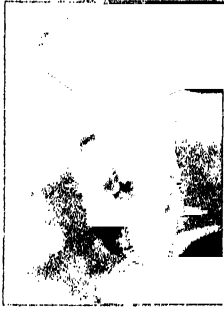


Amber, Succinic Acid

By Jonice Owen



"Those requiring *Succ. ac.* are likely to travel and be possessed by a travel bug."

A theme of the 1996 Amber proving was the remembrance of things long past. There was a core feeling of being a long way from the place of belonging, a feeling of alienation, and of having no roots.

Background To The Case

J, a 28 year old, Irish-American woman, entered my office for chiropractic evaluation and treatment in January 1997. She received chiropractic treatment and two weeks later initiated homeopathic treatment. She was allergic to dairy products, with flatulence, bloating and discomfort. She craved salt and sugar. She complained of low back pain, ankle and knee stiffness and pain, and a history of "over-doing it". She liked to stay very active, liked open air and though she was sociable, she required much time alone or felt "overwhelmed".

J was a student and a boat worker. She had bouts of anxiety about schoolwork and feelings of boredom, mistrust, irritability, and difficulty both at work and at home. Her father was a manic-depressive and had been unable to work. J's mother supported the family "working like a fiend". J left home at an early age, after years of feeling that she "did not fit in, and did not belong to her family". She was self-willed and a perfectionist, but she did not want to perform in front of people. She wanted to learn all she could, but once she had mastered or learned the task at hand, she would feel bored, discontent and impatient, and she would move on.

I initially analysed the case with a focus on remedies with an affinity for gastrointestinal complaints and stiff and inflamed joints. I used Kent's Repertory. J was given a single dose of *Calcarea carbonica* 200c. Over the ensuing years, J was prescribed three doses of *Calcarea carbonica* 200c. She had one to three chiropractic and/or homeopathic visits per year. In October 2000, J came back for treatment because her symptoms had returned. She had also developed slight allergies to long haired cats and dogs. She had become extremely restless and experienced an inordinately strong desire to travel.

J's persistent symptoms: intense desire for travel, marked restlessness, dissatisfaction, desire for open air, and aggravation from milk. This suggested a clear picture of the Tubercular miasm and specifically the remedy *Tuberculinum*. I gave J a single dose of *Tub. Bov.* 1M with instructions for follow-up in two to four weeks time. I did not hear from her again until December 2001 when she came in for treatment of a back strain, from lifting. She reported an excellent response; however, she was now presenting with an extraordinary urge to travel for no particular reason, and finding great difficulties settling in to her life in the Bay Area. The remedy was repeated, but the urgent desire to travel did not lessen.

My Introduction To Homeopathic Amber

During February 2002, I attended a homeopathic seminar in Galway, Ireland with Nuala Eising titled, 'The Ability to Change Your Mind'. *Succinic acid*, (*Amber*) was part of this seminar. Amber is the fossilised resin of 60-million-year-old trees. The amber used for the proving was found in Madagascar. Nuala Eising described a theme from the proving: there was a core feeling of being a long way from the place of belonging. In natural history, amber finds itself a long way from where it originates, and the forest from whence it came is likely to have ceased to exist. It can be washed up on a beach somewhere far from where its journey began.

Provers felt they were in the wrong time and/or place. They had dream-like images of places they had come from, an origin different from the one in which they were living. They felt like aliens in other people's land and had difficulty understanding this new land. There was a feeling of being adopted with no roots of one's own. They felt they did not belong to their own families. An *Amber* prover would speculate on something, believe it to be true, and act on it. This remedy had a great longing to bring magic back into life, the magic of childhood.

The physical and emotional symptoms were: battered and bruised. The ultimate victim, *Succ. ac.* has no control over what happens: "As if I was washed up from the sea, and blown against the rocks." Provers did not feel in control of their lives. The world was not a safe place for them. A feeling of "anything can happen to you." There was a desire to escape into unconsciousness; dream like, belonging to some place "out there."

Those requiring *Succ. ac.* are likely to travel and be possessed by a travel bug. *Succ. ac.* differs from *Tuberculinum* in that *Succ. ac.* is always looking for a sunny, magical place that, in fact, may not have existed; they are searching for the place they belong. *Tuberculinum*, on the other hand, will look for adventure beyond the horizon.

Amber is the fossilised resin from ancient forests. This aromatic resin can drip from and ooze down trees, as well as fill internal fissures, trapping debris such as seeds, leaves, feathers and insects. The resin becomes buried and fossilised through a natural polymerisation of the original organic compounds. If the resin is stable enough to withstand degradation and depositional conditions, the fossil resin may become incorporated into sediments and soils, which over millions of years change into rock such as shale and sandstone. The fossil resin may be

detached from local deposits and be carried by water, to distant locations, due to its lightness.

During the proving, the male side became suppressed by the female. To illustrate, Nuala told us of the mythology: Amber droplets are tears of the Nordic goddess Freya, consolidated by rays of the sun at sunset. Freya cried tears of amber when her husband, Odin, the Sun God, left her. Her quest was to find him. She had a falcon cloak, which she used to search for him. In her grief, when she cried on her land, it turned into gold. When she cried into the sea, it turned to amber.

Where all Norse gods were men, in a patriarchal culture, Freya was the only woman. Because of her power, she intimidated many males. This aspect of Norse mythology illuminated an antagonism which was strongly apparent between men and women, male and female aspects of the psyche. In mythology, Freya was searching for the Sun God (her male aspect), and fighting male domination. She was expressing herself with strong sexuality and wildness. In turn, in the homeopathic remedy *Succ. ac.*, there is the same wildness.

The remedy *Tuberculinum* has a similar wildness. Both *Succ. ac.* and *Tuberculinum* love the cold. The provers of *Succ. ac.* loved open air/wind and taking clothes off. In the opposite direction, they experienced claustrophobia in all spaces. There was a need to move! Again, *Tuberculinum* has this same need; both remedies express anger with this need to move, or restriction from movement.

Physical symptoms included: Neck stiffness, many spinal and joint pains, light coloured stools, watery and brown. Severe aggravation from alcohol was reported, and the provers felt worse after eating fats, spice and sweets; they experienced a desire for fruit. There was also a very strong reaction to cat; some provers had asthma when in contact with cats. Several provers liked cats before the proving and then hated them during proving and vice versa.

Amber in J's Case

At the time of this conference, my patient J's case came to mind, due to her inability to settle down in a certain place, and her drastic desire to move. I retained Amber in my mind for the next time J came to my office, in California.

In April 2002, J returned for chiropractic evaluation and a brief homeopathic follow-up. She had returned to the same state: extreme restlessness, an inordinate desire to travel and the feeling of having no direction, "I have so little idea of what to do." She had been house painting and working on the boats. She did not know what she was looking for. She still did not feel like she belonged.

She was given a dose of Amber 200c and I ordered Amber 1M. She did not return until May 2003 with complaints of lower back pain from a lifting injury *Rhus toxicodendron* 200c was given three to five times per day for 2-3 days. J was then mailed *Succ. Ac.* 1M and told to take it within 10 days of completing the course of *Rhus tox.*, and once her joints had settled down.

She returned in March 2004. She told me she had an excellent response to the remedy. She had found an apartment, which she and her travelling partner had rented; they had been living there for the past six months. Her travelling partner's sister and her 5-year-old

daughter were with them. There were problems with the partner's sister; however the five-year-old made everything bearable.

When asked about her settling into a new place, she told me it was a great place and she was letting go of her old thinking. She used to put things in storage and take off, but now it had become the feeling of a habit. She had become aware that she was trying to settle in and just let herself stay at her current residence. She no longer wanted to quit jobs, take off and travel. She does not know what it is with her. As a little kid, she did not feel she fitted in. Lately, she had been trying to resolve this feeling. She said travelling was hard but she liked it. She no longer feels she will continue to travel, permanently. She remembered when she was a teenager and felt very comfortable living in her uncle's home. Now, she liked having a home where she felt comfortable.

Occasionally, she has unremembered dreams about work. She has not remembered any other dreams during her whole life, except for two, which she dreamt right before her return to the Bay Area in 2001/2002. One of the dreams she had while in Savannah, Georgia, in which she felt like she was being buried under sand, a tidal wave of sand. She described sitting on a hill like those in Japanese paintings. She was looking down the hill at a house, along a bay near the ocean. She saw a sand tidal wave coming. There was nothing she could do. Another dream was at a beach, and a huge sand wave was coming. She got pinned down and it was like in the movie *Hidalgo*, where the horseback riders have a sand storm at the back; they were outrunning the storm. This dream was unusually strong.

Overall she is quite happy. She has been exercising and working steadily. She has given up caffeine. She sleeps well, wakes at 6 a.m. She described having been more moody, a little irrational, and emotional where she gets very angry and impatient. However, this passes. She does not like feeling that she has emotional outbursts, and that her dad was like that. She feels her sister is like that, and she is on medication for manic depression. She doesn't feel her moods are that strong. She continues to work at the boat and now she has recommenced study for her captain's licence. She is almost ready to take the exam.

Currently, she has occasional back pain and ankle and hip pain, and some right joint pain and feels that it helps to go to the gym. She notes that she is working a lot. Physically, she has lost weight. The circulation in her legs is good. She eats dairy products now. She gets a little gassy and a little bloated but not too bad, and is able to eat a wider selection of food. She also receives chiropractic treatment at this time.

In Norse mythology, Amber droplets are tears of the goddess Freya, consolidated by rays of the sun at sunset.

Succinic Acid appears in the American Pharmacopoeia 1883. The first proving was by Dr. Morris Wiener, Baltimore, USA, who, in the *Homeopathic Recorder*, May, 1892, Vol. VII, No. 3, page 122, reports that, "The fumes of *Acidum succinicum crudum* are inflammable, producing asthma, cough, sneezing, weeping, dropping of watery mucus from the nostrils, pain in chest and headache... At the same time I remembered that necklaces and earrings of amber are considered a popular protection agent against rheumatism, colds and even hay fever. A keynote of Buteiko is: 'Fear of steam and closed places.' Amber was proven by Nuala Eising in Ireland in 1996.