

Delusions; thoughts come from the right side of neck. Moreton Bay Fig

Alastair Gray

Moreton Bay Fig was a proving conducted in 1999 at Nature Care College in Sydney Australia.

Nature Care College is a multi-discipline college on the north shore of Sydney Australia. Homeopathy Five is a module offered at undergraduate level each year at Nature Care College. It is unique to have a formal proving and a module on the methodologies of provings taught at an undergraduate level in a homeopathic college. While provings are being conducted all the time, it is rare to have the methodology as part of the curriculum and for the results of the proving to be collated, fully edited and published.

As co-ordinator of the program I find that this is a wonderful way to teach homeopathy. Every aspect of the art and science of Homeopathy emerges during a proving. Students as provers begin to observe and do so with as little prejudice as is possible.

Moreover it is the first time in the training of a Homeopath that the intellect is not fully engaged and the participant does Homeopathy as opposed to learns it. The participant takes a remedy and experiences fully a state hidden within the substance and unlocked with the serial succussion and dilution. It is a great journey to take. It is also a joy and a privilege to work with these volunteers.

The methodology employed in the completion of this proving is Hahnemannian and follows the guidelines as laid out in Sherr's Methodologies book with some additions suggested by Herscu. While this is not the only method possible it is the one my training was grounded in and the one employed in all the Nature Care College provings. This trial was conducted double blind.

When it came to the Nature Care College proving for 1999, I felt it was important to have as one of the possible options an Australian tree; one with an immediate identification in the Australian psyche, one with a traditional medical use, one with an immediate toxicity if taken crude, one that had not been logged at any point in its history. Having been involved in the homeopathic proving of *Agathis australis*, having prescribed it and lectured on its use,

and also having decided I still didn't understand the proving well, I wanted to prove another tree remedy to more fully begin to understand what were the characteristics common to the family grouping of the trees in general, and then what is specific to individual trees. I am not much wiser.

While some of the Australian gum trees are listed in our materia medica and could do with fuller Hahnemannian provings, I opted for the *Ficus Macrophylla*; Moreton Bay Fig. Indeed this was the remedy that was selected from three other choices to make the trial blind.

THE METHOD

Collection of the substance

In the summer of 1998-99 I collected the bark, some of the papery wood, a hard green fig, one leaf, the white discharge, from three different trees, and a root barely touching the ground, (the roots grow down from about 3 meters above the ground).

The Trial

Moreton Bay Fig was one of three remedies chosen for the 1999 proving. I did not know which remedy had been selected until 4 weeks into the proving. Supervisors were in daily or twice daily contact with their provers for up to four weeks. As coordinator I was in daily contact with both provers and supervisors.

In addition, in mid 1999 I had the opportunity (on an unsuspecting first year class I was teaching) to demonstrate the process of potentisation, succussion and dilution. I decided to demonstrate the making of a remedy up to the 15c and chose Moreton Bay Fig for no other reason than I had the mother tincture at hand. The results were immediate and startling. I would personally never recommend doing this again. It is the same issue with seminar provings. No informed consent can be gathered from participants, and it of course raises important legal and ethical issues.

The Provers

2	30C
4	30C
6	30C
8	30C
10	30C
12	30C
14	30C
16	30C

18	30C	
20	4C	student 1
22	5C	student 2
24	6C	student 3
26	7C	student 4
28	8C	student 5
30	9C	student 6
32	10C	student 7
34	11C	student 8
36	12C	student 9
38	13C	student 10
40	14C	student 11
42	Mother tincture - prepared the dose	

There were some extraordinary symptoms that came from the preparation of the medicine during that year one teaching class running the remedy up to the 30th. The symptoms have been labeled 'olfaction from preparation of medicine'.

FIGS AS REMEDIES IN HOMOEOPATHY

There is a precedent for the use of the fig tree in Homoeopathy. We use the remedy *Ficus Religiosa*, also known as *Ashwathya*. It is an Indian tree and the parts employed are the fresh leaves in tincture and in homoeopathic dilution. We know it to be the Buddhist tree of enlightenment, where the Buddha sat under the tree for years until he reached this primordial state, protected from the elements and from danger by the snake, the Naga; Naja. This East Indian drug has been used for centuries to cure haemorrhages of many kinds. Vermeulen notes that there is blood in the urine, that there is difficulty breathing, coughing with vomiting of blood and the pulse is very weak. Furthermore, there is a disinclination to move, a sadness and melancholy. In the head, there is a nauseous sensation with the headache, and as Clarke notes, there is a headache with any hemorrhages. There is melancholic quietness, a burning in the vertex and, from Boericke, vertigo with a slight headache. In general we know it to be very weak and restless. There is a further proving conducted in India in 1996; The fruit was collected from a Banyan tree at Churchgate (Mumbai). It is available in Referenceworks.

THIS TREE; *FICUS MACROPHYLLA*; MORETON BAY FIG

Along with footy and prawns on the Barbie, the Moreton Bay Fig stands as an impressive Australian icon in its own right. Many an Australian child, will no doubt remember the

hot summer school lunches spent under the cool, welcoming arms of this gentle giant. If it wasn't for the strict Australian school rules, no doubt, most lunch breaks would be spent up the tree, defending its honour from any marauding invaders, namely the teachers.

This tree of the Australian tropics (for there is its native home) can often be found still growing, shading, and protecting in the memories of many a child at heart. But this magnificent specimen is not confined to the school yard, and not to the tropics.

While this fig is called Moreton Bay Fig because it was first found in the Moreton Bay area of South-East Queensland, it's native habitat also ventures from the coastal rainforests of northern New South Wales to northern Queensland, as far inland as the Bunya Mountains, and as far south as Illawarra in South- eastern New South Wales.

Beginning around two hundred years ago the Moreton Bay Fig has even been known to sojourn and repopulate en force to more exotic places such as the likes of Sydney and other more cosmopolitan areas. This was not due to the excrement of large travel hardy birds who partook of the bounty of the figs each tree produces, but to early European settlers who recognised the incredible usefulness for shade trees of this type, and girth, and equal usefulness as a multipurpose child minder .

In the right conditions, one of these trees can reach up to 50 metres in height, with a large expansive thick buttressed trunk, large expansive, visible spreading roots, and a large expansive canopy. There is no mistaking that this tree is big.

It prefers light to medium soils in an open and sunny position and is drought resistant but frost tender. It is an evergreen and mostly grows to a height of 30 metres with a spread of up to 60 metres.

The most striking characteristics of the tree are that the roots are above the ground and reach down in tendrils above the ground. The branches cover a huge area. The trees are known and loved in Australia for the amount of shade they provide in the summer. Like other trees, this one bleeds and there are characteristic tear streaks of gum like material on the trunks of the Morton Bay Fig.

The dark green glossy/ leathery leaves are about 20cm by 8cm in size and bear companionship to the bounty of the tree, the Fig. The fruit of the Moreton Bay Fig as with the fig family in general, ripens all year round, and is quite unique in that it also doubles as the trees' flower.

If dissected, close inspection of the spotty purple fig will reveal something that looks as though the flower and stamens therein have been turned in on itself, or inside out. On closer inspection of this spotty purple fig, one may also find a nest of minute wasps. These wasps may use the fig fruit as their home and humidicrib, but they also serve to continue the lineage of the Moreton Bay Fig tree. It is interesting to note (if one is interested in the sex life of plants) that most of the fig [ficus]species has its own unique 'in house' wasp species.

These wasps seem to have exclusive rights to the pollination of the Fig tree. This is by way of a quite fascinating sequence. The female wasps enter the fig via the opening and lay their eggs into specialised sterile female flowers, the eggs hatch and the larvae live off the flower tissue. This nourishment takes them to adulthood, whence they mate, the wingless males then die without ever leaving the fig and seeing the outside world (as most male insects are wont to do after sex), and the females leave the fig by way of an exit opening populated with male flowers. The female wasp is dusted with pollen by the male flowers on her way out and flies off in search of another fig to pollinate, lay her eggs and begin the whole cycle again.

In the wild the sapling of the ficus macrophylla often begins its life growing on the trunk of another species of fig, which due to the growing roots soon becomes strangled and smothered by it.

Australian Aborigines found many uses for the Fig tree long before European settlement. In fact many of these uses of the tree were taken up by the settlers following the Aboriginal example. Not only was the fig eaten (withstanding wasp) as a vegetable, or pound to a paste, possibly whilst under the shade of the tree, the milky sap which exudes from the tree when cut was used as a medicine to treat infections and dress small wounds. This is quite fascinating as often this sap that is common to all fig trees is found to be an irritant when it comes in contact with the skin. Other records

show that the inner bark of the fig tree was used to make cloth. In the Brisbane district the Aborigines used the root and bark of the Morton Bay Fig as a source of cordage for bags and fish nets. Often the branches as well as the bark were utilised for the manufacture of dug-out canoes. The bark of the tree has been described as a dark to grey-ish brown, and smooth, ideal for the above purposes, as well as having numerous blister type marks and small scales scattered all over it.

The first historical and botanical record of the Moreton Bay Fig tree was taken by Sir Joseph Banks. Banks was the official botanist accompanying Captain James Cook on his exploratory voyage along the east coast of Australia (1770). Banks mentions the Morton Bay Fig in his Endeavour Journal, Volume II, and noted in his journal the unique structure and inhabitation of the fig, whilst Cook noted the contours of what he later named Moreton Bay.

James Cook first 'discovered' the area in 1770 and named it after James Douglas, Earl of Morton, President of the Royal Society in 1764 and one of the Commissioners of Longitude. European settlement commenced in 1824 (the first in Queensland), and from this time to 1839, the bay was actually the site of a penal colony. Up until 1859, when Queensland separated from the colony of New South Wales, the whole of what came to be known as Queensland was referred to as the Moreton Bay District. Aborigines had occupied the area for thousands of years prior to this time.

Moreton Bay, itself, is a large shallow, mud and sand shoaled bay on the south-east coast of Queensland. With Brisbane situated on its banks, the bay measures about 90kms north to south and about 30kms east to west. The eastern side of the bay is formed by the two islands of Moreton and North Stradbroke, while the western edge of the bay is formed by the Brisbane suburb of Redcliff, Deception Bay and Bribie Island. Several rivers also drain into the bay.

(Thanks to Michelle Carnachon)

AN IMPRESSION OF MORETON BAY FIG

The immediate signature of the tree in its current and natural environment suggests protection from the fierceness of the Australian summer. Any Australian child will tell you

stories of playing in the roots and root systems of the Morton Bay Fig in the summer, and nowadays at any time of the year, there are literally hundreds of kids playing in the root systems of these trees on the Australian beach waterfronts.

Strikingly, and in comparison with other trees we use in Homoeopathy, the Morton Bay Fig is not tall, the branches only just out of reach of the human hand, the first branches shoot parallel to the ground in all directions and cover a distance of up to half a football field. For our purposes in Homoeopathy the remedy is instantly sycotic. There is gum and there are discharges.

MORETON BAY FIG; A SHORT STORY

There are the strangest synchronicities that happen. Four months after the ending of the proving of Moreton Bay Fig, I was sitting in a hammock at Mangrove Mountain reading the Sunday supplement about some great holiday venues to visit in Southern California. There was a story about Santa Barbara. And one of the biggest attractions there is a huge tree. It's a Moreton Bay Fig and it stands downtown, near the freeway and was bought there in 1877 by a sailor. The tree spans 160 feet and can shade more than 1000 people. Now the really spooky thing is that I have seen it. More than that I learnt the story behind it and why it has a mail box nailed to it, although I never realised what sort of tree it was at the time I was there.

Santa Barbara has a stunning climate and it is a marvelous place to winter if you happen to be homeless. Hobos from all over the States aim for there in October. However it was determined in the US long ago that no one can collect any social security unless there is an address for information to be sent. The city of Santa Barbara decided to make the tree an address because it sheltered so many people each year. In 1987 I sat amongst its twisting roots chatting to the locals who called it home. Interestingly there is another huge specimen in Santa Monica in the grounds of Shutters Hotel. Planted in the 1890s, it came ashore via a drunken Australian sailor who gave it to a local bar owner because he couldn't pay his bill, who in turn gave it to John P Jones, one of the city's founding fathers, for his mansion.

COMMENTS ON THE PREPARATION OF THE REMEDY

Primary immediate response from the collection of the substance, preparation of the substance, succussion and dilution.

I am overcome with fatigue

Making the remedy the succussions I did with my R hand were much cleaner and sharper than the left

The left hand would roll and catch and be off the mark

The two dates I had set up in the afternoon and the evening both cancelled on me

I feel strong in my right arm

Collecting the remedy I felt a mixture of furtive, guilty and protected.

Dry throat

I feel spaced out

That my lips are bigger

My state is exaggerated, mental intensity

Physical tiredness and fatigue

Lonely

Scared

Stiffness in my neck

I want to bend my neck backwards

THEMES AND SYMPTOMS FROM THE PROVING OF MORETON BAY FIG

UNGROUNDING AND FLOATING

There was a profound feeling of ungroundedness. There was a feeling of floating in air. Provers felt incredibly grounded or completely ungrounded. One prover experienced grounding after eating. Another prover had an air feeling in her head, air head, the head was full of air. Provers felt spacey, there was the delusion that there was air in the head and it felt like on drugs. "I am up there above my body" said one prover. (Compare Anacardium and Thuja). *Spacey. Was very busy all day and felt 'spacey' a little light headed (even faint a couple of times).*

AIR IN THE HEAD

The sensations were spacey and vague and very detached. There was a space between the mind and the body, between the head and the body, a separation of the head. (Compare Thuja) There was air in the head. *I feel a bit air headed (light headed), on the way home as my mind feels airy. Was very busy all day and felt 'spacey' a little light headed (even faint a couple of times).*

At 3.25am. I am not me. I woke up – feeling strange, something playing with my head, I couldn't shake it. I got up to go to the toilet, then went back to bed. Fell back to sleep pretty quickly.

Fuzziness. At 10pm – nowhere near as bad as yesterday but still there a bit. There's something in there. It doesn't cloud my mind, but I can't describe it. Can't get it out. A feeling of being woolly headed. I seem slower. At 4.30pm it seemed like it was taking longer to walk to the bus, felt I was moving the same pace as normal, but not getting there as fast. Its as if I was on cannabis.

My mind is going around in circles, above my head, and it is settling into the back of the right side of my neck behind my right ear with some feeling of pain and I also feel a bit dizzy, in bed.

SPEEDINESS

A feeling of being woolly headed. Its as if I was on cannabis. My mind is going around in circles, above my head. There was a sensation as if drinking lots of coffee - rushing and shaking of the head, fuzzy and buzzy in the head. I am totally out of it on drugs.

One prover described that the mind went in circles in the air and then settled back into the head. In the head there were headaches on the right side of the head, as if a band, heavy eyes. And the modalities were around cold air. Applications and anything cool made the head the eyes and the ears better.

I am laughing and speeding. I am wired as if I have had coffee. I'm feeling restless and irresolute about going home. Feeling in an altered state like I'm on drugs. Senses are acute, i.e eyesight.

At work I'm feeling edgy and not grounded, like I've had a strong coffee. Scattered can't focus on one thing, get distracted, focus on one thing, get distracted easily, not finishing the chores set out for me today at work before starting another one.

Feeling speedy, shaky as if had a few coffees. Busy like a bee with my work, but this time actually getting stuff done and quickly (NS, unless I have had coffee) however I find myself sometimes stopping everything and staring into space as if in a daze (NS).

Jumpy and on edge. Out all night and felt as if on speed, stomach all knotty, eyes wide open and so tired, everything was altered, very very sensitive, getting on so friendly with everyone.

A bit impatient and can't get my sentences together, sentences are broken.

Hurried and on the go, buzzing, can't sit still, restless. A bit spacey you could say, not grounded at all. The most grounded I have been is at the ocean after a swim.

IRRITABLE

Very irritable, very impatient, short tempered I feel so agitated towards everyone

CALMNESS

Feeling calm and peaceful. Like a veil coming off me.

ASSERTIVENESS

Provers stood up for themselves for the first time and experienced "growing into who I am". One prover was more confrontational, and where previously would never have said anything was now happy to confront.

SHELTER COMPASSION HEALING PARENTING

Consistent themes to emerge from the proving were those of shelter, compassion, mothering, protection and connection with children. A male prover experienced strength in the veins of the arm while the maternal, nurturing, protective aspects of the tree emerged also. Dreams of healing, dreams of mothering, and dreams of the Guru. All provers had experiences of nurturing and compassion, of being obsessed with compassion for animals and the treatment of sick people. Imagery of the mother and the grandmother consistently came to the fore.

SCHOOLS AND UNIVERSITIES

Constant images, dreams and thoughts of schools, places of learning and universities by the sea. The imagery is consistently around cathedrals, universities and schools .

OCEAN AMELIORATES

Provers were better at the ocean, better from the beach and water and swimming,
A bit spacey you could say, not grounded at all. The most grounded I have been is at the ocean after a swim."

2.00pm AGGRAVATION

The aggravations were between two and two thirty in the afternoon when, it was postulated, the sun is at its zenith and hottest bearing out the protective theme of the remedy.

CLEAN

Another theme to emerge was the necessity to clean and do so fastidiously.
60% of provers had the necessity to clean.

SPLIT

Have sensation the (right) side of body is quite different to the left side. Feel almost split down the middle with a heavier sensation to the (right).

ANIMALS

At a beach where there are a lot of families and pets I notice I have this warm connection with the animals, playing and talking with them more than I would normally. One dog came up to me out of the blue and just smiled at me. More than ever, dogs and cats, coming up to me and smiling and waving their tails. I have observed how at lunch time today I helped ants carry their crumbs to their hiding holes. I had a lot of compassion for them, this animal thing, I was watching them, carrying crumbs, I picked up the crumb and carried it to its hole.

NURTURING

We were given a case history to diagnose. I was quite upset with this mother's lifestyle. She was smoking when pregnant and on the pill when breastfeeding. It made me really angry and felt that it was a severe injustice to her child. I don't usually get this opinionated about things. I have been so opinionated, other peoples incompetence triggers it. Dream, In Morocco with E again, and her child this time a 3 boy who again is very intelligent and talks like a 12 year old. His face is very expressive and we have a warm connection. We both look over him as he plays by a pool then suddenly I see him play too close to the water and he falls in. E doesn't seem to be startled, she is unexpressive, but I panic and jump in to save him fully clothed. We walk out drenched into a restaurant full of people to go to our room to get changed. I'm feeling very self-conscious of every one staring. Dream of girlfriend with leukemia ringing me and telling me she's in remission for 3 years. I

say how pleased I am but fear it is a false alarm and that she will stop her natural therapies and get sick.

Dream, I was with a little girl child that looks like I did when I was little. I was nurturing to the children in my dream. One had a rash on her face and ask for my help she spoke as if an 8-year-old but she looked about 2y.o. I responded with warmth and gave her a big hug.

Dream, I had a dog that needed treatment at the pound for some reason. I started getting worried/ paranoid that the pound would take it away for experiments. I started panicking because I found this to be true and I felt horribly responsible for letting my dog go there.

DRYNESS

The theme of dryness runs through the whole remedy. Dryness of the throat and itching of the ears and of the head. There was dryness in all the parts.

EAR

*Notice my left ear very hot. Notice (left) ear itchy and a bit hot and red
Itchy left ear, felt numb, a bit swollen and as if something was in it
My right ear is clicking in and out of being blocked.
My right ear feels blocked again as the air conditioner in the room is noisy and the sound is annoying it*

NOSE

*My nose was dripping like a tap for a whole day after I made the remedy, like hayfever, I went through I whole tissue box....it lasted for days.
Runny nose.
I feel my nose blocked with mucus like a head cold, on rising.
My nose feels like it is constantly running with clear mucus, while walking around.
As soon as I took the remedy out of my pocket I have had a headache, and a cold runny nose.*

SKIN

*Four months after the proving my skin is so so dry, and moley and warty.
My skin feels dry so I put on stronger moisture cream.*

DREAMS

There are dreams of historical events, old-fashioned cars. Water emerges as a consistent motif, the beach, the sea and galleons, which is a consistent theme in tree provings. Another consistent theme was insects, weevils and beetles. Moreover galleons, boats and water were common motifs.

In this dream there are aeroplanes crashing. A Qantas one comes in and lands, and an Air New Zealand jumbo cartwheels across the tarmac, wing over wing.

My grandmother E is in the water. In the sea. Near rocks and the water and the surf is choppy. There are huge waves crashing and I am there holding onto the rail of a pool which is in this seawater. I feel fine and calm.

Dream of problem solving. Ask questions in a college situation and then am able to work them out, even surprises me in dream that I know the answers.

Dreams of bringing a guru into a shop.

Dreaming of being in Thailand with my Mother where they convince me to take the driver's door off and attach something for easy buying of goods. Seems like a good idea at the time (Mother not convinced) and then find I'm running around trying to get front door back. It all takes place in floating market place.

I remember going into I think Mum's kitchen and it was flooding – I had to pull the plug out, water was sloshing around.

On the beach, sand, tide coming in. Could only just grasp the memory of this dream – couldn't remember any other details.

I was on a beach, golden sand, there with friends – tide coming in, I couldn't let towels get wet.

I dreamt I was scuba diving in the ocean with someone else checking these fine nets pushing fish off them to save the fish. Accidentally touched an electric wire and got a shock.

I lived in a unit overlooking the ocean. I had the key to a friend's place up stairs. Waterspouts by 2 are on the water coming this way. Unorganised, papers getting blown around in my friend's place. I run downstairs where it is safer but I realise my friend's place has the windows open. I have to go up, but it is dangerous. Then I woke up – very anxious on waking.

Dream 1: I was at school like Loretto Kirrabilli (it has a likeness to a cathedral) and it was on top of a rocky area with caves below and a beach, and my husband was telling this nun about a tunnel that went under the rock to the area where classrooms were in the ground. We

went looking for this tunnel and found this hole with a ladder which went into the ground. Above this hole was a sign written in a foreign language. Part French and something else. We didn't go down into the tunnel, as it was dark, so we thought we would get a light or torch.

A girlfriend, R had nits in her hair, these turned into black beetles.

I was in an old house, 3 or 4 levels, showing someone around – seemed like I was exploring it myself. Went down to the garden and there was a pear tree, an avocado tree and another fruit tree, I don't recall what fruit though. I cut open the fruit and there were weevils in it, couldn't be eaten.

I dreamt I had something in my ear, it was like a weevil, got it out with a cotton bud. Didn't feel repulsed or anything.

Went into cave underground. Came to a large opening, there were a circle of people, all foreign, looked very kind (good vibe from them). Have still got an image of man directly in front of me – (Mexican maybe?), bald head, black moustache, very powerful looking. I think the lady next to him was Chinese.

Dreamt I was at a university open day but it was at night. Went into a huge pavilion that looked as though there was a boat show going on inside. All types of maritime things, Spanish galleons etc. I had to weave my way through all the people and the exhibits to get to an exit that opened up onto a grassy knoll. On top of the knoll was this old three story building that was very much designed in the Georgian style architecture. There was a commotion with people gathered around below and I look up and there is James Bond abseiling down the corner of the building. He jumps into a huge tree (like a fig) and I ask him where the dissection house is (there is a path leading into darkness next to the tree), he offers to take me there himself and starts chatting me up. I'm not really interested because it is Peirce Brosnan, and I would prefer to go to this dissection house. We come to another building of Georgian type architecture where everyone is craning to see inside the huge illuminated windows. Something of great historical significance is taking place in there. It doesn't interest me. I see the dissection house and start to walk over there but as I do I'm stopped by two homeboys who start making snide remarks about my chastity. I grab one by the collar and scream in his face. At least I have morals. At least I don't have any STD.'s like aids or syphilis or gonorrhoea. I then woke up.

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Dreamt my mother was going away somewhere and she wanted to organise a babysitter for my brother and I. I said we were old enough to look after ourselves. It was going to be one of her friends. I rebelled at which point my mother grabbed my throat and tried to kill me. She looked possessed with bright green eyes.

A bit sketchy, but a lot of them have been involving nudity, but not in a sexual sphere. And I am totally comfortable with it.

RIGHT SIDED

The remedy is manifestly right sided: right sided headaches, right sided back, sciatic pains, right sided shoulder and elbow sensations of being cold and numb. There is tension in the body, there are problems of the throat and most definitely of the knee where virtually all provers had sensations of being stretched; pain, rheumatic symptoms in the knees. There were severe problems of the ear and itching of the ear and of the right side of the head and shoulders.

REACTIVITY

Consistently there was the over reaction to small events and the under reaction to big events.

TEEN YEARS

Morton Bay Fig sent provers back to age 7 –15. *"At my childhood home, I lived there age 7 –15, where I am preparing a room for guests to stay and I'm running around trying to clean up and make their beds while they are watching TV, the Shining. I'm madly running around in a rush and nothing seems to be getting done, there are lots of obstacles in the way.*

Provers of Morton Bay Fig said it bought up old teen issues. With one prover her teen issue was feeling *'left out. I have missed out. I am the dunce, I am not that good. I have no family'*. These teen issues were revisited.

There were so many back neck and head symptoms

HEAD

Dull headache. Lightness in the head. Fuzzy Right side, throbbing and hot. *Feeling very speedy, spacey with heaviness over my eyes as if increased pressure. The right eye is weepy Headache both sides of head like a clamp, also back of head.*

Felt as though someone is patting me on the top of my head.

Sharp pains down into my left side like a meat cleaver, from behind. Its been travelling all around, throbbing, pulsing. > lying on a hot water bottle

A head sensation as if someone put a tight band around my head, lasted for a couple of days, felt like pulling the band off, there was no pain but so annoying. Tight feeling - no pain.

I feel a right-sided headache moving to the back of my neck, occipital, and the back of my head on the right side.

I feel as though I have been hit in the back of the head

I feel a pressure pain in the right temple radiating to the top of my head upon rising.

NECK

Stiffness in my neck up to my skull, not my usual neck tension. Seemed connected to the fuzzy head feeling. Stiffness. At 4 pm I felt stiffness nearly at lower skull, feels muscular. Sensation as if glands swelling in throat, tightness (NS) < when talking. Very tense all over especially shoulders and neck. Tightness and neck tension. Upper throat and all around jaw (NS). Glands feel up. Throughout this proving I had an incredibly sore neck, in fact months later it doesn't feel as if it is attached to my back or head properly, neck stiffness. Stiffness in my neck up to my skull, not my usual neck tension. Seemed connected to the fuzzy head feeling. Tightness and neck tension. Upper throat and all around jaw.

BACK

Back tension in my shoulders from work being placed on my desk and I am so stressed out. Feel tired and back sore. Tight/stiff. At 1 pm so tense, like a rock. I feel quite sharp pain on my right side in my back and I still feel pain in my shoulder. I feel pain in my lower back in the middle radiating to my right side. I feel pain in the right side of my back and it seems to be moving down my spine to my shoulder blade and from the top of my neck down to my middle dorsal part with some lumbar ache on my right side. I have pain in my right shoulder blade which radiates to my neck.

EXTREMITIES

(Right) arm between elbow and shoulder felt could and numb (goose bump feeling). This sensation was while in hot shower and lasted about ½ hour. An hour later my arm feels better and the split sensation not as intense. Arm sensation gone. Notice my (right) arm is sore in same area where it felt cold. (Right) leg feels sore but different, more stiff like (right) arm (less heaviness). Right knee sprain < movement. I think a ligament is overstretched – I'm not sure if it is due to remedy. At 10.30pm in bed felt heaviness in my right leg. Left arm pain. Felt pain in my left arm with tingling in forearm and fingers, palms sweaty. Went from shoulder down the ulna to my hand

My left knee aches in the back of my kneecap when getting up from bed. My fingers of both my hands have pain in the joints like arthritis but it is more so on right. My right foot has pain in the ankles with cracking, at 5.10pm. My hands and the knuckles of my fingers have a chronic ache but it is worse in the right hand. Painful flare-ups of spots in right foot that don't

normally have. One under 4th metatarsal pharyngeal joint and one right on top of foot. Very uncomfortable and aching persistently. < cold.

SOME RELEVANT RUBRICS

MIND

Absence of, lost in thought, absent minded (distraction) B
 Activity, restless
 Agitation mental M
 Busy
 Cares, nature about animals and plants
 Company aversion to
 Concentration difficult
 Confusion of mind
 Concentration difficult, attention cannot fix
 Concentration difficult, talking while
 Concentration difficult, during conversation
 Confident; C
 Confidence, want of self; C
 Confident and assertive, she is; NR
 Courageous; C
 Cowardice; C
 Confidence, want of
 Delusions divided in two parts
 Delusion, floating in air
 Delusion, head, patting, someone is, sensation as if; NR
 Delusion, large, parts of body, seem too; C
 Delusions murdered, mother wants to murder her; C
 Delusions tall he is
 Delusions time, slowly seems to
 Delusions thoughts are in the right side of neck NR
 Delusion, walks slowly, that she, when walking quickly; C
 Distracted preoccupied, unobservant, difficult concentration, Can't think B
 Dwells on past disagreeable occurrences
 Excitement (excitable)
 Excitement, coffee as after; C
 Excitement, coffee after
 Excitement, nervous
 Hide, desire to; C
 Hurried
 Hurried, speeding, coffee as if on NR
 Indifference
 Industrious
 Irresolution
 Impatience, morning
 Impetuous, morning
 Impulsive; C
 Indifference; C

Indignation; C
Injustice, cannot tolerate: C
Injustice, cannot support; C
Irritability; C
Lie down, inclined to, lethargy, listless; B
Light headed, sensation of. NR
Mistake calculating in
Mistakes speaking in spelling in
Mistakes, speaking, words using wrong
Order desires
Order desires everything in
Quiet
Remorse, waking on; C
Remorse, quickly repents; C
Reproaches others; C
Reproaches himself; C
Restlessness
Restlessness, night
Restlessness, alternating with indifference
Sadness, anger, after; C
Sadness, weep, cannot, impossible; C
Scattered
Spaced-out feeling
Sympathy, compassion, animals, towards
Sensitive (oversensitive)
Staring thoughtless
Stupefaction, vertigo, during
Thought circles moves in
Thoughts, vagueness of
Thoughts, wandering, while listening
Thoughts, wandering, while talking
Time passes to slowly
Tranquil
Vanity; C

HEAD

Headache sides of the general, ears behind the M
Blow as of a single B
Constriction, Band or hoop
Fuzzy feeling NR
Injuries, of the head after
Itching, scalp of
Lightness, sensation of ; M
Morning, increases until noon, then gradually decreases
Pain; C
Pain aching occiput
Pain, boring
Pain, boring, occiput, right
Pain, boring, temples
Pain, ceases towards morning
Pain, Cold, applications, amel.
Pain, dull; C
Pain, dull, forehead; C
Pain, dull, temples; C

Pain dull vertex
Pain, evening; C
Pain, extending to eyes
Pain, extending to forehead
Pain extending to neck
Pain, forehead; C
Pain forehead eyes above left
Pain forehead eyes above right
Pain forehead eyes behind
Pain forehead right side
Pain, Heat, amel., hot applications.
Pain, intermittent pains
Pain, lying amel.
Pain, maddening pains
Pain, occiput, extending to right eye
Pain, occiput, right, alternating with pain in temples
Pain, pain in neck with
Pain, paroxysmal pains
Pain, periodical
Pain pressing band as if by
Pain pressing temples right
Pain, pressure amel.
Pain rising on
Pain sharp M
Pain sharp temples M
Pain sharp temples right M
Pain shooting occiput extending temples
Pain, Sides, left
Pain, sides, right
Pain, sides, right, extending to forehead
Pain sore vertex
Pain, Stitching
Pain, Stitching, Sides, left
Pain, temples; C
Pain temples right
Pain vertex rising on
Pain, Wandering
Pain, waves of pain
Pulsating
Stiffness, sensation, occiput in; C
Swollen feeling

EYE

EYE – Heaviness
EYE – Lachrymation, right
EYE – Pain, pressing
EYE – Pain, pressing, during headache
EYE – Twitching, right

BACK

Back – Pain; C
Back – Pain, air fresh, better for; C
BACK, Pain, lumbar region

BACK, Pain, lumbar, extending right
 BACK, Pain, aching, lumbar region
 BACK, Pain, cervical
 BACK, Pain, cervical, right side
 BACK, Pain, cervical, extending
 Back – Pain, cervical, air, fresh, open
 ameliorates; C
 BACK, Pain, cervical, extending down back to
 middle dorsal
 Back – Pain, cervical, extending, occiput to,
 head, back; C
 Back – Pain, cervical, extending head, to; C
 BACK, Pain, cervical, shoulder, right
 BACK, Pain, clavicle
 BACK, Pain, lumbar region, right
 Back – Pain, pressing, cervical region; C
 BACK, Pain, stitching, extending to shoulder,
 right
 BACK, Pain, scapulae, right, extending to
 cervical region
 BACK, Pain, scapulae, right, morning on rising
 Back – Pain, sitting erect ameliorates; NR
 Back – Pain, stabbed as if by a wooden wedge;
 NR
 BACK, Pain, stitching, dorsal region, scapulae,
 morning.
 BACK, Pain, stitching, dorsal region, scapulae,
 under.
 Back – stiffness, cervical region; C
 BACK – Stiffness, cervical region
 BACK – Tension, cervical region
 BACK – Tension, cervical region, extending to
 shoulder
 BACK – Tension, dorsal region
 BACK – Tension, dorsal region, scapulae
 BACK – Tension, scapulae, extending to neck
 BACK – Tension, scapulae, between.

EXTREMITIES

EXTREMITIES, cracked skin, foot, heels
 EXTREMITIES, cracked skin, toes, under
 EXTREMITIES, cracking in joints, ankle
 evenings
 EXTREMITIES, dryness, foot
 EXTREMITIES, dryness, foot
 Extremities – Heaviness; C
 Extremities – Heaviness, lower limbs; C
 Extremities – Heaviness, thigh; C
 Extremities – Heaviness, thigh, right; C
 Extremities – Heaviness, lower limbs, night; C
 EXTREMITIES – Lower limbs, left
 EXTREMITIES – Leg
 Extremities – Numbness, foot;
 Extremities – Pain; C
 EXTREMITIES, pain, aching, foot hollow
 EXTREMITIES, pain, aching, toes

EXTREMITIES, pain, aching, joints, third
 EXTREMITIES, pain, aching, hand, fingers
 EXTREMITIES, pain, aching, hand, joints
 EXTREMITIES, Pain, aching, hip, walking
 EXTREMITIES, Pain, aching, patella
 EXTREMITIES, Pain, aching, knee, morning,
 walking
 EXTREMITIES, pain, rheumatic, motion amel.
 Extremities – Pain, sprained, knee; C
 Extremities – Pain, sprained, knee, right; C
 EXTREMITIES, pain, stitching, hand
 EXTREMITIES, pain, stitching, thumb, right
 EXTREMITIES, Pain, ankle, right
 EXTREMITIES, Pain, finger, joints, rheumatic
 EXTREMITIES, Pain, fingers, right
 EXTREMITIES, pain, fingers joints, rheumatic
 EXTREMITIES, pain, fingers, motion amel.
 EXTREMITIES, pain, fingers, right
 EXTREMITIES, pain, fingers, joints
 EXTREMITIES, pain, fingers, middle
 EXTREMITIES, Pain, foot, sole, extending to
 toe.
 EXTREMITIES, Pain, foot, sole.
 EXTREMITIES, pain, hand, left
 EXTREMITIES, pain, hand, joints
 EXTREMITIES, pain, hands right
 EXTREMITIES, pain, hands, morning, waking
 EXTREMITIES, Pain, hip, left
 EXTREMITIES, Pain, hip, walking
 EXTREMITIES, pain, joints, motion amel.
 EXTREMITIES, pain, joints, rheumatic
 EXTREMITIES, pain, joints, pressure
 EXTREMITIES, pain, joints, small joints
 EXTREMITIES, pain, joints, touch agg.
 EXTREMITIES, Pain, knee, right
 EXTREMITIES, Pain, knee, left, morning on
 rising
 EXTREMITIES, Pain, patella, rheumatic
 Extremities – Pain, upper arm; C
 Extremities – Pain, upper arm, evening; C
 EXTREMITIES, pain, toes right
 EXTREMITIES, pain, toes joint
 EXTREMITIES, pain, toes night
 Extremities – Pain, upper arm, evening, bed in;
 C
 EXTREMITIES, pain, upper limbs, touch agg.
 Extremities – perspiration, flexure of elbow;
 C
 EXTREMITIES, roughness
 Extremities – Tingling; C
 Extremities – Tingling, forearm; C
 Extremities – Tingling, forearm, extending to
 fingers; C
 EXTREMITIES, tingling, foot, right
 EXTREMITIES, tingling, foot, rising
 EXTREMITIES, tingling, foot, morning
 EXTREMITIES, tingling, fingers
 EXTREMITIES, tingling, hands, right

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