to print out so it isn't lost forever.

P3: I was writing something right at the time my ipod turned off. I was in the middle of something and my battery died so I lost what I was typing.

P1: Did you notice when you search for a room on AAA, you sometimes find a hotel and then when you search for it again, it won't come up. You have to be careful.

MP: I measured what I lost in my lap. It was 20g. But what is weird is that in the glass containers, it is measuring a full inch more. A full inch more than the 1st two triturations. I measured exactly in grams for each trituration. How is that possible?

Losing Something Valuable/Irreplaceable/All is Lost/Catastrophic Loss

MP: Losing something valuable. Losing something irreplaceable. I have a feeling some of the milk sugar falling out is irreplaceable and important.

MP: This made me think of the two diamonds I lost when we moved. One was a diamond ring for Mother's day and the other was a 10 year anniversary ring from P1. I haven't been able to find them. I distinctly remem-

ber putting them somewhere on my computer desk when we were packing and haven't been able to find them since the move. There was some question as to whether P3 took them and did something with them. He even confessed once that he "stole mom's diamond rings." But it wasn't really clear if he really did. Also missing with them was a video tape I had made of P3 when he was first recovering from autism. Specifically it has the day he had the dramatic response to the DPT remedy and began speaking! It is definitely irreplaceable. I vaguely remember putting them together with the rings so they wouldn't be lost in the move but then don't know what happened to them.

MP: Something really important being lost forever! Things of value lost – lost data, lost pictures, lost videos – because of computers. There will be no records. No paper trail. Makes me really sad.

MP: Save every last thing you can. Everything is precious – everything has value. Hoarding. Information junkies.

MP: This overwhelming feeling that things will be lost forever.

MP: I feel a big piece of this remedy is losing things forever. That we are keeping so many things on the computer and online that if there were ever a shift, ever a big change, so much would be lost forever. So much of our culture, so much of our lives, it's all online. It

would be gone. There would be no documentation of this generation's existence. All of our memories, our pictures, our journals. It's all online. On the computer. Not recorded on paper. It all could be lost forever. A feeling of all is lost forever.

MP: Thank GOD I saved a tiny bit of the remedy pellets. Can you imagine - 2.5 years of preparation down the toilet?!

MP: Finished. I am literally COVERED in remedy pellets. I am a mess. P1 said I look dusty. I don't know why but for some reason, this last round just like exploded. It wouldn't stay in and kept spilling over the sides. I really hope something important wasn't lost.

MP: There was an 8.9 earthquake followed by a horrific tsunami in Japan today. It literally shifted the country 8 inches and changed the rotation of the Earth. I can't help but see a synchronicity with the proving – the first day of the proving I wrote about a shift which would create a huge and profound loss which would be irreversible.

I wrote:

I feel a big piece of this remedy is losing things forever. That we are keeping so many things on the computer and online that if there were ever a shift, ever a big change, so much would be lost forever. So much of our culture, so much of our lives, it's all online. It would be gone. There would be no documenta-

tion of this generation's existence. All of our memories, our pictures, our journals. It's all online. On the computer. Not recorded on paper. It all could be lost forever. A feeling of all is lost forever.

The devastation in Japan is immeasurable. It's exactly as I wrote in the proving. That just blows my mind!

Good luck/Life without Troubles/Utopia

P1: Hesitant to say to this, but things are coming together. The thing with work, that could have gone another way. But it seems like luck just worked out in my favor. Boss and I are gelling very well. Feels like one of those days where stuff is falling into place and moving in a good direction.

P2: (P2 is reading "The Giver" where they create a utopia.) It's like a perfect utopia. No one gets hurt. No one feels pain. In the Utopia, you have to share your dreams. You are forced to share them. You take pills so you don't feel pain and you don't feel desire.

This kid had a dream with desire and had to share it. I can't remember what happened to him. You don't die, you get released. We aren't sure yet what it all means –

everything will make sense at the end. But regular dying, 'being released' they call it, is a celebration. All the kids turn the same age at the same time. You all turn the age at a ceremony. When you're 9, and a girl, you get a ribbon. When you're 12 you are considered an adult.

One kid named Caleb, he was the only person in this Utopia that had ever died. He drowned in a river. What they do is they start off screaming his name at the beginning. They all chant his name and it will get quieter. All day. At the end, it's just a small quiet 'Caleb' and it will get away from their thoughts. When another person is born they start off quiet and by the end of the day, they are screaming it.

They all see in b&w. The Giver is the only one who can sometimes see color. They are only punished when they are little. The elders punish them. They run the entire community.

You figure it out as you go. The whole entire book make sense at the end.

P1: Life is good but there is always something negative that creeps in. Like when we got married and that day was just incredible except it rained. We went on a honeymoon which was incredible but I was stressed out

about my presentation. Seems like right now, everything overall feels like life is good but we have the deal with the house. There always seems to be something kind of dragging down. And you can say, what can you do. It is what it is. It's not so much that but that there is just something there that just pulls you away from saying everything's great. Life is like that. Just ... that's just life. I guess that prompts the question... why isn't there a time where everything is just great? It's kind of a spoiled, pessimistic view but why should it be? Why shouldn't there be a time where everything is going great, nothing bad.

Where you can just sit back and say everything right now is just great, perfect, wonderful ...without having some dark, nasty thing bothering you or drags that down.

MP: Client called, "I just want smooth sailing. I don't want these little negative things that pop up. Why can't it just be all good without these little bumps?"

MP: The past three weeks I've been reading about Intuitive Healing. I also picked up *The Giver* which P2 was reading. It is fascinating! It's about a community which is supposed to be a Utopia. Everything and everyone is perfect. They are required to share their

feelings from the day each night at dinner. They have to abide by all the rules which include being polite and “doing the right thing” all the time. If they don’t, they can be “released” out of the community which would be the ultimate horror.

It strikes me immediately at how this parallels the proving and computers in general. I think it’s a metaphor for the remedy. It’s like they want everyone to be robots and do the right thing and nothing strays from what is supposed to be. But in doing so, you lose the very idea of Utopia because what is so beautiful about us is our uniqueness and what is so wonderful about life is its diversity and that life is unexpected. There is nothing utopic about everyone being the same and doing the same things and always having the same outcome. It was truly an epiphany for me because I strive to be perfect and in an instant I realized there can never be perfection and even if there could – how boring would that be.

Transition/Shifting/Change

MP: My mood has definitely shifted.

MP: That we are keeping so many things on the computer and online that if there were ever a shift, ever a big change, so much would be lost forever.

MP: I feel a real shift in my feelings to seriousness. I feel very serious and concerned.

MP: There was an 8.9 earthquake followed by a horrific tsunami in Japan today. It literally shifted the country 8 inches and changed the rotation of the Earth. I can't help but see a synchronicity with the proving – the first day of the proving I wrote about a shift which would create a huge and profound loss which would be irreversible.

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I feel a big piece of this remedy is losing things forever. That we are keeping so many things on the computer and online that if there were ever a shift, ever a big change, so much would be lost forever. So much of our culture, so much of our lives, it's all online. It would be gone. There would be no documentation of this generation's existence. All of our memories, our pictures, our journals. It's all online. On the computer. Not recorded on paper. It all could be lost forever. A feeling of all is lost forever.

Trans-gender/Gender Change

MP: Definitely think there is something about trans-gender with this remedy. This week we figured out my parent's new puppy is really a boy. They were told she was a girl. But it is kind of hard to tell. It's like she has

a little button penis but it's lower than you would expect it. There is a lot of confusion surrounding the gender of the dog. We laugh about it and make up jokes. But we still can't say with certainty whether it's a boy or a girl. But then we're fairly certain it's a boy. It's like a hermaphrodite. It has both a penis but where the vagina should be. We don't know whether to call it he or she. We keep changing the name. I still can't be sure it's a boy. It's so confusing.

MP: I had a client who had a baby boy whose penis was inside what looked like a vagina. When she took his diaper off, I was confused as I know she told me he was a boy. The father says, "Oh, did we tell you he has a retractable penis?" I tried to act very nonchalant and she says, "yah, once you push it out it's actually normal sized. I guess we should have asked the doctor about it."

MP: Last night, I watched a show on the Oprah channel about a little girl that was born a boy and around age 3 was very certain she was a girl. So his parents very naturally accepted her as a girl. I thought how awesome. She was an adorable little girl. I also thought, "who doesn't want a penis?!" Best of both worlds!

P2: told me a joke about a teenage boy wanting to wear lipstick and a miniskirt.

MP: The show on after the Oprah show was “Sex Change” about trans-genders!

P2: It’s not that I want to be one, but it’s so much easier to be a man. You don’t have to put on makeup, you don’t have to worry about your hair. You don’t have pain from your period. You can pee standing up.

MP: Also, interestingly enough, we found out yesterday that Casey the dog is indeed actually a female, confirmed by the vet. I feel badly that the proving has caused this confusion for my parents. They don’t really care but I still feel guilty.

Issues with Identity - Being Something you are Not – Misrepresenting yourself

MP: Last night on TV they discussed airbrushing in magazines and how the computer can be used to completely change the way someone looks in a photograph. They were saying it is deceitful and wrong. Again, it’s striving for that perfect, unrealistic beauty and deceiving about its true origin. I feel like that is also part of the proving, just like the company I ordered the remedy

pellets from wanted you to think you weren't ordering from India.

(Post-proving) P2: Catfish – a TV show about people pretending they are someone else. They create fake profiles on the internet and start relationships.

Teen Heartthrob/Superstar/Famous/Kid at Heart

MP, P2, P3, P4: We talked about the Justin Bieber (teen heartthrob) movie we saw last night and about what makes a star a star.

MP, P2, P3, P4: We watched the Oprah show behind the scenes which was about teen heartthrobs interestingly enough. It talked about how when you're a teen and you're in love with a star and then as a grown up when you see them, even though you are an adult and they are 50 years old, you are suddenly that 13 year old kid again. It reminds me of a conversation I recently had with my FIL about how our spirit is always the same age. That even though we age, you still feel the same as you did when you were a kid on the inside.

Being on drugs, being stoned, high or drunk

P1: You are like stoned right now.

MP: I laughed and said, “I am!” and burst out laughing.

MP: I feel kind of fogged out.

MP: I start thinking about how P1 said I looked stoned. This made me think about how addicted I am to my computer and laptop.

MP: I feel drunk. I’m a little dizzy. Foggy headed. Feel in a daze.

P1: (stops half way through sentence) Can’t remember who said what. Having trouble talking. Like as if drunk. Three or more feet. Couldn’t say it.

MP/P1: Feel as if stoned or drunk. Slurring words. Can’t talk. Saying the wrong words.

MP: I feel like Charlie Sheen has been acting on TV this week. Out of control, crazy, with delusions of grandeur.

P2: is laughing and giggling. Then she says she “has the munchies.”

P2: You take pills so you don’t feel pain and you don’t feel desire.

P2: is talking like she has smoked weed – very existential. She’s questioning every little thing.

P2: said she wishes she had more of the candy she got at the movies last night. She says in a silly voice: “they tasted like mushrooms.” (She’s never eaten mushrooms! I do not know if she knows the mushroom context.)

MP: Worked on logo for N. She described what she wanted and it sounded like she was on something. I told her I would have to take what she was taking to understand what she wanted.

Addiction

MP: I start thinking about how P1 said I looked stoned. This made me think about how addicted I am to my computer and laptop.

MP: Minutes are up but I don't want to stop. I just want to keep going. Much like the feeling I get when I'm on the computer and I feel like I should get off but can't seem to pry myself away.

MP: I completed the first part. C1. Something that was supposed to take 1 hour, took me 4.5 hours! Definite feelings of wanting to quit. Not seeing things through to completion. Leaving things unfinished. And the opposite, being addicted to what I'm working on, not wanting to stop. Workaholic. Continuing when you are supposed to stop or feel like you should stop.

MP: I feel like Charlie Sheen has been acting on TV this week. Out of control, crazy, with delusions of grandeur.

Eating/Dieting/Weight

MP: Just realized I forgot to eat breakfast.

MP: I suppose I should eat lunch now but I don't want to. Fear of getting fat. Unhappy with weight. That is just me – but now, I feel it's part of the proving too.

MP: I normally love French toast but I'm trying hard to stick to my diet. I'm not finding it that hard.

P1: is reading Food magazine. He tells me about tiramisu. It looks so good. We both can't remember the name of profiteroles which we make at Christmas time.

P1: is talking about the desserts in the cooking magazine he bought last night. He said he is definitely going to make the torte with icecream. It's a Nutella and whipped cream torte. I say it would be better with whipped cream. [We're both dieting and he is obsessing over food].

MP, P1: Then I say it's weird how you don't like whipped cream. He says why, I say because you like cream and you like ice cream why don't you like whipped cream. He says, "I knew JFK. JFK was a friend of mine. And sir, you are no ice cream." I laughed and he said, "Do you know what I mean?" I said, "Yes, strangely enough, I know exactly what you mean."

MP, P1: I said, "wouldn't it be a great show like Chopped except it's just desserts and you give them one

flavor to work with and then they have to make the dessert. Like for example, lemon, or maple, or whatever.” P1 says, “Or there is one theme of the dessert like chocolate or lemon and they have to come up with something.” I look at him and laugh. That is exactly what I just said!

P1: looks at a cookbook I ordered this week and points out another dessert that is Nutella and whipped cream.

Averse Eating

MP: I suppose I should eat lunch now but I don't want to. Fear of getting fat. Unhappy with weight.

MP: Hunger but not wanting to eat. Afraid if I eat my sandwich I'll throw up. Not nauseas. Afraid of embarrassing myself out of control.

Sexual Desire

P1: asks if we can have a quickie

MP: “I can't. I'm right in the middle of this proving.”

MP: I change my mind and realize I feel increased desire. I think it might be good for the proving to have sex!

MP: Now I'm feeling a lot of desire which is not like me.

P2: You take pills so you don't feel pain and you don't feel desire.

P1: Just a little bit later, he came out into the living room and I could tell he was mad because I was sleeping. He said, "I'm going to bed." Like he was miffed. He does this all the time. He was mad because he thought we were going to have sex tonight. So instead of saying something, he gets mad and holds a grudge.

Out of Control

MP: I realized I was speeding while driving. I felt I was going too fast, out of control.

MP: Afraid of embarrassing myself out of control.

MP: I feel like Charlie Sheen has been acting on TV this week. Out of control, crazy, with delusions of grandeur.

P3, P4: Kids are out of control. Not listening, rough housing.

P3: I feel like noodles. Uncontrolled, Like I have no bones. Gravity is weighing me down but I can't control it.

P2: I feel like that, too.

P3: just a tad bit dizzy right now. Just that feeling when you feel like you have no bones and you are being pulled down to the center of the earth. Cyberspace.

Discipline

P4: asked for French toast so P1 made French toast. She then sees my eggs and says she didn't ask for French toast, she wants eggs. We talk about how when we were kids we would have never asked for something else. We just ate what we got. We talked about how we would get spanked if we didn't do what we were supposed to do.

P1: brings the kids out to tell them not to play like that. He says that kind of play leads to fighting and someone getting hurt.

MP: I'm starting to feel like this part of the remedy is about discipline. And perhaps the feelings resulting from being disciplined.

P2: (talking about *The Giver*) They are only punished when they are little. The elders punish them.

P1: has to discipline P4 again. She's being sulky.

P4: was disciplined again for not cleaning her room.

P2, P3, P4: The kids are refusing to cooperate. I'm trying to get them to sit and talk with me. They are just rough housing and playing and won't listen to me. This is so unlike them. They are usually very disciplined and

respect what we say. They are being completely disrespectful and won't cooperate with us when we ask.

MP: I realize it is part of the remedy. They aren't minding. They aren't listening. They are doing exactly what they want to do.

P2, P3, P4: P4 is kicking P3. She's ignoring P1 and I. They all are. They are just horsing around and playing airplane in the middle of the living room. P1 and I have both said several times to sit and talk and listen. And they won't.

P4: is disciplined again for not doing what she is supposed to. She throws a boot at P3 (second time in an hour).

P4: says she is Mad. She's sulking. She refuses to answer even though we ask her questions.

P1: says obstinance. He says it smells like punishment.

P3: P1 disciplines P3 because he's not cooperating.

P4: hits P3. Both P1 and I say stop it.

P1: sarcastically asks if beating your children is part of the remedy.

P4: bites P3.

Mess, Disorder, Hoarding, & Fastidious

MP: I realize I am making a huge mess with the milk sugar. Makes me think of my house and how there is just stuff everywhere.

MP: Save every last thing you can. Everything is precious – everything has value. Hoarding. Information junkies.

MP: Spilling the milk sugar all over my lap! Messy, sloppy.

P2: is cleaning up and is angry there is so much crap in this house. She says, “they leave their crap everywhere and now I have to clean it.” This is what I always say. She’s upset about the mess everywhere. She’s really angry. She’s complaining. She doesn’t like sitting in a dirty living room.

P3: cleaned his room spotless. He really cleaned it instead of just stuffing things under the bed!

MP: not enjoying tritulating today. I just want to get it done. I feel lazy. I just want to lie down and rest. I know I have to clean today but I don’t want to.

MP: Finished. I am literally COVERED in remedy pellets. I am a mess. P1 said I look dusty.

MP: Mess. Remedy is everywhere. Cleaning and organization.

P2, P3: We're supposed to clean. P2 feels weak. P3 says he does too. But he’s just lazy.

P1: there is that energy pushing you to get it done. Normally on the weekends, I just want to relax and chill out. But I feel like that energy is there to get things done. Intolerance for those that do not get things done. It's driving me crazy that these guys are slacking and not doing anything.

P2: wants to clean the playroom but doesn't want to.

MP: I want to organize not clean.

MP: This week it has also sunk in just how disorganized and messy I truly am. I have deceived myself into thinking it wasn't me. But really – it is. I just have too much stuff. And I don't keep it cleaned and organized like I should.

BiPolar/Manic/Depression/Emotional Extremes

MP: My mood has definitely shifted. I'm not in the happy good mood anymore. Now I'm mad and pouting.

MP: I feel a real shift in my feelings to seriousness. I feel very serious and concerned.

MP: I'm feeling slightly manic right now. Like this is crazy. Am I making this up or is it still the energy of the proving?

MP: I just feeling like crying now. I feel depressed.

MP: Staring at my keyboard – it looks 3D and I feel crazy.

MP: Feel slightly paranoid. What if my food is poisoned? What if I make a fool of myself?

MP: Delusion something is behind me.

MP: What if the remedy makes me crazy and I'm never normal again?

MP: Three black crows fly around me. I think they know about the proving.

Very tempted to self-edit because people will think I am crazy.

MP: I feel like Charlie Sheen has been acting on TV this week. Out of control, crazy, with delusions of grandeur.

P2: When we got home I told the kids to not look at the proving stuff because I didn't want them to know what it was. P2 said, "You know that angel on one side, devil on the other thing?" I said, "yes, why?" She said, "because I just want to look, look, look [at what the remedy is]."

P2: feels like I'm going through stages. At first I felt like this is really stupid, I hate life. I was really hyper, now I can't move. I want to scream at people because they are bothering me.

P1: feels anxious. Things going through my head which need to get done. Errands. Mental lists you run through. Repeating.

P2: I had to redose P2's regular remedy. She was so down and very dark. I have never seen her like this and I was worried. Crot Hor, 50M

She came into my room and it was just a look on her face. She seemed so dark and so down. She had no affect at all. It was worse than depression. She was so non-responsive. I asked her what she was feeling and she looked at me with this horribly blank face. She said, "dark." I knew I had to antidote her.

Feelings of importance/grandeur

MP: I'm feeling like this proving is very important. Sounds conceited. But it feels like that. I keep thinking, "Important, important, important."

MP: Feeling I am a VIP. I'm better because what I'm doing is important. It's so important. Delusions of grandeur (this isn't how I really feel). I feel like Charlie Sheen has been acting on TV this week. Out of control, crazy, with delusions of grandeur.

Emotionless

P2: It feels like I have no emotion. Plain and boring. Blank.

P2: she came into my room and it was just a look on her face. She seemed so dark and so down. She had no affect at all. It was worse than depression. She was so non-responsive. I asked her what she was feeling and she looked at me with this horribly blank face.

MP: Don't know. I feel kind of sad. I feel like I've ruined the end of the proving. Maybe I know all I need to know about it right now. Just weird to not have anything.

Empty/Disconnected

MP: Now I feel all discombobulated. I am disconnected. I don't know what to do next.

MP: All the kids have left me. P2 went on her ipod. P3 went on his laptop. And P4 went on the computer in my studio. P1's on his computer in our bedroom. I'm on my laptop doing the proving. This is how our family operates now. We are all on our computers in separate rooms. Every one of us is in a separate room on a computer. But we are all connected via wireless.

MP: Everyone is in separate rooms and no one will come together. (disconnected)

MP: (dream) ...we ended up talking about G and I breaking up. It was a huge miscommunication. S called G and told him we had met up and asked if he wanted to talk to me. 20 years later he still did not want to talk to me. We had broken up because we didn't communicate. The night I walked out on him, we didn't even have a conversation, I just up and left because he wasn't telling me what he was doing that night. But then we both held a grudge. There was a huge disconnect between us.

MP: I'm staring off into space, day dreaming. I zone out.

Confusion

MP: Then I'm confused. I'm not sure if I'm doing it right. The directions don't seem clear to me. I feel really confused.

MP: Now I'm confused and can't remember if I already did the trituration and this was the last one or if I have one more to go.

MP: I feel kind of fogged out.

MP: Now I feel all discombobulated. I am disconnected. I don't know what to do next.

P2: asked me to describe it so I did and then she asks me again and then says, "I'm so confused."

P2: tells me about the girls making the cheer squad. She said R only made the alternate list. I asked how she felt about that and P2 said, “she was just really confused.”

P2: I’m just really confused. I can’t focus on any one thing.

MP: So now I’m researching trituration provings and there is so much confusion about the right way to do this. All of them say separate things.

MP: We tried to do the Zumba game on the Xbox kinnect computer game. We couldn’t get it to work. It was so frustrating. You are the controller in the game and I couldn’t get it to work. The controlling part worked but setting it up was so confusing and I couldn’t figure it out which is highly unusual. It just seemed so unintuitive. I was really, really frustrated and finally just turned it off.

Forgetful

MP: I had the vial in my purse during our entire consult. I reminded myself at least 3 times not to forget to give it to her. Of course, I forgot!

P1, P2, P3: Forgot to say goodbye this morning MP: Not one of my 3 kids said goodbye to me this morning. This never happens. (Later they tell me separately all three of them “forgot” to say goodbye.

MP: I vaguely remember putting them together with the rings so they wouldn't be lost in the move but then don't know what happened to them.

MP: Now I'm confused and can't remember if I already did the trituration and this was the last one or if I have one more to go.

MP: I start scraping and realize I forgot to start the timer.

MP: Hungry. Realize I forgot to eat breakfast.

P1: (stops half way through sentence) Can't remember who said what.

P1: Difficulty with pronunciation. Can't think of the words. Trying to talk and can't come up with the word "armrest". Definitely word hunting.

P3: I get a message from P3's teacher saying he did not complete his spelling homework. P3 and I completed it together on Wednesday so it's either lost or he forgot to turn it in.

MP, P1: We both can't remember the name of profiteroles which we make at Christmas time.

MP, P1: (out of nowhere) P1 says: It was Salmon knuckle head. Oddly I know exactly what he means. We were talking about having Salmon for dinner and I forgot. We haven't had fish in over 5 years (because of the mercury).

Making mistakes

MP: Just as I was about to start, P1 came out of his office and asked if I was here. He said I said, “no.” I thought I said, “What?”

MP: I’m finding it hard to type and have to go back and delete almost every word. I usually make errors as I type because I type really fast but this is typing the completely wrong key.

MP: I realize I’ve made a mistake for the first step.

MP: I’m into the last part of the trituration. I realize I’m not going to have enough milk sugar to complete the proving. I’m mad because I realize the instructions are wrong.

MP: What if I don’t triturate enough. What if I don’t do it right. What if I make a mistake. What if I fail? Failure, making a mistake.

MP: 12:30a (I wrote am but it’s really pm.)

MP: OK, so all day today I thought it was the 4th. It’s actually the 5th. So I was a day off with the date! All day yesterday I thought it was the 3rd.

Feelings of failure

MP: I feel terrible I am going to fail her.

MP: I kept getting interrupted. I couldn’t finish it.

MP: Now here is the day she needs it and it's not done. I have never missed a deadline in my entire life.

Anger

MP: I'm mad and feel like stopping. Then I'm confused. I'm not sure if I'm doing it right. The directions don't seem clear to me. I feel really confused. I'm angry. I actually feel like I'm pouting. I feel like it's not fair. My mood has definitely shifted. I'm not in the happy good mood anymore. Now I'm mad and pouting.

P2: is picking an argument with me. She is saying how bored she is and all of her friends are allowed to go to the mall by themselves. This is definitely not true. She's very angry. She's cleaning up and is angry there is so much crap in this house. She says, "they leave their crap everywhere and now I have to clean it." This is what I always say. She's upset about the mess everywhere. She's really angry. She's complaining. She doesn't like sitting in a dirty living room. She's really making me angry. She's picking a fight.

P4: says she is Mad. She's sulking. She refuses to answer even though we ask her questions.

MP: The remedy pellets arrived yesterday. I wanted to finish the proving yesterday but ran out of time. It took 2 weeks for the remedy pellets I ordered to arrive. Supposedly they were being shipped 3-5 day express

mail. However, it doesn't say they are shipping them from India! They get stuck in customs. I feel a little miffed or like I've been tricked. I just want to get this over with! I don't even know if it's valid anymore to be so long from the original C3.

MP, P1: He let's his own morality make these stupid decisions and it makes me crazy. Then he gets mad because he feels dumb. Or I make him feel dumb. It's frustrating.

Picking Fight/Arguing over unimportant issues

P2: is picking an argument with me. She is saying how bored she is and all of her friends are allowed to go to the mall by themselves. This is definitely not true. She's very angry. She's cleaning up and is angry there is so much crap in this house. She says, "they leave their crap everywhere and now I have to clean it." This is what I always say. She's upset about the mess everywhere. She's really angry. She's complaining. She doesn't like sitting in a dirty living room. She's really making me angry. She's picking a fight.

P1: Just a little bit later, he came out into the living room and I could tell he was mad because I was sleeping. He said, "I'm going to bed." Like he was miffed. He does this all the time. He was mad because he

thought we were going to have sex tonight. So instead of saying something, he gets mad and holds a grudge.

P3, P4: The kids are fighting in P3's room. P4 won't get off P3's laptop.

P1: talked to his sister about his brother and how he's miffed at him because he hadn't said anything about the photo gift of mom we sent to them at Christmas. I was thinking while he was talking to her that it seems like such a stupid thing to write someone off for even though I felt the same way.

MP: Maybe it's about stupid arguments about nothing. N called just after we finished and he said he is in an argument with the next door neighbor because last night he accidentally left the cat out when he was leaving and she got mad at him and said to him, "just go home." So now they aren't talking.

MP, P1: P1 just got back from taking P2 to Kohls to buy shorts. He had called because she wanted a pair that was \$22. I said that was too much. He said he thought so, too. So he was going to take her to Walmart. Well I had given them a \$10 off coupon and an additional 15% off to use at Kohls. But P1 was going to buy shoes. However, he didn't buy the shoes. So she could have bought the shorts for \$10. Instead he took her to Walmart and bought the shorts for \$12.00. He let's his own morality make these stupid decisions and it makes

me crazy. Then he gets mad because he feels dumb. Or I make him feel dumb. It's frustrating. P2 said she tried to explain it to him and he said it was the principle of it - that the \$22 was too much. No, it's the amount you end up spending that matters! That's like biting off your nose to spite your face. If he had bought the shoes, then it would matter because she would have ended up spending way more for the shorts. It makes me crazy that he doesn't get it. It's such a dumb thing to be mad about but it bugs me!

Holding a Grudge

P1: So instead of saying something, he gets mad and holds a grudge.

MP: But then we both held a grudge.

Miscommunication causing discord

P1: launches into a story that seemed to take forever. It was about some corporate screw up and something he authorized verbally and was now in the wrong because he hadn't sent it via email for a paper trail.

P1: The whole time I'm triturating I can hear P1 on a call with his boss. Someone sent a message that was about not following regulations and there was this

whole email conversation back and forth about regulations and not meeting obligations. P1 says it's irritating because all the information is on the website. Someone should take 5 minutes to just read the website before sending all these emails. He's mad about copying all these people and it shouldn't be an issue.

MP: I am angry and say, "fine then." And he's like 'what's your problem' and I say, "You're mad and won't admit it." He denies it like he always does.

MP: ...we ended up talking about G and I breaking up. It was a huge miscommunication. S called G and told him we had met up and asked if he wanted to talk to me. 20 years later he still did not want to talk to me. We had broken up because we didn't communicate. The night I walked out on him, we didn't even have a conversation, I just up and left because he wasn't telling me what he was doing that night. But then we both held a grudge. There was a huge disconnect between us.

MP: said, "I don't think that's a good idea." I was talking about giving the director the two closest clinics. Everyone else thought I said it to P4 getting powdered sugar. P1 said "you just dropped a bomb on us out of nowhere." I don't even know what that means.

MP: It took 2 weeks for the remedy pellets I ordered to arrive. Supposedly they were being shipped 3-5 day express mail. However, it doesn't say they are shipping them from India! They get stuck in customs. I feel a little miffed or like I've been tricked.

MP, P1: P1 just got back from taking P2 to Kohls to buy shorts. He had called because she wanted a pair that was \$22. I said that was too much. He said he thought so, too. So he was going to take her to Walmart. Well I had given them a \$10 off coupon and an additional 15% off to use at Kohls. But P1 was going to buy shoes. However, he didn't buy the shoes. So she could have bought the shorts for \$10. Instead he took her to Walmart and bought the shorts for \$12.00. He let's his own morality make these stupid decisions and it makes me crazy. Then he gets mad because he feels dumb. Or I make him feel dumb. It's frustrating. P2 said she tried to explain it to him and he said it was the principle of it - that the \$22 was too much. No, it's the amount you end up spending that matters! That's like biting off your nose to spite your face. If he had bought the shoes, then it would matter because she would have ended up spending way more for the shorts. It makes me crazy that he doesn't get it. It's such a dumb thing to be mad about but it bugs me!

Difficulty expressing/communicating/mistakes in speech

MP: I'm finding it hard to type and have to go back and delete almost every word. I usually make errors as I type because I type really fast but this is typing the completely wrong key. I'm going to not edit as I type the next few sentences.

As I prepared the label for the bottle, I made a mistake and left off the e in computer. It is like when you tet, you lev out som of the letters,. Nmy hands don't want to type the right letters now and I have to think carefully about whih cll letters to type. The epse spell heck schanged some letters on its own.

MP: Having trouble expressing myself.

P1: (stops half way through sentence) Can't remember who said what. Having trouble talking. Like as if drunk. Three or more feet. Couldn't say it.

P1: Difficulty with pronunciation. Can't think of the words. Trying to talk and can't come up with the word "armrest". Definitely word hunting.

P1: calls out from studio, says, "Can't find box of checks. Checks!"

P2: mispronounced floor and said smoor.

MP, P1, P2, P3, P4: At some point, everyone of us has said the wrong word for something (just mixed it up or couldn't pronounce it properly).

P1: Did you notice the difference in the water with the new ice, I mean salt I put in?

P1: Twice P1 repeats what I said like he either wasn't listening or something else.

MP, P1: I said, "wouldn't it be a great show like Chopped except it's just desserts and you give them one flavor to work with and then they have to make the dessert. Like for example, lemon, or maple, or whatever." P1 says, "Or there is one theme of the dessert like chocolate or lemon and they have to come up with something." I look at him and laugh. That is exactly what I just said!

P1: (while triturating) I have got the dumbs. ... I can't bring words to the mouth.

P1: triturates the next round. I say it's cool how the milk sugar grinds into the porcelain of the mortar. He says, yes. Then when he's almost done he says, "I see, it makes it all white – it's ground right into the porcelain." I said that is exactly what I just said. He said he didn't see it before.

P2: It's salty. I'm going to put it in our salt shaper [shaker].

Speaking in Code/Secret Languages

MP, P1: I say it's weird how you don't like whipped cream. He says why, I say because you like cream and you like ice cream why don't you like whipped cream. He says, "I knew JFK. JFK was a friend of mine. And sir, you are no ice cream." I laughed and he said, "Do you know what I mean?" I said, "Yes, strangely enough, I know exactly what you mean."

MP, P1: (out of nowhere) P1 says: It was Salmon knuckle head. Oddly I know exactly what he means. We were talking about having Salmon for dinner and I forgot. We haven't had fish in over 7 years (because of the mercury).

P4: says, "You lack discipline." (South Park reference). P1 and I frequently talk in TV or movie references. It's a way of communicating in short hand. We share a joke about something we laughed about. It's a social reference. Sometimes other people get it but usually it's a private joke.

Computer/Internet

MP: I was thinking how when the kids come home, the first thing they will want to do is get on the computer.

MP: Just kind of sitting here so I suppose I'll check my email.

MP: Thinking about how man has been enamored with computers and robots. How we want so much to have working robots or artificial intelligence. Starting with the Six Million Dollar Man in the 70s, Tron, Terminator, Star Wars. Man integrating with computers.

P1: P1 calls me into his office to show me an email exchange between he and his boss. His boss had asked him for a spreadsheet and then couldn't read what P1 sent him. P1 sent him the next email in 72 point size. They had a funny exchange and laughed about it.

MP, P1, P2, P3, P4: All the kids have left me. P2 went on her ipod. P3 went on his laptop. And P4 went on the computer in my studio. P1's on his computer in our bedroom. I'm on my laptop doing the proving. This is how our family operates now. We are all on our computers in separate rooms. Every one of us is in a separate room on a computer. But we are all connected via wireless.

MP, P2, P3, P4: We talked about the Justin Bieber movie we saw last night and about what makes a star a star. We also talked about social networking, Twitter, and Facebook.

P3: was already up and playing on his laptop when I came into his room.

P1: said he could use Weight Watchers on his laptop. I asked him why can you use WW on his work laptop but not Facebook. He said, “it says in our handbook specifically you can’t go on any social networking sites. But it doesn’t say I can’t go on WW.” I laugh and say, “You are so Kali Carb [his constitutional remedy].”

P3, P4: The kids are fighting in P3’s room. P4 won’t get off P3’s laptop.

P2: asked me if the remedy was internet. I told her I didn’t know. (she’s my most psychic one.)

P2: again says she thinks the remedy is internet. “I don’t know just feels like there is no energy in my body but there is in my head. Just reminds me of when you’re on the episode of Timmy Turner where they are going through the internet and they see a whole bunch of numbers or like cyberspace. That is coming to my head. I think the remedy is made out of the internet or computer contamination.”

P3: just a tad bit dizzy right now. Just that feeling when you feel like you have no bones and you are being pulled down to the center of the earth. Cyberspace.

MP: We tried to do the Zumba game on the Xbox kinnect computer game. We couldn’t get it to work. It was so frustrating. You are the controller in the game and I couldn’t get it to work. The controlling part worked but setting it up was so confusing and I couldn’t figure it out which is highly unusual. It just seemed so

unintuitive. I was really, really frustrated and finally just turned it off.

MP: I actually broke three keys off my laptop when I was vacuuming off the remedy dust. I can't believe it. I am actually going to have to buy a new laptop. ☹️ UGH!

MP: My FIL called. He said he's having trouble with his new computer. The battery won't charge.

MP: Last night on TV they discussed airbrushing in magazines and how the computer can be used to completely change the way someone looks in a photograph. They were saying it is deceitful and wrong. Again, it's striving for that perfect, unrealistic beauty and deceiving about its true origin. I feel like that is also part of the proving, just like the company I ordered the remedy pellets from wanted you to think you weren't ordering from India.

Outerspace/Internet/White space

P2: [randomly says] space mountain

P2: White space comes to mind.

P1: says, "snow" after P2 says white space.

P2: It feels like I have no emotion. Plain and boring. Blank.

Robots/People (children) as robots – Autism

MP: Thinking about how man has been enamored with computers and robots. How we want so much to have working robots or artificial intelligence. Starting with the Six Million Dollar Man in the 70s, Tron, Terminator, Star Wars. Man integrating with computers.

P2: I think they are robots (talking about the children in *The Giver*).

P2: it feels like I have no emotion. Plain and boring. Blank.

P4: went into P3's room to tell him something and acted like a robot. She was swinging her arms like a robot and made her voice like a robot. She's never done that before.

MP: There was an article in the paper today, "Robot helps Autistic Children" about a robot doll used in therapy for kids with Autism. The article states: "Children with autism don't react well to people because they don't understand facial expressions," said Ben Robins, a senior research fellow in computer science at the University of Hertfordshire who specializes in working with autistic children.

"Robots are much safer for them because there's less for them to interpret and they are very predictable."¹

¹ "Robot helps Autistic Children," Maria Cheng, Huffington Post, 03/08/11

This makes me crazy. These kids aren't socially de-funct. They are sick. All the doctors seem to forget that social skills are our most basic of human developmental skills. It's the core of who we are. If our brains are sick, we don't develop properly. It's the same as growing taller. Instead they say it's social. Baloney!

MP: It's like they want everyone to be robots and do the right thing and nothing strays from what is supposed to be.

Autism

P4: is spinning in circles.

P4: is still spinning in circles (she never does this.)

MP: There was an article in the paper today, "Robot helps Autistic Children" about a robot doll used in therapy for kids with Autism. The article states: "Children with autism don't react well to people because they don't understand facial expressions," said Ben Robins, a senior research fellow in computer science at the University of Hertfordshire who specializes in working with autistic children.

"Robots are much safer for them because there's less for them to interpret and they are very predictable."²

² "Robot helps Autistic Children," Maria Cheng, Huffington Post, 03/08/11

This makes me crazy. These kids aren't socially defunct. They are sick. All the doctors seem to forget that social skills are our most basic of human developmental skills. It's the core of who we are. If our brains are sick, we don't develop properly. It's the same as growing taller. Instead they say it's social. Baloney!

Hyperactive/Laziness

P2: said she feels very hyperactive and silly.

P2: I was really hyper, now I can't move.

MP: I feel lazy. I just want to lie down and rest. I know I have to clean today but I don't want to.

P3: says he feels more lazy. P1 asks how that is possible.

P3: I feel like noodles. Uncontrolled, Like I have no bones. Gravity is weighing me down but I can't control it.

P2: I feel like that, too.

Sleep/Fatigue

MP: And I am so tired, I continue to sleep like a rock on the couch (OS). I finally wake myself up at midnight to go to bed and then I sleep restlessly the whole night –

not getting back to deep sleep. This has happened twice this week. Usually I sleep quite well.

MP: That was hard! I was so tired and practically falling asleep while triturating. It seemed so much harder and lasted longer than anything we did previously. It was overwhelming. I just wanted it to be over. Everyone was impatient and just wanted it over.

Tension/Stiffness

MP: Tense – things are very intense. Tense in lower right back – along flank.

P1: stomach feels tight inside.

MP: My hands are stiff. I almost can't move the fingers of my left hand.

P1: walked out rubbing his upper abdomen. Tense feeling in hypochondria (middle).

MP: At first it was just stiffness and tension at the nape of the neck.

Vertigo/Dizzy

MP: Feel a little bit of vertigo on closing my eyes.

P4: says she feels dizzy.

P3: just a tad bit dizzy right now. Just that feeling when you feel like you have no bones and you are being pulled down to the center of the earth. Cyberspace.

Things in threes, triplicate

MP: I keep thinking, “Important, important, important.”

MP: Cancer, cancer, cancer.

MP: Three black crows fly around me.

P2: When we got home I told the kids to not look at the proving stuff because I didn’t want them to know what it was. P2 said, “You know that angel on one side, devil on the other thing?” I said, “yes, why?” She said, “because I just want to look, look, look [at what the remedy is].”

P2: Asks for Chinese 3 times.

MP: I’m very, very thirsty. I drink water the whole glass at a time (3 times during the day).

P2: [P2 told me this morning she was afraid to be in her room because the cat was just meowing at the wall. She thought that meant there was a spirit there and she was afraid to be by herself. She said she thought in her mind, “go away, go away, go away.”

P3: keeps yelling to P2: “You have a text,” every time her ipod goes off. He does it three different times.

P3: shows me a cartoon on his laptop. It’s a boy climbing to the top of a mountain and it says, “three days... “ and then once he reaches the top, he sees an elevator.

MP: I actually broke three keys off my laptop when I was vacuuming off the remedy dust. I can't believe it. I am actually going to have to buy a new laptop. ☹ UGH!

P3: has rancid breath. He has brushed his teeth three times today already.

Worry/Thoughts about Money

MP: Sadly you have to wonder is someone who is filthy rich, do they have that ease? [No little worries.] Does it come down to money. Which it shouldn't.

MP: This morning I was convinced we would win the lottery and then I wondered if we would have to include that in the proving.

P1: Is it worry about money or is it that you think money is preventing you from being happy?

Cancer

MP: Cancer, cancer, cancer.

Repeating

P1: – feels anxious. Things going through my head which need to get done. Errands. Mental lists you run through. Repeating.

Grief

MP: Something really important being lost forever! Things of value lost – lost data, lost pictures, lost videos – because of computers. There will be no records. No paper trail. Makes me really sad.

MP: My father-in-law (FIL) called. His next door neighbor who is his best friend is dying of cancer. He has been my FIL's rock since my MIL died last August. He's very sad thinking he'll be alone again. My FIL said the past two days he has had this vibration feeling in his abdomen and right thigh. He said he's never had it before. Causticum.

We're very connected since my MIL died. We talk every day. It breaks my heart he is so sad and will have to go through this again. Strange – we had moved past so much of the grief. He said he's having trouble with his new computer. The battery won't charge.

Major theme of grief in *The Giver*.

Desire for baby in older mother

MP: I thought this morning I should have another baby. A boy.

MP: Last night our two neighbors stopped by – they both had babies last year and have kids P2's age (13). I'm the only one in the neighborhood that didn't. I'm really all done with having babies but it would be fun. I still feel like there is one more boy out there for us. But it will be OK. I'm in too good of a place right now.

P1: Last night I had a dream that my mom had another baby (she is passed on). I had that same feeling this morning (about me having another baby). Maybe it's about older women having babies. Or having a baby at a later age.

Twins – See Summary Symptoms

Creative block

MP: I've been so blocked on this creatively. I just can't get anything. I keep going to draw something and then I procrastinate because no ideas are there...I want to do something really great. But I literally am so blocked I can't come up with a single idea. The worst thing that could happen to me right now is someone

will email me with a job because I couldn't do it to save my life.

MP: it is so excruciatingly painful to try to create something. I am supposed to design a logo for N and I literally can't come up with a single thing. It is an awful feeling. I just can't create anything. I don't feel like I have a creative bone in my body. It feels all dried up. It feels like I could never create something again. It's an awful feeling.

Crying from sudden fright

P4: Out of nowhere at the dinner table, P4 falls off her chair. We have a high top so it was quite a ways down. It scared the crap out of both of us and it was like in slow motion and I couldn't catch her. She was scared and crying. She hit her ribs and the back of her head. She was hyperventilating and immediately asked for a drink of water. I think she was more scared than hurt. I think she was only crying because she was scared not because she was hurt.

P2: Sitting on the couch, all of a sudden the cat flew over the couch and landed on P2's stomach. It hurt her and scared her. A few minutes later she said she had the feeling like she wanted to cry because she had been scared even though she knew it was OK. She becomes weepy telling me.

Psychic

P2: asked me if the remedy was internet. I told her I didn't know. (she's my most psychic one.)

P2: laughs. She thinks it's funny because she knows what I'm typing. She says almost verbatim what I typed.

P2: again says she thinks the remedy is internet.

P2: "I don't know just feels like there is no energy in my body but there is in my head. Just reminds me of when you're on the episode of Timmy Turner where they are going through the internet and they see a whole bunch of numbers or like cyberspace. That is coming to my head"

MP: I was thinking the same thing this morning while reading the book about Intuitive healing. It's written by an MD who is psychic.

Bombs/Bombing/Explosions

P2: P3's computer game is scaring P2 because she thinks bombs are going over the house and will drop on us.

MP: said, “I don’t think that’s a good idea.” I was talking about giving the director the two closest clinics. Everyone else thought I said it to P4 getting powdered sugar. P1 said “you just dropped a bomb on us out of nowhere.”

P2: “P3, your head just got blown off.” She’s talking about his computer game.

MP: I don’t know why but for some reason, this last round just like exploded. It wouldn’t stay in and kept spilling over the sides.

MP: I lost 20 grams of remedy pellets in the last round but it’s measuring a full inch more of remedy? It’s like the remedy expanded or more exploded in my lap!

Animals

MP: Three black crows fly around me.

P2: all these different animals keep popping into my head. Like what you would see at a zoo. Zebra, giraffe, porcupine, birds.

MP: We went to the zoo today.

Averse Showering

P2: “I need to shower but I don’t want to because the sun isn’t out.” I didn’t feel awake enough. I want to take a shower because I feel gross but I’m too lazy. I don’t want to take a shower and then have wet hair.

P3: hasn't showered in a week!

P2: said she has to shower but she doesn’t want to shower.

Random Thoughts

When asked what she was thinking and feeling about the remedy:

P2 replied: Pickles, potato chips, pie. Tigers. music Waterslides, MP3. Butterflies, sunshine, small fries, big fries, space mountain. Chinese food, grapes. Sunshine.

Bees (See Summary Symptoms)

MP: I thought I heard a bee buzzing. There have been bees everywhere this week.

Ocean

MP: I dreamt I was on a trip and we were on a sailboat and we had to sail a long way to get to our destination.

MP: There are sharks in the water, but I don't seem to be afraid of them.

MP: Craving fish and seafood.

MP: We haven't had fish in over 7 years (because of the mercury).

Details/Vast/Meaning to Everything

P3: I ask P3 about *The Giver* again. She says, "You don't go anywhere, you spend your whole life in the utopia. There are so many tiny details. Every little word in the book means something. But you don't know what it means until the end."

Dreams

P1: Last night I had a dream that my mom had another baby (she is passed on).

MP: I dreamt I was on a trip and we were on a sailboat and we had to sail a long way to get to our destination. GC's (a boyfriend of mine from 22 years ago before I met P1) brother, S was our captain and we ended up talking about G and I breaking up. It was a huge miscommunication. S called G and told him we had met up and asked if he wanted to talk to me. 20 years later he still did not want to talk to me. We had broken up

because we didn't communicate. The night I walked out on him, we didn't even have a conversation, I just up and left because he wasn't telling me what he was doing that night. But then we both held a grudge. There was a huge disconnect between us.

There are sharks in the water, but I don't seem to be afraid of them, just acknowledging they are there.

I remember thinking in the dream, S is going to see I am fat and tell G and then I thought to myself, "I'm fine with that. It's who I am and I don't care who knows it." (coming to terms/peace with who you are)

Later in the dream, P1 is driving us and it's along this long mountainous road. Again it's a long voyage or trip to get to where we were going. Once there, it's a log cabin but there is mess everywhere. Again, messy, disorganized.

I woke up and realized P1 was all the way over as far as he could be on his side of the bed with his back facing me. While I was all the way over on my side of the bed with my back facing him. Distance between us - disconnected.

I remember thinking while still dreaming the essence of the remedy was about communication and not communicating. Being distant from others. Disconnected. Pretending to be something or someone you're not. (Trans-gender, angry, fat) and coming to peace with what/who you are or are feeling.

P2: I was at S's house and we were redoing her room. It was all green and blue but it was actually K's room. There was a TV and then it moved to another part of the room but I didn't notice. It was completely purple other than the green and blue walls. It was really cool. The clean house show was on the TV. We covered up the TVs so she wouldn't know what it was. She came in and she acted like nothing happened, she came back and we uncovered the TV and she noticed it was purple.

Once we left, we could buy dogs and peas (vegetables). It was some weird market but it was our house. But with S's living room and K's room. When you look outside, it was the mansion we were watching on TV (where they did the sex change).

Once we left there, you could go buy peas and go to a market and they had everything you need to redo a room.

P3: dreamt C and D (the two kid who bully him at school) were over at our house and they were like zombies in crates. Then you gave me a piece of cake. Then it ended. They came in through the door and we were all in the corner with guns and we were like you can go now. The zombies didn't burst out and that is what we expected. I wasn't afraid of them but normally would be. Then you gave me a piece of cake.

MP: I had a dream that P2 came into my room crying, holding her stomach and said, 'mom, my stomach hurts.' And I woke up with a start with throw up in my throat (OS). It was 2:10a.

P1: called me to tell me about his dream last night. He dreamt he was at a business meeting and the people were getting madder and madder at him. Then his mom showed up. She was just sort of in and out of the dream. "It was frustrating because it was literally evaporating in my mind as I was trying to remember it." This is the second time P1 has dreamt about his mom since the proving started. She passed away 6 months ago and he hadn't dreamt about her yet.

MP: Last night I dreamt we were in snow storm at my Aunt's old house (from when I was a kid). They

were having what was called “snow tornadoes” and if you were outside, you would die. So I saw one coming and we ran to get into the house. Everyone got in and they locked the door on us. So P3 and I had to get into the garage (which is interesting because her house didn’t have a garage). But anyway, we got in and we were under some sleeping bags and we knew we were safe. It was really weird! I have no idea why I would have dreamt that.

Desires – Food

P1: asks if I want Chinese for dinner.

P2: said she wishes she had more of the candy she got at the movies last night.

P2: craving Chinese food. Asks for Chinese 3 times.

P2: [randomly says] Chinese food

MP: I’m craving chocolate chip cookies. P2 comes out of the bathroom and asks if someone will make cookies.

P1: is reading Food magazine. He tells me about tiramisu. It looks so good.

P1: is talking about the desserts in the cooking magazine he bought last night. He said he is definitely going to make the torte with icecream. It’s a Nutella and whipped cream torte. I say it would be better with whipped cream.

P1: looks at a cookbook I ordered this week and points out another dessert that is Nutella and whipped cream.

MP, P1: (out of nowhere) P1 says: It was Salmon knuckle head. Oddly I know exactly what he means. We were talking about having Salmon for dinner and I forgot. We haven't had fish in over 7 years (because of the mercury).

MP: Craving fish and seafood. I remember that fish and potato pie I made years ago. MMM – that sounds so good. I haven't had fish in over 7 years. I am craving it but I won't eat it because of the mercury.

MP: Another client today, “My son was eating salmon and now he won't eat it anymore.”

MP: Salmon is on sale – buy one get one free this week starting today. I think I'm going to get some.

Thirst

MP: I'm very, very thirsty. I drink water the whole glass at a time (3 times during the day).

Physical Symptoms

Head

MP: I'm starting to get a headache – dull aching in my front forehead extending to the front top of my head.

MP: Aching extending to top of head.

MP: Headache in left temple extending to top left teeth.

MP: Feeling pressure in the back of my head. Not so much a head ache but pressing on vertex, a heaviness.

MP: I'm holding my head in my hands with my thumbs facing down my cheeks and feeling my head pulsating – not pain, just pulsating.

MP: My head hurts more on the left side and temple. It's getting more powerful.

MP: I also have a headache – top of head – again just aching.

P3: headache right between my eyes

MP: I have two nodules I have had on the top of my scalp. One I have had for 20 years, the other for about 10. I swear both are smaller this morning.

MP: The top of my scalp was itching all night (OS).

Eyes

MP: Right eye itching

Vision

P2: They all see in b&w. The Giver is the only one who can sometimes see color.

P3: thinks the remedy is “white.”

Ear

MP: Pain in my other right ear. Sharp, piercing, like a pin.

MP: Pain in gland behind and below right ear.

P1: Ears feel warm – right ear worse than left.

MP: I have an ear ache in my left ear - aching.

Nose

MP: Nose tingling, sneezing.

MP, P1, P2, P3, P4, P5: All 5 of us have been sneezing.

Sinuses

MP: Definite aching in my upper left front teeth area. It extends to my left sinus below my eye.

MP: Pain in left side of face, extending to left side of bridge of nose. Sinus area.

MP: Pain just below left eye in sinus. Better for pressing.

Mouth

MP: Throbbing in lower lip (previous site of chronic herpes eruptions).

P3: Tastes like spicy vomit.

MP: This is the first morning in months I have woken up and my tongue wasn't dry and coated white!

P4: upper lip stinging (left side)

MP: I feel nauseous. I have burning in my throat.

P3: 's breath is rancid. I asked if he licked him. Smells like 3 day old garlic breath. I had garlic three days ago.

P3: P1 makes P3 go brush his teeth. His breath is vile.

MP: The corners of my mouth feel dry or like something is dried on there. I lick it to get rid of it.

P3: has rancid breath. He has brushed his teeth three times today already.

Teeth

MP: About 3 minutes into the triturating and my top left front tooth began to tingle in a painful way.

MP: Definite aching in my upper left front teeth area. It extends to my left sinus below my eye.

P1: In the past they would just let the dog's tooth fall out. (While talking on phone with dad about dogs.)

MP: My tooth pain is now shooting up into my nose (left side).

MP: Toothache now on upper right side – teeth in front of molars.

MP: Toothache, upper right extending to head left side vertex. Like in a line up from tooth to top of head. Now right side, same place.

MP: Tooth ache upper sides, alternating sides. Left to right, then back and forth.

MP: Pain in left upper teeth.

MP: Tooth pain, upper left

Throat/larynx

MP: I also started getting mucus in my throat and had to keep clearing my throat (OS and current symptom).

P3: sore throat, stinging, throbbing, burning (had this yesterday). Tastes like spicy vomit.

MP: I have a lot of mucus in my larynx. I have had that more so this past week than in the past. But haven't had it for a few days. I always get it after eggs. But this morning it seems especially bad. At one point while I'm triturating I think this mucus is choking me. It stops as soon as I stop triturating.

P3: sore throat, stinging, burning, throbbing. It was hurting him so bad he was weepy. So I gave him Apis. I knew I had to antidote him as well.

Neck

MP: Knot, Neck, cervical region

MP: This past week I have had horrible pain in the sternocleidomastoid muscles – first right then left. At first it was just stiffness and tension at the nape of the neck, then it extended down the right to where the sternomastoid attached at the sternum. Then it switched sides to the left and again, traveled down to the attachment area at the sternum on the left. Sore, painful, tense. Worse with movement, worse for touch but better for pressure, rubbing.

MP: Halfway into the 2nd trituration even though my hands and arms are weak, the pain in my neck is almost completely gone! I feel so much better! Better than I have all week! I can't believe it!

MP: Desire to get up and stretch. Stretching neck muscles.

Stomach/Hypochondria

MP: Pain in right hypochondria.

MP: Sharp pain in the middle of the hypochondria (pancreas?)

P1: walked out rubbing his upper abdomen. Tense feeling in hypochondria (middle).

P2: loud eructation.

P1: loud eructation.

P4: loud eructation.

MP: I feel nauseous.

P4: gets the hiccoughs.

P4: hiccoughs again – painful.

MP: I had a dream that P2 came into my room crying, holding her stomach and said, ‘mom, my stomach hurts.’ And I woke up with a start with throw up in my throat (OS). It was 2:10a.

P4: Later, before bed P4 starts crying because she says her stomach hurts. She kept saying it was sharp. Sharp pain in her umbilicus region. She was sweating and crying so I had to give her Nat Mur. The pain was gone within 10 minutes and she was her happy self again.

P3: said he had stomach cramps last night and woke up at 3:30a to have diarrhea. He said he was having the stomach cramps off and on all day.

MP: I also have horrible pain in my abdomen/uterus. It's gnawing, raw aching.

Rectum

P4: passes flatulence (x2)

P2: passes flatulence

P2: farted again!

P2: : flatulence

Stool

MP: Whilst preparing, I had a sudden urging for stool. This happened twice. This is highly unusual for me. The stool was formed, squiggly shaped.

MP: I started to walk on the treadmill and I suddenly had stomach cramps and felt like I would have diarrhea. I had to stop and go to bathroom. It was soft but not quite diarrhea.

P3: said he had stomach cramps last night and woke up at 3:30a to have diarrhea. He said he was having the stomach cramps off and on all day.

Bladder

P4: peed her pants this morning because she waited too long to go the bathroom. She rushed to the bathroom but didn't make it. This hasn't happened in a long time.

Menses

P2: got her period in her sleep. She said it was completely unexpected. Jan. 30th was last date. So 4 days late but this is about right for her. This has happened to her in the past.

P2:'s period is really heavy and clotted. She's bled through another pair of underwear.

MP: Menstrual cramps. Horrible.

MP: Menses, lying down agg.

Ovaries

MP: Pulsating, aching in left ovary.

MP: Pain in right ovary.

Breasts

MP: Pain in right outer breast.

MP: Pain in right chest, right breast. Just below breast.

Back

MP: Sharp stitching pain in back through chest at lower left shoulder blade

P2: cramping, muscle spasm in right lumbar area

MP: Sharp stitching pain in left back/chest area

MP: Knots in back – both sides lower lumbar.

Upper extremities

MP: Aching pain (arthritic) in Right knee and Right elbow

P1: sharp, stinging pain in upper forearm near the elbow – right side.

MP: Sharp, zinging pain in top of right forearm (same as P1 had).

MP: I do have a strong aching in my right forearm. Don't know if it's simply from the act of triturating or if it's like you would get from mousing (I now mouse with my left hand because I had so much trouble/pain in my right).

MP: I have horrible numbing pain in my right forearm.

Lower extremities

MP: Pain in right knee, just below knee cap, in the center. Shooting down to shin.

MP: Aching pain (arthritic) in Right knee and Right elbow

MP: I had aching in my right knee and right ankle.

Hands & Feet

MP: Tingling in hands and feet.

MP: Pain in right pinkie.

MP: Pain in left ring finger. Underside, extending length of finger.

MP: Pain on bottom of Left foot, outer sole.

MP: Sharp pain in index finger of left hand.

MP: Sharp stinging pains in right hand and left hand.

MP: My hands are stiff. I almost can't move the fingers of my left hand.

MP: Bottom of right foot itching intensely.

MP: Lasting pain in underside of my right foot. This is the place I jumped onto a nail when I was about 10 years old. Don't know if it's that (which I've never had a problem with) or just a random pain. It is painful and continuous.

P2: cramping in base of thumb of left hand.

MP: Knots in feet, everywhere, top and bottom, top part before toes and bottom heel.

Skin

P1: is peeling from a sunburn.

P1: is not paying attention. He's peeling his skin.

P1: pulls off a big piece of skin.

P1: continues to peel his skin.

P2: peeling on chest from a sunburn last weekend.

Gestures

P4: Is spinning in circles

P4: is still spinning in circles (she never does this.)

MP: Desire to get up and stretch. Stretching neck muscles.

Generalities

Left then Right

MP: Pain in left ovary. / MP: Pain in right ovary.

MP: Definite aching in my upper left front teeth area. / MP: Toothache now on upper right side – teeth in front of molars.

MP: Tooth ache upper sides, alternating sides. Left to right, then back and forth.

Alternating Sides

MP: Tooth ache upper sides, alternating sides. Left to right, then back and forth.

MP: This past week I have had horrible pain in the sternocleidomastoid muscles – first right then left. At first it was just stiffness and tension at the nape of the neck, then it extended down the right to where the sternomastoid attached at the sternum. Then it switched sides to the left and again, traveled down to the attachment area at the sternum on the left. Sore, painful, tense. Worse with movement, worse for touch but better for pressure, rubbing.

Aggravates

Lying aggravates
Full moon aggravates

Pulsating

MP: I'm holding my head in my hands with my thumbs facing down my cheeks and feeling my head pulsating – not pain, just pulsating.

MP: Pulsating, aching in left ovary.

V. Final Thoughts

This remedy just won't quit. As soon as I began writing the summary for the proving, the symptoms started not only for me but for all of the provers. While I did not include these in the proving symptoms or final conclusions, following is a list of symptoms/events which occurred while writing up the proving. I do feel these give credence, support, and confirmation of the themes discussed.

References while writing the summary of the proving

- A house blew up in Yarmouth from a gas leak. The man on the news said, "Everything is lost."
- Second story on the news, "Robot Invasion: How Technology is Replacing Man." (Robotics advertisement came on the radio as I typed this.)
- My 44 year old friend posted today, "it's been 9 months since my surgery for pancreatic cancer...what happens in 9 months, you get pregnant. And guess what, it's twins. There are two growths developing that look like twins and I have to have them removed." [hernias]

- Pictures of vegetables from Japan after tsunami and nuclear power plant disaster show up on Facebook– they look like twins (two headed vegetables) and cancer cells.
- First three emails in my inbox: “Carb Addiction,” “Addicted to drugs,” “Are you addicted to junk food.”
- Cory Monteith (teen heartthrob high school singer from Glee) dies of heroin and alcohol addiction/overdose.
- Someone sent me an email with several pictures of women wearing short skirts, asking are these too short? All were no, until the last one in which a penis is sticking out of the bottom of the skirt!!!
- Homeopathy group on FB posted a meme, “Wow honey, the house is so clean. Was the internet down for awhile today?”
- Same friend with cancer, posted picture of twin babies, on their shirts, one says, “I was planned.” The other says, “I was a surprise.”

- Tonight P4 said to P3, “You pretend to be a girl and I'll pretend to be a boy.”
- This week P2 is obsessed with watching “Catfish” an MTV show about people who pretend to be someone else on the internet and they form relationships and then find out the truth. Many of them are girls pretending to be boys or gay relationships. But it's almost always someone pretending to be someone they are not. Rarely is it the real person.
- P2 said this morning she has dreamt about meeting a different celebrity every night for the past week. It's always about taking her picture with them.
- LOL! This morning researching homeschooling options, I came across a thread about allowing unlimited screen time. Many of the comments were from parents with kids addicted to TV or computers. One linked a book called The Plug in Drug. I checked to see if our library has it. They do ... but it's “missing.”
- Watching Catfish with P2. The girl being featured is addicted to making fake facebook

profiles. She said she is “addicted to the computer.”

- Robert Redford's new movie advertised. It's called, “All is Lost”

Physical symptoms:

- sharp pain in tips of fingers, left hand
- sharp, stitching pain in left ear
- stitching pain, right year
- ear pain, left, then right
- stitching pain in right second toe at the first joint. It actually looks broken and like the bone is sticking out under the skin. It hurts to move it. I don't remember having hurt it at all.

Everyone is still proving, not just me

P4 fell off her chair at lunch at art camp today for no apparent reason (she did this same thing 2 years ago during the proving!)

P3's xbox game wouldn't work properly. He got mad and said he was all done with it forever. Went on his laptop which immediately had a hard drive failure.

P2 had a headache today for no apparent reason. Said she has had it for a week now.

Me - I am out there. I have been rambling on and on - everything seems related. Everything is overwhelming. It's all connected. This morning when my alarm went off, my first thought was I just want to "sleep, sleep, sleep."

My friend just posted on FB, "why are my posts showing up three times on FB?"

I am completely addicted to the computer right now. I can't get off it and I CAN'T FOR THE LIFE OF ME MAKE MYSELF WORK ON THE PROVING! I am doing everything I can to procrastinate. But I can't get off my laptop. I just keep going until the battery wears out and then plug it back in again. I'm addicted to my FB feed. I've been trying to order P3's new computer for three days. Just as I finished typing three days, the guy on TV said "three days."

Bees

There is something about bees with this proving as well. I came across an article today about killer bees chasing down and killing two ponies and going after their owners. So sad. The article linked me to another about how the bees are dying out.

Saw a post on FB about robot bees that will be used to pollinate plants and spy on people.

P2 said her biggest fear is being trapped in a car with bees.

Could the internet (electromagnetic waves) have something to do with the massive die off of bees?

Friend just posted on FB, “Friday, Friday, Friday”

P1 is watching a South Park episode. It's about the internet dying. P1 doesn't know I'm working on the proving. He says to me, “think about this ... what if the internet just stopped.”

The internet episode was really about internet porn!

V. RUBRICS

Rubrics in italics are suggested based on current repertory.

Mind

Mind, addiction (MPx3, P1)

Mind, anger (MPx2, P2, P4, P1)

Mind, answer, answering, answers, aversion to, refuses to (P4)

Mind, as if intoxicated (MPx5, P1x2, P2x2)

Mind, as if one would fail (MP)

Mind, as if out of control (MPx2, P2, P3x2, P4)

Mind, autism (P3x2, MP)

Mind, baby, desire for late in life (MP, P1)

Mind, bathing, aversion to (P2x2, P3)

Mind, bipolar, emotions, one extreme to another (MPx2, P2x2)

Mind, blank (P2, MP)

Mind, bombs, explosions(?) (MP, P1x2, P2x2)

Mind, cancer, thinking of (MP)

Mind, computer, internet (MPx7, P1x4, P2x5, P3x2, P4)

Mind, confused (MPx5, P2x3)

Mind, confusion, about gender (MPx3)

Mind, creativity, blocked (MPx2)

Mind, crying, from fright, sudden (P4)
Mind, delusion, food is poisoned (MP)
Mind, delusion, something is behind me (MP)
Mind, delusions, imaginations, great person, is (MP)
Mind, depression (MPx2, P2)
Mind, desire to stop what you are doing (MP, P2)
Mind, dieting (MP, P1)
Mind, discipline, of children (MPx2, P1x4, P2x3, P3x2, P4x6)
Mind, disconnected feeling (MPx6)
Mind, dizzy, vertigo (MPx2, P4, P3)
Mind, dizzy, vertigo, on closing eyes (MP)
Mind, dreams, of arguments (MP, P1)
Mind, dreams, of dead parent (P1x2)
Mind, dreams, of dead relatives (P1x2)
Mind, dreams, of eating cake (P3)
Mind, dreams, of pregnancy (MP, P1)
Mind, dreams, of snowstorm (MP)
Mind, dreams, of tornado (MP)
Mind, dreams, of zombies (P3)
Mind, eating, forgets to eat (MP)
Mind, emotionless (P2x2, MP)
Mind, express oneself, difficult (MP, P1x2)
Mind, fastidious (P3)
Mind, fatigue, (MPx2)
Mind, fear, control, losing (MP)
Mind, fear, losing, reason, his (as if crazy, feeling)

(MPx4)
Mind, fear, self-control, losing
Mind, female, sexual desire (MPx2)
Mind, fighting, wants to (picks fight) (MPx3, P2x2, P3, P4, P1)
Mind, foggy (MPx2)
Mind, forgetful (MPx6, P1x3, P2, P3x2)
Mind, grief (MPx2)
Mind, hoarding (MP)
Mind, holds a grudge (MP, P1)
Mind, household duties, aversion to (MPx2, P1, P2, P3)
Mind, housekeeping, women, inept for
Mind, hyperactive (P2x2)
Mind, laziness, (MPx2, P3x3)
Mind, indolence, aversion to work
Mind, like a robot (MPx3, P2x2, P4)
Mind, losing something, irreplaceable (MPx8, P3)
Mind, losing things (MPx6, P3x2, P1)
Mind, male, sexual desire (P1)
Mind, messy, unclean house (MPx5, P2)
Mind, miscommunication (MPx3, P1x3)
Mind, mistakes typing (MPx2)
Mind, mistakes, making (MP)
Mind, mistakes, making, spelling, in
Mind, mistakes, making, talking
Mind, mistakes, making, talking, words
Mind, mistakes, making, writing, in, letters,

confounding

Mind, mistakes, making, writing, in, letters, omitting

Mind, mistakes, making, writing, in, words

Mind, mistakes, making, time in (MP)

Mind, paranoia (MP)

Mind, pouting (MP)

Mind, procrastinating (MPx10, P2x3, P3, P1x2)

(However, P1 was really the opposite.)

Mind, indolence, aversion to work

Mind, psychic (P2x2, MP)

Mind, quitting (MPx2)

Mind, repeating, three times (Mpx4, P2x3, P3x3)

Mind, repeats same things

Mind, scream, desires to (P2)

Mind, shifting, transition (MPx4)

Mind, speaking, forgets what he is about to say (MP, P1)

Mind, memory, weakness, loss of, for what he is about to say

Mind, speaking, in code (P1x3)

Mind, speaking, makes mistakes (MPx2, P1x2, P2, P3, P4)

Mind, speaking, mixes up words (MP)

Mind, speaking, repeats what he said (P1x3)

Mind, spin, desires to (P4x2)

Mind, teen heartthrobs, (MP, P2, P3, P4)x2

Mind, thinking, of finances (MPx2, P1)

Mind, thinks food is poisoned (MPx2)
Mind, throws things, at loved ones, children (P4)
Mind, transgender (MPx5, P2x2)
Mind, utopia (P2, P1, MPx3)
Mind, word hunting (MP, P1)
Mind, zoo ? (P2, MP)

Sleep

Sleep, restless (MP)

Head

Head, pain, aching (MPx2)
Head, pain, aching, forehead, extending frontal
eminence (MP)
Head, pain, aching, vertex (MP)
Head, pain, between eyes (P3)
Head, pain, left side, extending vertex (MP)
Head, pain, temple, left (MPx2)
Head, pain, temple, left, extending to upper teeth (MP)
Head, pressing, vertex (MP)
Head, vertex, itching (MP)
Head, vertex, nodules (MP)

Eye

Eye, right, itching (MP)

Vision

Eye, vision, colorblind (P2)(sees everything in black and white) ?

Ear

Ear, pain, aching, left (MP)

Ear, pain, below, right (MP)

Ear, pain, stitching, right (MP)

Ear, warm feeling, right worse than left (P1)

Glands

Gland, pain, below ear, right (MP)

Nose

Nose, sneezing (Mpx2, P1, P2, P3, P4, P5)

Nose, tingling (MP)

Sinuses

Face, pain, sinuses extending to cheek (MP)

Face, pain, sinuses, pressure ameliorates (MP)

Mouth

Mouth, dry, corners of (MP)

Mouth, licks, corners of (MP)

Mouth, lip, stinging, upper, left (P4)

Mouth, lips, throbbing, as if from herpes (MP)

Mouth, odor, like garlic (P3)

Mouth, odor, rancid (P3x3)
Mouth, taste, like spicy vomit (P3)
Mouth, tongue, coated white (MP)
Mouth, tongue, dry (MP)

Teeth

Tooth, pain, aching, left (MP)
Tooth, pain, alternating sides (MP)
Tooth, pain, extending to nose (MP)
Tooth, pain, extending to sinus, left (MP)
Tooth, pain, left, then right (MPx3)
Tooth, pain, right, upper (MP)
Tooth, pain, shooting (MP)
Tooth, pain, tingling (MP)
Tooth, pain, upper left front (MPx4)
Tooth, pain, upper, extending to vertex (MP)

Throat

Throat, hemming (MP)
Throat, larynx, mucus in (MPx2)
Throat, larynx, mucus, choking (MPx2)
Throat, larynx, pain, stinging, burning (P3x2, MP)
Throat, larynx, pain, throbbing (P3)
Throat, taste, like spicy vomit (P3)

Neck

Neck, cervical region, knots (MP)

Neck, pain, sternocleidomastoid, alternating sides (MP)
Neck, pain, sternocleidomastoid, right (MP)
Neck, pain, sternocleidomastoid, right, then left (MP)
Neck, muscles, sternocleidomastoid
Neck, pain, muscles, sternocleidomastoid
Neck, stiffness (MP)
Neck, stiffness, sides, muscles, sternocleidomastoid
(MP)
Neck, tension (MP)

Stomach

Stomach, eructation, loud (P2, P1, P4)
Stomach, heartburn (reflux) (P3, MPx2)
Stomach, hiccoughs (P4x2)
Stomach, nausea (MPx2)
Stomach, pain, cramping, as if diarrhea (MP)
Stomach, pain, cramping, before stool (MP)
Stomach, pain, stitching (P4, P3)
Stomach, pain, stitching, during diarrhea (P3)
Stomach, pain, stitching, umbilicus region (P4)
Stomach, sensation, tension (P1x2)
Stomach, sensation, tightness (P1)

Abdomen

Abdomen, hypochondria, gnawing (MP)
Abdomen, hypochondria, tension (P1)
Abdomen, pain, hypochondria, middle upper (MP)

Abdomen, pain, hypochondria, right (MP)
Abdomen, pain, cutting, diarrhea would appear, as if,
three am, liquid stool (P3)

Rectum

Rectum, diarrhea (MP, P3)
Rectum, flatulence (P4x2, P2x3)

Stool

Stool, as if diarrhea (MP)
Stool, diarrhea (P3)
Stool, diarrhea, waking, 3:30a (P3)
Stool, sudden urging (MPx3)

Bladder

Bladder, urination, involuntary (P4)

Menses

Menses, clots (P2)
Menses, cramping, severe (P2, MP)
Menses, during sleep (P2)
Menses, heavy (P2)
Menses, lying agg (P2, MP)

Ovary

Pain, aching, ovary (MP)
Pain, aching, ovary, left (MP)

Pain, pulsating, ovary (MP)
Pain, pulsating, ovary, left (MP)

Breast

Pain, breast, right, below (MP)
Pain, breast, right, outer (MP)

Back

Back, cramping, lower, lumbar, right (P2)
Back, pain, knots, lumbar (MP)
Back, pain, stitching, left (MP)
Back, pain, stitching, under shoulder blade, left (MP)
Back, tension, lower, lumbar, right (MP)
Pain, stitching back, under shoulder blade, left (MP)
Pain, stitching, back, extending to chest (MP)

Upper Extremities

Pain, aching, upper extremities, elbow, right (MP)
Pain, numb, forearm, right (MP)
Pain, sharp, upper extremities, elbow, right (P1)
Pain, stinging, upper extremities, forearm, near elbow, right (P1, MPx3)

Lower Extremities

Pain, aching, ankle, right (MP)
Pain, aching, knee, right (MPx2)
Pain, knee, just below knee cap, right (MP)

Fingers & Hands

- Finger, pain, cramping, 1st, thumb, left (P2)
- Finger, pain, left, 4th, ring finger (MP)
- Finger, pain, left, 4th, ring finger, extending to tip (MP)
- Finger, pain, right, 5th, pinkie finger (MP)
- Finger, pain, stitching, left, 2nd, index finger (MP)
- Hands, pain, stinging, right and left (MP)
- Hands, stiffness (MP)
- Hands, stiffness, left (MP)
- Hands, tingling (MP)

Feet

- Foot, itching, bottom, right (MP)
- Foot, pain, bottom, left, outer sole (MP)
- Foot, pain, knots, top (MP)
- Foot, pain, knots, heel (MP)
- Foot, pain, sole, left, then right (MP)
- Foot, pain, sole, right (MP)
- Foot, tingling (MP)

Cancer

Skin

- Skin, peeling, from sunburn (P1x4, P2)

Gestures

- Gestures, spinning in circles (P4x2)

Generalities

Generalities, alternating sides (MPx2)
Generalities, bees (MP)
Generalities, full moon, agg (MP)
Generalities, left to right (MPx4)
Generalities, lying, agg (P2, MP)
Generalities, pain, pulsating, throbbing (MPx2)
Generalities, pain, stiffness (MPx2)
Generalities, pain, tension (P2, MPx3)
Generalities, pulsating (MP)
Generalities, stretching ameliorates (MP)
Generalities, three (MPx5, P2x3, P3x3)
Generalities, three thirty a.m., agg (P3)
Generalities, two a.m., agg (MP)

Desires

Food, desires, chinese food (P1)
Food, desires, cookies, chocolate chip (MP, P2)
Food, desires, fish, salmon (MPx2, P1)
Food, desires, fish, seafood (MPx2, P1)
Food, desires, Nutella (P1x2)
Food, desires, sweets (P2)
Food, desires, whipped cream (MP, P1)

Aversions

Food, fish, salmon, averse to (MP)

About the Author

Erica McPhee graduated Phi Beta Kappa, magna cum laude, from the University of New Hampshire in 1991 earning a BA in Communications, with equal emphasis on media studies and interpersonal communication. She worked as a sr. human resource analyst before leaving the corporate world to start her own lettering and design business at home while raising her children.

While her design work rapidly gained favor amongst celebrities and high society for elaborate hand-lettered invitations and social correspondence, at the same time her young son was diagnosed with autism. Her son's dramatic recovery using a homeopathic remedy, began a life-changing journey which led her to study homeopathy in pursuit of a homeopathic practice.

A move to Florida and a change in the interpretation of alternative medicine laws there, resulted in a return to full time lettering and design. However, Erica has continued studying and writing about homeopathy since 2003. She resides in southwest Florida with her husband and three children.