

Acer cercinatum: A Proving and Cured Cases

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This article consists of Chapter Three of the book, *Arbor Medica: Four New Hahnemannian Provings with Cases*

Abstract: This article consists of a proving and several cured cases of *Acer cercinatum*. Central themes of *Acer cercinatum* are found to include: disgust about being too overweight, jealousy, insecurity and perfectionism. A keynote of the remedy is that although these patients maintain a healthy lifestyle and diet, and appear healthy, they feel inferior, regard themselves with disgust and feel self-conscious about being fat.

Keywords: *Acer cercinatum*; distorted body image, *Baryta carbonica*, *Lycopodium*, *Pulsatilla*.

Acer cercinatum Vine maple

The Proving Methodology

The proving was conducted by myself as proving coordinator, with Jenny Calogeros-Smith and Pat Walker, third-year homeopathic students who acted as supervisors. We began this study with nine potential provers, five of whom developed symptoms. This study was not double-blinded as the supervisors knew the remedy source. No placebo was used although we told the provers that a placebo would be used in some of the provers.

Each prover was given written and verbal instruction on taking the remedy and on keeping a journal. They each read and signed an informed consent form before undertaking the proving. An initial interview was conducted to determine whether or not the person would qualify. Qualifications included: being eighteen years of age or older; being drug-free (medical or recreational, including coffee); having no mental pathology; having no chronic physical pathology; and being three months removed from the taking of any homeopathic remedy. Qualified potential provers had their full homeopathic case taken. This served four purposes:

(1) Instead of keeping a journal for a week prior

to taking the remedy, the case notes were used as a baseline to understand the prover's current physical and mental symptoms and states.

Patients who need *Acer cercinatum* early in life often have been neglected or made to feel of less value than others: small, inferior and ugly. Then, later in life, they feel isolated and need a great deal of extra support, love, attention and praise. Primarily, in order to compensate for feeling isolated and inferior, they need to be seen as attractive. If this is not confirmed on a regular basis, they will revert to the old patterns of feeling unattractive, fat and ugly.

(2) Possession of a full case history would allow us to recognize any altered symptoms, improvement in old symptoms, or any new symptoms that had never been experienced prior to the proving.

(3) In gratitude for volunteering their services, each prover would receive free homeopathic treatment after completion of the study.

(4) It was an important safety precaution to determine each person's constitutional remedy. If a situation developed where prolonged ill-effects experienced during the proving could not be antidoted, then the constitutional remedy could be given to help any suffering consequent to the proving.

The provers were instructed to take three doses of the remedy per day until symptoms began, or up to nine doses. A 30C potency was used in all cases.

Each prover was instructed to keep a daily journal and to designate each symptom by the following notations:

1. NS: New symptoms: never before experienced.

2. OS: Old symptoms: previously experienced.
3. AS: Altered symptoms — symptoms which changed during the proving.
4. CS: Cured symptoms.

The supervisors interviewed and took the cases of potential provers under my supervision. The supervisors called the provers daily to elicit feelings and modalities that might have been overlooked by the individual, to ensure that the proving was proceeding in a safe manner, and also to provide support for the prover.

Prover number nine was a supervisor and thus she knew the substance being proved. She chose to do the proving to obtain a direct experiential understanding of the remedy.

Description of *Acer cercinatum*

Acer cercinatum, the Vine Maple, is a tree that is common to the southwestern parts of British Columbia and northwestern region of Washington State. It is a small tree that grows to seven meters tall. It is scarcely a tree, rather a big shrub with long, slender, sprawling branches. It usually has a clump of small trunks that lean outward in all directions, and these may lean on bigger trees or root to form new trees.

It grows in moist to wet places, generally under other trees but sometimes in open areas or in clear-cut areas. The leaves have seven to nine lobes, with hairs on the upper and lower surfaces. The flowers form in clusters at the end of shoots in the spring. Following this, winged fruits (called Samaras) are produced in widely spreading pairs. In the autumn, the leaves turn gold, orange or bright red, and they are valued for their outstanding fall color. The wood is very dense and hard, but is flexible when fresh.

The Vine Maple was used by native people to make snowshoe frames, drum hoops, and a variety of small implements such as spoons and dishes.

Collection and Preparation of the Remedy

Remedy samples of the leaves, bark, wood and roots were collected from the forest outside Maple

Ridge, British Columbia during July, 1998. These were finely ground using a new coffee grinder. The sample was then tinctured in forty-percent alcohol for one month and succussed daily. After this it was sent to Dolisos Pharmacy in Montreal, Quebec, where it was made into the 30C potency.

The Proving of *Acer cercinatum*

Extraction of the Proving Symptoms of *Acer cercinatum*

All symptoms are new symptoms unless otherwise indicated.

- P1 = Prover One
- P2 = Prover Two
- P3 = Prover Three
- P4 = Prover Four
- P9 = Prover Nine

(Note: Quotation marks omitted.)

Mental and Emotional Symptoms

Paranoia

While lying with eyes open, I had a vision of a big Cadillac (type of car) and gangster or mobster type men getting out with guns. (P2)

Riding my bike behind a slow moving car with tinted windows in the back, I had the feeling of being shot. (P2)

Vision of being shot at while in bed; room riddled with shots. (P2)

While driving in a friend's big car. I was being followed by the police. I felt anxious and thought they were going to pull me over, that they were going to bust me for something – what I didn't know. (P2)

I'm trying to grow my hair long; I get the feeling someone is going to come along and cut it. (P2)

I woke up in the middle of the night; the power had gone out. I felt paranoid. It was hard to get back to sleep.

I went to bed feeling as if someone could break in and shoot and kill us. I woke up with a vulnerable feeling. Who will protect me? (P9)

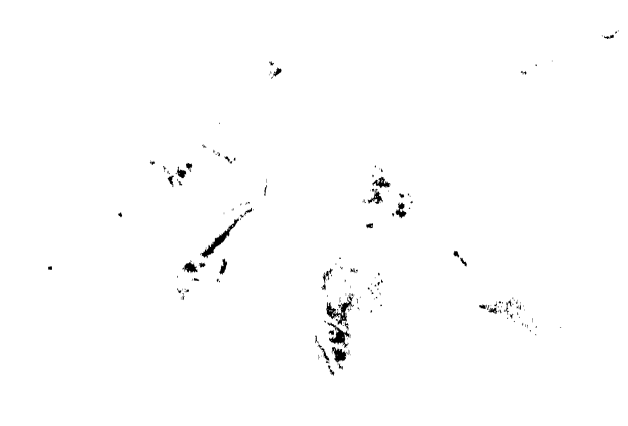
Desire for Clean Living, Concern about Weight

I want no toxins in my body; I am going to lose my fat, get healthy, and adopt a healthier life style. (P2)

I look at my body and see my fat; it disgusts me. I must do something about that. (P2)

I feel like exercising. (P2)

I'm going for a walk in the rain, really looking forward to it. (P2)



I had a dental examination and X-ray at 11 am. I'm concerned that I may have mercury toxicity from previous unsafe removal of mercury fillings manifesting itself in kidney problems. I feel even more concerned about my health than usual. (P3)

I enjoy going for walks. I don't like being fat. I'm not hungry for big meals; I prefer small snacks throughout the day; no heavy meals. (P4)

Anxiety about Health

I am feeling even more concerned about my health than usual. The dentist has put me on a detoxification program. A partial inlay needs to be done. Increasing fears: I am worried about the state of my kidneys after the dentist talked to me about mercury poisoning. (P3)

Fluttering in chest. If I have something in my stomach, it happens. I get paranoid that I'm eating too much and hurting my heart. (P4)

Flutter in chest causing fleeting worries about any physical problems, but I don't have as much anxiety as before. The fluttering and the worrying is fleeting. (P4)

Someone was talking about women's health in class. Normally this would have made me worry about health. I feel confident that I'm healthy. (P4) (Curative action)

I am worried again and have anxiety about my health, the future, my family, animals and money. I'm searching for support. (P4)

Distortion of Body Image

Three or four hours after taking the remedy, I felt small, as if I were a little, tiny person sitting in this chair. (P9)

I caught a look at myself in the mirror as I was changing, standing in my underwear, and thought, 'I am so fat! My body is so fat; my skin looks fat: gross, ugly, fat.' This is new as I have been much bigger before and never felt like this. (P9)

Walking with a friend down the street, I caught my reflection in a shop window and thought, 'I'm as big as a house.' (P9)

Insecurity

Worried about the situation at work; no upcoming work. (P3)

I told by my mother that I'm more assertive and not as argumentative, more direct. More chipper. (P4) (Curative)

Indifferent, less excitable, uncaring. I don't worry about anything, don't care enough to worry. Nothing seems to upset me. More relaxed. I haven't called my mother for about four days, when I normally talk to her every other day. I just don't have much to say to her. There's no need to call be-

cause I feel less worried. (P4) (Curative action)
Weepy. Desire to be alone to think and mope in my own head. I counted the hours I had left to be alone until my fiancé came home. I sat for two hours playing with a candle, making creations out of it, just wanting to be in my own head. I'm still a little indifferent, still no desire to call my mother whom I would normally have called by now. More worries again, about money, job, future. When I cried, I thought about home. (P4)

More aggressive even after the first dose. More outspoken, less worries, feeling good. My boyfriend told me I was not myself, that I was not concerned about things, not worrying about things. (P4) (Curative action)

No worries. Was told by everyone that I was not myself. More outspoken; feeling kind of rebellious. I'm feeling good; my energy is good. I'm not as pissed off with my boyfriend as much. He told me I wasn't myself, that I don't care as much, that things don't bother me. (P4) (Curative action)

More irritable, wanting to be in my own head just by myself. Still outspoken and aggressive in class. No worries. Mood swings: irritable, restless, wanting to be by myself, weepy. I'm irritated with people who take abuse from others. I just couldn't take them not fighting back or standing up for themselves. (P4)

I feel stronger about going out into the world. I used to call my Mom all the time to ask her if I should do things. Now I know what to do, feel confident, and want to stand on my own. I don't feel as anxious about getting out and getting a job. (P4) (Curative action)

Still not as many worries coming up. (P4)

In class I feel forceful, confident, able to step forward. I'm not thinking first, just saying what I want to say. Standing in my power. I'm even surprising myself. I feel less intimidated. Normally I take things really personally. I wear my heart on my sleeve and usually things can make me cry pretty easily. It feels good. I feel like I'm a new person, as if I'm looking through someone else's eyes. (P4) (Curative action)

I have an increased desire to network in homeopathy, to go to study groups, seminars, and to get out of my comfort zone. (P4)

I don't feel insecure at all. I feel calm and confident and able to go out and sit in a coffee shop by myself and not feel insecure. Less procrastinating; now I get things done. (P4) (Curative action)

I felt insecure at my boyfriend's parents' party. I didn't know anyone and felt very out of place. I normally feel that way around his family anyway. I wish I felt outspoken and more confident and uncaring about what others are thinking. (P4)

Critical

Low tolerance for stupid things people do or say, stupid ads on the radio; I just turn it off. (P2)

I feel more at ease and I like my parents more now than I can remember. It's nice. (P2) (Curative action)

I feel more loving to people I like; I'm not sure how I am with others. (P2) (Curative action)

I love everyone (today). It could change tomorrow. (P2) (Curative action)

Feeling very loving in my heart. (P2) (Curative action)

AS: (More intense.) I'm impatient with people on the phone when they don't say much. It's like pulling teeth; it's agonizing to talk to them. (P2)

I became very grouchy with my wife. I said, 'Pretty soon we'll have nothing in common.' I can see us growing apart. I felt she was neglecting us. I felt I hated homeopathy and all of her homeopathy friends. I felt it was splitting us apart. Supercritical of wife. This feeling went on for days. (P2)

Feeling crabby today for no reason it seems, just agitated. (P2)

Critical of people. I watch people and see how rude they can be and how uncaring about others. At Costco (grocery store), I watched a mother with two small kids and how she let them make a mess and just walked away. Watched another man waste pop. (P4)

I'm more critical of people. (P4)

I fluctuate between feeling loving and feeling critical. (P9)

Low tolerance for people, for idiots. I want to yell at them to wake up. (P9)

I am feeling incredibly critical of others' conduct. (P9)

Sentimental

Around 9 pm, feeling sentimental while watching television. A nostalgic feeling. (P2)

Sentimental, welling up from hearing music. (P9)

Dreadfully sentimental; even more than usual. Watching a children's movie with my daughter, a corny movie, moved me to tears. I'm very affectionate with my daughter, so much so that I'm starting to annoy her. (P9)

Sympathy

I felt very protective over my family and any children. (P2)

I feel some anxiety, but not as much as before. Anxious about my dog at home. I worry about her health. (P4)

Timid

More assertive. (P4) (Curative action)

Dullness

Thinking more clearly and my mind feels bright. (P1) (Curative action)

AS: Mind is foggy. Not totally clear, throughout the day. (Old symptom that is increasing.) (P3)

Feeling fuzzy, not clear, not sharp as usual. (P9)

Mistakes

Unsured of the proper word to say; it doesn't sound right, even though I know the words. (P2)

More forgetful than usual. (P4)

Noticing more now that I'm mixing up letters in writing. I did this when I was younger. I am doing it now more frequently, like mixing up b's and d's, or mixing up the r and the i in girl. (P4)

Sensation that I'm forgetting something all the time. (P4)

Mixing words; putting a word in the wrong part of the sentence. (P9)

Putting things away in the wrong place. (P9)

Reading, but words are not registering. (P9)

Mixing words all up. (P9)

Uncoordinated: my brain and hands are not communicating. Trying to put on make-up this morning, I was fumbling, making a mess. (P9)

Apathy

Not wanting to stay home; doing nothing. (P2) (Curative action)

Irritable at little things. Feeling of who cares? (P4)

Depression

I felt even more intensely depressed today. I felt like the remedy made me go right into my depression more. The weather was rainy all day: a dreary day; and I was feeling sorry for myself, or I felt that with my luck I will be the one given the placebo and I'll be doing all this work for nothing. (P3)

My depression was alleviated quite a bit. (P3)

Emotional spirits felt more uplifted. (P3) (Curative action)

I feel good. Best day emotionally in a while. (P3)

A more positive frame of mind. (P3)

Being able to stay out of depressed state. (P3) (Curative action)

Felt emotionally well in spirits. (P3) (Curative action)

Good mental and emotional state. Not so depressed anymore. (P3) (Curative action)

Emotionally depressed again. (P3)

Emotionally a better day. (P3) (Curative action)

Feeling more positive. (P3) (Curative action)

Emotionally, a bit of a mood swing, going up, but I still feel a bit fragmented. My hopes and dreams

are not as focused. (P3)
In better spirits. (P3) (Curative action)
Fairly up. (P3) (Curative action)
Emotionally I feel fine. (P3) (Curative action)
A bit down because my girlfriend was down. (P3)

Sensitive to Noise

Interrupted sleep; woke many times; very sensitive to noise. It seems I could hear a mouse whisper. (P2).
I don't like loud noises; they really irritate me. (P4)
Very irritated by touch, noise, lights, smells. (P4)

Sexual Desire

Increased sex desire. Thinking about sex a lot. (P4) (Curative action)
Sex drive increased. I could have sex everyday. (P4) (Curative action)

Intuitive/Intuition, lack of

I feel in tune with my intuitive sense. I was driving at night and I knew that up ahead on the unseen road something was crossing or about to cross. Sure enough, when we went farther and headlights shone, a cat was crossing the road. I almost felt like saying to my wife as we were driving, 'Watch out for that animal trying to cross the road ahead, but I didn't.' I suppose I should trust my instincts better. (P2) (Proving symptom/Curative action?)

Other

I talked to a friend on the phone and, though normally I would talk her ear off, I really wasn't as excited as usual. Mellow, laid back. (P4) (Curative action)
I feel a little like I smoked marijuana: mellow, grounded. (P9) (Curative action)
I felt a deep love for all the First Nation's people I came in contact with today, like a knowing of lifetimes. (P9) (Curative action)

Vertigo

A bit dizzy after rising from lying down to standing up. (P2)
Occasionally during the afternoon and evening a loss of balance and motion-related nausea. (P3)
Sense of balance affected and motion-related nausea from 6:00 am to 8:00 am. (P3)
Some sense of being off balance, worse in the morning. I was up a ladder and my sense of equilibrium was off.
Some feelings of dizziness and foggy mind. (P3)
Poor sense of balance, worse fluorescent lights. (P3)

Some dizziness and foggy mind. (P3)
While standing, I felt like I could have fainted. (P3)
A few periods of an off-balance feeling. (P3)
Lightheadedness; sense of balance off; stress in head. (P3)
Feel foggy and not totally well. Balance a bit off. Felt a bit weak. (P3)
Still getting dizzy, affecting my balance. Dizziness first few hours after waking. Dizziness worse from fluorescent lights in the kitchen and when around electrical appliances. It also happens sometimes when I'm gardening. (P3)
Feeling quite dizzy, a little stoned. (P9)
Dizzy feeling in the head, first light, then heavy. (P9)

Head

Pain, light, dull, behind left brow, extending to left side of nose and left eye. (P1)
Pain in head, forehead, left side. (P1)
Heavy head. (P2)
Headache over left eye at the top of head (a heavy feeling). (P2)
A bit of a foggy feeling. (P3)
Feel foggy and not totally well. Balance a bit off. Felt a bit weak. (P3)
Lightheadedness, sense of balance off, stress in head. (P3)
Early stages of a cold affecting eyes, sinuses, throat. I felt a bit run down. (P3)
A few periods of lightheadedness. (P3)
A few moments in the morning of being lightheaded. (P3)
Pressure in the head. (P3)
Some dizziness and foggy mind. (P3)
Some mental foggy mind. (P3)
Pressure in the head, pressing feeling in brain. (P3)
Head felt light, a passing feeling on top of the head. (P9)
Fluttering pain in temples, comes and goes. (P9)
Fuzzy feeling in my head. (P9)
Fuzzy sick in the head. Mild nausea from the head. (P9)

Eyes

Pain over right eye: warm, dull. (P1)
Pain behind left eye. (P1)

Vision

A few periods of slightly blurred vision. (P3)
Blurred. Felt unfocused and scattered and then felt really worried about it. (P3)
Blurry vision. (P3)

Ear

Ear pain twice today, sticking pain. Sharp. Lasted for about fifteen minutes each time. Once around

12 pm and once around 8 pm. Right side then moved to left. (P4)

Ear pain started on Day 3. I woke up with ear pain on the left side. I thought that I would get an ear infection. The pain woke me up at 4:30 am and then it moved to the right side. It turned into a dull ache and then went away. It returned again on the right side, with less pain. Now it is gone. Last symptom around 7 p.m. Better warmth. (P4)

Ear pain right side, started at about 9 pm last night. Pain only when swallowing, from throat to ear, all night long, better by 11 am. (P4)

Nose

Inside right nostril, pimple-like lesion, a bit painful. (P2)

Right nostril blocked in the morning, then dripping clear discharge. (P9)

Face

Top lip cracked and split. (P2)

Dry spots. (P2)

Hot face and cold body. (P9)

Face flushed. (P9)

Mouth

Tingling of tip of tongue and half of tongue. (P1)

Dry mouth. (P1)

Ate some acidic fruit that caused soreness in my mouth. (P3)

Still had soreness in my mouth (Day 3), (P3)

Slightly tender gums. (P3)

Chapped and sore corners of mouth. (P3)

Soreness and chapped edges of mouth. (P3)

Soreness on edges of mouth, chapped. (P3)

Teeth

Took a second dose when I woke up and discovered a filling had fallen out. I felt what a drag; it goes along with how things are going for me. (P3)

More of my fillings fell out. (P3)

Throat

Started getting a sore throat yesterday afternoon. Left side. (P2)

Last night throat became sore. Dry scratchy feeling. Really dry in the back of the throat. Water did not relieve. (P4)

External Throat

A pimple-like lesion on left neck area, under the skin. It hurts and is very large: the size of marble maybe. (P2)

Still have a pea-sized lump on left side of neck where it hurt before. (P2)

Stomach

Tender stomach with nausea. (P1)

After drinking apple juice, an instant stomach ache. (P2)

Felt a bit nauseous in the evening. (P3)

Thirsty for cold drinks. I needed to stop at a store to buy water when we went out for a little while. Drinking only a quarter or a third of a glass at a time. (P4)

Thirsty. (P4)

Thirsty for cold drinks: juice, pop, water; gulps at a time. (P4)

Not hungry for big meals, instead I like snacks throughout the day. (P4)

Slight nausea from the head. (P9)

Abdomen

Bloating and cutting pains, worse bending, better walking. Full feeling like a round basketball. It started after eating and lasted about half an hour. Bloating and cramps. Cutting pains in the abdomen above pubic bone. (P4)

Rectum

Some itchiness. (P3)

Itchy anus area at night. (P2)

Itchy anus at night. (P2)

At night very itchy anus area. (P2)

Diarrhea. Pressure, then explosive stool when I sit down. (P2)

Some sort of growth (doctor said it was a plugged sweat gland) on perineum. I've had it for years. Now it is going away. (P2) (Curative action)

Stool

Loose stools. (P2)

Diarrhea. (P2).

Bladder

Intense burning pain in the day. (P2)

Burning in the kidney, bladder and genitals. (P3)

Frequent urination. (P2)

Urethra

Burning in the urinary tract at 10 pm. (P3)

OS: Burning sensation especially after urination. Better today. (P3) (Curative action)

Urine

Urine odor strong, ammonia-like maybe. Drinking mainly water. (P2)

Male Genitalia/Sex

Some sort of growth (doctor said it was a plugged sweat gland) on perineum. I've had it for years. Now it is going away. (P2) (Curative action)

Female Genitalia/Sex

Sex drive increased. I could have sex everyday. (P4)
(Curative action)

Respiration

Stressful breathing. (P3)

Cough, Expectoration and Chest

I started feeling a lot of anxiety in my chest area. It lasted for a few hours. (P2)

Felt strong stress in my heart area. (P3)

Some pressure and stress felt. (P3)

Felt a bit of stress in the heart. (P3)

Fluttering sensation in upper chest area, gives a feeling of not being able to breathe in; then it goes away. Sensation comes and goes. Started at 5:30 pm. (P4)

A fluttering in the chest again. (P4)

Flutter in chest causing fleeting worries about any physical problem. The fluttering and worrying are both fleeting. The fluttering is worse after eating. (P4)

Fluttering in chest. If I have something in my stomach, it happens. I get paranoid that I'm eating too much and hurting my heart. (P4)

Back

Pain, neck, right side: warm, intense, pulling. (P1)

Lower left back very achy with cold. (P2)

Back sore from sleeping. Lower back pain on waking, tightness. (P3)

Extremities

AS: Right shoulder very sore (after doing nothing). Had tendonitis in it once; it feels the same. (P2)

Wart on right inside second toe that I've had for years is going away, if not gone now. (P2) (Curative action)

Corns on feet felt more painful while in the shower (fifteen minutes). (P3)

Corns on feet felt sensitive, especially while showering. (P3)

Achy joints of hands. (P3).

Legs not so tense anymore; they feel more relaxed. (P3) (Curative action)

Corns on feet feeling more sensitive. (P3)

Sore corns. (P3)

Tingling in calves. (P3)

Calf muscles tingling a bit. (P3)

Didn't sleep as heavily as usual; felt like I had taken something that was keeping me awake. Occasionally conscious of my tired legs and back, better by moving them in bed. (P3)

Dry hands. (P3)

Hands a bit painful and weak. (P3)

Restless legs improved seventy percent. (P3) (Curative effect.)

Hip pain, right side, while walking in the park, as if I had pulled something in the groin or strained something. It was a very easy walk; the symptom started half way through. Worse by continued motion, rest, short rest, pulling leg up; better by long rest. (P4)

Woke up with pain again in the right hip area. It bothered me last night when sleeping; it hurt every time I moved. I felt as if I had strained the area. Acute pain that would wake me up. It was there again at 5:15 am. I couldn't get comfortable. The area only hurt when I moved around; better when lying still. When I awoke at 10:00 am the pain was gone. (P4)

Aching right arm (light, throbbing feeling) from inside of elbow down forearm. Aches more in the daytime; the pain is less or goes away in the evening. (P9)

Aching right hand, palm and base of fingers. (P9)

Right hand feels numb. (P9)

Skin

Cuts on hands slow to heal. (P3)

Sleep

AS: First night sleep interrupted. Woke up at 4:00 am and then again 5:00 am. (P2)

AS: Interrupted sleep, woke many times, very sensitive to noise. It seemed I could hear a mouse whisper. (P2)

Didn't sleep as heavily as usual; felt like I had taken something that was keeping me awake. Occasionally conscious of my tired legs and back, better by moving them in bed. (P3)

Woke up in the middle of the night. I was aware that the power went out. Stressed out. The remedy was making everything intensified. Stress throughout my body; I felt ready to explode. I felt paranoid. I heard something that sounded like a firecracker (when the power was going off). I worried that the power wouldn't come back on. Had a hard time falling back asleep. Very bad sleep and I had to drag myself out of bed in the morning. Hard to get motivated. (P3)

Did not feel like I got enough sleep. (P3)

Extremely tired! Can't keep my eyes open. On day 3, I was tired at 9:00 pm and went to bed at midnight, which is early for me. Slept until 9:00 am, took the remedy and went back to bed until 12 noon. I was still really tired. Decided to go for a walk in the park, which helped for awhile, but was tired again after dinner. So tired I could sleep forever. (P4)

Sleep has not been as restful; many dreams about

the day's events. (P9)

Dreams

Many dreams, one that stands out is this. A well-dressed, well-educated couple is on the beach walking. The tide is out and there are all these clams that are visible. The lady starts picking them up and tries to open them; she can't so she gives them to her husband. He opens them and gives the clams back to his wife. She then looks at them all exposed and throws them down. She does this with dozens of them. I am standing beside her and I tell her that once the shells are open and broken, the clams will die, and was she going to eat them? She did not know the clams would die and she wasn't going to eat them. I asked her very softly and sadly, 'Why are you doing that, killing something that was just living?' She said, 'You're right. I don't know why we're doing this.' Then I woke up. (P2)

Another dream that I can't remember well, but I remember being shot at, and feeling very scared and vulnerable. (P2)

Weird dream: My family was around. I was (and am) the favorite son and didn't think it right (and still don't). We had to dress like Indians (from India) for some reason. If successful, mother would win \$16 million. Then we were transported somehow to a place where they had cave men and some sort of vicious weasel rodent-type things (small alligator / crocodile) that could swim. We (mother and I) had to cross water. I went first to make sure it was safe; then I went back to get Mom. Now she was in front of me. She got up on a rocky ledge and told me she had been bitten under her arm. I was standing chest deep in water and this weasel jumped out of the water and bit onto my neck. Spinning and twirling around and around. Then another bit me just below my testicles, on my scrotum, doing the same twisting and ripping thing. I could not feel the pain of one because the pain of the other was so intense. Actually I think it was painless?! But very painful at the same time. It was hard to tell which area hurt, as if the pain of both were the same. I was screaming, but nothing was coming out. Yet I was calm and very methodical, trying to get these things off of me. I finally figured out that I would grab it by the neck (the one that had me by the neck) and strangle it, cut off the air that it breathed. I tried grabbing the one clamped to my scrotum by the testes, only to realize the testes were the size of peas and very hard to grab. So I grabbed its neck and suffocated it; then I awoke with a fright. (P2)

Dreamt of a small cobra snake sinking its fangs into my finger. Mother was scared of it, but we were

trying to take pictures of it, holding it up. I had my fingers in its mouth behind its fangs, venom oozing out; then bang, it bit my finger, and I woke up remembering I was trying to suck venom out. (P2)

Had a dream, something to do with the Ku Klux Klan and me. I was feeling scared in the dream. At first I wasn't, then the more I saw (members of the Klan), the more anxiety I had. (P2)

Dreamt of dad, wife and daughter. Dad was driving home over a bridge; my wife and daughter were in another car. I envisioned the bridge collapsing. I called my Dad to see if everyone was safe. He was then home and said his wife was about five to ten minutes behind. I knew she had fallen with the bridge. I went to see her in the hospital; she only had a black eye and a broken arm. While I was there, the insurance guy was making his final offer of \$15 million. (P2)

A wealthy lady thought I was her employee (I was helping someone move something). She ordered me to do very menial jobs (clean toilet, bathroom). I told her no. She said that if I didn't do it, I was fired. I told her I didn't even work for her. She told me she would employ me. I told her I did what I loved already. She told me she would pay triple what I made then. Then I woke up. (P2)

Dreamt I was in some sort of army combat: tanks, machine guns, grenades, etc. Dressed in fatigues. (P2)

A dream about a raccoon. It ran out and scared my mom. I was tracking it, but didn't know I was only steps behind it. Then, it ran out in front of Mom and she screamed a shrill scream. Then I awoke from dream. (P2)

Sleeping at my mom and dad's (a totally different house, 1960's design). My brother was there and a couple of cats. I felt uneasy being there; the house was totally different than the one I grew up in. (P3)

Dreamt I was living at my mom and dad's house: totally different house than what I grew up in. I felt better in this dream than in the dream last night. (P3)

My girlfriend was being lazy and had me doing a number of things for her, which I felt were a bit excessive. There was a lot of moldy bread that had to be thrown away. (P3)

Some guys were moving into the basement suite during the night. Because of the power outage, they were still at it after 5 am. I didn't feel they were pleasant people; they seemed like rednecks. (P3)

Driving with my oldest sister towards St. Albert from Edmonton. Raking leaves. (P3)

I was swatting a couple of cockroaches that my

- sister spotted in an old house we were in. There were a lot of spiders there. (P3)
- Had a bad dream. I was parked outside the city somewhere. Someone smashed the window on the vehicle, stole the stereo and speakers, back seat, and anything else of value. I felt pretty devastated. A destruction of something you rely on. (P3)
- The tire on my bike was stolen. (P3)
- Getting ready for a trip to Saskatoon (from St. Albert), but my truck was leaking oil. I was told to stick gum in to stop the leaking. I felt frustrated. (P3)
- Sketching cartoons with friends. (P3)
- A friend was picking me up to go to work. I was ready to go except I needed to use the washroom one more time; however, both washrooms in the house were being used by two guys I hadn't met before, blue collar workers. One was eating from a big chunk of meat and had other processed foods in his lunch bag. (P3)
- My fiancé and I were at a bar we know, and my neighbor's boy and his friends peed on the floor. I got upset and we fought them. I told my neighbor that her boy can no longer come over to our house, and she said something, and then I told her that now she can no longer come over either. I said it in a very nasty way and made her cry and it is hard to make her cry in real life. Standing my ground, don't mess with me. Feeling of being mad and feisty; how dare you disrespect me. If I have to fight you, I will. (P4)
- My father and I were looking at two dead trees, wondering why they died. They had turned brown and had fallen over. I went to pull on one and the dry needles poked my hand. (P4)
- My family and I were camping and there was snow on the ground, and two men were threatening us. We packed up fast, looking over our shoulders all the time. It was dark and we left fast. We were looking down a steep hill to the road we knew we would take us to safety, but it was too steep in the snow for the truck and camper; so we had to take the long way around. Lots of anxiety about them pursuing us. I thought we should camouflage the truck until we knew that they had passed us. (P4)
- Drove a truck to a class and had to walk quite a way in the dark. I felt these people were following me and then I went to class. I knew I had to get my truck closer so I could leave right after class and drive away. I sneaked out to move my truck closer. I felt safe in the class with others around, but didn't know what would happen after class. (P4)
- Naked on stage. Couldn't wait to put my pants back on. I thought I was ugly naked. (P4)
- A bear was attacking my horses. I was screaming and yelling, but felt hopeless. There was nothing I could do to help. It was a nightmare that woke me up and I couldn't get back to sleep after. Really horrible. (Old dream). (P4)
- Forest fire: I could see it coming from the top of the hill. I looked outside and panicked because the trees outside the window were on fire. My brother and I ran out with the hose to put them out and to wet down the house. I knew I had to get the important possessions out of the house. Anxiety and panic about what I needed to save. Some men were building a house nearby and their 2 x 4's (pieces of wood) were on fire. I ran over to help, but they had taken care of it and they kept on working even though they were near the fire. (P4)
- Told my aunt off; she is hurtful to my mom mentally. I really told her where to go. My mom was crying, but I felt I still needed to say something. (P4)
- My boyfriend was an ax murderer. He chopped somebody in the head with an ax. It wasn't scary. I just thought that it was strange. (P4)
- Forest fire: having to pack up the house fast and get my animals to safety. The fire was travelling fast towards us. Panic and anxiety about my horses and dog and my family. I was worried about keeping them safe. (P4)
- Angry at mother, and I was really letting her have it. (P9)
- I've done something wrong and I am going to get into trouble for it. I don't know what it is I've done though; I can't remember. (P9)
- I'm in a small town with a friend; it's like a camping town, surrounded by forest. All of a sudden a big band of Indians (look like a cross between plains and west coast Indians) come running out of the forest. They look savage, and like how I have imagined they looked about 150 years ago. They are screaming and running around frantically. There is an older one. I see he is holding something up. It is someone's skin! He has skinned someone and is holding up the skin in victory. My friend tells me to run and we start to run into the forest. I am running very fast and feel good that I can run so fast. I do not feel much fear. We are able to get through easily as the trees are sparse, but eventually we get caught. They push us down. I am being guarded by two young, very beautiful men with long, long hair; they look like twins. My friend is being guarded by the older one that had skinned the person (he is also very beautiful). I have a sweet drink in my bag and offer it to them as I know they have never had sweets before. The older one has a primitive tool and wants to shave my friend's hair off (from her head and her pubic area). She is very frightened. They start probing

us. I think we must look so different to them. I wonder what they make of us. They want to have sex with us and I am relieved because now I know they are not going to skin us. There is an erotic element associated with the danger. (P9)
Many dreams about the day's events. (P9)

General

Cold. I'm usually hot, but now I'm finding that I'm colder lately and like to be warm. (P2)
Felt cold in the evening (in movie theater). (P3)
In the evening I felt chilled. (P3)
Feel more hungry for sweets and cookies. (P3)
Chilled. Felt a bit run down. (P3)
Feel like I could be coming down with a cold. (P3)
A bit sluggish. (P3)
Really cold in the evening. (P3)
Extremely tired! Can't keep my eyes open. On Day 3, I was tired at 9:00 pm; went to bed at midnight, which is early for me. Slept until 9:00 am; took remedy and went back to bed until 12 noon. Was still really tired. Decided to go for a walk in the park, which helped for awhile, but was tired again after dinner. So tired I could sleep forever. (P4)
I like open air. (P4)
Really tired; even a brisk walk didn't help at all. (P4)

Case One

B.D. 43 year-old female.

I first saw this patient in January of 1996. At that time she was helped moderately by *Baryta carbonica* up to 1M, but there was no further progress. Next, I tried *Gelsemium*, *Staphysagria*, *Cenchrus*, *Aurum metallicum*, *Argentum nitricum*, *Aconite*, *Palladium*, and *Pulsatilla*. None of these provided much benefit. Here is her case:

"I was the last one born. It was a mistake for me to be born as my parents could not afford it. I was an unwanted child. I was protected too much as a child; this gave me the message that I was not strong enough or good enough. I feel that I have to prove myself. I want to be a confident and courageous like a lion."

She worries about her mother and wants to help, but she feels ineffective in anything she does. "I am sick with worry about my mother." She feels she always has to save her mother. She feels guilty that she can't help her parents more; for example, "I can't help them get their youth back."

"I don't want to go home. They are critical; they treat me like a baby and like I am stupid; so that's why I left. My family never calls me now. I feel no support from them. I forget fast that people love me.

"I don't want to burden other people.

"My brothers oppressed me; they locked me out of the house. They made me feel worthless. I was afraid to have friends over, I felt inferior. I am a child inside that needs to be looked after."

She wants affection from other people and compliments.

"Our family was fake; we were all too separate. Now I am expected to be there for them. I was left alone a lot as a child. I felt embarrassed about my family; we didn't live the status quo. I feel I am dealing with all my problems alone. People don't take me seriously."

She used to be very shy, and she can be too trusting. She didn't date until twenty years old. She feared going to her ninth grade graduation; so she stayed home (because she knew she was going to get an award for excellence in sports and for helping others). She was quite anxious about how she looked and her weight, not going out if she thought she looked too fat. (Her weight was normal; in fact, I would say that she had a slender build). She was obsessed about her image. She wouldn't undress in front of her boyfriend. She was given to comparing herself to other women: extreme lack of confidence in herself. She felt so insecure at times that she felt she would die.

She feared her boyfriend's opinions. "I told him I was not good enough for him. 'You should leave me,' I said, 'I can't keep up with you in sports.'" Very hard on herself.

She was so concerned about how well she performed, she would suppress her fear, even panic, of engaging in dangerous sports, which she did to be like her boyfriend and to receive compliments, to be one of the gang. She feared having an accident and dying. "I have to do it right or I feel I am a failure and a loser." She forced herself to go to these sporting activities because she was jealous and afraid her boyfriend would find someone else. Envious of other women. She wanted her boyfriend to tell her that she was loved, that she was beautiful, to buy her nice things, and to marry her. She had an extreme fear of rejection; her anxiety and anticipation of rejection could result in diarrhea and vomiting.

In the past she had anxiety attacks about her family; she has five siblings. "I have to stay away from them as their problems bother me too much."

"I fear that I have cancer, then I feel depersonalized." She wouldn't open up a book on how to prevent cancer. Fear of insanity. She was crying about this at this point in the interview. She took a small thing, such as an idea or perception, and exaggerated it, distorted it. She felt angry when exposed to the smell of Windex glass cleaner. She dreamed of killing people with bombs, or of her boyfriend

cheating on her and she was scratching his eyes out. Ninety-eight percent of her dreams were bad: of plane crashes, etc. She found it hard to be assertive and to say no. "I take on too much and then I get afraid."

Low self-esteem: she felt that she couldn't accomplish goals. "I feel worthless (3). I feel everything I do will fail; so I keep trying because I want to get over this problem." She often lived alone as her boyfriend worked out of town. (Crying) "I need more affection from him. I care too much about him. I feel emotionally neglected; he is too selfish. I am no good. I want consolation. I want to be told I am good enough. When I feel very lonesome, my neck is stiff."

She had a fight and threw things at her boyfriend. She would lose her voice if someone yelled at her. Her mother died and she got over the grief quite quickly. She didn't want to have children. She felt a lot of anger deep inside.

Anxiety felt in the stomach. Fear of mice. Slow to learn things. Itching and swelling of the eyelids, face, and lips; could be severe at times. Worse from a hot bath. She awoke at night and her hands felt swollen. Stomach bloated, gassy; frequent belching. Sore stomach in the evening. Frequent tonsillitis as a child, with subsequent surgical removal of tonsils. She tended to get the flu with chills, aching in the back, insomnia, chilliness, and thirst for fruit juices. She had a stone in the salivary gland which became infected. Problems with her sleep; she awoke often and slept too lightly. Very sensitive to cold, with cold hands and feet. She liked to be in the sun. She had had no menstrual period for three years. Scar tissue from three abortions. She was using the birth control pill now. She used to have pain in the breasts before menses.

Not very thirsty (2).

March 18, 1999

"I am too fat; I can't stand myself. I am constantly depriving myself from foods that I want in order to stay healthy." She was disgusted at being overweight and embarrassed to go out because of how she looked. "I feel worthless, not fit for society. I am not good enough. I don't deserve flowers from my boyfriend."

Plan: At this visit I gave her *Acer cercinatum* 30C, once every four to six days.

April 15, 1999 (one month later)

She was more accepting of herself and not as worried about her weight. She was not embarrassed to go out now. She was less hard on herself and less sensitive to opinions of others. Not feeling so worthless. She was starting to value her positive qualities.

"I am good enough." Sleeping better, waking up less frequently. Fewer bad dreams. "I still feel I have to deprive myself of food." Appetite less ravenous and less craving for sweets.

"I want credit and acceptance for who I am. I want to be loved and accepted." She was still jealous of her boyfriend, but a bit less. She felt less powerless than she did before; she used to feel suicidal if he threatened to leave her.

Assessment: Correct remedy.

Plan: Continue *Acer cercinatum* 30C every four to five days.

May 18, 1999 (one month later)

She was still jealous of her boyfriend. "You should get a skinny girlfriend," she said to him. Still was hurt easily, especially when she tried to please people and then was rejected. Her boyfriend hurt her feelings. "I say I don't care, but I do care." She was weeping a lot less. Her energy was low; she felt very tired. "Sleep is my medicine; I need nine hours every night." She was sleeping well. Sore stomach every night at work, with bloating. She was still worried about her weight, concerned with her image.

"I still accept myself more; I'm not as hard on myself. I still don't feel appreciated in this relationship. He is still too selfish; he appreciates nothing."

Assessment: Repeated remedy too frequently (every four days).

Plan: Wait.

June 1, 1999 (two weeks later)

She felt better about her weight. She had more confidence and was better able to recognize her skills now. She was no longer beating up on herself. Stiff neck, first on the right side, then on the left. Heart palpitations at times, especially on waking, with sense of anxiety and urgency. She still had many negative dreams of people dying, car accidents, runaway vehicles, boyfriend leaving her. Her stomach felt better.

Plan: Wait.

June 15, 1999 (two weeks later)

She had been feeling too fat; she spent \$700 on clothes to cover the fat. Then she felt she wasn't good enough and wouldn't go out. "I still feel I have to prove myself." She compared herself to others; she felt herself less than others. Her confidence was no better. She still felt jealousy.

Plan: Wait.

August 24, 1999

I decided to give the *Acer cercinatum* another chance in a higher potency.

Plan: *Acer cercinatum* 200C, one dose.

September 29, 1999 (five weeks later)

"For the last two weeks I have felt awesome, powerful, confident, and not as jealous."

For three weeks she had stomach problems in the evening when she was at work: bloating, belching, distention, feeling of pressure; better from applying a hot-water bottle to the abdomen stomach.

"I saw blood in my stool and then I felt anxious, as if I had a poison in my body." Anxiety about her health. "I thought I had colon cancer; then I remembered that I had eaten beets and blackberries. Things were going too well; so I started to think the worst. The world was so beautiful for three weeks, until I had this anxiety."

She tended to be resentful if hurt. She had lots of self-confidence and was less worried about her weight. She liked herself more. "I see my valuable traits now."

Less jealousy. Less anxiety that her boyfriend would leave her. She felt more comfortable with her limits in her sports activities. "I don't have to prove myself now. I just want to have fun."

Assessment: Correct remedy.

Plan: *Acer cercinatum* 200C, one dose to hold.

November 10, 1999 (six weeks later)

Her digestion was better now. A lot of issues came to the surface: a big catharsis. Her self-confidence was better. She felt okay about her body, was less hard on herself. "I want to be the best I can be." Her relationship with boyfriend was better.

Just recently she started to feel anxious again, and her digestive problems were beginning to recur.

Plan: *Acer cercinatum* 200C, one dose.

December 8, 1999 (one month later)

"It really helped my stomach problems."

Her menses had been more regular for the past two months. Heart palpitations and anxiety after a meeting at work. She couldn't eat or sleep. There was a stressful situation at work with a new manager who had a very different style from the previous manager, but then the manager changed his way of doing things, and the situation improved. There were no recurrences of anxiety since then. Her moods were sensitive to cloudy, rainy weather. There was much less self-criticism. "I feel more mellow, more settled." The longitudinal grooves in her nails were gone. Still she needed a lot of sleep, or she would feel irritable. "I want to be healthy, happy, confident, and courageous; that is what I am working on."

Overall, she felt sixty percent better in these areas since taking the remedy.

Her relationship with her boyfriend was improving, and she was able to recognize his problems and

addictions now. "I have to be strong for myself as I realize he may not straighten himself out. I realize it is not all my fault and that I am an okay person." She felt less jealousy, though occasionally some jealous fear; then she tried to make deals with God. She was not bothered by her weight as much any more. "Half the time I feel I can accept my body. I'm looking for balance."

Plan: *Acer cercinatum* 200C, one dose.

January 19, 2000 (six weeks later)

Her symptoms had improved since the last dose. She noted more acute hearing and sense of smell. Her digestion was good, though starting to slide a bit. Sore stomach late at night when she became worried about her performance in some activity. Self-confidence was good. "I feel I am good enough now. I care less about what others think about me."

She still had anxiety about her health, but it was sixty percent less than before. She still needed nine hours of sleep to feel rested. "I couldn't fall asleep the other night because I felt so excited about the next day." Her dreams were all good now; no bad ones. She missed her period in December. She suffered food poisoning in December, with vomiting and diarrhea. She felt sick for 27 hours, then felt fine.

"I have a strong desire to improve myself, but I'm not trying to prove bravery to my boyfriend now. I still want to look good in other people's eyes, and sometimes I have fear that they will think I am a loser, but less often and less intensely than before. I feel I'm finding more of a balance now."

Plan: *Acer cercinatum* 200C, one dose.

April 21, 2000

During this visit she received *Acer cercinatum* 1M.

June 21, 2000

"I feel stronger in myself, less emotional. I can say how I feel more. I am not so jealous. I feel more secure in myself, less weak, more confident. I know that I am good enough now."

"I don't feel so overly responsible for others."

"The last dose of the remedy helped my stomach a lot; now I feel as though I have the best stomach."

"My system feels in overall balance now."

Analysis: She is still improving in the areas that are most meaningful for her life.

Plan: Wait

October 20, 2000

Her confidence was even further improved. "I am fabulous in general; I am more accepting of everything."

Her depression was better by eighty percent. She

still sought a perfect bowel movement: "It represents being clean, healthy and not fat."

April 25, 2003

"I broke up with my boyfriend five months ago and now I have a new relationship."

Case Two

W.M. 16 year-old female.

July 22, 2003

On presentation in the waiting room her features were very controlled. She was dressed in well-fitting cloths; there was an orderly presentation to her looks, and she had makeup which added to her good looks.

Her main complaint was migraine headaches which she experienced every other day and were worse before her menses. The headaches began with a visual distortion, becoming "fuzzy." She also saw "spots," "light moving about" and part of her vision was lost. She had less pain with the application of an ice pack on the head and was better also from sleep. The headaches were worse from citrus foods, caffeine and light. They began two years previously. Blood seemed to rush out of her head when she stood up causing her to feel as if she would faint.

Also with the headache she experienced nausea, vertigo, light-headedness and occasional vomiting. The pain was of an 'aching' quality and above the eyebrows, usually bilateral or worse on the left side or behind the left eye.

Additional physical symptoms:

July hay fever: sneezing, stuffy nose, itchy eyes.

Recently she had a bladder infection with blood in the urine.

PMS: crying easily.

Emotional state:

"I am self conscious. I look disgusting. I envy my friend who I think is better looking. When I was younger my brother used to tease me for being fat."

She had never suffered from bulimia or anorexia.

"I don't believe my boyfriend when he gives me a compliment. I think my legs are too fat. I want to tone up; so I try to work out every other day in the gym. I very much need compliments from others; I need to be told often that I look good."

She had an aversion to public speaking, but she was social and liked to be with her friends. Her parents were affectionate with her. Generous: she liked to help out her friends.

"Specifically I feel disgust that I am fat. I have a low self-esteem about how I look. I do not feel appreciated at work."

General Symptoms:

She liked salt.

Not thirsty.

Slept well, but sometimes she could wake up with a migraine headache.

She was warm-blooded.

Analysis:

This patient had a clear emotional state that could be repertorized. The rubrics I chose from *Radar*® were:

Delusion, body looks ugly

Disgust, body, one's own

Conscientious about trifles

Anxiety about trifles

Delusion, looked down upon

Delusion despised

Envy

From these symptoms the following remedies I were taken into consideration: *Thuja*, *Baryta carbonica*, *Arsenicum album*, *Silicea*, *Muriaticum acidum*, and *Lac canium*.

The remedy which matches the symptoms most closely is *Baryta carbonica*. It is known to treat this type of self-conscious insecurity, perfectionistic self-reproach and low self-confidence. Usually however *Baryta carbonica* is indicated for the chilly patient, while our patient above is warm-blooded.

Based on her mental and physical symptoms, I chose to give *Acer cercinatum* 30C, one dose.

In the proving of *Acer* we note: "Standing in my underwear and thought, I am so fat. My body is so fat; my skin looks fat: gross, ugly, fat. This is new as I have been much bigger before and never felt like this." (P9)

The physical symptoms are also covered by this remedy; for instance, her headaches.

One week later:

No headaches since the remedy. "I am not feeling as self conscious about my body."

Analysis: Correct remedy.

Plan: Continue *Acer cercinatum* 30C as needed.

Over this year she received *Acer* 200C a few times, and then *Acer* 1M.

One year later:

No allergy symptoms this summer!

A few slight headaches here and there.

No bladder symptoms.

"Most days I feel better about myself except the day before my period; then I feel hurt easily and cry."

Four to five months later:

In November 2004 she developed a tonsillitis.

Still self conscious at times.

Chilly (2).

Plan: *Baryta carbonica* 30C, one dose.

She did well on this remedy right away.

One year later:

No headaches at all. Good self confidence. She was promoted at work.

Case Three

E.A. 50 year-old female.

Frequent heavy periods.; two weeks apart.

The sacroiliac joints were painful on waking, stiff and 'clicked' often.

Pain in the wrists (2); burning pain with cracking in the joints (2). Her neck was often stiff.

"I worry about getting old. I worry about how I look and compare myself to others. I look in the mirror and pick out all my faults. I feel insecure. I fear to get sick and degenerate."

She was insecure about her boyfriend and became jealous easily.

"If I made more money, then I would feel more secure. I crave attention, praise and support from others. I have an obsession to be slender, to look perfect."

She was very careful about what she ate (2). She felt guilty after she ate a cheeseburger (2). "I have been insecure about my body image all my life. I am concerned about toxins in food and so I read all the food labels. Sometimes I just don't know what to eat."

She was envious of other women who were more beautiful.

In the morning she felt shaky and weak. "I worry that I might have cancer."

"I am shy; I have been this way all my life. I do not have enough confidence in myself. I pretend that I am strong. I fear someone will find out that I am a phony. I fear that my boyfriend will leave me, that I do not fit into his life. I feel too clingy toward him; he is all that I have. I want him to marry me; I want to be closer to him. I feel too alone. I feel that I do not achieve enough."

Sensitive to cold and heat (2). Sweat of the palms. Sensation of a lump in the throat. Startled easily. Anxiety about everything. "I forget to drink water." She couldn't relax; difficulty sleeping. Afraid to make a mistake. "I feel that I am the last one on the list; i.e., the least important person." General muscle tension. Fear of heights; fear I will jump and vertigo from heights (2). Fear of insanity.

Prescription: She was given *Lycopodium* 30C, a few doses, which helped for about a month, but she then relapsed. A higher potency also relapsed. *Pulsatilla* and *Calcarea carbonica* also gave some relief, but neither held.

Six weeks after a dose of *Acer cercinatum* 30C:

"I feel less anxiety, more peaceful in myself. I feel less inner turmoil. I can accept my self more now."

The heavy frequent menstrual periods stopped. The SI joints felt okay. There was much less itching of the rectum. The burning pain in the finger joints was eighty percent better.

"I feel a lot more vitality; it is up to eight or nine out of ten. My confidence is now wonderful. I feel liberated. This is the best remedy so far"

One year later:

"I still feel better about myself."

The menses were still lighter and less frequent. Sacroiliac joints were still better. There was still a burning pain in the thumb.

"I still worry about how I look."

Analysis: She had done well on this remedy emotionally and physically. I decided to give a higher potency to see if her remaining symptoms could be helped.

Plan: *Acer cercinatum* 200C, one dose.

Three weeks later

"For two days after the remedy I felt a mental confusion, but now I feel better, less anxious. I have more vitality; my confidence is much improved. I feel I am on the right track again. My appetite is not as voracious."

The pain in the thumb joint only occurred at the end of the day now.

Analysis: Correct remedy. She might need another dose in the future.

Plan: *Acer cercinatum* 200C given to hold and take if needed.

The Materia Medica of *Acer cercinatum*

The remedy *Acer cercinatum* is needed for a very particular type of insecurity. It can be best summarized by the Evil Queen in the fairy tale, "Snow White": The Queen feels very insecure about her appearance and so she constantly needs to look into her magic mirror and ask, "Mirror, mirror on the wall, who is the fairest of them all?" This could be a male or female patient.

They need to hear repeatedly "from the mirror" that they are the most handsome or beautiful in all of the "kingdom". These patients cannot tolerate any competition with their appearance. When she hears from the mirror that Snow White is more beautiful than she is, the Queen is thrown into a jealous rage.

Acer patients will often react in the same manner, often becoming jealous if they see someone more beautiful than themselves.

Patients who need *Acer cercinatum* early in life often have been neglected or made to feel of less value than others: small, inferior and ugly. Then, later in life, they feel isolated and need a great deal of extra support, love, attention and praise. Primarily, in order to compensate for feeling isolated and inferior, they need to be seen as attractive. If this is not confirmed on a regular basis, they will revert to the old patterns of feeling unattractive, fat and ugly. The pattern of their lives can begin to revolve around these ideas—to appear in a certain way and to prove that they are worthy of attention.

As our society associates female slenderness and male leanness with attractiveness, the *Acer* patient can easily feel disgust about “being fat” or even about the delusion of being fat, regardless of his or her normal body shape. Anorexia, extreme attention to food, clean living and exercise are possible outcomes of this obsession.

Their vanity is very unsteady and is easily deflated; these patients will easily fear that others will talk behind their back and will say negative things about them. *Platina* patients, on the other hand, are sure that they are beautiful. *Acer* patients find it almost impossible to value themselves or to accept themselves for being talented or for who they are. Instead, they seem to constantly fear that they will be abandoned by their mate and that they will not be able to attract another one. These concerns are of the greatest importance to the patient, a fixed set of ideas which they cannot be persuaded to abandon.

Acer patients are not only critical of themselves but also of others; that way they do not feel that they are the only ones who look unappealing. The envy can extend from those who are more beautiful to those who have nicer things or who have more talent.

There is a dichotomy between being loving and being critical. At times they are very sympathetic and at other times critical and jealous.

In other ways the attitude of *Acer* patients is often sentimental, sympathetic and intuitive.

Anger

Anger is felt when these people think that they do not receive care.

Paranoia

They fear that others say things behind their back, that they are ugly or fat. They experience worry and anxiety, particularly about their health. They also feel easily threatened from an exaggerated fear of

injury.

Clean living

They worry excessively about small details in the environment that may impact their health; for example, a fear of being poisoned by mercury fillings. In order to avoid this feeling, they will pay extra attention to what they eat, eating only healthy food for example, and they will exercise almost every day. They want to lead a clean life (to be free of toxins).

Mistakes

Acer patients find it difficult to think clearly. They mix up words or letters and they feel that their mind is dull and foggy.

Depression

They can experience self-pity, sadness, grief and apathy.

Vertigo

Lightheaded, dizzy. Sensation of loss of balance. Sensation that one could faint. Nausea with vertigo.

Head

Feeling of painful pressure in the head. Sensation of heaviness in the head, or of lightheadedness.

Vision

Blurry vision.

Ear

Pain, both ears. Hearing is very sensitive to noise.

Mouth

Dry mouth with thirst. Chapped lips. Tender gums and chapped edges of the mouth.

Rectum

Moisture leaks from the rectum.

Chest

Flutter in the heart.

Urethra

Burning with urination.

Female

Decreased sexual energy.

Extremities

Restless legs and calves. Inflammation in both big toes, lateral superior aspect; a raw feeling, worse from touch. Corns on the feet are painful, especially while showering.

Sleep

Light sleep; waking up frequently.

Dreams

Dream of relatives, especially of mothers.

Generals

Tend to be chilly.

Remedy Comparisons for *Acer cercinatum****Vanadium***

According to Scholten (1), this remedy is for people who are anorexic. They have a great need to succeed, have a fear of failure and a desire to prove themselves. I had one successful case of *Vanadium*; she had a lot of ambition, but she did not follow through with her desires to completion. She had a fear of failure, of irresolution, frustration, and a desire for control. Her main problems were an irregular heart beat and anorexia. 'Not eating' was a rebellion against a powerful mother. *Acer* patients have more vanity and jealousy than *Vanadium*, but both these remedies have an underlying insecurity.

(1) Scholten, Jan. *Homeopathy and Minerals*, 1993 Page 227.

Baryta carbonica

Patients who need *Acer cercinatum* and *Baryta carbonica* have an exaggerated concern about the appearance of their bodies. Small imperfections are exaggerated in their minds and this leads to obsessive thoughts about ways to perfect themselves.

Lac caninum

Both *Acer cercinatum* and *Lac caninum* patients feel "looked down upon," inferior, worthless and of little consequence. Both feel insecure in their relationships with others and they often attach blame to others, then easily forgive, if it means receiving positive attention or more affection. *Acer* patients seem to be more critical of others than *Lac caninum* patients.

Lac felinum

Patients who need *Lac felinum* feel insecure about love; it can make them feel dependent on others and jealous in a relationship. This is similar to *Acer*. Both remedies also have the desire for healthy, clean food. (*Lac fel*: desire for healthy, clean food: Anne Wirtz).

Elaps corallinus

Both *Elaps* and *Acer* patients feel that they have to live up to a high standard and to appear perfect. This compensates for feelings of insecurity or, in the

case of *Elaps*, feelings of guilt. *Elaps* is for persons who are chilly, passionate, playful, sad from rain and worse from tight collars.

Anacardium

Both *Acer* and *Anacardium* patients have the following symptoms in common: they feel worthless, they have a desire to prove themselves, and they both have voracious appetites.

Pulsatilla

Acer and *Pulsatilla* patients need extra attention and they can complain bitterly when they do not receive it. Both can be jealous and fearful of leaving a dysfunctional relationship because being alone is intolerable to them.

Naja

Both *Naja* and *Acer* patients can feel isolation and jealousy.

Strontium carbonicum

Both *Strontium carbonicum* and *Acer* can feel that they need the support of others and are insecure when facing the trials of life alone.

Gratiola

These patients feel there is a distortion about their body size; for example, they may feel their head is too small or too large. Emotionally they may feel better than others, but also less than others. *Acer* only has the one distortion; i.e., they feel less than others and inferior in how they look.

Repertory Additions for *Acer Cercinatum*

MIND: ANTICIPATION

MIND: ANXIETY; anticipation, from

MIND: ANXIETY; health, about

MIND: ANXIETY; health, about: own health; one's

MIND: ANXIETY; trifles, about

MIND: CENSORIOUS

MIND: CONFIDENCE; want of self-confidence

MIND: CONSOLATION; amel.

MIND: DELUSIONS; appreciated, she is not

MIND: DELUSIONS; body, ugly; body looks; fat, too

MIND: DELUSIONS; despised, is

MIND: DELUSIONS; enlarged, body is

MIND: DELUSIONS; injury, about to receive injury, is

MIND: DELUSIONS; looked down upon, she is

MIND: DISGUST; body, of the, own body, of one's

MIND: DULLNESS

MIND: FASTIDIOUS; prove himself, he has to

MIND: FEAR; attacked, fear of being

MIND: FEAR; injury, being injured, of

MIND: FEAR; insanity

MIND: FEAR; opinion of others, of

MIND: FEAR; poisoned, being poisoned, fear of
 MIND: FLATTERED; desire to be
 MIND: FORGETFUL; words while speaking, of
 MIND: FORSAKEN feeling
 MIND: INDIFFERENCE
 MIND: INSECURITY; mental
 MIND: IRRITABILITY; noise, from
 MIND: JEALOUSY
 MIND: LAMENTING; appreciated, because he is not
 MIND: LONGING; good opinion of others; for
 MIND: MEMORY; weakness of memory
 MIND: MEMORY; weakness of memory, words, for
 MIND: MISTAKES; making, speaking, in
 MIND: MISTAKES; making, spelling, in
 MIND: REPROACHING himself
 MIND: SADNESS
 MIND: SENSITIVE; noise, to
 MIND: SENSITIVE; odors, to
 MIND: SENSITIVE; touch, to
 MIND: SENTIMENTAL
 MIND: SUSPICIOUS
 MIND: TIMIDITY
 MIND: VANITY
 MIND: WEEPING
 VERTIGO: VERTIGO
 VERTIGO: AFTERNOON
 VERTIGO: EVENING
 VERTIGO: RISING; on
 HEAD: HEAVINESS
 HEAD: PAIN: Forehead, in, left side
 HEAD: PAIN: Forehead, in; eyes, above right
 HEAD: PAIN: Forehead, in; eyes, behind left
 EYE: PAIN
 EYE: PAIN; Eyebrows
 EYE: PHOTOPHOBIA
 VISION: BLURRED
 EAR: PAIN
 EAR: PAIN; right, then left
 FACE: CHAPPED; Lips
 FACE: CRACKED; Lips, Upper
 FACE: DISCOLORATION, red
 FACE: ERUPTIONS; pimples, nose, inside
 FACE: ERUPTIONS; nose, inside
 FACE: HEAT
 FACE: HEAT; cold, body, with
 MOUTH: DRYNESS
 MOUTH: PAIN; Gums
 MOUTH: PAIN; excoriated, as if
 MOUTH: PAIN; sore
 MOUTH: PAIN; sore, gums
 MOUTH: PRICKLING; tongue, tip
 TEETH: GRINDING; sleep, during
 THROAT: DRYNESS
 THROAT: PAIN
 EXTERNAL THROAT; Eruptions, pimples
 STOMACH: APPETTITE; ravenous

STOMACH: NAUSEA
 ABDOMEN: DISTENSION
 ABDOMEN: DISTENSION; painful
 ABDOMEN: PAIN; walking, amel.
 ABDOMEN: PAIN; cramping
 ABDOMEN: PAIN; cutting
 ABDOMEN: PAIN; cutting, walking, while; amel.
 RECTUM: DIARRHEA
 RECTUM: DIARRHEA; anticipation, after
 RECTUM: ITCHING
 RECTUM: MOISTURE
 RECTUM: WEAKNESS; weak feeling
 BLADDER: INFLAMMATION
 BLADDER: URINATION; frequent
 KIDNEYS: PAIN; burning
 URETHRA: PAIN; burning
 URINE: ODOR; ammoniacal
 FEMALE GENITALIA/SEX: MENSES; irregular
 FEMALE GENITALIA/SEX: SEXUAL DESIRE; diminished
 RESPIRATION: DIFFICULT
 CHEST: FLUTTERING
 CHEST: OPPRESSION
 CHEST: PALPITATION of heart; anxiety: with
 BACK: PAIN; sleep, during
 BACK: PAIN; Cervical region
 BACK: PAIN; Cervical region, right
 BACK: PAIN; Lumbar region
 BACK: STIFFNESS; Cervical region
 EXTREMITIES: CORNS
 EXTREMITIES: CORNS; painful
 EXTREMITIES: NUMBNESS; Hand, right
 EXTREMITIES: PAIN; right
 EXTREMITIES: PAIN; Joints
 EXTREMITIES: PAIN; Shoulder
 EXTREMITIES: PAIN; Elbow, extending to, wrist
 EXTREMITIES: PAIN; Forearm
 EXTREMITIES: PAIN; Hand
 EXTREMITIES: PAIN; Hand, right
 EXTREMITIES: PAIN; Fingers
 EXTREMITIES: PAIN; Hip, motion, agg.
 EXTREMITIES: PAIN; Hip, walking
 EXTREMITIES: RESTLESSNESS; Leg
 EXTREMITIES: RESTLESSNESS; Leg, night, bed in
 EXTREMITIES: TINGLING; Lower limbs
 EXTREMITIES: TINGLING; Leg
 EXTREMITIES: WARTS; Foot, Soles
 SLEEP: UNREFRESHING
 SLEEP: WAKING; night, midnight, after, 4 h
 SLEEP: WAKING; night, midnight, after, 5 h
 SLEEP: WAKING: easy
 SLEEP: WAKING; frequent
 SLEEP: WAKING; noise, slight noise, from
 DREAMS: ACCIDENTS
 DREAMS: ANXIOUS
 DREAMS: ATTACKED, of being

DREAMS: CRUELTY
 DREAMS: FIGHTING; one is
 DREAMS: FIRE; danger, of
 DREAMS: GUILT
 DREAMS: GUNS
 DREAMS: NAKEDNESS; cover herself, she must
 DREAMS: PROTECTING
 DREAMS: PURSUED, being
 DREAMS: THREATS
 DREAMS: UGLY, being
 DREAMS: WAR
 GENERALS: COLD; agg.

GENERALS: COLD; take cold, tendency to
 GENERALS: FOOD and DRINKS; apples, agg.
 GENERALS: FOOD and DRINKS; sour food, acids,
 agg.
 GENERALS: WOUNDS; heal, tendency to, slowly

About the author: Steven Olsen ND, DHNAP is a teacher at the Boucher Institute of Naturopathic Medicine. He has been in full-time practice since January of 1988. He is the author of several provings which are included in his books "Trees and Plants That Heal" and "Arbor Medica." ATH

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