

# Alnus rubra – the Red Alder: A Proving and Cured Cases

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

**Abstract:** This article consists of a proving and several cured cases of *Alnus rubra*. Central themes of *Alnus* are found to include: generosity and forsaken feelings. Keynotes for this remedy are: worse from change of weather, strong thirst, bruises easily; dry, inflamed skin; burning pains, and sensitivity to perfumes.

**Keywords:** *Alnus rubra*, Phosphorus

## The Proving Methodology

The provers took three doses of 30C potency three times a day until symptoms were noticed. There were ten provers in all, but only the provers who experienced new symptoms are recorded below. The remedy cured prover number two, with a long history of migraine headaches and rheumatoid arthritis.

## Description of *Alnus rubra*

A deciduous tree up to 25 meters tall. Thin, grey, smooth bark, often with white patches of lichens, becoming scaly at the base with age. The wood and inner bark turn rusty-red when cut.

The leaves are broadly elliptical and sharp pointed at the base and tip, 5 to 15 cm long, dull green and smooth above, rust colored and hairy below, the margins wavy, slightly rolled under, with course, blunt teeth. The leaves remain more or less green until they drop off in late autumn.

The male and female flowers hang in cylindrical spikes (catkins); they appear before the the leaves. The male catkins are 5 to 12 cm long, the female catkins up to 2 cm long.

The fruit consists of clusters of brown cones up to 2 cm long. They remain on the tree over the winter. They contain oval winged nutlets. The Red Alder grows in moist woods, stream banks, flood plains,

and recently cleared land, often in pure stands and at low elevations.

*Alnus rubra* is an aggressive, fast growing, but short-lived hardwood (old at 50 years) that thrives in moist disturbed sites. Alder improves disturbed soils by fixing atmospheric nitrogen into the soil.

The Red Alder wood is considered to be the best for smoking salmon. Alder bark was used for tuberculosis and other respiratory ailments, and in these uses it was thought to have saved many lives. It was also used as a wash for wounds and skin infections. (Plants of the Pacific Northwest Coast. Pojar and Mackinnon. p.44.)

A collection of the root, bark and leaves was made in early summer. It was tinctured in 35% alcohol for a month, then sent to Dolisos for potentization.

## Extraction of the Proving Symptoms for *Alnus rubra*

[Quotation marks omitted.]

### Mind Inertia

Feel as if 'living in a pot of honey.' Mental and physical inertia. (P1)

No desire to engage with others. (P1)

No desire to learn anything. (P1)

Sat at home and watched movies for nine hours at a



time. I feel I don't care about anything. No desire to do anything else. (P1)

Can easily fall asleep at any time. (P1)

I feel this would be the drug of choice if confined to a single room; i.e. no desire to do anything, comfortable numb feeling all over. I DON'T CARE. Even things that are generally on my mind, like upcoming projects and personal issues, I no longer care about. (P1).

I do not move very much. I only perform movements that are absolutely necessary. (P1).

Everything feels heavy. (P1)

Slept in all morning on a beautiful day. I tried to tell myself to go out, but I can't motivate myself to do so. (P2)

I feel very sluggish. (P2)

Complete apathy: I don't want to speak to people. (P2)

Dread of people, but when I start to speak to them, I don't stop and feel surprised at the sound of my own voice, that it sounds so upbeat. (P2)

I don't care about anything. (P2)

I can't muster the energy to do anything-no desire to do anything. (P2)

I don't like feeling this apathy, but I feel if I could get more of the remedy, I would keep taking it. (P2)

I am just going through the motions of life, no real desire. (P2)

I just want to go to bed and sleep the day away. (P2)

### Separation

I do not feel a part of the world. (P1)

I have the feeling of being completely alone in the world. I can't talk or I think; if I do, I will cry. (P2)

Realized that I did not care or deal with things in the past, like my boyfriend. Did I let it all pass me by; is it too late? (P2)

I need to stay in my own room. (P2)

I feel totally alone in this world, estranged. (P2)

In the past I would feel ostracized by people, that I did not belong, now this is better since the proving. (P2) (cured symptom)

I feel the world is passing me by and I don't care. (P2)

I fall in love, then never fall out of love, but they are all gone; so I feel alone. (P2)

Now I have been able to fall out of love with all those people from past relationships. (P2) (cured symptom)

### Irritability with People

Aversion to be in company as people make me feel

irritable. (P2)

Cancelled dinner with a friend; I don't want to have to talk to him. (P2)

Irritability with people at work. (P2)

### Depression

Extreme depression, despair. (P2)

I can't talk or I think I will cry. (P2)

I have lost my sense of meaning in this world; it is all so insignificant. (P2)

I want someone else to pull me out of this depression; I want to be rescued. (P2)

I want to sit in my own sorrow and bathe in it. (P2)

No one is here to help ease my sorrow. (P2)

Desire to call someone to help me with the depression, but no desire to stop feeling this way. (P2)

I want to curl up and cry. (P2)

I resent my life and feel sorry for myself, but I brought it on myself. (P2)

I feel serious about life. I do not want to laugh; there is no purpose to life so why bother. (P2)

Despair, there is no point to life, no meaning to be here, no purpose. We don't matter, no one cares about us. I have given up; I have no close friends. I want to let myself die; so why bother eating. (P2)

**This is, in a sense, the metaphor, or essence, of their illness that permeates many levels: They deny that they have needs; therefore, they postpone gratification, and then eventually they suffer from not having their emotional and physical nourishment needs met.**

### Sacrifice

I feel I made a lot of sacrifices, and others don't appreciate this or love me for it. I got nothing in return; now I am depressed. (P2)

I now yearn for acknowledgement. (P2)

I allowed all this to happen to myself. I did this to myself; now there is sorrow and depression. (P2)

In the past I would feel overly responsible for others, I would sacrifice and be overly conscientious to rid myself of guilt; now this is better. (P2) (cured symptom)

I used to feel that I gave one hundred percent unconditional love and expected nothing in return; now since the proving I expect more from people. (P2) (cured symptom)

In the past I found it difficult to accept love; now this seems better. (P2) (cured symptom)

Anxiety of conscience and feeling of guilt are better since taking Alnus. (P2) (cured symptom)

I feel bitterness that other people who are privileged in class do not make a sacrifice. (P2)

I feel that I was a constant giver, very easily sucked into doing what others needed or wanted; this is better now. (P2) (cured symptom)

### **Lack of Confidence**

No sense of purpose or self worth. (P2)  
I feel uncomfortable around people, like I am not good enough. (P2)  
I used to feel I did nothing right, I was never good enough for anyone, that I had to prove myself all the time and felt like a failure; now this is better since the proving. (P2) (cured symptom)  
My confidence is now so much better; i.e., ninety percent better. (P2) (cured symptom)

### **Sensitive**

Sensitive to mean people. Why are people so mean? They disgust me; they do not understand hardship. I hate people that do not understand suffering. (P2)  
I feel insecure. (P2)  
I feel I have been slighted, jilted, taken advantage of, or that something precious has been taken from me, as if I have been raped—a deep violation of some kind. (P2)  
People are horrible and nasty for being this way to me. (P2)

### **Critical**

Aware of others' inadequacies. (P2)  
Hard on myself in the past—self-reproachful; now this is better since the proving. (P2) (cured symptom).  
I hate people that don't care about others; therefore, I want to withdraw from them. (P2)  
When I feel critical, I want to work harder on my own projects, but then I feel alone. (P2)  
More intolerant toward other people. I want to argue with them: "You stupid man!" I feel harder, more bitter and more critical. (P2)

### **Weak Memory**

I repeat what I write down; I can't remember that I already wrote it down. (P2)  
My short-term memory seems shot; very forgetful. (P2)

### **Mistakes**

Difficulty writing notes in class; writing similar-sounding words, but not the correct ones; i.e., 'began' instead of 'became.' (P1)

### **Slowness**

Mind is slow and clumsy. (P1)

### **Distraction**

Better from turning on the radio, to be distracted from the constant chatter in my head. (P2)

Not enjoying the walk, but I felt I had to keep on walking. (P2)

### **Fears**

In the forest I had a fear that a wild animal (bear, cougar, eagle) would attack me; also fearful of dogs. (P2)  
In the forest everything seems dark and spooky. (P2)  
Fear of spiders cured since taking this remedy. (P2)  
The world seems scary, dark and lonely. (P2)

### **Lament - Nostalgia**

Nostalgia, thoughts of the past, friends and situations. Everything seems familiar again. (P2)  
I am now in the moment; I used to live in the past. (P2) (cured symptom)  
I did not value the people enough in the past; now they are gone and I feel the grief. (P2)

### **Time**

Time seems to go too slowly. (P2)

### **Head**

Headache, forehead and back of ears. (P1)  
Headache begins to encircle eyes over the bone, though not the inner orbit. (P1)  
Headache in the occiput. (P1)  
Headache from the forehead to the temporomandibular joint. (P1)  
Headache, severe, frontal, worse from light. (P2)  
Headache better from pressure. (P1)  
Headache from fasting. (P2)  
Headache from cold, damp weather and barometric changes; is better since the proving. (P2) (cured symptom).  
Headache, sudden onset, from familiar smells, such as smelling old boyfriends' cologne and the smell of Ukrainian food. (P2)  
Headache better from lying on the painful side; then able to sleep. (P2)  
Extreme scalp pain from brushing the hair, even pain from light movement when the brush did not even touch the scalp. It caused a throbbing pain over the parietal region. (P1)  
Hair limp, even though I washed it this morning. (P1)  
Airy, spacey feeling in the head. (P2)

### **Eye**

Dry feeling in the eyes. (P1)  
Eyes always dry. I need to open them wide to get air in them. (P2)  
Hot feeling in the eyes. (P1)  
Intense photophobia, even through closed lids. (P1)

Eyes feel generally sticky. (P1)  
Pain in muscles of the eyes, worse on moving them outside of direct field of vision. (P1)

### Ear

Constant itch in the right ear. (P2)

### Nose

Dry feeling in the sinuses. (P1)  
Nose discharge watery, worse in damp weather. (P1)  
Nose discharge, sticky once dry. (P1)  
Nose discharge, intermittent. (P1)  
Nose discharge, worse after eating. (P1)  
Nose discharge, worse from motion, walking, bending, etc. (P1)  
Nose discharge, profuse, copious. (P1)  
Nose discharge with blood. (P1)  
My usual chronic nose drip that is worse from exercise has totally gone away since starting the proving of Alder. (P2) (cured symptom)

### Face

Dry lips. (P1)  
Face warm. (P1)  
Face flushed, across nose and cheeks. (P1)  
Heat sensation in the upper cheeks. (P1)  
Heat sensation between the upper lip and nose. (P1)  
My face appears green, with a red nose and red in the upper cheeks. (P1)  
Discoloration of the face, bridge of nose and eyelids, red and blotchy. (P1)  
The skin of my face has become cleaner and softer. (P2) (cured symptom)  
My complexion is more grey. (P2)

### Mouth

Dry mouth and tongue. (P1)

### Throat

Irritation of the nasopharynx, worse from swallowing, worse in dry air, better from drinking water-up to three liters in seven hours. (P1)  
Swallowing discomfort. (P1)  
Glands are swollen and sensitive. (P1)  
Burning sensation. (P1)  
A constant burning in the throat. (P2)

### Stomach

Appetite, strong. I keep eating even though I am not hungry and food has no flavor. (P2)  
Nothing tastes good or excites me. I don't enjoy eating. (P2)  
Thirst extreme, feels dehydrated. (P1)  
I put the glass of water to my lips and then realized I had a voracious thirst. (P2)

Mild nausea, worse from kundalini yoga breathing techniques. (P1)

Overall inability to digest food. (P2)

Difficulty to digest large amounts of water, cold or warm. (P2)

Bloated abdomen, indigestion, sluggish digestion, a general feeling of being uncomfortable in the abdomen. (P2)

I only want to eat at 11 a.m., mostly bread, a lot of it, then cold water. (P2)

I feel too full after eating; then I vomit. (P2)

No desire to eat-apathy when it comes to food, but then when I start to eat, I enjoy it and can't stop; then I overeat. (P2)

Gurgling in the stomach and abdomen. (P2)

Alternating constipation and diarrhea. (P2)

I vomit every night after I eat too much or a normal amount of food; water can even make me vomit. (P2)

There is a constant feeling of pressure in my lower abdomen, a bearing down feeling in the lower colon, like a cramping, a dull pressure on both sides of my abdomen. (P2)

I still need a lot of water, four to five liters a day at room temperature, but I also enjoy cold water; it feels refreshing. (P2)

### Abdomen

Feels bloated. (P2)

### Female

Strong sexual desire before menses. (P1)

Intense sexual desire, but I don't want to be near anyone; no desire to follow through on it. (P2)

### Larynx and Trachea

Voice deep and phlegmy—a cross between sexy and possessed. (P1)

### Cough

Dry cough, worse from cold air, better from shallow breathing, worse from dry air. (P1)

Cough more violent in the evening. (P1)

Barking cough. (P1)

Cough, worse from lying down. (P1)

Cough better from open mouth breathing. (P1)

Cough better from a hot shower. (P1)

Deep cough. (P2)

Cough better from motion. (P2)

### Expectoration

Thick and heavy. (P1)

Difficult to raise the thick mucus with cough. (P1)

### Chest

Dry feeling in the chest. (P1)

Burning sensation from cough. (P1)  
Pain in chest with the cough. (P1)  
Feels like someone is stepping on my chest. (P2)  
Chest feels tight and heavy; I can't take a full breath. (P2)  
Heart palpitations, always fast despite my lethargy. (P2)

### **Back**

Tension in the upper back from coughing. (P1)  
An aching between the shoulder blades, worse from coughing, worse from clearing my throat. (P1)

### **Extremities**

Awkward and clumsy with hands. (P1)  
Difficulty distinguishing between pages of paper; sensation is lost. (P1)  
Tremor of the hands in the morning. (P2)  
Very cold feet, like ice cubes. I must wear wool socks. (P2)  
My usual rheumatoid arthritis symptoms in the hands and knees that usually only occur in the wet, cold weather no longer occur since taking the Alder proving. (P2) (cured symptom)  
Heavy feeling of legs and feet when walking. (P2)  
My whole body feels swollen as if from edema; my skin feels tight and puffy. (P2)  
Hangnails, painful tags of skin about my fingers. (P2)  
Burning pain in the muscles of the legs from running. (P2)  
Itchy skin on the thighs; after scratching there are bruises and petechiae. (P2)  
Bruises cause more pain than they used to. (P2)  
My bones are more painful when I press on them; the periosteum is painful. (P2)  
Hand swollen after exertion, after running a long distance. (P2)  
Feet numb and tingle, pins and needles; numb from the knees downward. (P2)

### **Sleep**

Very difficult to get to sleep, awake for three hours by pains and cough. (P1)  
Not rested on waking after sleeping for ten hours. (P2)  
Sluggish and tired upon waking; not able to shake this feeling; it lasted until one p.m. (P2)  
Slept all day; I still can't get rested. (P2)  
I wake at night from three to four a.m.; then I can't go back to bed as I feel energetic. Then I go back to bed at six to six-thirty a.m. and wake up tired. (P2)

### **Dreams**

Of long adventures. (P1)

### **Perspiration**

No perspiration; this is strange since I normally sweat a lot. (P2)

### **Skin**

Hot feeling in the skin. (P1)

### **Generalities**

Food: Desire for brown rice, plain tortilla chips, black licorice. (P1)  
I can eat yogurt now since the proving. I used to get extreme stomach cramps and vomiting. (P2) (cured symptom).  
I get colds easily and bronchitis. (P2)  
Vibration of body, up and down, beginning in head, then working its way down through the body. (P1)  
Better on waking for one hour. (P1)  
Influenza with aversion to movement, a feeling of heaviness, chills, fever, aching; better from a warm bath, warm clothes, covering the eyes, earplugs and sleep. (P1)  
Overall I feel achy, like I have the flu with sore muscles and joints. (P2)  
Better and more energetic when outside of the house. (P2)  
Better energy when entering a new room. (P2)  
Generally I feel better with motion. (P2)  
I feel that motion is a necessity. (P2)  
I don't want to move, but when I do, I feel better. (P2)  
Tired and sluggish on waking. (P2)  
Energy better 1-3 p.m. (P2)  
Very tired again from 3-4 p.m. and at 8 p.m. (P2)  
Very chilly, even when outside in the sun. (P2)  
Hot at night in bed. (P2)

### **Cases of *Alnus rubra***

#### **Case One**

30 year-old female

*November 30, 2000*

Bright red, dry (3), confluent rash on eyelids, under the eyes, neck and upper chest area (3). It is itchy (2) at times. Since she was a child, she had these types of skin eruptions (2). Very dry skin in general, especially the face (3). Hives this past summer (2). Hay fever in the spring (2).

Her energy was low, only half of what it should have been; general lethargy.

Headaches from the sun (2). "I used to get a lot of headaches; now I get a bad headache about once per month, a migraine-type headache (3). They come with my sinus allergies." Headache worse

from sleeping too long and worse from a warm room (2). "In 1996 I had sinus surgery; a cyst was removed. Then I took antibiotics for a year. My ears often feel congested; they pop often, feel tender inside and painful (1)."

Before her menses she had mood swings with irritability (2) and weeping (1). She also became bloated and suffered acne break outs on her face before menses (1).

She felt achy in some joints, worse on waking in the morning, better from continued motion and a hot shower. Her aunt had rheumatoid arthritis.

"I get depressed (2); my future seems unsure, and I feel alone (2). About once a month I get anxiety attacks (2) and my heart pounds. The anxiety started four or five years ago. Twice a day I have the sensation that my heart stops with a sense of pressure in my chest (2).

"At times I feel angry. I was competitive with my younger sister; we didn't get along for a long time. I am angry and resentful with my father. He left our family when I was very young; I did not see him again until I was eighteen years old. I feel angry also at my mother and my grandparents. Angry at people that were not there for me as a child when I needed them (2). I easily feel jealous. (2)"

Cranky (2) and unrefreshed (3) in the morning. She liked to stay up late at night and sleep late. "I wake up at night and then can't get back to sleep (2)."

Worse from a sauna (3): "I feel that I can't breath in such a warm space (2)."

Fear of the dark, heights, spiders (2) and snakes (2).

Worse from collars or any constriction about her throat (2).

"If I forget to drink then I get very dehydrated (2). I have gained fifteen pounds in the last three months."

**Analysis and Plan:** I decided to give *Lachesis* 30C, one dose, based on the following symptoms: worse before menses, worse from heat, anger, jealousy, headaches made worse by the sun and sleeping too long, generally worse on waking, collars aggravate, fear of snakes and hay fever in the spring.

#### *Two weeks later*

She had had a cold with achy pains in the joints of her fingers (2). Cramps and spasms in her hands (2). None of her symptoms were better.

**Assessment:** I was disappointed with this result. I had expected some big changes, but there was not the deep shift that one could expect from the true simillimum.

**Plan:** I restudied the case and gave *Apis* 30C, one dose. The rationale for this prescription was: dry skin; itchy eruptions, worsened by heat and sauna; jealousy, anger, industriousness, and she was a helpful and sympathetic person.

#### *Two weeks later*

The rash was still present (3). Her PMS was not so severe; her mood swings were much better. No anxiety attacks. She still awakened unrefreshed, especially since starting to drink coffee again. She felt a lot of anger and grief (2). "I am worried about hurting my father's feelings (2). I am angry that my father was never there for me (2). I was wronged by him and have no contact with him now. My grandfather was an alcoholic. My grandmother was not present. The past is lost." She had recently experienced a lot of pressure in her chest for a week (2). "I feel forsaken (2). I brood about the past (2). As a child I had eczema on my arms (2). The irritability can be severe nine times out of ten. My teeth are very sensitive to hot and cold (2)."

I then tried *Naja* 30C, but she did not improve. *Oleander* 30C did nothing. She liked salt, was quite thirsty and had a fear to be hurt again with a history of grief; so in April of 2001 I gave her *Natrum muriaticum* 30C. This had no positive effect.

Very dry under the eyes (3); the rash is very red about the throat and eyes (3). She developed a sinus infection (2) and lost her sense of smell (2). General hay fever symptoms (2); nose a bit drippy. Her ears were throbbing with pain (1). Anxiety for her sister who had an eating disorder (2). "My stomach is in knots (1)."

I repeated the *Natrum muriaticum* 30C, but again there was no effect. In June I gave *Natrum muriaticum* 200C. My rationale was that she was a person who felt very alone and resentful since the loss of her father, had headaches from the sun and hay fever. Over the next month she did not improve. Her cervical glands became swollen (2), ears more congested and painful (2), sinuses painful, and lips affected with herpes (2).

"I feel I lost my father and never got over it (2). In the past I had a lot of thick mucus from the sinuses. For a year I had constant ear infections (2). I've had bronchitis twice and pneumonia once. I was often sick in the past with colds and almost constant sinus infections (2)."

I then gave a dose of *Crotalus cascavella* 30C. It had no healing effect; so we gave up trying to find

the remedy for awhile. Over the summer of 2001 I was working on the proving of *Alnus rubra*. It made me think of this patient; so I had her come in for another visit.

October 30, 2001

Teeth were very sensitive to hot and cold (3).

Sore throat: throat was raw, painful with difficulty swallowing (2).

Ears popping and painful (2); stuffy nose and sinus (2). Eyes red and bloodshot (2).

Dry skin in general (3), worse in the fall (2).

Dry lips (2). Very dry eyelids (3), neck and arms (3). Face and cheeks felt hot with the eruption (1).

She consumed about eight drinks a day. If she forgot to drink for a time, upon starting to drink she realized how thirsty she was (2).

Sacrificial with her family (2) and her friends to an extent. She was looking after her sister financially.

Pain in knees, hips and fingers (1).

In general, worse from excessive heat (2) and cold damp (2).

Headache worse from odors and perfumes (2), worse from changes in barometric pressure (2); the approach of a storm could bring on a migraine (3). Headaches worse from too much sunlight (2).

Stomach bloating at times with discomfort (1).

She wouldn't eat; then later became too hungry and over-ate. "I skip meals, then I eat too much later on."

Itchy thighs and shins. I scratch; then bruises appear on my legs from the trauma of the scratching.

Very cold feet (2). Tired on waking all the time. Waking at 2 or 3 a.m. most nights. Difficulty falling asleep at night: "I am awake until midnight or 1 a.m. most nights."

Deficient enamel at the base of her teeth.

"While growing up in a single parent family, I always helped my mother (2). I never felt that I got back from my family what I gave. For example, I would remember everyone's birthday, but this was not always reciprocated. I was not given enough recognition. I was the one who was generous and thoughtful (2). After five or six years I stopped going out on a limb for others. This made me bitter, detached and more alone (2). I easily feel guilt (2), with family, friends and work. I easily feel obligated (2). I should have done more in the past to help others. I still take on too much for others at work. This has made my self esteem low. I don't like selfish people, selfish behavior or mean people.

"I don't easily fall out of love with people, and I don't easily fall in love with people either (2). Therefore I have a constant low level of grief (2). It's hard to accept love and appreciation from others. I'm afraid of affection (2), to get too close to people; I

fear being hurt. I am not worthy of love. I've felt very serious lately; my sister keeps saying this to me. I have no fun and find it difficult to smile (2). Most of the time I do things and don't expect anything in return. I don't understand how other people can be so mean. I help others, but I feel emotionally starved for affection (2)."

She found it very difficult to stand up to her sister. Basically she was looking after her sister in every way. A polite person.

**Analysis:** I decided there was enough confirmation of symptoms to give *Alnus rubra*. In this patient there was a strong history of innocence that was betrayed and this led to emotional pain, grief and resentment. It is difficult for the person who needs *Alnus rubra* to overcome this early stage of their development. A child is innocent - she will give love even if she is betrayed. She is hurt, but remains innocent, naive, childlike, and helpful to others. In this way the person who needs *Alnus* makes a bargain with the world: "I have been betrayed, but if I am good to you, you must be good to me and then I will get the love I need." This is a pattern of dependence and appeasement, an immature state. She keeps giving to others, but she feels that others do not fulfill the bargain and return enough affection to her. The resulting constant conflict feeds the pattern of her illness. Her need for love, her conscience and her sympathy for others is strong enough to keep this cycle repeating.

To confirm the remedy, there was the easy bruising of the legs, headaches worse from perfumes and change of weather, dry skin and easy dehydration. The physical symptoms such as allergies and skin rashes matched as well. I greatly anticipated a positive result.

**Plan:** *Alnus rubra* 30C, one dose.

November 7, 2001 (about one week later)

Within a few hours of taking the remedy she experienced a severe headache with nausea. There were no headaches subsequently.

She had been very thirsty lately for water, about a gallon a day, at room temperature.

"I am still up until midnight; I am not tired until then." Less waking at 2 a.m. She was not so tired on waking.

Her sinuses were still stuffy, but without as much pressure or pain.

"I feel emotionally better; I feel less internal stress. I feel hungry all the time, but I can go a long time without eating."

She looked better in general; her eyes were brighter.

Her thighs were less itchy. Her ears felt better, less pressure or plugged sensation. There were no more sharp pains in the sinuses.

"My energy is better and I feel more motivated (2)."

"I still don't like turtle necks or constriction about my throat, including necklaces, or someone touching my throat (2)."

Her eyes were less sensitive to the sun (1).

She was better in general.

**Analysis:** Possibly correct remedy.

**Plan:** *Alnus rubra* 30C as needed.

January 15, 2002

It had been about three-and-a-half months since taking the *Alnus*.

"I am still improving (2)." No headaches.

She was not sleeping so well lately, possibly due to night shift work.

She still had dry skin, but no rash on her neck. She was still very thirsty for water (3).

She had a sore throat, some sinus congestion, cough and fever the preceding week, for which she took the *Alnus* again and was better the next day. The skin eruption on her face was a lot better now, by about eighty percent.

"I felt emotionally better until about two weeks ago. Then I became depressed, anxious, irritable, and got physically sick. This was before my period, a typically bad time for me."

She felt tired and unrested on waking (2).

She was still supporting her sister financially. "I also do most of the work in her house for her." She had some resentment about this, but kept doing it. The idea that her sister needed the help was what was most important to the patient; so she made the sacrifice.

**Plan:** Correct remedy. Continue *Alnus rubra* 30C when needed.

March 2, 2002

Her sleep was a lot better now; she could fall asleep a lot easier stay asleep. "I feel good in myself overall (2)." No rashes. Her stomach felt fine. No headaches. "Perfumes affect me, but no longer cause a headache. "My mood is good; I am still frustrated with my sister (2). My sister does not help me with things and I end up doing it all. My tail bone hurts when I sit too long at work." The tips of her fingers were stiff, worse from cold weather. Her joints were less sore overall. Dry skin, worse from the cold weather. "When I feel sad or irritable, I take the remedy again and I feel better soon afterward." The depression was better overall. (2). Fewer colds.

November 7, 2002

It has been over a year since starting the *Alnus*.

She came into my office beaming with good health. Her complexion was perfect; her skin was not even dry now. No skin eruptions. Allergies were a lot better. She lost fifteen pounds. She did not look tired at all, even though she had been on another night shift. No easy bruises, none at all. Less thirsty. She had resumed working out at the gym. She liked her job. Her mood was even. She smiled and generally looked happy. The heaviness of spirit had left her; the past burdens were no longer affecting her life. Her joints were all better, not stiff. No headaches. Her stomach felt great. She was still sleeping well. Her sister was at school and was more independent now.

**Analysis:** This remedy has worked very deeply for her. It has not left any of her symptoms behind, except for the odd modality such as the aggravation from tight collars, which most likely belongs to another remedy layer.

**Plan:** Wait. Repeat *Alnus rubra* 30C if needed.

### Discussion

This case is a confirmation of the information that was learned in the proving of *Alnus rubra*. The guiding symptoms of this remedy seem to be: Severe allergies, such as hay fever symptoms, sinusitis, rashes, urticaria, dry skin and headaches. Headaches which are worse before a storm and provoked by perfumes. Great thirst and easy bruising. Worse in general from heat and cold. Emotionally they are altruistic, unselfish and self-sacrificing, but underneath this accommodating personality they have had to wrestle with abandonment-feelings of being cut off and left alone. In their day to day life they are not alone; they have friends and are quite functional. They are very nice people, but also very hurt. This remedy has performed a tremendous benefit by healing this patient on many levels.

Some symptoms which were helped but were not in the proving of *Alnus rubra*: Irritability before menses; depression before menses. Waking at 2 to 3 a.m. Difficulty falling asleep. Unrefreshed on waking. Blood-shot eyes. Hives and urticaria. Hay fever in the Spring. Loss of sense of smell. Headaches from the sun and from sleeping in too long. Ear pains, ears stopped, ears pop and ear inflammation. Sensation of the heart stopping with pressure in the chest. Gains weight easily. Cramps in the hands. Frequent colds.

### Case Two

41 year-old female

November 27, 2001

Abstract: This is the case of a woman suffering from asthma, hay fever, irritable bowel syndrome, a sleep disorder, back pains and eczema. Although *Phosphorus* appeared to be indicated, *Alnus rubra* was the simillimum in this case.

Present medications:

Vanceril inhaler twice a day and Albuterol inhaler as needed, both for asthma.

Rhinocort inhaler once a day for sinus allergies.

Zyrtec once a day for allergies.

Prevacid for heartburn.

Amitriptyline when needed to help her to fall asleep.

Cortisone cream for eczema.

This woman worked full time as a quality control engineer for a local manufacturing company. She was a single mother with three children. There were no signs of depression, in fact she had many smiling lines on her face and she seemed to have a warm and friendly manner. The following were the symptoms as she expressed them during her first appointment.

"My eyes get very itchy (3)." Stuffy nose, with coryza and sneezing (3). She felt more nose congestion in a warm room (2). "I feel my allergies get worse if I go from a cold atmosphere to a warm atmosphere (2). I have allergies all year-round to dust (2), mold (2), pollen (3), avocado, but especially perfume (4) or hair spray (3)." If her allergy symptoms became severe enough then she would start wheezing and showing asthmatic symptoms. The allergies were also worse in dry weather (2).

"I have many dry patches on my skin (4), I need a lot of moisturizing lotion (3), as my skin is very dry in general (4). It was so dry it had thousands of tiny lines in it and folds." Dry thick skin as if she were "one hundred years old and exposed to the sun every day." Her eye lids had hundreds of tiny folds and were dry (3). Her face was extremely dry (3). In the past she had peeling skin (2), itchy skin (3); therefore she had to use cortisone.

She experienced many episodes of belching and heartburn (3). "Either I have constipation or diarrhea (3). My stomach aches often (2) and is worse from milk and ice cream (2). After milk I have heartburn and feel bloated (2)." Aversion to the taste of coffee (2).

Back problems. Tension in her back, painful muscles (2). A stiff neck (2). "My back keeps rotating to the right." She had tried various treatments for her back which were of no help.

Headache about every three months from neck

tension or sinus congestion. The headache was much worse from exposure to perfume (3). Perfume would trigger an asthma attack (3).

Urinary urgency (2).

"If I forget to eat, I feel shaky, my hands tremble, I feel light headed and dizzy. (2) I like cold wet weather (2)."

"I am a very patient person (3), but when I get angry, watch out! - I am like dynamite. I will explode. My son will try to get me angry, but I won't let it happen. My daughter would get me angry; her will power was too strong for me. I love to help others. My boyfriend says I am too giving. For example, my son had a best friend. His mother had no job, so I took them into our house." She did not charge them any rent, and they lived there for over two years while the son's friend's mother went to school. "I have always helped others, such as volunteer work. I can't say 'no' when I am asked to help others. I grew up in a close family with ten siblings. We were brought up in a very protected environment. After my first marriage I was alone for two years. He was abusive. Then after we were split up he stole my checks and charged my Visa. These charges finally amounted to over fifty thousand dollars, which I had to pay off to keep my good credit. I had to be civil about it. I am not bitter about the past at all. I was able to forgive and go on. I do not cry easily, except if you say nice things about my mother. I don't feel like I have any major emotional problems. I would like to do more things, but my overall energy is too low. I have no fears. I do not complain easily about my symptoms and have just gone on with my life. I believe that if I help other people then, when I need help, they will help me. I flush easily if I feel embarrassed."

Very thirsty for cold drinks (3). "I feel I can never drink enough water (3). I drink from sixty to one hundred ounces a day, room temperature or cold (2)."

No fear of thunderstorms. Bruises very easily (3).

"I can't breathe in a sauna; I feel too hot and then get anxiety (2)." She likes fresh air (2). Aggravation if the room was too hot, causing a feeling of suffocation and panic (3). "My feet have always been ice cold, but not my hands. I do not perspire easily. I am worse from wind and dust (2)."

"When I sleep, I don't rest deeply (2). I can hear what is going on all night; I never seem to reach the third level of sleep. I wake up two to three times a night, at midnight, then one, two or three a.m. When in bed, my legs jump and twitch (2). Then my whole body will jump (2)."

"Three years ago I gained forty pounds. I seem to gain weight easily (2)."

"I like myself. I don't need any special appreciation. As a young teen I could not understand why

people were selfish or mean. My parents would say, "You can not change people."

Diarrhea and nausea (2) from fatty foods for two years.

"I had a bleeding hemorrhoid recently."

Calcium deposits on the finger joints; they look like arthritic nodules.

"I am legally night blind and have a cataract in one eye. They say I have the eyes of someone over fifty years old."

Tonsillectomy at twelve years of age. She had had no flu-like illnesses for six years. Menstrual cramps that made me bear down severely (3).

"I feel angry if I have to sit for too long; I must get up and move about (2)."

**Analysis:** She was very sympathetic, generous, innocent, a hard worker, and someone with whom it was easy to communicate. If one were to connect these ideas with her tendency to bruises, dehydration and aggravation from perfume, one could rightfully consider *Phosphorus*. The confirmation for *Alnus* was that she was surprised that there were selfish people in this world and did not complain readily about her illness. She was selfless with a strong determination to make the best of life. Even as a single mother, she was willing to look after another mother and child. She lived in a small apartment. I don't think *Phosphorus* would have the endurance to sustain such a protracted act of kindness as *Phosphorus* is more flighty in its sympathetic gestures. Also, this patient did not need as much superficial social contact as would be typical of *Phosphorus*. In general, the person who needs *Phosphorus* will also sleep more deeply.

**Plan:** *Alnus rubra* 30C, one dose.

*One week later*

"I slept through the alarm clock all week. I was able to sleep deeper and only woke up one time per night and, since the weekend, I no longer wake at night. I am able to dream now (2)."

My nose is clearer; I stopped the asthma inhalers and the Rhinocort. I can blow out the mucous now as my nose is not as dry."

"For two to three days after I took the remedy I felt I had the 'flu.' I felt chilly, achy, had a headache, was tired, and could not get enough sleep (2). Then I started to feel a whole lot better in general. (2). My eyes are less itchy. There is more eczema on my neck and it is very itchy.

"My feet are not as cold now in bed or in the daytime. During the first two days after the remedy I burped a lot of acid fluid into my throat, but now I have been able to stop the Prevacid because the heartburn is so much better. My bowel is working

normally now; I have a normal stool every day now. This is very unusual for me! Right after I took the remedy I had diarrhea.

"My neck is still stiff, and my skin is still very dry.

"On the third and fourth day after the remedy I became very irritable, frustrated and annoyed (3). I didn't want anyone to speak to me (3); I wanted to be left alone (3). This lasted a few days and now I feel emotionally fine again.

"I have not noticed any new bruises. They used to appear for no reason, especially on my legs.

"I am not so bloated before my period; it used to be so bad that people would ask me if I was pregnant."

**Analysis:** This was defiantly the correct remedy. It was the simillimum because all of her symptoms were touched by the remedy and have started to improve.

**Plan:** Wait; no remedy given.

Over the next year she received *Alnus* 30C a few more times, then *Alnus* 200C and finally *Alnus* 1M. Almost all of her symptoms have resolved. Over a year later she is doing well. The skin was the last symptom to get better. The dry wrinkles have gone from her face; she appears a lot younger.

Included in this curative reaction to *Alnus*: the jerking limbs got better; the stiff neck loosened up; the cramps in her calves resolved; she enjoyed great relief of her back pain ("My back feels strong and I am able to exercise again"); her thirst slowly decreased; her allergies almost totally disappeared; her headaches left; her general energy increased; her abdominal symptoms - bloating, constipation, diarrhea - abated; and her asthma improved by ninety-five percent.

The only new symptoms to appear were nausea on the first day of her period and headache the day before her period.

Without the recent proving information of *Alnus rubra* I would not have been able to solve this case.

### Case Three

24 year-old female

This patient presented with rheumatoid arthritis and migraine headaches. While doing the proving of *Alnus rubra*, it, by chance, was found to be her simillimum.

*July 28, 2001*

Chronic bronchitis in the past, with bad cough which was worse from motion.

"I have had migraine headaches about once per week since I was three years old. They are worse

from motion (3), light (3), noise (2), fasting (2) and strong odors (2). If I am exposed to cologne or perfume, I will get a headache and hives on my neck (2)."

Tonsillitis as a child (2).

Chronic joint pains (2) and joint swelling (2), worse before a change of weather (3) and during cold wet weather (2); knee pains (3) and hand pains (3) especially.

"I need someone to take care of, then I feel productive and my identity is stronger. If someone needs me, then I feel secure. I have a strong conscience; I feel that I need to work or I will feel guilt easily. I tend to give myself a hard time; I will easily feel at fault. My parents divorced when I was six months old. At this time my mother and sister fell apart. I felt responsible for them.

"When I was in university, I had a bad depression for six months, with suicidal thoughts (2). I was depressed because I could not understand why society was so mean. In response to this feeling I decided to become a vegetarian, I went to church more often, and I decided that I would become a naturopathic doctor. Now I have a lot of ambition; I want to help people and I am willing to work very hard. I will stop and help street people; I like to give them some dignity. I do not like to argue; it can make me cry (2). Sometimes I will argue with my sister and mother, but I will hold it in for a long time until it all finally comes out (2).

"I am stubborn. I do not like to be told what to do (2). If I am told what to do, then I will do the opposite (2). I become attached to people easily and then will do anything for them. In this process I tend to lose myself; then I have to get stubborn again to regain control (2).

"I am sensitive to foods: milk is the worst; it causes nausea (2) and constipation (2). I don't seem to be able to digest milk at all and it can make me vomit (2). I have never liked meat; it causes jaw pain and headaches. I find it difficult to digest protein (2). I crave peanut butter (2), honey (2) and raisins (2). I have an aversion to warm and hot food, but I like warm drinks. I have an aversion to the smell of meat (1). I have a fear of judgment from others; so I won't eat in front of my step-mother and father.

"I like to do things perfectly (2); I over-do everything. For example, I will stay up all night and study for an exam (2). I love to run. I run for long distances six times per week. I become angry with myself if I don't run. I have to run; I feel others expect it from me (2). I am not sure if I do things because others expect it or because I care about what I am doing. This is a source of confusion for me (2). I think I try to do what is appropriate.

"On a deeper level, inside myself, I feel alone (2).

It creates a pressure in my chest. This alone feeling is better when I am with people or if I have the opportunity to talk often with people; then I don't have to be in my own head as much (2). I like to plan things and I feel better when I am busy (2). I fear that what I am doing is too superficial and perhaps does not really matter in the larger scheme of things (2).

"I have a fear of spiders (3).

"I am always chilly (2), with cold hands (2)."

**Analysis:** This woman had volunteered for the proving of *Alnus rubra*; she took three doses a day of the 30C potency for three days. At first she felt worse in general; she felt her loneliness more deeply, felt more anger and more physical symptoms, and then she began to feel better. Here are her observations:

August 25, 2001 (about one month since starting the proving)

While doing the proving of *Alnus*, I did not care that life was passing me by; then later, I was sad that life had passed me by. I wanted to talk to someone, but I didn't want any help. I was depressed during the proving, but I did not want to come out of it. I had an aversion to people; I wanted to stay in my room alone. If my father spoke to me, then I would cry right away. I no longer cared about my boyfriend. In the evenings, during the proving, I would go into a deep depression, a deep sense of loneliness (3). I felt totally alone in the world (2). I had made a big sacrifice and had nothing in return (2). I gave all my love and yearned for some acknowledgment, but it was my fault that I was not given acknowledgment. I allowed it to happen; I did it to myself. Now I don't care about my boyfriend; it is over, and I feel better about it. In the past it would have taken me a lot longer to get over the grief. This remedy made my feeling more intense and I was able to get over the grief faster.

"Since the proving I no longer have any joint pains. I can even run in the rain now without pain. This is very unusual for me considering my diagnosis was rheumatoid arthritis.

"During the proving, if I stayed in one place for too long, I felt lethargic (2). I felt better when I was outside doing things in the fresh air.

"Since the proving of *Alnus rubra*, I feel I am psychologically more in the moment. I am not thinking about the past so much; I used to live in the past (2). I have been able to go camping alone for three days. I felt empowered by this. This is very unusual for me as in the past I needed to be around people all the time. On this trip I did not have any feelings of loneliness. Also, I do not feel that I have to talk to people all the time; I feel that I can listen more

to others instead. Overall, I feel more at peace with myself. I no longer feel that I have to take care of other people. I feel more independent and strong than I have ever felt in my life. I feel I can run farther, and with more strength also, since the proving.

"My chronic nose drip is better since taking the Alder.

"I feel apathy from 3 to 4 p.m. and apathy on waking; I don't want to get out of bed then.

"I feel I can help people now because I have some knowledge, not because I need to feel productive for myself.

"During the first four days of the proving I had a strong chest oppression (2). Now this is better. I used to have this feeling when I was running (2).

"During the proving my memory got worse; I felt scatter-brained (2). Now this is better. During the proving, I got an instant migraine from the smell of cologne.

"I feel more nostalgia to the past; I want to go back and talk to people that I knew in the past and tie up loose ends. This nostalgic feeling was a lot stronger during the proving, especially if it was triggered from the smell of the outside air.

"During the proving I felt that I was not in the present moment; it did not seem real to me. Then later I would say, 'You missed out; you should have tried harder. Why did you give up so easily?'

"My strong feeling of guilt and being overly conscientious are better since the proving (2). I feel at peace now. I do not feel so overly responsible for everything. I feel wiser; I now know something about life. I know now how to make myself happy and how to be peaceful. I do not feel that I have to push myself so much, and so I am not so disappointed in myself. I used to push myself too hard at everything. I feel more confident in myself since the proving. I used to have low self esteem; I felt that I did nothing right, like I was a failure (2). In the past I felt that I had to prove to myself and others that I could do things. Now I do not feel that I have to prove anything to anyone. I used to do everything in my power to make friends; I used to give total and unconditional love and not expect anything in return. I didn't think that I needed any love back; I just wanted to give. I realize my limits now in this area. I expect more from people now; also I have a greater capacity to feel appreciated by others and feel loved. It was not so easy for me to accept love from others in the past.

"In the past I was very easily offended and found it difficult to forgive others. I took things much too personally. This is better; I am not so sensitive now. I was also nervous around people. Now I can enjoy a comfortable silence around people. I no longer fear I will be judged. I no longer feel alone.

"The headaches from damp weather and weather changes are a lot less frequent. I have no headaches when it rains now; this is very unusual for me.

"I am able to eat dairy and milk now. In the past yogurt and milk would give me extreme stomach cramps and nausea (3).

"As a child I felt like I was growing up too fast. I was given too much responsibility to look after my sister and mother. My father was abusive to my sister and mother. I had to take care of them. I totally hated him because he hurt them and did not know how to love them (3). I feel that I was left out because I was not good enough; so in relationships I had to be good.

"In college I broke up with my boyfriend because I felt I was not good enough for him or anyone (2). I was so hard on myself (3). I was too insecure (2).

"In the past if I ate food past 8 p.m., then I would get nightmares.

"I was very thirsty while doing the proving. I was drinking four to five liters a day of room-temperature water.

"During the proving I had dreams about my grandmother. I was very close to her and had a lot of grief after she died. I also was very close to my grandfather (2). I feel that I did not value the time that I had with them. This grief is better since the proving."

**Analysis:** She improved at a tremendous rate. Rheumatoid arthritis is not an easy illness to treat and almost all of her joint pain had been cured. Her emotional patterns had also made some big changes.

**Plan:** Wait; repeat *Alnus* only at the first sign of relapse.

*September 15, 2001*

I used to think things were ideal and I was optimistic. Now I am more annoyed when I see people for who they are. They disgust me. I feel more realistic now. I can tolerate perfume well now.

*October 20, 2001*

"Alternation of constipation with diarrhea; this is new since I took the Alder. I vomit every night after I eat dinner or if I eat too much food."

*Summer of 2002 (e-mail)*

"I was just thinking on the bus ride home about throwing you a line to let you know how GREAT I've been lately....was telling my friend yesterday that I feel more like me than I've felt in years (no more depression, guilt or self-destructive thoughts)...as for the headaches....not a one!!!!!! I feel, this summer as though I were a kid again!

"Enjoy the rest of the summer,... A."

#### Case Four

57 year-old female

January 13, 2004

Chief complaint: Her skin burned (3). It felt as if it was on fire (3). Both legs were affected as well as the soles of the feet. The burning pain was worse at the end of the day when she tried to relax, or when she was in bed. The skin has a red blotchy appearance. Her skin would burn within one minute of being exposed to the sun. The skin was dry (3) and red (2). "My skin is very sensitive to touch; I feel worse if I am stroked as then I feel chafed.

"I bruise easily (3); if my 6 pound dog stands on me, I will become bruised.

"I feel a general fatigue (2); my energy is only 3 or 4 out of 10. I feel the best at 6 a.m. I am worse at 2 to 3 p.m., when I want to take a nap. I feel wobbly inside; it is a weak feeling all over my body"

Hair loss with dry, scaly lumps.

Her joints were stiff and arthritic (2), worse on the left side of the body. "My joints ache (3); the pain can wake me up at night or prevent me from getting to sleep."

Medical history: Many years ago basal cell carcinoma on her neck. 1981: kidney infection related to a diagnosis of SLE.

Present symptoms continue:

Indigestion at times. Constipation alternates with diarrhea. Hang nails.

Headaches, worse from a change in air pressure, worse before a storm (2), worse when the jet stream passed overhead (when the air pressure changed). The headaches were also worse from the smell of perfumes (2), or from the smell of gin (3).

"I am generally worse from the smell of perfumes; I get an instant headache from the smell of them. If I wear a perfume, my skin will become red, blotchy and begin to itch.

"I am also allergic to perfumed soaps and candles (2)."

If she ate rosemary she would have the sensation of knives in her abdomen followed by diarrhea. Garlic could also bring on diarrhea and abdominal cramps.

Monosodium glutamate produced sweats and headaches.

She was allergic to her gold ring; her skin broke out and the skin could become infected. Cheap jewelry, surgical steel, Band-Aids, and scotch tape all had the same effect.

Exposure to dogs caused nasal obstruction, sneez-

ing and watery eyes.

In the spring she experienced lots of sneezing; she was especially sensitive to cottonwood trees. Exposure to sulfur caused nausea.

"Every two to three weeks I feel depressed, bored with being at home. I lost my job and so I no longer feel productive. I like to keep things nice at home; I am a bit of a perfectionist. I like to bake and do sewing. Generally I am a sympathetic and understanding person toward others. I imagine what it would be like to walk in the other person's shoes. I am generous with my time. Through my life I have been a hard worker. It was always difficult to say 'no' to my children."

She had average thirst, but her mouth was dry, especially at night. She slept on either side.

**Analysis:** One of the most important rubrics - "head-ache worse from a change of weather" - is listed below.

HEAD: PAIN: Weather; changes of, from:

Aln, am-c, Ars, benz-ac, Bry, Calc-p, Calc, Carb-v, cimic, dulc, guaj, lach, mang, meli, mez, moni, nat-c, nat-sil, Nux-m, Ph-ac, Phos, phyt., Psor, Ran-b, Rhod, RHUS-T, Sil., spig, verb, vip.

From this list one could consider: *Alnus rubra*, *Calcarea carbonica*, and *Silica*. I then looked at the rubric listed below.

HEAD: PAIN; Odors; strong, from

Acon, Aln, anac, arg-n, aurs, Aur, Bell, cham, chin, Coff, Colch, ephe-si, gink-b, graph, Ign, kali-p, Lyc, nux-v, ozone, Phos, scut, sel, Sil, Sulph.

*Calcarea* is not listed as treating headaches from strong odors, but *Silica* and *Aldus* are both present in this rubric.

*Silica* is not listed for constipation alternating with diarrhea; usually with *Silica* there is only constipation.

The mental emotional profile of this patient was quite healthy and not distinctive enough to lead us to a particular remedy. She was mild and sympathetic, but can one count these as a symptoms?

**Plan:** I chose to give *Alnus rubra* 30C, one dose, based on the following symptoms:

Dry, red skin.

Headaches worse from change of weather.

Headaches worse from the smell of perfumes.

Sympathetic nature.

Constipation alternating with diarrhea.

*One month later*

The burning pain on the skin of her legs was fifty percent better.

After the remedy her joints were stiffer for a day and then they improved.

Fewer headaches.

Her mood was more positive.

**Analysis:** Possibly correct remedy.

**Plan:** *Alnus* 30C as needed.

*Two months later*

To date she had taken three doses of the remedy.

"There are no more migraine headaches, but I do experience a few mild headaches. The diarrhea is twenty-five percent better and the constipation is seventy-five percent better. The burning skin overall is seventy-five percent better. The pins and needles sensation is fifty percent improved." She had not mentioned this last symptom during the initial interview.

Her general fatigue was twenty-five percent better. Her joints were less stiff on waking and the joint pain was now ninety-nine percent better.

"I am still not employed and as a result I still do not feel useful."

She later went on to take *Alnus rubra* 200C three times. Both her general state and her specific physical symptoms continued to improve. More than a year later she was still doing well:

*October 12, 2005*

Her skin was ninety-nine percent better. No diarrhea. No headaches.

She still had some joint pain, but overall it was much improved.

## Case Five

51 year-old female

*February 25, 2003*

"I have had fibromyalgia since 1985. It became worse after a car accident. The muscle pains and stiffness are worse from sitting too long (2). If I work in the garden for more than fifteen minutes, my pains are worse in the hips, shoulders, and lower back. I will cry because the pain gets so severe from over-activity. I can't lift anything heavy. I find it difficult to climb stairs because of the knee pains (2). I feel frequent numbness on the right side of my body and tingling of the extremities. I have taken prednisone for the past three years and put on over one hundred pounds."

General memory loss (2). Blurred vision for reading.

The whole body was sensitive to pressure, as from massage; it brought her to tears. "I will also bruise from massage."

The joint pains were worse from getting chilled or from becoming overheated, such as when sitting in a hot tub. "I feel worse from cold, rainy weather (2) and better on a warm, dry day; however if the weather is too hot then I feel fatigued. If there is sun on my head, my face becomes red, I feel nauseated, dizzy, and develop a severe headache."

Her hands and feet were always very cold (3). She had to wear socks to bed at night.

Exposure to cigarette smoke caused nausea, congestion, a headache, and later aching all over.

Strong odors such as the smell of the cat box, perfumes, spoiled food or musty moldy odors produced headaches, sinus problems, eye burning, nausea, vomiting and gagging. Noises seemed louder than usual.

"My skin is painful (2); this pain is worse from contact with clothing, such as the chafing of my jeans."

Sensitive to milk since birth, it caused diarrhea. Canned tomatoes made her skin itch and her sinuses congested.

"For some time my thyroid was overactive. I experience tachycardia severely from drinking coffee or slight exertion and so I take a drug called Atenolol. I sometimes feel too warm; at other times I feel too cold. I feel hungry often (2). If I forget to eat, then I feel shaky and nauseated.

"Coffee also produces diarrhea and trembling. This is not a problem since I have an aversion to the taste of coffee. I also do not like the taste of beer. Wine that contains sulfur leads to a tight feeling in my throat, head pounding, nausea and vomiting."

Diarrhea from fried foods, milk, fresh fruit, vegetables and undercooked red meat. She had irritable bowel syndrome. She needed to take Imodium three times a day or as needed. She used to have a chronic constipation. After a bout of food poisoning this constipation subsided and now she only experienced diarrhea.

Acid reflux: felt she will vomit with these symptoms; worse from fried food and citrus foods. This heartburn began after a bout of pneumonia; the nerves to her diaphragm were damaged and thus a hiatal hernia developed.

She was also allergic to: codeine, opiate-based drugs, most pain medications and most antibiotics.

Difficulty getting to sleep; waking three or more times a night with difficulty getting back to sleep.

After some car accidents she damaged the discs in her mid and lower back. There was a constant burning pain in these two areas. She couldn't lift things. There were no shooting pains.

Chronic vaginal yeast infections, with burning and

itching at times. It was worse if she had a fever.

She was trained as teacher. "I feel too empathetic for children's problems; so I had to give up teaching."

"My mother used to make me feel guilty. I am used to working seventy hours a week, but I can no longer do this. I used to help my friends too much; I could not resist being pulled into their problems. I do not feel any anger or resentment toward anyone. I'm not a perfectionist at home."

She liked to drink about eight cups of room temperature water a day; if she drank cold water, she would get a headache.

Weather changes produced pain in the hips and shoulders (2).

Her hands, legs and elbows were very dry (2).

She used to get migraine headaches from perfumes.

Fear of narrow places.

She was in a good relationship.

**Analysis:** I took the following symptoms as being the most important:

Bruises easily

Headache from perfumes

Sympathetic

Joint pain from weather changes

Dry skin

Thirsty for room temperature water

Repertorization: *Bell, Arg-nit, Nux-v, Phos, Acon, Aeth, Bar-c, Calc, ...*

None of these seemed to fit the case just right and so I chose to give *Alnus rubra* as it did fit all the above keynote, as well as her emotional state and many of her physical symptoms.

**Plan:** *Alnus rubra* 30C, one dose.

*Eleven days later*

"It's unbelievable how much better I am!

"The extra fluids have drained out of my joints. For two days after taking the remedy there was a lot of extra urination.

"The pains are so much better – I have only needed to take the pain medication one time. The pain and stiffness from the fibromyalgia is about seventy percent improved. I am therefore able to do considerably more physical work."

Bowel function was more normal.

She was sleeping better, only waking one time per night now.

The chilled feeling was much improved. Her hands and feet felt like a normal temperature now.

"I am less forgetful."

No new bruises.

"My energy is much better; it is now eight out of ten. Before *Alnus* it was one or two out of ten."

Much less acid reflux; she was even able to eat green peppers without any symptoms.

The burning pains in the back in the areas of disc protrusion subsided significantly.

The numbness on the right side of the body was much improved.

No more tingling of the extremities.

Less blurry vision; she was able to read without needing her glasses.

**Analysis:** Normally when I find the simillimum there is a forty to sixty percent change within a week with a chronic illness. In this case she improved seventy percent within eleven days. This was beyond what one expects and suggests that either the remedy was more perfectly similar or her healing system was stronger than most other patients, giving her the ability to respond more profoundly to the remedy.

*Three months later*

The heartburn was much less. Her hands were no longer cold. The painful skin was ninety percent improved. The arthritic pain in the hips was fifty to seventy-five percent less. The tingling was still better. Sleep was still good. Thirst was less. She had lost twenty pounds. Her memory and thinking were much improved.

Recently she had had a yeast infection, but it resolved without subsequent recurrence.

"I no longer worry so much about others."

She had become tolerant of peanuts; they no longer produced headaches.

**Analysis:** Correct remedy.

**Plan:** Take *Alnus rubra* 30C as needed.

I called her on the telephone a year later and she said she had very few symptoms remaining and felt no need for an in-person follow-up appointment. If some symptoms did reappear, she took another dose of the *Alnus* 30C and felt it gave her the relief she desired.

### Collected Writings of *Alnus rubra*

The first reference to this remedy is by T.F. Allen and published in his book *Handbook of Materia Medica and Homeopathic Therapeutics*. He describes its uses:

"... This drug has been used for strumous disorders, enlarged submaxillary glands, leucorrhœas, with erosions of cervix, which bleed easily, amenorrhœa, burning pain from back to pubis."

J.H. Clark in his *Materia Medica*, says of it:

"- *Alnus* is an unproved remedy... The Bark-tincture of *Alnus rubra* is used by eclectics as an 'alterative'

in scrofulous conditions, in chronic skin affections, rheumatism, syphilis, gravel, and gleet. . . The plant grows in swamps and marshes. . . Among its indications are : Haematuria."

E.M. Hale in *Special Therapeutics of New Remedies* says of *Alnus*:

"Eruptions on the skin alternating with diseased conditions of mucous membrane. Although a notice of this medicine appeared in all three editions of 'New Remedies,' we know of no provings or clinical reports. I have had no experience with it, but have observed several cures in cases of obstinate chronic eruptions such as impetigo, prurigo, herpes, etc."

In Boericke there is the following entry concerning *Alnus rubra*:

"(It) Has some reputation as a remedy for skin affections, glandular enlargements, and indigestion from imperfect secretion of gastric juice.

It stimulates nutrition, and thus acts favorably upon strumous disorders, enlarged glands, etc.

Ulcerated mucous membranes of mouth and throat.

Fingers covered by crust caused by pustules, disagreeable odor.

Indigestion from imperfect secretion of gastric juice.

Female: Leucorrhoea, with erosions of cervix, bleeding easily. Amenorrhoea, with burning pains from back to pubis.

Skin: Chronic herpes. Enlarged sub-maxillary glands. Eczema, prurigo. Purpura hæmorrhagica. (It is remarkable he had somehow found out about this symptom, as I have confirmed it.) Poison-oak. Use locally."

### The Materia Medica of *Alnus rubra*

*Alnus rubra* has the capacity to treat a variety of physical ailments, including: joint pain, headaches, indigestion, eczema, frequent colds, sinusitis, hay fever or asthma.

Usually the patient is worse from the change of the weather and/or chilly and worse from cold, damp weather, or worse from becoming heated after being in cool air.

On the emotional level, these patients are often, compassionate, generous and hard-working.

The headaches can be worse from light, odors, especially of perfume, fasting and cold, damp weather.

There is often a very strong thirst for room temperature water. For this group of symptoms, the practitioner might prescribe *Rhus toxicodendron*, *Phosphorus* or *Calcarea carbonica*, but with limited success

The practitioner may notice that the patient's skin is noticeably dry, red and even inflamed.

If the patient is healthy on the emotional level, the only characteristic personality trait may be his tendency to generosity. One would not normally

consider "having a kind heart" to be a symptom, but in the case of *Alnus* it is something that is at the center of the patient's being. He or she is willing to make sacrifices for others and to do favors which, for most other people, would not be possible. This may go on for many years. As this type of behavior often brings its own day-to-day rewards, there may not be a noticeable loss of vitality in the patient.

To confirm the remedy at this stage, one needs to see a strong thirst for water in the patient. Even ten glasses of water a day is often not enough for them. The other confirmatory symptom could be the general aggravation from fragrances and perfumes. These can bring on headaches, skin rashes or asthma-like symptoms. There is also a tendency to bruise very easily. Normally, one would think of *Phosphorus* for a patient with a strong thirst, easy bruising, aggravation from perfumes and a sympathetic disposition, but *Alnus* might prove a better choice.

### Second Stage

In the second stage, the psychological state can break down to another level where the patients reveal that they always feel 'isolated and alone,' even when they are with their friends and family. Many remedies, of course, have this sensation. *Alnus* is unique in their reaction to this feeling of isolation in that, in order to overcome it, they may tell the practitioner, "I try harder and work harder as I easily feel guilt. Also, I have a tremendous natural sympathy for others, especially for those people who have less or who are suffering in some way."

With this information, one might consider one of the following remedies: *Carcinosin*, *Cocculus*, *Kali phosphoricum*, *Causticum* or *Phosphorus*. As one furthers one's investigation into the psychological state of these patients, they may reveal the following elements in their personality: a tendency to think less of themselves – "I do nothing right" – and to feel unworthy of affection, a general lack of self

confidence, and a sensitivity to criticism which make them think even less of themselves, and for which they compensate by trying harder to do the right thing and to be a 'good person.' There can be a tendency to feel SEPARATED from life, isolated and rejected by others.

With the tendency to altruism and generosity, others will marvel at how self sacrificing they are and how quickly they are willing to help out those in need. They want all people to be 'good, helpful and compassionate,' and they find it difficult to understand why all people are not this way. Selfishness is so far out of their experience that they do not understand it; they do not see why people are 'mean,' and in this sense they are somewhat innocent, perhaps even naive. They seem innocent, hard-working, and uncomplaining.

We might now consider *Natrum carbonicum* in the differential remedy diagnosis, in that *Natrum carbonicum* often corresponds to patients who are noble and long-suffering. *Ignatia* and *Natrum muriaticum* also bear some resemblance to this remedy, *Ignatia* being idealistic and *Natrum muriaticum* serious and sensitive to criticism; both experience grief easily as well. All of these symptoms taken together, however, suggest *Alnus rubra* as the true simillimum.

### Pathology

In this second stage of pathology one may see a patient who has one or more of the following conditions: chronic sinusitis with a very thick discharge, chronic bronchitis, migraine headaches, rheumatoid arthritis, atopic dermatitis or eruptions with very dry skin, skin painfully sensitive to touch, abdominal pain with constipation alternating with diarrhea, sleep interruption at 2-4 a.m..

### Generalities

Sensitivity to cold, rainy weather; barometric changes, and a strong thirst will be the strongest of the general symptoms.

### Eating Habits

The eating habits of patients who need *Alnus* can be quite unusual. They do not easily feel hungry and skip meals, but then, when they start to eat, they realize how hungry they are and they over-eat to the point of nausea and vomiting. This is, in a sense, the metaphor, or essence, of their illness that permeates many levels: They deny that they have needs; therefore, they postpone gratification, and then eventually they suffer from not having their emotional and physical nourishment needs met. They can become resentful, bitter and empty; then later, in theory, they might 'gorge' themselves emotionally, taking more than they need from life. Although this emotional

reaction is not in the proving or in any of the cases, one could predict it as a possibility. It would be but a brief indulgence of 'selfishness' on the emotional level as all the other compensating personality factors would then reassert themselves and, once again, the person would become overly selfless.

In this second stage there may be people who have, for many years, lived to provide for others' needs, in complete self sacrifice, but at the same time have come to realize that they are not happy. They are perhaps too proud to ask for what they need, or they feel guilty about accepting it. Most of all, they wish that others would, spontaneously, give to them what they have given to others. Often, though, it does not happen, leaving them feeling unappreciated or insufficiently loved. They feel that their good actions are not reciprocated, that they are missing out on the good things in life. There are a few reasons for this. On one hand, they find it difficult to accept love from others as they do not feel they deserve it; then, too, other people can easily take advantage of them; and lastly, they can feel that it is dangerous to allow anyone to get too close as doing so could lead to more suffering and grief.

All along, they have not fully experienced life; then later they look back and wish that they had allowed themselves to experience more of the rewards of life. This may be expressed as nostalgia for the brief happiness that they did feel at times. *Alnus rubra* is a remedy for those who can not live easily in the present. They feel a separation between themselves and the experience of the moment; then later, they feel a nostalgic yearning for the past and lament the fact that they had not been more 'in the moment' at the time. They may then try extra hard to create a more fruitful and satisfying connection with life and the people around them.

In this stage, the first feelings of disappointment, sadness, and resentment may become apparent. They feel unworthy of affection and reward, but at the deepest level of their being they need the rewards of affection and feeling included. They will look back on life and often blame themselves: "I did this to myself; I should suffer the consequences." Their resentment toward selfish people may become stronger, such that they avoid certain people or even 'detest' them. In this second stage they can feel intermittent depression and hopelessness.

### Third Stage

In the third stage, depression becomes constant, and then, finally, they start to become apathetic, as if all the previous caring had been 'burned' out of them. Eventually they develop a complete indifference to life. At the end of this stage, when they hate

life, they hate other people for being so selfish.

When apathy is present, these patients will find it very difficult to engage in any activity and they will desire to be alone. When help is offered, they are too tired and too indifferent to accept it. They might even enjoy the suffering. In this later stage, the mind becomes sluggish and forgetful. They often make mistakes when writing, and, physically, they can become clumsy and awkward.

The *Alnus* patient can have a fear of spiders, animals, the dark and "spooky" things.

Physically, patients who need *Alnus* have dry mucous membranes, such as dry eyes, dry mouth, dry throat, dry lips, dry cough, and even dry skin. There is almost always a very strong thirst.

The face can be warm, flushed at times. At other times it is green or grey.

The headaches are worse from barometric changes, wet weather, light, fasting and odors.

*Alnus* patients can experience a bad 'flu' or chronic coughs with swollen glands, achy joints and muscles, a sore throat; the body feels heavy and there is an aversion to moving about. It is similar to *Eupatorium perfoliatum* in that both remedies treat the flu and have a strong thirst. Coryza when it rains (*Lem-m*). Burning of the throat. The nose has a watery drip that is worse from exertion, cold, damp weather and running outside.

The cough is worse from dry air, cold air, lying down, and might be associated with pains in the chest. Expectoration is thick and heavy. Hay fever can be worse from seasonal changes when the weather gets warmer, as from spring to summer, or on entering a warm house from fresh cool, outside air. In this respect it can easily be confused with *Allium cepa*.

There are many stomach symptoms: indigestion, bloating, pressure in the lower abdomen, a feeling of bearing down with a cramp. Constipation alternating with diarrhea. Gurgling. No hunger, or hunger that is realized when they begin to eat. They can not stop eating and vomit after eating or drinking water. Very thirsty for room temperature or cold water.

The sexual desire can be increased.

There are muscle pains and burning of the muscles after exertion. Fibromyalgia. Bone pains are worse from pressing the periosteum. The joints may be arthritic, even deformed by rheumatoid arthritis which is worse from cold, wet weather. Hangnails.

There are often burning pains in various parts of the body.

In the later stages, the hands will tremble; the body will feel as if it is vibrating all the way from the head downward. They will drop things easily. The feet usually feel icy cold.

Sleep can be light, with waking at midnight or 2 to 3 a.m. The pains make sleep difficult. Patients are tired on waking and want to sleep until noon. There might be waking at 3 or 4 a.m., with difficulty falling asleep again. Tired after sleep and very unrefreshed on waking.

Edema may be present - a general swelling in the extremities with a feeling of tight skin. The skin itches and will bruise from scratching. Bruises on the legs seem to appear for no apparent reason. In two of the cured cases the skin was painful, as if chafed; in one case the skin was painfully burning, as if on fire. Generally the skin is hot and dry and there is a lack of perspiration. The heat of the bed may aggravate. Milk and yogurt can cause severe abdominal aggravations.

Generally they can feel better at 3 p.m..

Worse generally from a change of weather, wet weather. Very chilly in general. They might also be worse from heat, especially dry heat.

## Remedy Comparisons for *Alnus rubra*

### *Phosphorus*

Both *Alnus* and *Phosphorus* are sympathetic, generous, thirsty and bruise easily. *Phosphorus*, though, desires very cold drinks while *Alnus* prefers drinks which are room temperature.

### *Sulphur*

Both remedies share the following symptoms: burning pains, extreme thirst; itchy, dry skin; too generous.

## Repertory Additions for *Alnus rubra*

MIND; ANXIETY; conscience; anxiety of  
 MIND; ANXIETY; others, for  
 MIND; CENSORIOUS  
 MIND; COMPANY; aversion to  
 MIND; COMPANY; desire for  
 MIND; CONCENTRATION; difficult  
 MIND; CONFIDENCE; want of self-confidence  
 MIND; CONFUSION of mind  
 MIND; DESPAIR  
 MIND; FEAR  
 MIND; FEAR; attacked; fear of being  
 MIND; FEAR; dogs, of  
 MIND; FORSAKEN feeling  
 MIND; GENEROUS; too  
 MIND; GRIEF  
 MIND; HOMESICKNESS  
 MIND; INDIFFERENCE  
 MIND; INDUSTRIOUS  
 MIND; IRRITABILITY  
 MIND; MEMORY; weakness of memory

MIND; MISTAKES; making; writing, in  
 MIND; NAIVE  
 MIND; OFFENDED, easily  
 MIND; PITIES herself  
 MIND; REPROACHING others  
 MIND; SELFLESSNESS  
 MIND; SENTIMENTAL  
 MIND; SLOWNESS  
 MIND; SYMPATHETIC  
 MIND; TIME; slowly, appears longer; passes too  
 HEAD; HAIR; painful; touched; when  
 HEAD; PAIN; catarrhal  
 HEAD; PAIN; fasting, from  
 HEAD; PAIN; light; general; from light in  
 HEAD; PAIN; lying; side, on; painful; amel.  
 HEAD; PAIN; motion; agg.  
 HEAD; PAIN; noise, from  
 HEAD; PAIN; odors; perfumes:  
 HEAD; PAIN; odors; strong; from  
 HEAD; PAIN; pressure, external; amel.  
 HEAD; PAIN; rain; agg.  
 HEAD; PAIN; sleep; after  
 HEAD; PAIN; sun, from exposure to  
 HEAD; PAIN; weather; changes of; from  
 HEAD; PAIN; weather; cold; damp  
 HEAD; PAIN; Forehead, in  
 HEAD; PAIN; Occiput  
 HEAD; PAIN; Vertex; left  
 HEAD; PAIN; Vertex; night  
 HEAD; SHAKING sensation  
 EYE; AGGLUTINATED  
 EYE; DRYNESS  
 EYE; DRYNESS; Lids  
 EYE; HEAT in  
 EYE; ITCHING  
 EYE; PAIN; motion; on; eyes; of  
 EYE; PHOTOPHOBIA  
 VISION; BLURRED  
 EAR; ITCHING; Meatus  
 EAR; STOPPED sensation  
 NOSE; CATARRH  
 NOSE; CORYZA; eating; agg.  
 NOSE; CORYZA; motion; agg.  
 NOSE; DISCHARGE; bloody  
 NOSE; DISCHARGE; copious  
 NOSE; DISCHARGE; dripping  
 NOSE; DISCHARGE; watery  
 NOSE; DRYNESS; Inside  
 NOSE; HAY FEVER  
 NOSE; OBSTRUCTION  
 NOSE; SMELL; wanting  
 NOSE; SNEEZING  
 FACE; DISCOLORATION; grayish  
 FACE; DISCOLORATION; greenish  
 FACE; DISCOLORATION; red  
 FACE; DRYNESS  
 FACE; DRYNESS; Lips  
 FACE; HEAT; sensation of  
 MOUTH; DRYNESS  
 MOUTH; DRYNESS; Tongue  
 TEETH; PAIN; cold; anything; warm agg.; or  
 TEETH; PAIN; warm; things  
 THROAT; INFLAMMATION; Tonsils  
 THROAT; PAIN; drinks; warm; amel.  
 THROAT; PAIN; swallowing  
 THROAT; PAIN; burning  
 THROAT; PAIN; rawness  
 EXTERNAL THROAT; ERUPTIONS; rash  
 EXTERNAL THROAT; ERUPTIONS; red  
 EXTERNAL THROAT; PAIN; Cervical glands  
 EXTERNAL THROAT; SWELLING; Cervical Glands  
 STOMACH; APPETITE; easy satiety  
 STOMACH; APPETITE; increased  
 STOMACH; APPETITE; wanting  
 STOMACH; HEARTBURN  
 STOMACH; INDIGESTION  
 STOMACH; NAUSEA  
 STOMACH; NAUSEA; odors, from  
 STOMACH; NAUSEA; sun, heat of  
 STOMACH; NAUSEA; tobacco; odor of  
 STOMACH; THIRST  
 STOMACH; THIRST; extreme  
 STOMACH; THIRST; large quantities, for  
 STOMACH; VOMITING; eating; after  
 STOMACH; VOMITING; eating; overeating; from  
 ABDOMEN; DISTENSION  
 ABDOMEN; DISTENSION; menses; before  
 ABDOMEN; GURGLING  
 ABDOMEN; PAIN; dragging, bearing down  
 RECTUM; CONSTIPATION; milk  
 RECTUM; DIARRHEA  
 RECTUM; DIARRHEA; alternating with; constipation  
 RECTUM; DIARRHEA; food; fat, after  
 FEMALE GENITALIA/SEX; ITCHING; Vagina  
 FEMALE GENITALIA/SEX; LEUKORRHEA  
 FEMALE GENITALIA/SEX; PAIN; burning; Vagina  
 FEMALE GENITALIA/SEX; SEXUAL DESIRE; in-  
 creased; menses; before  
 RESPIRATION; ASTHMATIC  
 COUGH; BARKING  
 COUGH; COLD; air  
 COUGH; DEEP  
 COUGH; DRY  
 COUGH; LYING; agg.  
 COUGH; MOTION; agg.  
 COUGH; MOTION; amel.  
 COUGH; WARM; applications; amel.  
 EXPECTORATION; DIFFICULT  
 EXPECTORATION; THICK  
 CHEST; CEASES to beat; as if heart; had ceased  
 CHEST; CONSTRICTION  
 CHEST; DRYNESS; Internally; sensation of

CHEST; OPPRESSION  
 CHEST; PAIN; cough, during  
 CHEST; PAIN; menses – before  
 CHEST; PAIN; burning  
 CHEST; PAIN; burning; coughing; during  
 CHEST; PAIN; bursting; Heart  
 CHEST; PAIN; sore; menses, before and during  
 CHEST; PAIN; sore; Mammæ; menses; before  
 CHEST; PALPITATION of heart  
 BACK; PAIN  
 BACK; PAIN; menses; during  
 BACK; PAIN; Dorsal region  
 BACK; PAIN; Dorsal region; coughing  
 BACK; PROLAPSUS; Intervertebral disk  
 BACK; TENSION; Cervical region  
 EXTREMITIES; AWKWARDNESS  
 EXTREMITIES; AWKWARDNESS; Hands  
 EXTREMITIES; COLDNESS; Foot  
 EXTREMITIES; COLDNESS; Foot; icy cold  
 EXTREMITIES; CRAMPS; Hand  
 EXTREMITIES; CRAMPS; Lower limbs  
 EXTREMITIES; CRAMPS; Leg; Calf  
 EXTREMITIES; ECCHYMOSES  
 EXTREMITIES; HEAVINESS; Foot  
 EXTREMITIES; ITCHING; Thigh  
 EXTREMITIES; JERKING  
 EXTREMITIES; NAILS; complaints of; hangnails  
 EXTREMITIES; NUMBNESS; Fingers; Tips of  
 EXTREMITIES; NUMBNESS; Lower limbs  
 EXTREMITIES; NUMBNESS; Leg  
 EXTREMITIES; PAIN; rheumatic  
 EXTREMITIES; PAIN; warm applications; agg.  
 EXTREMITIES; PAIN; weather; change of  
 EXTREMITIES; PAIN; weather; wet  
 EXTREMITIES; PAIN; Muscles; rheumatic  
 EXTREMITIES; PAIN; Knee  
 EXTREMITIES; PAIN; burning  
 EXTREMITIES; PAIN; burning; exertion:  
 EXTREMITIES; PAIN; burning; Foot; Sole  
 EXTREMITIES; SWELLING  
 EXTREMITIES; SWELLING; Joints  
 EXTREMITIES; SWELLING; Hand  
 EXTREMITIES; SWELLING; Hand; exertion  
 EXTREMITIES; TINGLING  
 EXTREMITIES; TREMBLING; Hand  
 SLEEP; LIGHT  
 SLEEP; SLEEPLESSNESS  
 SLEEP; UNREFRESHING  
 SLEEP; WAKING; night; midnight; after; 3 h  
 SLEEP; WAKING; night; midnight; after; 4 h

SLEEP; WAKING; frequent  
 DREAMS; ADVENTUROUS  
 PERSPIRATION; SCANTY sweat  
 SKIN; BURNING  
 SKIN; DISCOLORATION; red  
 SKIN; DRY  
 SKIN; ECCHYMOSES  
 SKIN; ECCHYMOSES; scratching:  
 SKIN; ERUPTIONS; eczema  
 SKIN; ERUPTIONS; herpetic  
 SKIN; ERUPTIONS; red  
 SKIN; ERUPTIONS; urticaria  
 SKIN; HEAT; sensation of  
 SKIN; PAIN; bruised  
 SKIN; PAIN; sore feeling  
 SKIN; PURPURA; hemorrhagic  
 SKIN; SENSITIVENESS; touch; to  
 GENERALS; COLD; agg.  
 GENERALS; COLD; heat and cold  
 GENERALS; COLD; take cold; tendency to  
 GENERALS; FOOD and DRINKS; coffee; agg.  
 GENERALS; FOOD and DRINKS; coffee; aversion  
 GENERALS; FOOD and DRINKS; cold drink, cold  
 water; desire  
 GENERALS; FOOD and DRINKS; green peppers; agg.  
 GENERALS; FOOD and DRINKS; meat; aversion  
 GENERALS; FOOD and DRINKS; milk; agg.  
 GENERALS; FOOD and DRINKS; rice; desire; brown:  
 GENERALS; FOOD and DRINKS; yoghurt; agg.  
 GENERALS; HEAT; sensation of; night  
 GENERALS; HEMORRHAGE  
 GENERALS; INFLAMMATION; Joints; of  
 GENERALS; INFLAMMATION; Joints; of; deformans;  
 arthritis  
 GENERALS; INFLUENZA  
 GENERALS; MENSES; before  
 GENERALS; MOTION; amel.  
 GENERALS; PAIN; Joints, of  
 GENERALS; SULPHUR, abuse of  
 GENERALS; SWELLING; sensation of  
 GENERALS; SWELLING; Glands; of glands  
 GENERALS; VIBRATION, fluttering, etc.  
 GENERALS; WEATHER; change of weather; agg.  
 GENERALS; WEATHER; wet weather; agg.

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