

Pinus contorta: A Proving and Cured Cases

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Abstract: This article consists of a proving and several cured cases of *Pinus contorta*. Additionally, several interesting suggestions are offered in the preface regarding the conducting of provings. Central themes of *Pinus contorta* are found to include: loneliness, tension/anxiety, overcompensation, and allergy. Keynotes of the remedy are tension of the jaw, aggravation from coffee, and photophobia.

Keywords: Pinus contorta, a proving; Pinus contorta, materia medica of; provings; tree remedies, themes of; Thuja, Taxus brevifolia, Pseudotsuga menziesii, Arbutus menziesii, Sequoia sempervirens.

This article consists of the preface and one chapter of the book, "Arbor Medica: Four New Hahnemannian Provings with Cases."

Preface

Subjective Projection and Its Limitations in Research

"If the doors of perception were cleansed, everything would be seen as it is, infinite."

William Blake, 1757-1827

In any research project the researcher is confronted with the realization that observations are never totally objective. We are forced to interpret what we see - our perceptions are filtered through many layers of belief systems, conditioning, preconceptions and expectations. In effect, the data which we collect is always distorted to some extent. It is a subjective experience - we tend to see what fits our conceptual background, what we find comforting and what we want to see. We do not easily perceive things that fall beyond our routine experience.

During a proving, the researcher must strive to "see things as they are;" that is, to perceive them objectively and thereby to minimize the distortion which can arise through subjectivity. But as this subjective interpretation is always present and sometimes quite misleading, an understanding of it can perhaps help to minimize its effects. We are, after all, interested in the accuracy of the observation of a human being, not in the ex-

ploration of our subjective responses to the world.

In an article by Bruce Bower titled "When Stones Come to Life" (*Science News*, June 5, 1999, vol. 155, No. 23. Page 360-362) there is an enlightening discussion of the processes of perception, processes that are intertwined with our tendency to filter our experiences and/or project ourselves into nature. He gives some very informative examples of this process. I quote now from his article:

"When, for instance, the late anthropologist Irving Hallowell was doing field work in Eastern Canada some 60 years ago among the hunting and trapping Ojibwa people, he asked an old man if all the stones strewn about the landscape were alive. He (the old man) reflected a long while, and then replied, 'No, but some of them are.' (the ones that are thought to be alive are the ones that they relate to most often?)

"For the Ojibwa, humans do not rank as the only persons, there are also; 'animal persons,' 'wind persons,' 'tree persons,' 'sun persons,' and 'thunder persons.'

"In the hunter-gatherer societies, according to this view, keen attunement to the subtleties of trees,

stones, heavenly bodies and other facets of the world becomes a kind of conversation with these entities; it amounts to socializing with them as beings in their own right. 'For an Ojibwa hunter in the woods, what makes a tree alive are its distinctive movements as

In order to prescribe Pinus contorta successfully, four important aspects of the patient's condition need to be present: loneliness, tension/anxiety, overcompensation, and allergy. The keynotes are: tension of the jaw, aggravation from coffee, and photophobia.

they are registered in experience - the swaying of its boughs in the wind, the audible fluttering of its leaves, the orientation of its branches to the sun,' says Tim Ingold of the University of Manchester in England."

In the same manner during a proving, the researcher can become familiar with the symptoms of a remedy and the preconceived ideas as attributed to the source of that remedy and in so doing there is a psychological tendency to project erroneous ideas back into the remedy symptoms. One may ask: are these correspondences between the symptoms of the remedy and its source rooted in some objective reality, or are they sheer coincidence - wrongly interpreted by an imagination which tends toward perceptual projections, an all too human tendency? The article continues:

"This tendency is not new nor is it all that unusual. Piaget in the 1930s asserted that because children fail to distinguish between their own minds and the world, they treat virtually any object as alive and conscious. Animism diminishes as children develop adult ways of thinking. Yet about the same time Margaret Mead noted that animism flourished among adults, not children, in a South Pacific tribe she had lived with. If, for example, a canoe floated away from where it was moored, adults in the tribe attributed the loss to a 'vengeful canoe spirit.'

"According to Bird-David, (ibid) practical experience breeds animistic assumptions because human thinking skills have evolved primarily as aids to social interaction. That entity, even if it's the wind or a tree, appears to reveal a sense of self through what becomes - for the human participant at any rate - an ongoing conversation.

"Animism in modern societies similarly arises through a process of attaining familiarity with specific aspects of one's surroundings, Bird-David adds. Ingold agrees that as people forge close relationships with features of their environment, animism flourishes. For example, (he states that) the Ojibwa hold that a ubiquitous spiritual essence generates powers of thought and speech. This spirit can migrate from a human body (and move) into non-human forms, such as a bear or the wind.

"One striking instance concerns the men who battled massive forest fires in the western United States in 1989. They described the flaming mass to interviewers as 'devious,' 'cunning' and 'lying in wait.' When the winds died down at night, firefighters referred to the fire as 'resting up'.

"Perhaps one of the seasoned firefighters, if asked by an anthropologist such as Hallowell, whether or not all fires were alive, (he) would respond, 'No, but

some are.'"

In the same way there can be a tendency to become overly familiar with a remedy and its source and then to project misinformation or filter out correct information and in so doing distort the true image of the new remedy. Later on, this misinformation is difficult, if not impossible, to separate from the objective information. Without the discipline of objectivity one can often miss the subtle truths in a new proving. This represents a lost opportunity and is unfortunate as the full potential of the proving cannot be realized. During the research of a proving there are a variety of situations where this tendency toward subjective projection can become a serious limitation to the process of finding the remedy's true description.

By being aware of these tendencies, the practitioner can strive to minimize their influences. I have therefore tried to be aware of my all-too-human subjective preconceptions and to write down only the exact phrases which were used by the prover in my striving to be objective in my observations when gathering information.

A proving is an opportunity for the researcher to understand something new for the first time - to see it as it is, not what one would like it to be. The reward of this approach is to identify a cure for that which, in the past, appeared to be incurable.

The Proving Methodology

I have chosen to carry out, wherever possible, all of the steps that are needed to manage the proving process myself. This has included gathering the sample of the tree, conducting the pre-interview with provers, calling the provers on a daily basis and organizing all their information as it became available. This is done by one person, as compared with various sequential steps being carried out by different people. For example, during the course of the proving, this kind of controlled continuity meant that the information became more than just a collection of new symptoms. In this way one begins to understand the remedy, to discover its essential symptoms, its patterns of presentation and to learn how to differentiate it from other similar remedies. When all of this is resolved, the new information from the proving becomes reliable.

A new remedy needs characteristic symptoms, recognizable patterns, and insights into the 'personality of the remedy' so that other practitioners can absorb them and apply them to real cases. An improvement on this method would be to create an opportunity to watch a video of the provers

while they experienced the proving. This could be followed by a video of a patient whose symptoms indicate the need for the remedy and finally the viewing of video which shows the curative result for that patient.

With each new remedy discussed, I have included cases and a summary of the remedy. It may be argued that this approach could lead to a biased picture of the remedy and is therefore not as 'pure' as a simple reading of the proving symptoms themselves. This may be true. I have therefore provided all of the proving symptoms for each remedy for those who wish to study the new remedy in this way. However, I believe that most homeopathic practitioners need an example or two of real cases and a summary of the essential information. This presentation is learned more easily and is more likely to lead to a practical application – an accomplishment that is often difficult with a new remedy in the day-to-day challenges of the busy office setting. This result may not so easily be achieved if only the pure symptoms were published.

Placebo

I did not use placebo in any of the studies. After using homeopathic medicines in a full-time practice for over sixteen years, I have not often seen a placebo response. Those few that have occurred have tended to be brief, and I have learned to interpret such reactions as either the effect of a partially correct remedy or, upon careful review of all symptoms, essentially no effect at all as no substantial changes resulted. A proving remedy produces either: no effect at all, a partial positive effect, a worsening of the patient, or a curative effect.

Placebo proving responses seem unlikely to produce totally new, well-defined symptoms, but rather symptoms more typical of the earlier, pre-proving state of the patient. If a symptom has been noted in the patient's past experience, I do not record it as a proving symptom. Finally, if a prover manifests common symptoms that are consistent with a proving's results and also manifests some more unusual symptoms, then these unusual symptoms can be relied upon, as it is unlikely for a prover to manifest both false and true symptoms.

During the proving interview one can fairly readily discern the provers who are under the influence of a new remedy. First, it can be determined that their normal way of being has been displaced by the influence of the remedy. They are often surprised at what is happening and have some feelings of trepidation. This is such a consistent reaction that I do not think it could be duplicated by a placebo response.

Dose Strength

I used a 30C potency repeated three times a day for up to three days. The provers were instructed not to take any further doses if any new symptoms were noticed. The strength of the dose of the proving remedy can not be too strong nor the repetition of the dose too frequent. Were a high potency of the remedy repeated frequently, then the exquisitely sensitive prover might be so severely affected as to require hospitalization. The proving manager, during an ideal proving, can expect that up to two-thirds of the provers will experience very few, if any, symptoms and the remaining third will experience moderate symptoms. Exquisitely sensitive provers must be careful to take only two or three doses at the most, and even then they may regret the entire experience because of the severity of the symptoms encountered. In these cases antidoting is often not an easy process. Only the most obviously responsive provers are recorded below. I have not included the reactions of the provers who did not appear to elicit any symptoms. The number of provers for each remedy therefore seems low, but the quality and reliability of this information is of a high standard.

Sensitivity

Those provers who are sensitive to a new remedy manifest in varying degrees different aspects of the remedy. One prover might display certain mental symptoms while another might display particular physical symptoms. Yet another might experience an amelioration of some of his own chronic symptoms for a time and then develop new symptoms. The more provers that participate, the clearer and more strongly confirmed the data becomes.

Safety and Ethical Concerns

Prior to starting the proving, I conducted a one-and-a-half hour interview with each prover. An extensive interview at the beginning of a proving allows the practitioner an opportunity to determine the prover's constitutional remedy. This remedy can help later, should it be necessary, to antidote the proving. If this is not done, or if the constitutional remedy cannot be clearly determined, the prover must be told so that he or she has an opportunity to decline to enroll as a participant in the study. Coffee and camphor are not always reliable antidotes to a proving. Such information is part of the "informed consent" process which ensures that the right to full disclosure is respected.

For example, during the study of *Pinus contorta*, it became necessary to antidote the remedy's effects on one of the provers. She was instructed to drink some coffee, but immediately developed severe nausea and no antidotal action occurred. Nausea

brought on by coffee has now become a "keynote" and a very useful symptom of *Pinus contorta*. None of our other common antidotes worked either. As a last resort the administration of the appropriate constitutional remedy was considered; however, on examining the original symptoms and/or the combination of her old and new symptoms, this remedy was not clear. Ultimately, the prover was able to take some herbs which had helped her in the past and she recovered.

Another ethical question arises: "Once the proving has brought out distinctive and similar symptoms in, say, ten provers, then at what point does one stop further studies on more volunteers?" At a certain point, enough information to successfully prescribe the new remedy will have been gathered. The risk of causing suffering in additional volunteers does not, therefore, seem justified. Instead, the full image and symptom totality of the remedy can be collected from future cured cases.

Data Recording

The provers were instructed to keep a journal of their symptoms, and I called them once a day to record their experiences. At the end of the proving all the material was reviewed with the prover in person. At no time did the provers all meet together.

Reliability and Interpretation of the Symptoms

Following my first anthology of provings, a number of suggestions were made to improve the design of the study methodology that I used. One practitioner pointed out that the provings of these five new remedies were conducted only once for each prover. He stated, "The symptoms created could therefore be interpreted as just a coincidence". "It would be more reliable," he noted, "if the same prover did the proving twice or even three times, with a break between each proving." In view of this criticism, I was able to convince most of the provers to do a second proving trial. It is difficult to imagine that the same symptoms would return as a coincidence during a second trial of a remedy. I could not convince the provers to do a third proving, as they expressed astonishment that the first proving experience could possibly have been a coincidence; they felt that proving for a second time was more than enough for them to endure. In every case, the second trial of each prover of a new remedy produced the same symptoms as the first trial.

Another question relative to my first anthology (brought to my attention by George Vithoukas) had to do with the reliability of the symptoms which provers experienced. He asked, "Are they the true symptoms of the new remedy or are they just exacerbations of that person's constitution?" "That is to

say," he said, "if a prover who has a tendency to irritability experiences irritability during the proving, this symptom of 'irritability' does not have much value and should be left out of the extraction. On the other hand, a prover who never has experienced much irritability, but who becomes very irritable during the proving has produced a symptom of much higher value and certainty." Vithoukas is correct; one has to be aware that each prover has the capability of producing proving symptoms which are related to the remedy, as well as an exacerbation of their own prior symptoms.

In order to conduct a proving, the practitioner must be aware of all of the possible reactions a person can experience while proving a remedy. The supervisor is therefore obliged to be truly objective in the interpretation of these reactions and to recognize them for what they are. For instance, one must be prepared to determine whether the proving remedy cured, disrupted, exacerbated the prover's prior symptoms, provoked a definitive proving, provoked or a combination of any of the foregoing. As long as the reaction is interpreted correctly, then valuable information about the new remedy can be gained.

If the practitioner does not make these distinctions, then inevitably he/she will accumulate many incorrect symptoms for each new remedy. When one looks into the repertory, one can find 'cured' symptoms listed from old as well as many recent provings. For example, *Nux vomica* appears in the rubric "Sympathetic." How is this possible? Most likely the prover was a very unsympathetic person who, doing the proving of *Nux vomica*, reported in his journal, "I am feeling very sympathetic - this is very unusual for me." This must be considered a curative reaction to *Nux vomica* and thus should not be entered as a pathological symptom, incorrectly suggesting that this remedy would be appropriate for a patient considered to be too sympathetic.

In the proving of *Chocolate*, one can see that the additions to the repertory comprise many cured symptoms; such as: Affectionate, Euphoria, Excitement, Industrious, Tranquility, Ideas abundant, and Clearness of Mind. After having cured some cases with this remedy, it is clear to me that *Chocolate* is not for people who are too affectionate, too euphoric, too industrious, too tranquil, too full of ideas and too clear of mind. In fact, it is for people who are just the opposite - critical, selfish, lazy, depressed, and dull in the mind. Once this misinformation is in the repertory it becomes very difficult to remove it. Who can claim to possess the requisite experience to do this? Furthermore, the unwary practitioner risks becoming daunted and confused by the misinformation, and the new remedy is prescribed correctly less and less often.

Of course, there are certain remedies, such as *Opium* (fearful and fearless, sleepy and sleepless), that are exceptional in that they possess opposite symptoms, all of which are proving symptoms. Even more care needs to be taken in the study of a remedy that can genuinely produce and cure opposite symptoms.

I have found, therefore, that a proving is more reliable if the same person takes the initial interview, calls the prover every day, and then organizes the data. That person then has the opportunity to determine if a symptom is an exacerbation of the prover's symptoms, a proving symptom, or a cured symptom. In general, it can be said that a prover's subjective nature will always bend and distort the objective proving symptoms to a greater or lesser degree. It requires skill, experience and time to interpret the information correctly.

Ultimately, the reliability of a proving is confirmed only when a patient is cured in the sense that there is an amelioration of the totality of the symptoms. This often includes changes in our patients' manner of being; they interpret and react to life in healthier ways. Only then has the patient received the true *simillimum* - the substance that can reach to the very beginning and depths of the disease. The new remedy is thereby brought to a new level of understanding; its etiology, the relationship of symptoms to each other, the degree of each symptom, and, finally, the full character of each symptom can then be wholly appreciated.

Evaluation of the Proving Symptoms

When a prover is sensitive to a trial remedy, one feels that there is an overall shift in the personality of the prover and, therefore, there is a "living image" to be identified and understood. The evidence for this is that many of the new symptoms experienced by the prover in connection with a new remedy are phrased with expressions such as: "I feel..." or "I am..."

In this way, the proving remedy is used not only to create isolated symptoms, but also to turn the "quality and identity" of the prover's inner self toward a different direction. By doing a careful and extensive interview before the volunteer starts the proving, and by following up on this by speaking to him or her every day while he or she is engaged with the proving, one begins to see and understand this new living image as a totality. This study leads to an understanding of how all the symptoms are interrelated, how they relate to the time-line of a person's life, and finally, to an understanding of the circumstances which could trigger such a complexity of symptoms. The understanding of a remedy on this level takes the proving beyond a prosaic list of

symptoms and makes it possible for later confirmation by actual cured cases. (There are many recent provings which I find difficult to understand; such as, *Tungsten*, *Salmon*, *Brassica*; perhaps if these were editorialized by the researcher one could more easily grasp what is essential in understanding them.)

I believe that the practitioner must strive for this deeper understanding of the new remedy during the proving and publish it with the proving. When that has been accomplished, it becomes possible to prescribe this new remedy correctly. In order to attain this goal, one helpful type of symptom to look for in a proving is the symptom "as if." The proving remedy has the ability to create emotions which do not match present circumstances of the prover. Nevertheless, the prover can feel "as if" he is experiencing the real event. For example, one prover during the Pine study said, "I feel as if I have been neglected and ... as if I have been judged."

Standards

Finally, I must draw attention to the fact that the methodology of provings is in a state of evolution. I welcome any suggestions that would refine the process to make it safer for the participants and closer to the ideal ethical standards.

Presentation

I have presented the proving symptoms first, before the cases or remedy summary, as this is the most objective aspect of the information to be communicated. However, it is also the most disconnected information, without any personal context. In a sense, these proving symptoms are in 'code' and they need interpretation and understanding to see how a new remedy can be used. As this list of proving symptoms is read, one may underline those symptoms which seem, at first sight, to be most important. Perhaps this will provide sufficient information on which to base a prescription. I have followed the provers' symptoms with a section that contains a schedule of cured cases, and this is followed by a more subjective summary of what I have so far determined to be the important themes and elements of the new remedy.

In conclusion, the scientific and artistic aspects of provings together with an understanding of their interweaving concerns are in a state of evolution. Joint efforts in the future from other homeopaths and the sharing of their findings will continue to refine the process of finding and developing successful provings.

Pinus contorta: Shore Pine

"The creative healing power of the body is ineffable. It remains ultimately mysterious."

Paul Klee, artist, Germany,
"The Nature of Nature," Vol 2.

Description of *Pinus contorta*

Pinus contorta is a short tree, up to twenty meters in height. It usually has a crooked trunk with off-shooting branches which meander upward and create an irregular crown. The bark, which is dark brown to blackish, can be up to two centimeters thick, scaly, and deeply furrowed into plates.

The needles are paired, often curved and twisted, two to seven centimeters long, and deep green.

The cones, which occur in clusters, are small, reddish green, egg-shaped, three to five centimeters long, and usually slightly curved. The scale of the cone is stiff and brown with a sharp prickle at the tip.

The Shore Pine is highly adaptable to low temperatures and low nutrient conditions. It grows most abundantly on coastlines as it is very tolerant of salt spray, but it is also found in bogs, on dunes, rocky hilltops, and occasionally on sub-alpine slopes. As these pines can grow in such harsh conditions, some are considered as dwarf bonsai forms, reaching only one to two meters in height and five centimeters in diameter in one-hundred years.

Native Americans used the pitch or gum to waterproof their canoes, or as a glue. It was also used for treating cuts or as a poultice for heat pains and rheumatism. It was also made into a tea to treat tuberculosis.

The Shore Pine is very closely related to *Pinus contorta var. latifolia*, the Lodgepole Pine, which grows inland and is a taller tree with a straight trunk.

The tincture was made with all parts of the tree in 35% alcohol. Dosis made up the 30C potency.

All of the following are new proving symptoms unless otherwise stated.

Extraction of the proving symptoms of *Pinus contorta*

(P) = prover (P1) = prover number one.
(C) = cured case (C1) = cured case number one.

(Quotation marks are omitted.)

Mind

Forsaken, isolated, lonely

I felt sad and alone; some tears but no resolution. (P1)

I feel people are turning away from me. I can't seem to approach others. I feel deserted. (P3)

I feel I have no personality. I feel that my friends are neglecting me. I am fed up with all my friends; angry that I am neglected. (P3)

People seem to avoid me. People seem to want to stay away from me now. (P3)

I feel unloved, unwanted, useless. I have never felt this lonely. I feel I have given up. No one loves me so why bother to be around people. I feel very sorry for myself. (P3)

Feeling of being hurt. People forgot my birthday. I feel that I want to cry, but I can't be bothered to cry. (P3)

I feel a deep sense of loneliness; at other times I feel connected. I can feel like an outsider, but I am not satisfied with this feeling. (C1)

I feel lonely; I am trying hard to connect to people. (C1)

I feel isolated. (C1)

I feel like I don't belong in the group. (C1)

As a child I did not feel a part of things; I had nothing to do, so I read. I was a recluse, isolated. (C2)

I never liked to be alone; in fact, I hate to be alone and this is why I am married and value my two daughters so much. The strange thing is no one ever comes to visit me, except for the one friend that I have. (C2)

I feel that I have had a life of loneliness. I feel depressed and hopeless about it. (C2)

I feel desperate to have friends. (C2).

I live on the outside of life, not involved. (C2)

I feel that I don't fit in; for example, I don't feel there is a place for me at church. (C2)

I grew up a loner and didn't fit in at school. I spent a lot of time reading. My parents were ill; mother was angry and anxious, and father distant. "I grew up on my own." (C3)

Socially disconnected. I often felt alone, not connected to the human race. (C3)

It is hard to cooperate with others. I'm not a team player. I have no use for others and won't listen to others.

I am a loner. (C3)

If I feel that I have been cut off, rejected, then I leave.

I get depressed and think to myself I am nothing and useless. (C4)

In personal relationships, I feel I will mess up, that I will say the wrong thing. I fear I will be abandoned. (C4)

I am the youngest of four children; I felt on my own

a lot as a child. I spend a lot of time alone. I have had to work at feeling connected to people. (C5)
 I feel sadness when I have to leave home and go to work. (C1)
 I am trying hard to be perfect and to connect with others.
 I am having some emotions around my acceptance with imperfections. (P1)
 I am trying hard to connect, but with much anxiety. (C1)
 I am trying hard to be perfect. If I were perfect, then I could connect with people better. (C1)
 I have had to work at feeling connected to people. (C5)
 I can't seem to approach others. (P3)
 Indifferent, I no longer want to go out; aversion to do housework (P3)

Jealous for attention

I am jealous for attention; then I would not be alone. (C1)
 If I felt left out, I would get jealous. (C2)
 I get jealous easily in a relationship. If he has a friend, then I feel threatened and anxious. I will then get nervous, withdrawn, and later on angry with him. I feel that I am competing for attention. (C4)

Timid, yielding, desire to please, fear of confrontation

I am more honest, quicker to vocalize annoyance. I am not taking things so seriously. (P1) (Curative action)
 I say what I want and think more easily. (P1) (curative action)
 I am too yielding. (C1)
 I tend to want to please other people. (C1)
 I find it very difficult to confront anyone. If I confront my husband or anyone, I will get a stomachache and then cry a lot after the confrontation. (C1)
 I find it very hard to stand up to my husband. He is very critical and controlling; I try to be perfect rather than confront him. (C1)
 I have to change myself so that I don't confront people. (C1)
 I am afraid to confront, as it may lead to abandonment; I fear that I won't be loved or that I will be left more alone. (C1)
 When my mother remarried, I had to change myself to make things smooth. (C1)
 I tiptoe around the issues and back up the leader. I'm afraid to be a bit pushy. (C1)
 I give too much to get appeasement. (C1)
 My husband is controlling. I walked on eggshells for years with my husband; he was too critical. Then I would jam up and I could not speak. Years later I

learned to get angry and argue with him. (C2)
 All my life I have been too accommodating to other people. I wanted to fit in and be normal. (C2)
 I try not to complain about things. When I was my true self, I pushed people away because I complained too much. (C2)
 I say 'yes' too easily. I don't like to have to say 'no,' and I don't like people to say 'no' to me. (C4)
 I am a follower and a supporter. (C2)
 I used to be more yielding to strangers. (C4) (Curative action)
 I find it hard to set boundaries; I'm too yielding and I tend to accommodate. But I can also say "no" and be assertive. I find it hard to speak my mind when I feel unclear. (C5)
 I don't like it if people yell or argue, and I especially dislike physical violence. (C5)

Wanting consolation and affection

I feel I need to be nurtured. (P1)
 I want consolation and touching. I called a friend to sit with me and touch me. (P1)
 Amelioration when my boyfriend held me. (P1)
 I feel that I need a lot of attention and affection. "I need constant affection." (C4)

Desire for company

I don't want to be alone. I feel better when I have company to distract me from myself. (P2)
 I don't feel safe when I am alone. I feel physically numb, like nothing could hurt me. (P2).
 Craving for company, people. (P2)

Irritability with people

I feel I need to be alone. (P1)
 Aversion to being touched. (P1)
 I feel I need to have more silence around me and to be alone. (P1)
 I couldn't handle one more thing, so I cried. I feel overwhelmed. (P1)
 I had to set boundaries with a friend. I had to say, "I have to go now." I need my space for peace and quiet. I set boundaries and felt good about it. (P1)
 I began to be bothered by the needs of children who are in my house, bothered by children making a mess and noise in my house. I don't want to listen to the children; I want to be alone with silence. I asked my boyfriend (their father) to make other arrangements for the children for the rest of the week. The father got angry and then I got angry. I felt taken for granted by the children's father. (P1)
 Short-tempered and hard edges, - I want to be alone (P1)
 I am irritated to see anyone. (P3)

I am averse to being around anyone, to listening to people, or to talking to anyone. I have to make a big effort to be polite and friendly. I want to be left alone. (P3)

I am unfriendly with people. I want to hang up the phone. I am impolite. It takes too much energy to be with people. People seem to avoid me. (P3)

A friend came to visit, and I could not think of anything to say to her. It became very awkward. I am usually more talkative. (P3)

I am no longer interested in other people. I try hard to make an effort to connect with people, but this seems to be getting more and more difficult. (P3)

Sympathetic

Sympathetic - I would rather go and visit a sick person and be there for him. (C2) (Curative action)

I gravitate to people who need help. (C2) (Curative action)

Sympathetic toward animals and people. (C4) (Curative action)

Aversion to listening to the news. (C4)

Lack of self-confidence, lack of self-esteem

No self-esteem. (P3)

When my father came to visit, I felt I was less than him, inferior, rejected, stupid, and injured. (C1)

I feel like a loser if people disagree with me. (C1)

Lack of confidence to give a talk in public. I feel other people have more to give than me. (C2)

I am afraid to start new things. (C2)

I fear I won't do things well enough, so I won't entertain people for meals. (C2)

I am a teacher, but I never felt good enough to teach - a feeling of being inadequate and easily overwhelmed. The weight of responsibility always felt too much. I am so dumb and stupid; I could not be of any use to anyone or of any worth. (C2)

I'm afraid to be exposed as a stupid person. (C2)

When I try hard, then I feel okay. I always felt like I had to prove myself to others. I wanted to feel worthwhile, that I had made a contribution. Instead, I felt like a mess inside - stupid, ineffectual, inadequate, that I was overloaded. My body ached from having this tension. (C2)

I get depressed and think to myself I am nothing and useless. (C4)

My confidence used to be high; then it took a big dive when my husband and I were divorced. (C5)

Sensitive to opinions of others, sensitive to criticism

I feel judged by someone. (P1)

It's hard to set boundaries with a friend, hard to say,

"I have to go now." (P1)

Less sensitive to criticism. (P2) (Curative reaction)

Fear criticism. Very sensitive to criticism. I easily sense the tension between people. (C1)

I was afraid he would say negative things about me. (C1)

Fear of the opinion of others. Sensitive to small comments made by other people. (C2)

Sensitive to criticism. (C4)

Overly responsible, controlling

I take on too much, want to fix everything. (C1)

I feel very responsible for everything. (C1)

Controlling. I want to be the one in control. (C1)

I had to mother my mother. I had to take on so much responsibility as a child. My mother would let everything go to confusion in the house; I had to try and get some order and control. (C1)

I feel I am too responsible, that I have to keep things positive. I put all of my energy into my children, as I was unhappy with my marriage. (C2)

I always pushed myself and wanted to achieve. It's difficult to relax. Fear and nervousness. (C2)

I don't want to play my old role of being over-responsible. I am not going to take care of them. (C5) (Curative action)

Dependent on food, stimulants, etc.

Craving for stimulation such as, sex, food, images, music, and sugar. (P2)

I easily crave alcohol. (C1)

I eat to fill a void. (C1)

I cover up nervous feelings with food. (C1)

Easily addicted to things: smoking, food, alcohol, sleeping pills. (C1)

Addicted to things easily; i.e., struggle with alcohol. I drank too much in the past.

I use alcohol to relax, to slow my mind down. I want a quick solution. (C3)

Food nourishes me emotionally. (C4)

Irritability, anger, rage

I woke up feeling moody, and gave short and curt responses to people. (P1)

I felt emotionally irritable. (P1)

I was short-tempered and felt I had hard edges. (P1)

I easily felt bothered, not soft and flowing like I usually am. (P1)

I felt short-tempered, stuck. (P1)

Silent anger, withdrawn from my boyfriend. (P1)

I got angry with boyfriend. (P1)

I fought again with boyfriend and then walked away angry. (P1)

I felt brashness with my boyfriend and overwhelmed; then I cried - better from consolation. (P1)

I still feel some underlying brashness, but I'm able to relax and enjoy a trip away. (P1)
 I have some anger at my boyfriend again as he did not follow through on what he said he would do; impatience with his passivity. (P1)
 I felt sudden rage at my boyfriend; so I rushed at him. A quick apology followed. (P1)
 I had some issues with the children again, but I was able to get back to feeling good by the end of the day. (P1)
 I feel a shortness, intolerance in my attitude again. (P1)
 I feel demanding, whiny. (P2)
 I'm in more of an irritable mood. (P3)
 I made the new girl at work cry. (P3)
 I feel less like compromising. (P4)
 Irritable. (C1)
 I'm not especially angry or resentful, and I am able to forgive. (C3) (Curative action)

Weeping from sadness and grief

My emotions feel more accessible. (P1) (Curative action)
 I am crying a lot, an infantile type of deep crying; my heart feels broken. (P1)
 I am full of grief and feel that I have lost my connection to God. I can't feel my connection to anyone or anything. Crying helped me feel better. (P1)
 I felt an aching in my heart area, like a grief. Crying helped me to feel better. (P1)
 Again I had a feeling of a broken heart that was aching in my chest. (P1)
 I still have a feeling of underlying grief. When I hear a sad song, then I cry. (P1)
 Feeling sad. I saw a very skinny dog with a caring street kid. I talked with him and petted the dog. Then I walked away and started to cry at seeing such a malnourished dog. I felt a lot of sympathy. Throughout the day, when I thought of the dog, I cried as I felt the dog was so neglected. (P1)
 Still sad about the dog; tears still coming. (P1)
 I still feel sad and want consolation. (P1)
 I had a conversation with my mother. I felt grief about her not being available to me growing up. I feel more even and less angry about this issue. (P1) (Curative action).
 I am concerned a lot that I will be releasing some deep emotions at a workshop in front of others and that this release will not be appropriate. (P1)
 In the workshop, my grief came up and I cried. I was able to be very contained, present, open, flowing; then no further grief came up. (P1) (Curative action).
 My brother died when I was four years old; I shut this down. I was given no explanation. I felt fear

and sadness. Some close friends died; I felt loss and grief. Separation from wife. I did not want her to leave. Grief. Now I feel this is better. (C3) (Curative action).

Anxiety

I feel anxious, scared and out of control. (P2)
 Less nervous. I am not taking things so seriously. I am more mellow, less edgy or stressed. (P2) (Curative action)
 Sometimes I can have anxiety; I seem to condemn myself when I make a mistake. Anger with the anxiety. (C1)
 Feeling of loss of control in my life, no way out. (C1)
 I need things to be smooth and calm in my life. (C1)
 Anxiety for my family. (C1)
 I worry about small trifles. (C2)
 I often feel there is something bad that will happen to my children. Then my whole body tenses up, and I can't sleep. (C2)
 In 1969 I had anxiety attacks; I worried about everything. I felt overwhelmed, shaky. I was exhausted and couldn't sleep. I was put on Valium, then Librium then Librax. (C2)
 Anxiety for years. Dread of the future: I worry a lot about the future. I fear something bad will happen; that my business will fail or I will get sick. I am programmed to expect the worst: life is hard; bad things will continue to happen; be ready to run. (C3)
 Panic attacks; can hardly breathe, can't see, hyperventilating. (C3)
 Now on edge; lots of tension. Too much adrenaline; I am always on alert; ready to run or fight, always waiting for the next shock. Tension symptoms: difficulty breathing; clenching hands; tightness in jaw; picks at body. (C3)
 Basic insecurity. (C4)
 Panic attacks at night. I was waking with a sensation that I was suffocating. (C4)
 When I get the fear of abandonment, then my heart races and I feel anxiety and panic. (C4)
 I worry about finances and about my family. (C4)

Feel unsafe when alone

I don't feel safe alone. Anxiety when alone. (P2)
 Craving for company or a distraction when alone; such as, sex, food, images, music and sugar. (P2)
 Restless and agitated when alone; I need something but don't know what it is. (P2)
 I feel nervous when alone. (C1)
 Mother almost died in a car accident. My sister and I were left alone. I am afraid to be alone. (C3)
 When I am alone, I feel fearful, terror. I have to call

someone up to come over and be with me. I can get a bit hysterical. It is like I start to panic. I just hate to be alone. If my friend won't come over, then I feel angry and frustrated. (C4)

Fears

Fear to crash in an airplane. Visions of crashing. (C1)

Fear to start new things. (C2)

Fear of hospitals, that they will cause me pain. (C2)

Terror of finances, of not having enough. Fear to lose my employment. (C2)

Fear before an examination - hands perspire. (C2)

Fear of elevators. (C2)

Fear of having a mental breakdown, of insanity. (C2)

Fear to fly in an airplane. (C4)

Fear of closed-in spaces. (C4)

Fear of not being able to breathe, of choking and suffocation. (C4)

Fear of closed doors. (C5)

Fear of heights. (C5)

Fear of snakes. (C5)

Depression, indifference

I am missing my usual feelings of joy. (P1)

I woke up feeling as if beaten by life, without energy; a dark cloud was over me, something bad coming. Depressed, aversion to going to work. I had to drag myself out of bed. (P3)

I feel I am in an empty quietness, indifference. No passion. (P3)

No urge for anything. (P3)

I am dying inside. (P3)

Aversion to cleaning the house; I can't be bothered. (P3)

Aversion to go to work. I have to push myself to get anything done. It seems to take much longer to do anything. (P3)

Life is dull, boring, and there is no joy. (P3)

Fighting a depression. Suicidal feelings. (C1)

I feel hopeless. The center of my life is my marriage and my marriage is not perfect; so life is hopeless. (C1)

Depression at times; hopelessness. (C2)

The birth control pill made me feel depressed. (C2)

Depression, especially in winter. Suicidal. Hopeless. What's the point? Crying a lot. Better for outdoor exercise, especially high risk. I like a sense of achievement from an intense challenge. I am not depressed when doing these activities. (C3)

Stress, anxiety, depression for years. Lots of sadness. Life is a chore; a hard effort. I feel negative; it's hard to be positive. Some days I find it hard to function. My moods are sensitive to weather: worse during

rainy season; better summer. My true personality is positive, optimistic. (C3)

Thoughts/Concentration

Lower concentration for theory and analysis. (P2)

I can't hear and pay attention to what others are saying as well as I normally can. (P2)

My thinking is slower. (P2)

Concentration is very difficult; reading is almost impossible. I can't follow one thought to the next. I become very focused on one moment, and I can't think beyond that immediate moment. (P2)

I can't think; so I have no memory. (P2)

My brain is numb, paralyzed; things become unreal and distant. (P2)

I hardly have time to finish a thought; then I am doing or thinking something else. (P2)

I feel shaky and off-balance; things are happening too fast, almost out of control. (P2)

I am saying what I am thinking as I am thinking it. (P2)

I feel speedy physically and mentally, but can't continue thoughts properly. Obsessive thinking; thinking in sound bites and fragments. I am going at a high speed, caught up in one thought. Part of me is still at a high speed, but most of me feels tired. The feeling of being speedy and restless and needing stimulation was like I was operating at a higher frequency. This made me feel exhausted and unable to settle down to think clearly. (P2)

Things in the moment are so overwhelming I can't think. (P2)

I feel foggy; I am here but not here. I don't feel present, as if I am floating. (P4)

Fuzziness of thoughts. (C1)

Hard to relax. I have to stay busy. Mind is too busy, too fast; it won't shut off. I feel too hyperactive. I used alcohol to slow down. (C3)

Other

I feel physically numb, like nothing could hurt me. (P2)

I feel "high," laughing and smiling, more extroverted. I feel excited, "wired" from being social and talking. I feel more extroverted, like I want to socialize more. (P2) (Curative action)

I am craving distraction. (P2)

I feel hyper but unmotivated. I need to do something, but I can't decide what. I have energy, but no initiative. I'd feel better if I was given a list of things to do. (P2)

I am searching for fulfillment. Deep down I am discontented. There is something missing. (C1)

I am not very attached to my husband; we don't communicate. He says no one knows me. (C2)

I always wanted to have children. I had good pregnancies and felt good at this time. (C2)
 All the world is a stage; I put on an act that everything is fine and that I have a wonderful life. (C2)
 Forgetful of where I have put things. (C2)
 I like the house clean, things in order, and organization at work. (C3)
 I used to dwell on the past sixty percent of the time, twenty percent on the future, twenty percent on the present. Now I am in the present sixty percent of the time, twenty percent in the past, and twenty percent in the future. (C3) (Curative action)
 It's hard to be close to women. There are a lot of misunderstandings, conflicts of will, and fighting for control. It's easier to be friends with men. (C3)
 Strong interest in music, writing, painting. I would like to be a writer or go into the healing professions. (C3)
 Strong dreams, vivid imagination. (C3)
 Sometimes I feel impatient. (C4)
 I love to be in front of people speaking or teaching. (C4) (Curative action)
 Perfection is important at work. I'm not particularly fastidious. (C4)
 I feel nostalgic before I go on a trip. (C4)
 When I was married, I was obsessed about being neat because of my husband; now I am not fastidious. (C5) (Curative action)
 I don't like having too many choices; i.e., at a wine festival or in a grocery store. (C5)
 I like to have my kids around. I would like to work with kids or young adults. (C5)

Childhood

I was the sixth child to be born in my family. I felt unsafe. My father left when I was five. I had a fear that I was going to be attacked. I was insecure. My mother married an alcoholic. I had no privacy. I never felt missed or cared for. I had to mother my mother. I had to take on so much responsibility as a child. My mother would let everything go to confusion in the house; I had to try and get some order and control. This is better since taking the Pine remedy. (C1) (Curative action)
 My father didn't want children. I was a seed of terror in my mother's womb. I had a fear that I would be aborted as my mother had aborted previous fetuses. I was born running to protect myself; I had to dig in to survive. I never felt safe or secure. I was an only child. My father left my mother before my birth. Step-father was a harsh person. He expected me to be perfect. I was never allowed to have people over to visit. This was not a happy home. As a child I would pretend that my real father would rescue me. I was an irritable child; I felt alone, sad. I didn't want to get up in the morn-

ing. I spent a lot of time crying. I was a loner; it was difficult to connect to people - a fish out of water. I got used to feeling this way. I never felt attached to my mother; she was not affectionate. I wanted to be a perfect middle-class kid. I would fantasize that my father was a wonderful person, but in fact he was a drinker. I never did get to know him. I would feel ugly and disliked by men. (History of patient cured by Pine) (C2)
 I found school difficult until I entered high school. I had a fear of boys. I was never allowed to play with boys. I was too controlled as a child; it all seemed too heavy and serious, not enough fun. (History of patient cured by Pine) (C2)

There was religious persecution at school. I suffered abuse from other kids over this. I felt I was running for my life. I was afraid of being beaten up, afraid for my own safety. There was no one to protect me. (History of patient cured by Pine) (C3)
 My brother died when I was four years old; I shut this grief down. I was given no explanation. I felt fear and sadness. (History of patient cured by Pine) (C3)
 I had an abusive childhood; I never confronted my parents but rather blamed myself. All my life I have felt alone. My parents used to work all the time; I was looked after by my grandmother. She would keep me in a small wooden box all day until the age of two. It makes me feel sad to remember this and it is hard for me to talk about it. I feel ashamed this happened to me. I was not respected as a child; I was not good enough to be treated properly. I feel I was just being stored like an object. I was in that box alone too often. After I was two years old, I was still not treated right. My parents did not spend much time with me. People yelled at me a lot and I cried a lot. (History of patient cured by Pine) (C4)

Vertigo

Fear of heights, and vertigo if I go above the tree line (e.g. skiing). (C5)

Head

Headaches
 Pressure headache at the top of head. (P2)
 Sharp headache at the back of the head. (P2)
 A tightness and sharp pain in head. (P2)
 Headaches, occipital and frontal. (P3)
 Constant pain in the forehead. (P4)
 Heavy sensation. (P4)
 Headaches that are aggravated by coffee and by light. Headaches after drinking coffee. (C1)
 Headaches in the occiput. (C2)
 Headaches every two days; migraine every two

months. Morphine needed for migraines. Migraines, worse dairy, junk foods, fatty foods; worse from skipping meals; worse from light, noise and motion. Addicted to Tylenol for years; takes up to 10 Tylenol every second day. (C3)

Headaches: 1 to 4 per week, especially when tired; worse light, worse jarring of the spinal cord. Sinus headaches. (C5)

Pain, temporomandibular joint. (keynote)

Right and left TMJ is painful, never had this before. (P2)

Tightness and sharp pain in the jaw. (P2)

Clenching of the jaw. (P3)

Tightness and stiffness in the jaw. (P3)

A piercing pain in both sides under the jaw. (P3)

Pain at articulation of jaw. (P4)

Tension in jaw joint. (P4)

Tightness in the temporomandibular joint. These pains in the articulation of the jaw continued for a month after the proving. (P4)

Pain in the jaw articulations. (C1)

Tightness in the jaw. (C1)

I had a temporomandibular joint problem when I was 25 year old, with sore muscles in the jaw, worse from touch. Clenching at night. The pain would radiate up and down my neck. (C1)

Two years ago, pain started in the temporomandibular joint. It is tight, especially on the right side; a constant pain. A cough will make this jaw problem worse. (C2)

Tight jaw; clenching from nervousness, tension. During a stressful day my jaw gets tight with pain in the temporomandibular joint. (C3)

Grinding teeth a lot at night, and as a result I have a lot of pain in the temporomandibular joint. This pain is worse from touch. (C4)

Bad temporomandibular joint pain since having hepatitis; jaw locking, floating, clenching, grinding. I had surgery; both top and lower jaw broken to adjust my bite. I used to grind my teeth a lot. I would wake in pain. Chronic headaches, chronic tension in jaw. I used to lock my jaw two-thirds closed and would have to massage it out. Still clenching during the day if stressed. Temporomandibular joint feels tight and painful. (C5)

Jaw muscles feel tight from clenching; then a sensation of water in the right ear; sensation of a bubble. (C5)

Hair and Scalp

Itching of the scalp. (P4)

Eruption, scalp; acne. (P4)

Hair falling out. (C1)

Hair becoming straight. (C2)

Psoriasis on the scalp; itching, worse from wool or acrylic clothes. (C2)

Eyes

Itching. (P4)

Pain around the eyes. (P4)

Eyes very sensitive to light. (C1)

Eye irritation with allergies. (C2)

Dark circles under the eyes. (P2)

Vision

Fuzziness of vision; problems driving at night in the rain or with computers. (C1)

Blurry vision. Poor night vision. (C5)

Ear

Earaches.

Piercing pain in both ear lobes. (P3)

Pain in the left ear. Pain in the right ear, then the left ear. A severe pain in the ears with pressure, "as if I were in a plane and it was descending." (P4)

Stabbing pain in the ears. (Never before in my life did I have earaches.) (P4)

Frequent earaches. (C2)

Frequent ear problems. (C4)

Lots of earaches; better aspirin. (C5)

Pain in the ears, with stopped up feeling. (C5)

Itching in the ear canal. (P4)

Sensation as if wind blowing out through the ear. (C4)

Eruptions; acne, behind ear. (P4)

Sensation of water in right ear; sensation of a bubble, from clenching jaw. (C5)

Hearing

My hearing is more concentrated. (P2)

Sounds reverberate and echo as if in a hollow place or a tube; worse when I have pain in the ears. (P4)

Nose

Congestion.

Postnasal drip. (P3)

Nose blocked on waking. (P3)

Easier to breathe through nose. (P3) (curative reaction)

Less mucus in the nose. (P4) (curative reaction)

Dripping: thick yellow mucus from the sinuses. (P4)

Sinus congestion, worse from milk products. (C1)

Sinus congestion. Sinuses are swollen, blocked, dry. (C5)

Sinus congestion, (Pressure and clear fluid) from sitting near a chlorinated pool. (C5)

Allergies

My chronic hay fever symptoms are better. (P1) (curative reaction)

Hay fever: sinus congestion, itchy eyes, itching in the

ears, sinus headaches. (C1)

Allergies, especially in the spring and the fall. Hay fever. Eye irritation from allergies: stinging, burning, itching, tearing, sensation of sand in them. (C2)

Hay fever with coryza, itchy eyes. (C4)

Allergy to corn: stuffy nose and snoring. (C5)

Had nose bleeding problems; so eventually needed an operation. (C2)

Face

Dark circles under eyes. (P2)

Eruptions, acne. (P4)

Desire to wash face in cold water. (C1)

A lot of acne as a teenager. (C2)

Mouth

Dry. (P4) (C4)

Mouth and lips dry. (C5)

Lips dry and sticking to teeth. (P4)

Lips sore, dry, and burning, as if sunburned. (C2)

Sensation of cuts in the mouth and in corners of the mouth from eating tomatoes. (C2)

Canker sores from yogurt and apples. (C2)

Tongue ulcerated and sore from acid foods. (C2)

Thick white coating on the tongue occasionally. (C2)

Pain on moving tongue, radiating to ear and throat. (C1)

Gums bleed easily. (C4)

After a wisdom tooth extraction, the bleeding would not stop. (C2)

Salivation at night. Salivation on the pillow every night. (C4)

Teeth

Pain in roots of teeth on chewing. (P3)

Pain in the second molar. (P4)

Grinding teeth in sleep. (C3)

Used to grind teeth a lot. (C5)

Throat

Dry. (P4)

Mucus in throat, feeling thick like a fur ball. (C2)

If I eat too many sweets, my throat closes. (C4)

Throat pain

Burning sore throat, hot and swollen, worse left side, swallowing, empty swallowing; better warm drinks. (C1)

Strep throat and tonsil infections many times in the past. (C4)

Lost my voice three times in the past year from a sore throat. (C5)

Stomach

Sensation of hardness in the stomach. (C2)

If my body becomes overheated, then I digest my food very quickly. (C2)

Nausea and stomachaches and diarrhea when I get overheated from hot weather. (C2)

Stomachaches, cramps

Stomach is upset easily. (C1)

Nervous stomach. (C1)

Stomach symptoms are worse one to two hours after eating beans, lentils and chickpeas. (P2)

Stomachache in the evening and at about 10 am. (P1)

Stomachache from coffee. (P4)

Stomachache from confrontation. (C1)

Stomachache from nervousness. (C2)

Stomachaches, better lying on the abdomen and worse from overheating in hot weather. (C2)

Occasional stomach cramps. (P1)

Frequent stomach cramps. (C4)

Wide awake around 3 to 4 am with a bloated stomach and stomach pain. Stomach sore. Stomachaches. Stomachache again at 3 am and early morning. My stomach is still killing me; sharp cramps in the intestines, loud noises and almost diarrhea. Stomach pains and bloating persisted for another week to ten days after drinking coffee. My stomach was never a problem with pain and bloating before taking this remedy. (P2)

Pain in the upper sternum, burning and soreness, worse oily foods, spicy foods. (C2)

Duodenal ulcer, worse coffee, dairy products, hot spices, and beer. (C4)

Nausea

Occasional nausea and indigestion. (C3)

Once or twice a day I feel like vomiting, with nausea. (P2)

Nausea better from being in the fresh air. (P2)

Nausea for five days. (C1)

Nausea from coffee. (C4)

Nausea and stomachache from coffee. (P4)

Nausea on and off throughout my life, worse with coffee and when pregnant. (C2)

Nausea from fasting. (C4)

Nausea and mucus from drinking milk. (C2)

Nausea from overheating in hot weather. (C2)

Nausea from wheat or bread. (C1)

Nausea on a boat. (C2)

Seasickness. (C5)

Appetite

Slight increase in appetite. (P1)

Increased hunger. (P2)

Gnawing hunger at times better hot drinks. (C1)

Hunger even after eating. (C1)

Constant hunger, especially wants rich foods. (C2)
Eating a lot of protein ameliorates. (C2)
I want things in my mouth all the time. (C1)
I can't find enough food to fill me up. (C2)
Skinny as a child. (C2)
I have a fast metabolism. (Her body is lean.) (C4)
I can gain ten to fifteen pounds when feeling hungry. (C5)
Fasting aggravates. (C2)
I have to eat often, every three hours, or I will get a headache, dizziness, nausea, and irritability.
My stomach will feel too empty. (C4)
Strong appetite alternating with weak. (C5)
I can have an insatiable appetite and never feel full when I eat, or at other times I have no appetite and feel anorexic.
Decreased hunger with stomach pain. (P2)
No appetite. (P2)
I cook and eat only when I have to. (P3)
Easy satiety. (P3)
I eat half of what I used to. Losing weight. (P3)
After eating a little, I got full fast halfway into eating my breakfast. (P1)

Abdomen

Loud rumblings.
Tightness in the digestive system. (C2)

Bloating

Distended abdomen. (P1) (P2)
Bloating and flatulence. (P1) (C2)
My belly/intestines felt blocked, not very much appetite. (P1)

Flatulence

Flatulence. (P4) (C4)
Gassy but not releasing gas. (P1)
Gas smells like sulphur, worse 8 pm. (P1)
In the early evening the flatus with a sulphur smell and bloating returned again. (P1)
Bloating and gassy again, bad odor, no cramps. (P1)

Abdominal Pain

Abdomen feels hard and tender about the navel. (P3)
Pain and aching in abdomen. (P4)
Shifting pains. (P3)
Cramps in the intestines. (C1)
Cramps in the lower intestines on the left side. (P1)
Sharp cramps in the intestines with loud rumblings and loose stools. (P3)

Rectum

Constipation. (P1) (P3) (P4)
(C1) (C2) (C3) (C4) (C5)

Spring allergies aggravate. (C2)
Medication (i.e., Tylenol) aggravates. (C3)
Constipation from bread and other wheat products. (C2)
Did not have my normal morning bowel movement; still constipated. (P1)
Constipated again in the morning since being very regular the last week. (P1)
Constipated through the whole proving even though at times only ate fruit. (P4)
A strong tendency to constipation all my life starting at age 13. (C1)
Problems with constipation; only have a bowel movement every three days. (C4)
A bit constipated. Bowel movement every one or two days. (C5)

Diarrhea

Diarrhea from coffee (she tried to antidote the remedy). Never had this reaction from coffee before. (P3)
Diarrhea with stomachaches and nausea when overheated from hot weather. (C2)

Hemorrhoids

Hemorrhoids. (C2)

Stool

Very firm stool. (P1)
Firmer than usual stool in am. (P1)
A small hard stool. (P1)

Bladder and Urination

Frequent urination. (P4)
I urinate almost twice as often, up to eight times a day now. (P4)
Nocturia. (C2)
I get up three times a night to urinate. (C2)
Urination, involuntary, when coughing. (P4) (C2)
Incontinence with laughing or sneezing. (C2)
Urging. (C2)
Pain with urination. (C2)
Burning with urination. (C2) (C5)
History of bladder infections. (C2) (C5)
Bladder infections with fever. (C5)
Bladder infection, worse after sex. (C2)
Bladder infections starting age 19 years. Took antibiotics many times. In 1965, when 22 years old, started to get kidney infections. (C2)
Bladder pain at night, when lying down. (C2)
Sense of fullness/pressure in the bladder. (C2)

Kidney

Pain in the kidney. (P2)

Urine

Urine hot. (C2) (C5)
Blood in the urine. (C2)

Female

Aversion to sex. (P1)
Hemorrhage after childbirth that would not stop. (C2)

Mammae

Lumps/knots in breast. (C1)
Blocked milk ducts with nursing. (C1)

PMS

Cramps with ovulation. (C1)
Breasts are tender, sensitive at ovulation and when period starts. (C1)
Premenstrual lower back pain. (C1)
Premenstrual irritability. (C1)
For ten years I have had problems before my menses; I am tense, anxious, irritable, fussy over little things, faultfinding, nasty, critical, childish, negative, and have to avoid my partner because I will get into an argument. It usually lasts about two days. (C4)

Menses

Dysmenorrhea. (P1) (C2)
Pain with menses, profuse bleeding, terrible cramps. (C2)
Menses prolonged. (P3) (C5)
Menses profuse. (C2) (C5)
Long, heavy periods lasting 7 to 10 days; have been like this since age 13. (C5)
Menses ceasing after two days. (P4)
My period usually lasts six days but now it's stopped after two days. (P4)
Menses dark brown. (P3)

Yeast Infections

History of chronic yeast infections. (C2) (C4)
Sitting aggravates. (C2)
Sex aggravates. (C2)
A lot of vaginal yeast infections since my early twenties; finally diagnosed with interstitial cystitis. (C2)

Respiration

Difficult respiration. (P4)
Difficult to breathe deeply. (P3)
Difficult breathing caused by tension. (C3)
Breathing problems; feel I don't get enough air (i.e., when too hot in summer). (C3)

Cough

Dry cough. (P4)
Painful cough. (C1)

Bronchitis and cough for almost three months. (C1)

Expectoration

White mucus. (P4)

Chest

Sensation of pressure in the chest, worse from eating bananas and apples. (C2)
Sensation as if a weight on the chest, as if my chest were pressed between two walls. (P4)
Chest feels heavy. (C1)
I feel my heart is beating with more perspiration. (P2)
Sensation my chest is in a cast. (P3)
Tightness and sharp pain in chest. (P2)
Pain in the chest when coughing. (C1)
Bronchitis for almost three months. (C1)

Back

Muscle weakness. (C2)
Muscle aches, better heat. (C2)

Muscle tension

Body aches from tension. (C2)
Tightness in neck and back. (P2)
Tightness, tension, muscle aches in neck and shoulders. (C2)
Left upper back muscles feel strained. (P1)
Felt relaxed first in the head, then neck and eye muscles. Felt like I was slowing down, then felt slightly giddy and silly. (P2) (Curative reaction.)
Stiffness on waking, especially the neck and between the shoulder blades.
Tension in the neck. (C5)
Tension in shoulder and neck. (C3)

Pain

Waking in the night with neck pain. (C2)
Pain in the scapula. (P4)
Pain in lumbar region. (P4)
Constant pain in lumbar region. (C5)
I often need a chiropractor to work on my back. (C2)
Heat ameliorates. (C2)
Vertebra T4 always goes out. (C3)

Extremities

Itching of the hands and legs. (P4)
Numbness in hands and legs. (P4)
Coldness in the knees. (P4)
Hands sweaty and cold from being nervous. (C2)
Biting nails. (C3)

Muscle Tension

Stiffness/tension in shoulders, neck, eye muscles. (P2) (P3) (C3)

Shoulders feel more relaxed. (P2) (curative reaction)
Sensation of a weight on both shoulders, as if carrying something heavy. (P4) (C2)
Pain and stiffness in the shoulders and cervical spine. (P4)
Tightness in the shoulders, radiates up into the jaw. (C1)
Arms feel heavy in the afternoon. (P4)
Hands clenched from tension. (C3)
Fingers feel stiff. (P4)
Tense all over. Ready for something bad to happen. (C3)

Pain

Pain in the muscles of the arms, biceps and triceps. (P4)
Painful tendonitis, constant, with burning sensation, worse overuse, worse repetitive motion. (Works as a laborer, driving truck.) (C3)
Left shoulder pain started with a fall at twelve years of age. Broken collarbone. I am feeling a lot of stress on my left shoulder. (C3)
Less pain in finger joints. (P4) (Curative reaction.)
Sensation of swelling and heat in right hand. (P4)
Wrist pain. (C5)
Weakness in wrists. (C5)
Growing pains in leg muscles especially at night as a child and teen. (C2)

Sleep

I have been sleeping better. No longer wakes at 3:00 to 3:30 a.m. (P1), (cured symptom)
Wide-awake around 3 am to 4 am. (P2)
Wide-awake at about 3 am to 4 am. Annoyed that I was awake. (P2)
Continuous yawning. (P2)
Waking often, not sleeping well. Not one good night's sleep since starting this proving. (P3)
Feels sleepy in the daytime. (P4)
Not sleeping well. For months I can't get to sleep. I can't get to sleep for at least two hours. (C1)
Rushing thoughts at night; can't relax; can't fall asleep. (C1)
I have never been a good sleeper. I don't sleep deeply. Difficult to get to sleep, becomes frantic about this. Has to urinate three times a night, which doesn't help. Usually up three to five times a night for different reasons. Doesn't dream. Gets so tired in the day it is difficult to think. Usually I wake up at about 3:30 am. It is difficult to get up in the morning; I feel grouchy, unrefreshed. I would like to have breakfast at 3:00 am. (C2)
Sleepless nights. Wakes up at 2:00 am – 3:00 am; then can't fall sleep until 7 am. (C5)
Hard to get to sleep. Too many thoughts in her mind.

Wakes at 3 am and her mind fills up with too many thoughts. (C5)

Dreams

I had a dream about empathy; I was able to tell the truth and able to be angry with people that I love. (P1)
Dreams happened at a high speed, with lots of action. I woke up with a faster heart rate and the feeling that my body was at a faster pace than my mind, and tired from so much nighttime action. (P2)
During the first night of the remedy, I had four different dreams where I felt lost, unsure, insecure, and innocent. In one of them I was riding my bike in the nude. (P2)
I had a dream last night that I could not look after myself, that people were watching and/or making fun of me. This made me feel very self-conscious and awkward. I was being led around as I was unsure of where to go. (P2)

Chill

Chest upwards feels warm. (C1)
Body has always felt cold. As a child I was usually chilly and I am still chilly in the daytime. Hot at night in bed now, especially at 2 am. I used to get chilly in bed. (C2)
My body feels warm; hands are cold, especially if hiking in the fall or spring. (C5)
For the past one and one-half years, waking sometimes at 2:30 am or 4:30 am feeling very hot. (C5)

Perspiration

More perspiration. (P2)
Perspire at night if eat oily foods. (P3)
Increased perspiration. (P4)

Skin

Acne is worse. (P3)
Eruptions, behind ear, acne. (P4)
Eruptions, face, acne. (P4)
I had a lot of acne as a teenager and was put on medication for this. (C2)
Acne before periods. (C5)
Itching. (P4)
Bruises easily. (C2)
Dry and itchy from the sun. (C2)
Bruises easily. (C4)
Rash on back and chest, burns, itches, and is worse from dog hair. (C4)
Oily skin on face. (C5)

Generalities

Vitality

Feel a bit tired today. (P1)
 Weakness. Feel run down. Exhausted. (P2)
 I feel tired, strung out, but also restless and agitated. (P2)
 No energy to do anything. (P3)
 Feels foggy. Feels sleepy and tired. (P4)
 No energy to do anything after 4 pm. (C1)
 Feels very tired, can't exercise. So tired the muscles ache. Too tired to read a book. Too exhausted to have a social life. (C2)
 Tired often. Energy low. Hepatitis A for one year at age 12, in 1972/73. Anemia since then. Likes to nap; able to sleep any time, any place. (C5)

Thirst

Thirsty for cold drinks, which is unusual for me. Still craving for cold drinks. (P2)
 Thirst is less. (P3) (Curative action)
 Thirst is more. (P4)
 Craves cold drinks. Thirsty. Likes four glasses of water a day. (C1)
 Never thirsty; has to try and remind herself to drink. (C2)
 Not particularly thirsty; has two or three drinks a day. (C4)
 Thirst for up to twelve cups, room temperature. (C5)

Food

Craving for carbohydrates, sweets, sweet drinks, and rich food. (P2)
 Loves fruit; thirst for juice, tea, and cold drinks. (C1)
 Easily craves alcohol. (C1)
 Likes butter, yogurt. Craves sour things; clean crisp food such as fruit and vegetables. Craves potatoes; soup in the winter. (C5)
 Craves salt, sweets, but sweets cause a headache. (C2)
 Craves pasta, milk, eggs, cheese, breads, and potatoes. Aversion to liver. (C3)
 Craves salt and spices. (C4)
 Food tastes better. Everything tastes sweet. (P2)
 Worse from sweets. (P2)
 Less desire for cigarettes. (P3) (curative reaction)
 Aversion to smell of pork, eggs; feels sick to the stomach. (C5)
 Aversion to chocolate, seafood, brussel sprouts, milk, cheese, carbonated pop. (C5)
 Aversion to cold drinks; gets a headache. (C5)
 Aggravation from fats. (C1)
 Aggravated by milk. (C1)
 Aggravated by dairy and wheat; nose blocks up, headaches, fatigue, fuzzy head, spacey. (C3)
 Used to get a lot of headaches from eating meat. (C4)

At age 17, developed a strong aversion to meat; stopped eating it. (C5)
 Aggravated by spicy foods, green onions, fats. (C5)
 Aggravated by milk. (C5)
 Celiac disease as a baby; i.e. worse from wheat. (C5)

Coffee

Coffee aggravates when trying to antidote the remedy; gave her a stomachache, nausea. Doesn't usually have this reaction. (P4)
 Allergy to coffee; it causes headaches and very itchy eczema; skin cracks open and itches terribly. (C1)
 After coffee my sinuses still hurt. (C1)
 Craves coffee because it makes me feel stronger emotionally. (C1)
 Coffee makes my heart race; I can't sleep. (C2)
 Nausea from coffee. (C4)
 Never drank coffee. Hates the smell and taste of coffee. Coffee makes her feel ill, nauseous. (C5)

Modalities

Worse for reading, thinking, and sweets. (P2)
 Better when occupied, after sleeping, and after eating sugar. (P2)
 Stomachaches, better from lying on the abdomen. (P2)
 The stomach symptoms are worse one to two hours after eating beans, lentils, and chickpeas. (P2)
 The nausea is less if I go into the fresh air. (P2) (Even before the proving, prover has always felt better in the fresh air.)
 Feel better when I go for a walk outside. (P2)
 Likes open air. (P3)
 I feel better from 9 pm onward until 1 am. (C2)
 Depression better for exercise, for high-risk physical activities. Doesn't feel depressed then. (C3)
 Likes open air, but not in the winter. (C4)

Temperature Modalities

Sensitive to cold. Likes warmth. (C1)
 Sensitive to heat, but craves a hot bath. (C1)
 Worse from heat in general now. I get sick from the heat, this started in my mid 40's. (C2)
 Sensitive to hot and cold. (C2)
 Not sensitive to cold or heat especially. (C3)
 Loves the sun; can take a lot of it. (C3)
 Sensitive to cold and chill easily - I hate the cold. Also sensitive to heat. (C4)
 Sensitive to both heat and cold, but especially to heat. Headache or nausea from the heat. Have had sunstroke four or five times. Hates to have hot feet. (C5)

Other

Loves the smell of pine oil. (C3) ✓

Irritated by noise; i.e., dripping of a tap, machines. (C3)
Loves light and bright colors. (C3)
Less desire for cigarettes. (Curative action) (P3)
No energy to do anything, a hopeless depression. (P3)

Cases of *Pinus contorta*

Case One

Eliza G. 32 year-old female

June 10, 1993

Bronchitis and cough for almost three months.
One headache a day, which was aggravated by coffee.
Sensitive to cold, likes warmth. (2)
Allergy to coffee; it caused headaches and very itchy eczema.
Hay fever. (2)
Aggravated by milk.
Eyes very sensitive to light. (3)
A strong tendency to constipation. (3)
"I tend to want to please other people."
Stomach was upset easily.
Cramps with ovulation.
She had blocked milk ducts when nursing her child.
"I have 'knots' (lumps) in my breast."
"I have to have something in my mouth all the time."

Analysis: I had not yet completed the proving of *Pinus contorta* and consequently I had to find the closest alternative remedy. On repertorization, *Bryonia*, *Cocculus indicus*, and *Belladonna* cover all the symptoms.

Plan: *Belladonna* 30C every three days for twenty-seven days.

July 14, 1993

The cough improved right after taking the remedy.
The headache was still as severe, but didn't last as long. The sinuses were not so blocked.
She felt stronger emotionally and could be more assertive.
Vitality was worse and it was more difficult to be motivated.
Constipation was alleviated.

Analysis: This was not an ideal reaction, even though certain symptoms were better, her general vitality was worse.

Plan: I decided to give *Belladonna* another chance. She continued to take the 30C every three days.

October 7, 1993

Lots of sinus mucus and other allergy symptoms

(3).

The headaches were occurring daily, worse from light.

The cough and constipation were still better.

Breasts were tender at ovulation.

Analysis: *Belladonna* was still leaving behind some of her chronic symptoms.

Plan: I decided to give *Belladonna* in a 200cC potency to see if it could cure her chronic hay fever.

November 29, 1993

After one week the sinuses cleared and were much improved for three weeks; then the sinus symptoms returned.

Still allergic to coffee; the skin cracked open and itched terribly.

Analysis: She had been drinking some coffee; I encouraged her to stop drinking it.

Plan: Wait. I decided not to give any more medicine as she was still in a state of change for the better.

March 21, 1994

Almost four months later. Here throat and ears were itchy (2)

The mucus in the sinuses returned.

Irritability for four hours before her period. She stated that this was an improvement. The eyes were less sensitive to light. No headaches now.

"Sometimes I can have anxiety. I seem to condemn myself when I make a mistake." Anger with the anxiety.

She had to use fiber to stop the constipation. Nausea for five days. Not as much thirst for cold drinks now. Sensitivity in the breasts at ovulation and the onset of her menses.

Analysis: She was still better than before the *Belladonna*, but I had my doubts about using this remedy as it is not famous for treating self-condemnation or anxiety.

Plan: I decided to give another 200C potency of the *Belladonna*.

June 22, 1994

She still had sinus pain and congestion. Nervous stomach and nausea were the same.

Analysis: The *Belladonna* was not working as well as one would expect the true simillimum to work. I did not see her for a couple of years, but then she returned again in 1996.

June 6, 1996

Hay fever again (3), sinus congestion (2), worse

from milk products. Sinus headaches (2).

A burning sore throat (2), worse on the left side, from empty swallowing. The throat felt hot and swollen. Pain on moving her tongue; the pain radiated to her ear and throat.

Her chest felt heavy. Pain in the chest when coughing (2).

She craved cold drinks and was thirsty (2), but the throat was better from warm drinks.

She wanted to wash her face in cold water.

She was fighting a depression (2). She felt a sadness when she had to leave home and go to work.

She wasn't sleeping well.

She was more sensitive to heat than cold, but craved a hot bath.

She felt warm from the chest upward.

Plan: I gave her *Sabadilla* 30C every other day for ten days. This did not help.

November 13, 1996

She still felt hopeless (2). "The center of my life is my marriage and my marriage is not perfect; so life is hopeless."

Recently more hair was falling out.

For months she couldn't get to sleep (2).

Lots of headaches, pain in the jaw articulations, and tightness in her shoulders.

She felt lonely (2), was sensitive to criticism (2), and couldn't stand tension between people. She felt like an outsider. She tolerated the sun well.

If she confronted her husband or anyone else, she would get a stomachache and then cry a lot after the confrontation.

"I have to change myself so that I don't confront people."

Analysis: She was too yielding, constipated and had chronic infections.

Plan: I gave her *Silica* 30C every three days for a month.

August, 1997

Nine months later.

The constipation got better, but she was having stomach problems again - a nervous stomach accompanied with anxiety (2).

She had a gnawing hunger at times (3), which was made better from hot drinks.

Wheat or bread caused nausea.

Fear of crashing in an airplane (2). She had visions of crashing.

She felt a loss of control in her life, no way out. Her husband was very critical and controlling. She tried to be perfect, rather than confront him.

Still became physically sick from coffee, but it made

her feel stronger emotionally.

She was not sensitive to cold or heat now.

She took four drinks of water a day.

Her hands became numb when she raised them above her heart.

Feet out of the covers at night. Aggravation from fats (2).

Easily craved alcohol.

Analysis: On this visit I could still perceive how yielding she was and there were a few keynotes present for *Pulsatilla*.

Plan: I gave her *Pulsatilla* 30C every three days for a month.

Seven months later

She returned no better from the *Pulsatilla*. I wondered why she kept returning. I suppose each remedy had affected her somewhat favorably temporarily, but she and I were searching for something deeper. I was looking for a remedy that would go to the very depths of the totality and sort out all the symptoms. It was her good fortune that on the next visit I found that remedy.

March 31, 1998

Hay fever, nose congestion, itchy eyes, itching in the ears, sinus headaches, sore throats, heavy chest, painful cough. Pain radiated to the ear and throat.

Throat pain, worse from empty swallowing, better from warm drinks. She wanted to wash her face in cold water. Congestion due to milk products.

Tired irritable, fighting depression again. (2)

She couldn't get to sleep for at least two hours.

She was sensitive to heat, yet craved a hot bath in the morning. Her chest upwards feels warm.

"If I was perfect, then I could connect with people better. I need things to be smooth and calm in my life. It's very difficult to confront others; it will give me a stomachache or I will cry a lot afterward. I am too yielding. It's very hard to stand up to my husband. I am anxious for my family. I fear confrontation as it may lead to abandonment. I fear that I won't be loved or that I will be left more alone. I feel a deep sense of loneliness; at other times I feel connected. I can feel like an outsider, but I am not satisfied with this feeling. I have suicidal feelings. I feel very responsible for everything. I want to be the one in control. I am very sensitive to criticism. I easily sense the tension between people."

She was having many headaches, tightness in the jaw, and tightness in the shoulders, radiating up into the jaw.

She had a tendency to constipation all her life, starting at 13 when her mother remarried. "I had to

change myself to make things smooth. I have a nervous stomach; anxiety makes it worse.”
Cramps in the intestines. Hunger,starving,gnawing hunger,better from hot drinks. Hunger even after eating. “I want things in my mouth.” Nausea after eating wheat. “After drinking coffee I get eczema, headache, talk fast and then feel embarrassed.” Aggravation from eating fats. Sleepy after eating white bread.
She loved fruit. Thirst for juice,tea and cold drinks. “I was 33 pounds overweight for three years. A part of me wants to keep losing weight.”
A little eczema. Eyes sore and a tired feeling in them.
She feared crashing in a plane - a rush of fear with visions of the crash. She was easily addicted to things - smoking, food, alcohol.
“I am searching for fulfillment. Deep down I am discontented; I want to be thin. There is something missing.”
She was easily addicted to sleeping pills. If she slept on her ear it went numb. Her hand went numb if she held it above her heart. She desired four drinks of water a day. Sometimes she put her feet out of the covers in bed.

Analysis: Eliza’s symptoms readily justified the prescription of *Pinus contorta*. She felt alone, out of control and hopeless, wanted control and perfection, was worse from admonition and discord. She also had tension in the jaw,an allergy to coffee, constipation and sinus problems.

Plan: *Pinus contorta* 30C, every three days for one month.

April 24, 1998, about one month later

“I feel so much better in every way!! There’s been a tremendous change in my general level of energy. This remedy has changed my life. I can concentrate into the night now. My day used to end at 4 pm; now I can work or interact with my children in the evening. It’s fantastic.
“I feel much better about myself. I feel solid in myself now. When I go to lie down at night,my thoughts are more calm and even,not rushing so much.
“My eyes have stopped hurting; my vision is more clear. I used to have trouble with night driving in the rain,or with computers. No longer.
“I used to wait for others to lead me. I didn’t feel knowledgeable. Now my confidence is more solid. I feel alright about putting myself in an exposed position now in order to make things right. I can challenge people now in a positive way.
“I used to feel I did not belong in the group and I felt low. This has changed now; I feel more a part of things. My hay fever is a lot less.

“I sleep better and don’t need as much sleep. My stomach has totally changed. I am able to have two bowel movements a day now.
“I’ve had no premenstrual symptoms this month. Usually I would have had a day of irritability, breast pain and low back pain. No cramps with ovulation either. My jaw and shoulders got tight for a few days. Now this is better.
“I don’t have that loneliness feeling in me now; so I don’t have to try extra hard to connect to people. I am not nervous when I am alone now.
“I used to have severe stomachaches as a child that made me bend over double – hot, sharp pain. I was very sensitive to milk; it caused congestion and headache. I became congested also from the smoke of pulp mills.”

May 25, 1998

Clear thoughts now. No more fuzziness. Clear eyes now.
“I can deal with things one at a time now. I am not confused any longer or feeling overwhelmed. I can cope with things better. Now I can jump out of bed in the morning. I no longer have to force myself to do things. No more rushing thoughts. At the end of the day I can relax and get to sleep. I used to isolate myself with addictions when I felt alone and under stress. There’s no more constipation. It’s easier to eat less and to eat healthier food. I have less cravings. My weight stays the same now; it no longer goes up and down. I am able to process what I eat now.
“I feel a lot more comfortable around people now, more relaxed. Things had to be perfect in the past; now it does not matter so much. I used to give too much in the past to get appeasement. Now I realize I didn’t have to do this. I am not responsible and I won’t lose their love. I don’t feel so isolated now,and I am not so afraid of criticism. It’s alright if the children are away. I used to feel something missing when they were away. I am not eating to fill the void now. I used to have a feeling of self-importance in trying to be so perfect. Now this is not important and I feel so peaceful.
“I have no more stomach pains, no more acid; the nervous feeling is better. I used to cover this with food. After coffee my sinuses still hurt. I had a temporomandibular joint problem when I was 25 years old, with sore muscles in the jaw,worse from touch. When clenching my teeth at night,the pain would radiate up and down my neck. Now this is better,but it took the longest to get better.
“I used to take on too much; I wanted to fix everything. Now this is better. I can be more assertive now. I used to be controlling. I was afraid he (husband) would say negative things about me.

This is better. I was also jealous for attention; then I would not be alone. This is better; I can be alone now. I know now that I am equal to other people. I used to feel less than others. I used to tiptoe around the issues and back up the leader. Now I can speak out alone. I used to feel like a loser if people disagreed with me. I was afraid to be a little pushy. I was the sixth child to be born in my family. I felt unsafe. My father left when I was five. I had a fear that I was going to be attacked. I was insecure. My mother remarried an alcoholic. I had no privacy. I never felt missed or cared for. I had to mother my mother. I had to take on so much responsibility as a child. My mother would let everything go to confusion in the house. I had to try and get some order and control.

"When my father came to visit, I felt less important than others, a kind of inferiority - rejected, stupid, and injured. I would try hard to connect and did, but with much anxiety. I married a man like my father. He is critical, can't communicate; he's silent, not social. I guess it all makes sense now."

Assessment: Correct remedy. This is most likely the simillimum as all aspects of the case have been affected in such a positive way.

Plan: *Pinus contorta* 30C, once every four to seven days, as needed.

July 8, 1998

"I feel a strength and positive outlook in a way I have never felt before. I seem to easily assert myself now. My vitality, physical symptoms and mood are still over eighty percent better."

Her stomach was good; there had been no constipation.

She left her husband; she felt nausea if she talked to him too much.

She got a headache if her neck was out of alignment.

She still ground her teeth sometimes.

August 25, 2000

"I am still improving in so many ways. I feel that this Pine remedy has had a dramatic effect on my development as a person. I feel most of all that I have my real self back. I am no longer codependent, which means that I am not so affected by other people's problems and don't worry so much about what they think of me. I get up in the morning now and feel that my happiness is generated from within myself. I am so much more excited about life. I have so much more motivation. I used to eat and feel sluggish; now I can eat and feel like doing things.

"My appetite is not up or down; it is even. I eat better

foods, such as lots of fruits and vegetables. When I eat sugar or refined carbohydrates, my appetite is stimulated too much and I have to mentally control it. So I mostly avoid those foods now. I used to weigh 173 pounds; now I am at 139 pounds.

"I am so much less dependent on coffee and chocolate; I find I don't need that extra stimulation now. If I drink coffee, then I instantly get ill: headaches, a nervous stomach, neck and shoulder tension and eczema.

"I don't have to take the remedy very often. All the physical symptoms are still better; such as, headaches, sinus problems, stomach problems, jaw and neck tightness. My energy is up to eight or nine out of ten most days.

"The Pine is a great remedy. Thank you."

Case Two

Sheilah F. 38 year-old female

August 5, 1998

Tired often. Energy low.

Hepatitis A for one year at age 12, in 1972/73. Anemia since then. She liked to nap; she could sleep any time, any place.

She'd had temporomandibular joint pain since the hepatitis. (2) Jaw locking, floating, clenching, grinding. She had both the maxilla and mandible broken to adjust her bite. Since then, she'd had stuffy sinuses. She still clenched her teeth during the day if stressed. (2)

Headaches: one to four per week, especially when tired (2), worse light (always sensitive to light) and worse jarring of the spinal cord.

Wrist pain for six months; wrists feel weak. (2)

Her body felt warm; her hands were cold, especially if hiking in the fall or spring. (2)

Allergy to corn: stuffy nose and snoring. (2)

Long, heavy periods; lasting seven to ten days. (2)

She had been like this since age 13.

For the past one and one-half years she sometimes awoke at 2:30 or 4:30 feeling very hot. (2)

Sinus congestion (pressure and clear fluid) if she sat near a chlorinated pool. (1)

Bowel movement every one or two days. (1) No bloating or gas.

She had a lot of earaches (2); she took aspirin for them.

Her confidence used to be high; then it took a big dive when she and her husband were divorced.

"How did I get into that mess? I lost my ability to make a decision and know it was right. We had different values and morals. I wanted to buy into the image of being married to that type of man; i.e., 'rich lifestyle' image. He got married again. He still tries to control me, my house. I don't want to

have to defend what I do. I asked him to stop, but he won't. I am not angry with him. We are still a family even though we are divorced."

She was the youngest of four; she was on her own a lot as a child. She was never pushed to do well. She got good grades. She never went to college; instead she wanted to get married and have children right away.

She liked having her kids around. She would like to work with kids or young adults. Her feelings were not especially sensitive. She didn't especially need consolation.

Acne before menses.(1)

At age 17, she developed a strong aversion to meat (3), and stopped eating it. Aversion to chocolate, seafood, Brussels sprouts, milk, cheese, carbonated pop (2).

She liked butter, yogurt, and craved sour things (2), clean crisp food such as fruit and vegetables (2), potatoes (1), and soup in the winter.

She was aggravated by spicy foods, green onions, fats (2). She had an aversion to the smell of pork, eggs, blood; they made her "sick to the stomach." (2) She had never drunk coffee, having hated the smell and taste of it. (2) Aversion to cold drinks; they caused a headache.

Thirst for up to twelve cups of room temperature water a day...

She didn't like it if people yelled or argued, and especially disliked physical violence. She didn't like being told what to do. She could be soft and mild if people were tender. She didn't like having too many choices (2); i.e., at a wine festival or in a grocery store. She found it hard to set boundaries; she was too yielding and tended to accommodate. However she could at times also say "no" and be assertive. When she was married, she was obsessed about being neat because of her husband; now she is not fastidious.

Fear of closed doors. Fear of heights; vertigo if she went above the tree line (as when skiing). Seasick easily. Fear of snakes.

Sensitive to both heat and cold. Headache or nausea from the heat. (2) She had had sunstroke four or five times. She hated to have hot feet. She liked wind and storms.

She lost her voice three times in the past year from a sore throat.

She had celiac disease as a baby, a wheat (gluten) sensitivity.

Plan: Natrum carbonicum 30C, every 3 days for 30 days.

September 1, 1998, 1 month later

Headaches worse initially, then better by 90% to

100%. Appetite greater. Gassy stomach and more nausea. A bit more energy. She needed less sleep and wakened more refreshed. Temporomandibular joint pain improved; less clenching. Nose stuffiness was 100% better, but still worse from corn chips. Her wrist felt okay now and stronger. Bowel movements were more regular. She could still wake up feeling hot. A bit more relaxed. Menstrual cramps. (3) More sensitive to salt; aversion to salt.

Assessment: Correct remedy.

Plan: Natrum carbonicum 30C, once a week for four weeks.

October 31, 1998, 1 month later

She came with a bladder infection. Burning on urination. Fever. (2) She had had bladder infections before. Waking at 2:00 am; then unable to sleep. (1)

Her temporomandibular joint felt tight; clenching jaw. (2) She hadn't taken the remedy since mid-September.

Plan: Natrum carbonicum 30C, one dose.

November 12, 1998, 2 weeks later

Her bladder infection was relieved. The tension in her jaw also improved. Her sinus condition was better – no tightness, no mucus. Menstrual cramps considerably better. Menses not as heavy. Headaches also a lot better. She had more energy on waking and during the day.

Sleepless nights; waking at 2:30 am; then remained awake. (2)

Sore lower back for five to six weeks. (2) The pain was constant.

Blurry vision. (1)

She had a craving for salt, yet her food could taste too salty. She was hungrier; she ate but did not feel full.

Volatile emotions. Her decision-making was better. She was taking better care of herself. "I don't want to play my old role of being over-responsible. I am not going to take care of them. I still feel I don't have enough control in my life. I am a bit more assertive and a bit more clear in what I need to say."

Assessment: New potency needed.

Plan: Natrum carbonicum 200C, one dose.

December 16, 1998, 1 month later

She was still sleepless two out of three nights. She awoke at 2:30 to 3:00 am; then was up until 7 am. (2)

Her lower back felt okay. Constipation was better. Sinus problems persisted: swollen, blocked, dry.(2). She felt mentally clearer; it was easier to make decisions.

Her jaw muscles felt tight from clenching (2); then she had a sensation of water in her right ear, the sensation of a bubble.

She had recently drunk some coffee, which made her feel ill and nauseous.(2)

She spent a lot of time alone. She had to work at feeling connected to people. She was finding it hard to speak her mind when feeling unclear.

Oily skin on face. Dry mouth and dry lips.

In the past she had had jaw surgery for temporomandibular joint pain. She used to grind her teeth a lot, and would awaken in pain. She suffered chronic headaches and tension in the jaw; her jaw would lock in a two-thirds closed position and she would have to massage it out.

Sinus headaches. (2) Pain in the ears, stopped up sensation.(2)

Appetite strong, then weak. She had periods of both. She could gain ten to fifteen pounds when feeling hungry.(2)

Tension in the neck.(2)

She found it hard to get to sleep. There were too many thoughts in her mind. She would awaken at 3 am, her mind would be filled with too many thoughts.(2)

Aggravated by milk.(2) Sensitive to heat.(2)

Assessment: A new remedy was needed. *Pinus contorta* fit her symptoms in many important ways.

Plan: *Pinus contorta* 30C every five days for thirty days.

February 19, 1999, 2 months later

She was sleeping well now without interruption. She was not waking at 3 am as often (only twice in the preceding three weeks); nor was she waking exhausted. Her energy was better. She was dreaming a lot. Her jaw was not as tight, neck not as tense. There had been no problems with her ears lately. Appetite was still variable. Constipation was still better. Sinuses were a lot better. She could not see as well at night, or when reading labels, small print, or anything at a distance. She had not taken the remedy for two-and-a-half weeks.

Assessment: Correct remedy.

Plan: *Pinus contorta* 30C in case of relapse.

August 2, 2000

Doing well. She was more confident, better able to stand up for herself and make decisions. Her moods were calm overall.

Her menses were lighter, not too protracted, and without cramps. No constipation. Sinuses were much better. Appetite was even now, no longer vacillating. Her jaw felt fine. Her neck was no longer stiff. Her lower back felt stiff on lying down, and she had pain in the ileocecal valve area when lying down. She was much less tired on waking. Her headaches were still better.

Assessment: Correct remedy.

Plan: *Pinus contorta* 200C

July 6, 2001

Still doing well. She had a couple of colds this past winter, and she took a dose of the Pine remedy for each of them and recovered quickly. No other symptoms to report.

Case Three

Lor.S. 39 year-old male.

May 27, 1998

Frequent headaches, every two days.(3) Migraine headache every two months. He had to use morphine for the headaches. The headaches were aggravated by: dairy, junk food, fatty foods, skipping meals, light, noise, and motion. They were initiated by noise (i.e., dripping of a water tap, machines). He had been taking acetaminophen for years, sometimes ten per day. He felt addicted to it.

He also complained of stress, anxiety, and depression for years.(3) He tried Prozac for a while. St. John's Wort helped him for three months. Sadness. It was hard to be positive. Some days it was hard to function. His mother was depressed her whole life.

Nausea, indigestion occasionally.

He was a bit constipated, worse medication (e.g., acetaminophen).(2)

He worried about the future. He thought that something bad would happen; e.g., his business would fail or he would get sick.

He felt only sixty percent healthy overall. He felt that his true personality was positive, optimistic.

His moods were sensitive to the weather: worse during the rainy season; ameliorated in the summer months. He, in general, was not especially sensitive to heat or cold.

He had been suicidal in the past. He had to stop working four years ago during a marital struggle. His wife recently left him.

He grew up a loner; he didn't fit in at school. He compensated by spending a lot of time reading. Frequently his parents were ill. His father was distant, his mother angry and anxious. He did have supportive aunts and uncles. In his twenty's he

enjoyed some good friendships. Left shoulder pain, which began at age twelve after a fall that fractured his clavicle. He worked as a laborer, driving trucks when he was older. This job put stress on his left shoulder. It was very painful, a tendonitis. It hurt all the time. It was worse from overuse. He noted a burning sensation from working all day; it was worse from repetitive motion and better from glucosamine sulphate, which he had taken for two months.

He was not a guilty person. He had a strong spiritual belief system, and he prayed a lot and read the bible every day.

Pain after the chiropractic adjustments; vertebrae T4 would always go out.

He bit his nails a bit; he used to bite his nails terribly. He drank too much alcohol in the past.

He felt that life was a chore, a hard effort. His brother died when he was four years old; he shut this down. He was given no explanation, and he felt fear and sadness. Some close friends of his died as well, causing him grief and a sense of loss. He used to dwell on the past a lot - about sixty percent of the time on the past, twenty percent on the future, and ten percent on the present. Now his focus is twenty percent on the past, twenty percent on the future, and sixty percent on the present. He was not especially angry or resentful; he was able to forgive.

His mother almost died in car accident. His sister and he were left alone. He feared to be alone.

As mentioned, he was separated from his wife. This was not his preference, and he grieved the loss. He loved sun and could tolerate a great deal of it.

He loved light, bright colors, and hated synthetic colors.

He felt socially disconnected, alone, not connected to the human race.(2)

Ground teeth in sleep.(2) Tight jaw due to clenching it from nervousness. On a stressful day, his jaw would become tight and he would have pain in the temporomandibular joint.(2)

Hands clenched often. He felt tense all over,(2) as if ready for something bad to happen.

He had breathing problems, feeling as if he wasn't getting enough air (i.e., when too hot in summer).

Panic attacks: he could hardly breathe or see; hyperventilation.(2)

He was aggravated by dairy and wheat: they caused nasal obstruction, headaches, fatigue, a fuzzy head, spaciness.

He found it hard to relax. He had to stay busy. His mind was too busy, too fast; wouldn't shut off.(2)

He felt too hyperactive and used alcohol to slow down. He was addicted easily; he drank too much

in the past. He had struggled with alcoholism. Strong dreams; vivid imagination. He had a strong interest in music, writing, painting. He would like to be a writer or go into one of the healing professions.

It was hard for him to cooperate with others. He wasn't a team player. He had no use for others, wouldn't listen to them. A loner. It was also hard to be close to women. Past relationships were hampered by a lot of misunderstandings, conflicts of will, and battles for control (e.g., he was a spender; his partner a saver). He found it easier to be friends with men.

He encountered religious persecution at school, took abuse from other kids over this issue. "I felt I was running for my life. I was afraid to be beaten up, afraid for my own safety. There was no one to protect me."

Now he was on edge, felt lots of tension (2) - too much adrenaline; always on alert; ready to run or fight, always waiting for the next shock. Tension symptoms: difficulty breathing; clenching hands; tightness in jaw; picking at his body.

He dreaded and worried a lot about the future. He feared something bad would happen (2), that his business might fail or he might get sick. He was programmed to expect the worst: life is hard; bad things will continue to happen; be ready to run.

He liked the house clean, things in order; he was quite organized at work.(2)

There were no fears.

Cravings: pasta, milk, eggs, cheese, breads, potatoes. Aversion to liver. He loved the smell of pine oil.

Analysis: The number of Pine symptoms struck me.

Plan: *Pinus contorta* 30C, every three days for thirty days.

June 26, 1998

His stomach felt a bit better. Shoulder and neck eighty percent better. There was no longer a constant pain in the neck. Chiropractic adjustments didn't hurt as much. His headaches were better, less frequent.

He went to the hospital on a Sunday with a headache from sunstroke, with nausea. He hadn't taken remedy in two weeks. He had to take morphine for the pain.

His mood was a bit better.

Digestion problems were occurring: heartburn, tight stomach.

There was an aggravation after the first dose consisting of intense nausea. "I felt poisoned for five hours." He subsequently took two more doses without aggravation.

He had started eating more healthy food, vegeta-

bles, etc. His appetite had increased and he was thirstier. He had developed a craving for sweets. He felt calmer, less anxious, not so overwhelmed. His marital separation was causing him problems; he felt angry with his wife, frustrated. He wanted to get back together with her. He was still feeling sadness, feeling discouraged on waking. He didn't look forward to starting the day. He wasn't living vibrantly, rather just going through the motions. He rated his mood as a two or three out of ten. He was delegating better. Overall he felt more philosophical and worried less, though he remained pessimistic about the future. He was waking with a tight jaw. Sleep was coming more easily; he fell asleep right away.

Assessment: Correct remedy

Plan: *Pinus contorta* 30C, every four days for thirty-five days.

November 6, 1998

His shoulder and neck were a lot better, approximately sixty percent improved. He was having headaches every day or second day. His last migraine was in July or August. Mental attitude was better. He was sleeping well, waking with a positive outlook. He had reconciled with his wife. His anxiety had improved. He was still prone to worry about the future, but less so. The depression was definitely better. He was also less sensitive to the weather; i.e., his mood was okay now even when it was raining. He found himself relating better to people. He was more relaxed. He was having more fun; life didn't feel like a chore, though it was still a bit boring. He was living more in the present, about eighty percent. He felt a lot more connected to people now. There was no more sense of disconnection, though he still had moments when he didn't want anyone around. He could slow down a bit better now. He was communicating better with his wife. He felt seventy-five percent healthy overall. The constipation was better. He had stopped biting his nails and he was grinding his teeth less as well. There was no more tightness of the jaw. His hands were clenched less. His upper body was still too tense however. He was seeing his chiropractor every two weeks, but he didn't suffer at all after the treatments now. Neck and shoulder were better.

Assessment: Continuing overall improvement, though a higher dose of the remedy appears needed.

Plan: *Pinus contorta* 200C, single dose.

March 1, 1999

Phone follow-up. He reported that he was overall ninety percent better. His headaches were dramatically diminished. He was much less anxious and suffered no depression.

Case Four

Adella. 44 year-old female.

May 31, 1998

Her main problem was a duodenal ulcer that was severely aggravated from coffee, dairy products, hot spices and beer. The coffee caused nausea; she also became nauseated if she didn't eat enough or often enough.

She often experienced stomach cramps and flatulence. She had problems with constipation, only having a bowel movement every three days.

Two years previously she took antibiotics for the ulcer with limited success.

She bruised easily.(3)

She ground her teeth a lot at night and as a result had a lot of pain in the temporomandibular joint.

The pain was worse from touch.(2)

She had a rash on her back and chest that burned and itched; it was aggravated by dog hair.

In April she had hay fever, with coryza, itchy eyes and a flare of her rash.

She frequently had ear problems, with a sensation as if wind were blowing out through the ear.

Many times in the past she had had strep pharyngitis and tonsillitis.

She feared flying in an airplane and had a fear of closed spaces.(3) She feared not being able to breathe, of choking and suffocation.(3) She used to have panic attacks at night during which she would awaken with a sensation that she was suffocating.

If she ate too many sweets, her throat closed off.

She preferred open air, but not in the winter.

She felt impatient at times. She had a professional career as a freelance writer. She enjoyed working hard and doing well.

Perfection was very important to her at work. She wasn't especially fastidious. She was confident at work and with people. In personal relationships, however, she felt she would mess up, that she would say the wrong thing. She feared she would be abandoned. All her life she felt she had this basic insecurity. All her life she felt alone.

"My parents used to work all the time. My grandmother looked after me. She would keep me in a small wooden box all day until the age of two. It makes me feel sad to remember this and it is

hard for me to talk about it. I feel ashamed this happened to me. I was not respected as a child; I was not good enough to be treated properly. I feel I was just being stored like an object. I was in that box alone too often. After I was two years old I was still not treated right. My parents did not spend much time with me. People yelled at me a lot and I cried a lot."

She had no trouble getting to sleep. She was calm most of the day, without racing thoughts.

She worried about finances and about her family. She was sympathetic toward animals and people, and she had an aversion to listening to the news.

"If I feel that I have been cut off, rejected; then I leave. I get depressed and think to myself, 'I am nothing and useless.' When I am alone, I feel fearful, terror; I have to call someone up to come over and be with me. I can get a bit hysterical. It is like I start to panic. I just hate to be alone. If my friend won't come over, then I feel angry and frustrated." (2)

She felt that she needed a lot of attention and affection. "I need constant affection." She loved being in front of people speaking or teaching. (2)

She felt nostalgic before going on a trip.

She was not especially thirsty, having just two or three drinks of water a day. She often had a dry mouth. She craved salt (2) and spices. (2) She used to get a lot of headaches from eating meat.

She was very sensitive to the cold and chilled easily. (3)

"I say yes too easily; I don't like to be in a position where I have to say 'no,' and I don't like people to say 'no' to me. I use to be more yielding to strangers, but not now."

Once she had ingrown toenails.

Her body build was lean. "I have to eat often, every three hours, or I will get a headache, dizzy, nausea, irritability, and my stomach will feel too empty. I have a fast metabolism. Food nourishes me emotionally."

She was easily jealous in a relationship. (2) "If my boyfriend has a friend, then I feel threatened and anxious. I will then get nervous, withdrawn and later on angry with him. I feel that I am competing for attention. When I get the fear of abandonment, my heart races (2); I feel anxiety and panic."

Analysis: I thought about giving her *Silica*; she was insecure, chilly, constipated, seemed fragile, sensitive, and one time had ingrown toenails. *Silica* is not listed for having a fear of being alone, or a fear of narrow places. It is not listed either for jaw pain or grinding of the teeth.

I felt the need to find a remedy that had at its center the idea of aloneness and desperation to be in contact with another human being. Her main

symptoms were a feeling of being *alone and inferior* - "There must be something the matter with me. I need to be supported by another person; I need extra nourishment from the outside world."

As we have learned from Michael Thompson, *Aristolochia clematidis* has this feeling of being forsaken, a fear of being alone, a history of emotional deprivation and a desire to work hard. *Aristolochia* seems to have a stronger fear of people, more alternating moods and an aversion to company. It does not fit the pathology of the case or the other key symptoms.

Another remedy to consider is *Hydrastis*. It covers the combination of stomach ulcers, constipation and nausea from having an empty stomach. It is listed for mental symptoms such as an aversion to company and a desire to snub those who have offended her. However, *Hydrastis* does not fit the emotional state of this person.

Camphora is also a remedy one can consider when there is a feeling of being neglected, isolated, forsaken, alienated, with a fear to be alone, especially at night in the dark. To prescribe this remedy one would like to see icy coldness with a desire to stay uncovered, symptoms lacking in this case.

Magnesia muriaticum, *Hura*, *Psorinum* and *Pulsatilla* were other remedies I considered, but ruled out for various reasons. The remedy that fit best was *Pinus contorta*.

In the proving of *Pinus contorta* we can find the following confirmatory symptoms:

Feels unloved and useless.

Feels alone and loneliness.

Anger at being neglected.

Craving for company.

Feeling unsafe when alone.

Tight jaw and pain in the temporomandibular joint.

Constipation, stomach cramps and pains.

Aggravation from coffee, especially nausea from coffee.

Hay fever.

Dry mouth.

Plan: I gave her *Pinus contorta* 30C potency to take one time every three days for a month.

July 7. Five weeks later

"I feel better in many ways."

"The nausea is one hundred percent better. I now have a regular bowel movement every day."

There was less gas in the stomach, fewer stomach cramps, and digestion was better; there was no more indigestion. This used to be a problem at least once a week.

"I feel better emotionally. I don't feel as much anxi-

ety when alone. I don't feel as abandoned."

There had been no temporomandibular pain for three weeks. There was no longer a rash on the chest and back. She still bruised easily. She passed heavy clots during the menses. Her hay fever and allergies were better. The ear pain was gone.

"My roommate moved out and I feel all right about this. In the past I would have had to have someone with me at night. Now I am okay to be alone at night. This is a big change for me. I feel more relaxed in my relationship with my boyfriend; I am not so afraid he will leave me. I confronted two people and felt okay about this. I normally would not confront someone."

Usually she had to eat often, but now she was either very hungry or she could go without food for a much longer time.

Analysis: It is unlikely the reaction could have been better. The remedy has affected her emotional and physical symptoms in very profound ways.

Plan: *Pinus contorta* 30C. I decided to give her one dose every five days for five weeks.

July 14, 1998

"Physically I feel fine."

"For ten years I have had a problems before my menses. I feel tense, anxious, irritable, fussy over little things, faultfinding, nasty, critical, childish, negative and have to avoid my partner because I will get into an argument. It usually lasts about two days. This is not better.

"Lately I feel more anger and hate, but at other times more love and compassion. I feel I had an abusive childhood; I never confronted my parents but rather blamed myself. During the time before my menses all this emotion from the past comes back and it destroys my relationships with other people."

In effect, it seems she had recreated the conditions of the past.

"Lately I feel more equal to people professionally and more confident overall. I feel I am more able to ask for things that I need and I speak out more when I feel I need to even if it is a criticism. I realize now that I have a lot of suppressed anger."

Analysis: The remedy was still working. She was understanding herself better and understanding the past better. She had less fear to speak her mind and felt more self-worth and self-confidence.

Plan: *Pinus contorta* 30C once a week for a month.

August 18, 1998

Her premenstrual symptoms were not as bad, but there was still irritability, grinding teeth at night,

and locking of the jaw. She felt critical; wanted to withdraw and die; felt nothing would work out; felt the whole world was against her; angered over small things; had impulses to throw things; felt suspicious; and felt that death would be a relief. "At this time I feel insecure and childlike."

Her stomach was fine; there were no more pains or constipation.

He jaw pain occurred only before and during the menses.

She no longer felt she would be abandoned, neither did she fear to be alone. She was less nervous in general. She displayed more confidence overall and was less sensitive to criticism.

She had a craving for pure sugar and salt.(2)

She salivated on the pillow every night.(2)

She used to get a lot of throat and yeast infections.

She was sensitive to cold (2) and heat.

She still had to eat often, but there was no nausea if she went without food. It was a comfort to eat.

Her gums bled easily.(2)

She was thirsty for seven to eight cold drinks a day.

Analysis: The remedy had worked very well in certain areas, but the premenstrual symptoms were only slightly better.

Plan: I gave her *Mercurius* 30C every five days for a month.

In retrospect, I should have waited another month and then given a higher dose of *Pinus-c* to see if it could have cured this aspect of the case. Instead, I based this prescription on her feeling that everyone was against her, suspiciousness, violent impulses, salivation at night and sensitivity to heat and cold.

October 8, 1998. Seven weeks later

She had the flu and was very sensitive to the heat and cold (3); however the flu passed in two days.

This is very unusual for her, as it usually took her weeks to get over a cold. She felt better in general after this flu and thus stopped taking the *Mercurius*. That was two weeks earlier.

The premenstrual symptoms were a lot better this past month in general. She still felt a bit insecure, but the irritability was much better. She did not want to fight with anyone as she usually would have done.

She still craved salt.(2) Her gums still bled easily. There was no more salivation at night.

Analysis: It was too early to evaluate the effect of this prescription. I felt the reaction was good and told her to take one dose of a 30C *Mercurius* every two weeks for a month.

Summary given by the patient in September 2000,

over two years since starting the *Pinus contorta*:

"I was diagnosed with having an incipient ulcer and was put on medication for several months. I often felt nauseous, especially when I drank coffee or had any alcohol. My incipient ulcer would not go away. After taking the pine remedy for several months I almost immediately began feeling better. I now drink a cup of coffee a day and have an alcoholic beverage and feel perfectly fine. I never thought I would feel this way again. The pine remedy has also alleviated the feelings of despair and loneliness I had whenever I would be apart from my mate. The levels of anxiety would increase dramatically and I had a difficult time coping with the separation. Since I have been on the remedy those anxious feelings are almost completely gone and I've been able to cope with the separation a lot better. I also had a buzz and slight pain in my ear prior to getting on the pine remedy and since I have been on it, that too has disappeared. I have never felt better with regard to my overall health and I feel that I can attribute this largely to the remedy, which has drastically improved my physical and emotional well-being. This is truly how I feel the remedy has benefited me."

Case Five

Paulina (Elena)
44 year-old female
May 31, 1998

I saw Elena for the first time on October 1, 1997. Her husband had recently died, and she was grieving.(3) She could not believe he was gone. She cried every day about this (3), longing to see him again. She became nauseous when very emotionally upset. She felt nostalgic for the past, thinking about all the good things they did together.

She had mouth ulcers (2), which were painful, worse from salty foods. She also complained of a sensation as of open sores in her bowel.(1).

Elena couldn't fall asleep until 2 am; she had trouble relaxing at bedtime.(3) She thought of all the many things she had to do.(3) She was quite tired on waking.(2).

She was having headaches every day (2), unaffected by the sun. Her eyes were painfully sensitive to light.

She was sensitive to criticism (2) and averse to hurting other people's feelings. When stressed, she ate too much.(3) Average thirst. In general, she was sensitive to the cold.(2) She feared spiders.

At this point I thought that a dose of *Natrum muriaticum* was justified, but there was no confirmation for this remedy. Instead, I gave her a dose of *Ignatia 200C*. Two weeks later her mouth ulcers were much improved, but the feelings of grief had

not changed. She still had trouble falling asleep at night, but once she was asleep, she could sleep more deeply.

"There is still too much on my mind.(3) The headaches go up my spine into the back of my head and into the occiput. The pain is throbbing (2) and the pain extends into my ears.(1) My eyes are very sensitive to the light.(3) I feel tired and weepy, I just don't get enough sleep.(3)

"I use to have very bad symptoms before my menses,(3) such as crying easily, being nasty to others, feeling I could kill someone, and great irritability. I had painful pre-menstrual cramps.(2) I felt better when the menses would start. I was diagnosed with endometriosis; so I had a hysterectomy.

"I still feel nasty at times and ticked off at people.(2) I want to be left alone to cry. My feelings are hurt very easily.(3) I feel alone, and I have an aversion to infringe on other people. I find it difficult to be strong for my daughter."

Aversion to constriction about the throat.(2)

"As a teenager I was often jealous. I was jealous of my older sister. I felt my parents did not care enough for me.(2) My father died when I was nine years old. I was very aggressive with my younger brother; I would pound on him for the slightest reason.(2) I didn't feel important as a child. I got no attention from my mother.(2) This is what hurt me most."(2)

I gave her a dose of *Cenchrus contortrix*. It is listed for feelings of being forsaken, jealousy, worse from tight clothing and chilliness. A month later I saw her and there was no change in her symptoms. The grief was the same. She was having mouth ulcers again. The headaches were eighty percent better. There was some breast pain at times. She said, "I can't seem to accomplish anything;(3) nothing gets done. I eat too much."(2)

I then gave a dose of *Natrum muriaticum 30C*. A month later she was not sleeping well, with waking at 4:30 and subsequent sleeplessness.(2) She found it very difficult to get to sleep most nights.(2) She was still having mouth ulcers.

"In my first marriage my husband was an alcoholic. He would use me. There was some physical abuse; I put up with this for too long. I tend to give people the benefit of the doubt; I see the good in everyone."

She had gained more weight, nine more pounds. She was still getting headaches. She was averse to and aggravated by fatty foods.(2) She liked fresh air quite a bit.(2)

"I like consolation; I like to talk openly about things.(2) I feel hurt, alone and abandoned.(2)

I like the heat and have an aversion to the cold. I use to be very constipated,(3) with a dry hard and painful stool.(3) In the past I had ingrown toenails.”(2)

At the end of this visit I prescribed *Pulsatilla* 30C. She wept easily, she felt abandoned, liked consolation, liked the open air, had an aversion and aggravation from fatty foods. I was willing to overlook the fact that she was chilly and liked the heat. A week later her emotions felt better, but her constipation was a lot worse, her stool now like rocks.(2) Her abdomen had become tender.(2) Her appetite was a lot less. “I feel that I want to start life over again. I still cry every day. The muscles in my stomach feel as if they have stopped working.”(2)

I decided that the *Pulsatilla* was working in the correct direction; her emotions were improved. The *Pulsatilla* 30C was given a few more times.

In January of 1998 an itchy rash developed on her neck and hair line (2). She had canker sores on her tongue (2), which caused a pulsating pain. Her gums were painful and bled easily. The grief symptoms were a lot less. She still cried easily. “I want to be with other people more.” Her eyelids were dry, raw and sore, with smooth bumps on them. She had facial acne that was deep and painful (2); the acne lesions did not come to a head. She had to use the television to get to sleep, but the sleep was better overall. Constipation continued.(3) The nausea had abated. “I feel more positive in my attitude.” Her headaches had left. She was still quite sensitive to the cold.(2) Her hands were very dry (2), and she still had ingrown toe-nails.(2) She had had a root canal on one tooth and still had pain in that area.

Assessment: I felt that she seemed to be moving in the direction of needing *Silicea*. The constipation, chilly disposition, ingrown toenails, mild disposition and her tendency of having been a bit too yielding in the past were all symptoms that supported *Silicea*.

Plan: I gave her the 30C potency of *Silicea*.

Ten days later she reported that she had to use a cortisone ointment for the mouth sores, yet they kept appearing anyway! She was still weepy.(2) Her gums were bleeding easily. The itchy rash and dry eyelids remained. Her acne was less, although it became worse with the mouth ulcers. The constipation was a little better, but the ingrown toenails were worse. Her fingernails were breaking more now. “My emotions are not as good as when I was taking the *Pulsatilla*,” she stated. “I feel worse af-

ter an afternoon sleep.” She drank tea five or six times a day. She had jumpy legs at night. She was neutral with regard to salt ingestion. Sympathetic toward others.(2) She liked people to be fair.(2)

Assessment: This case was turning out to be quite frustrating for both of us. The remedies that I prescribed had had an effect, but they were more suppressive in their action than curative and appeared to result in merely a shifting of symptom emphasis and location. I clearly had yet to prescribe a deep-acting simillimum based on the totality of the symptoms.

Plan: I gave *Causticum* 30C a try.

Five weeks later she said that she had locked herself in her house and ate everything in the cupboard. The eczema had become severe; the itching was worse to the point that she was resorting to the application of cortisone. There was no change in the restless legs at night.

Plan: I gave her more *Causticum* 30C. In retrospect this was a mistake.

A few weeks later her emotions took a turn for the worse. “I feel rage (3); the rash has spread to my arms and legs; the itching is very intense.(3) My skin has vesicles with yellow heads. The feelings of grief are back.(2) I feel alone.(2) My mother leaves when I get angry.” She was very chilly.(3) She was staying awake until 1 am.

Assessment: Her suppressed anger had come to the surface. While this had some merit, an overall cure was not realized.

Plan: I gave her *Natrum muriaticum* 200c, then 1M; then a month later *Psorinum* 30C. Still no cure. I felt a despair about her case. She most likely sensed this and gave up on me for a while. Who could blame her?

About three years later she made another appointment. She was now taking antihistamines on a constant basis. She was allergic to wheat, yeast, caffeine and citrus, all underlined twice. I questioned her in detail about coffee. “I have always had an aversion to coffee, it makes me nervy and upsets my stomach.(2) I get nausea from it.(2)” The allergy symptoms included: sneezing (3), coryza (2), watery eyes, itchy ears (2) and cramping in the bowel. She still felt alone and abandoned.(2) She was involved with hospice care for people that were dying. Her teeth were sensitive to heat and cold.(2) “Either I have constipation (2) or diarrhea.(1) Mostly my stomach

is in a knot and I am constipated (2). I seem to pull away from people; I fear to get too attached and have another grief.(2)”

“I am full of nerves, always worried about something, like money issues or my parents. I grind my teeth in my sleep.(2) If I confront someone, then I feel nauseated.(2)” The rest of her symptoms were just as before. The eczema now covered her face and whole body; she scratched until she bled.(3).

Assessment: Finally, during this visit I was able to see the key symptoms for *Pinus contorta*; such as, feeling alone, an aggravation from bread and coffee, grinding of the teeth in her sleep, nausea from confrontation, knots in the stomach, inability to get to sleep because of having too many thoughts, and general allergy symptoms.

After one dose of *Pinus-c 30C* she was able to report, “I feel better.” This was the first time that a remedy had been able to give her a general feeling of wellness. The hay fever symptoms became much less. “I feel better emotionally, a lot more relaxed. I am sleeping now more deeply. I don’t have to get up to urinate now. I can turn off the television and fall asleep on my own now. The constipation is less. My skin is still very itchy all over; welts and rashes continue, but it was better for two days and then returned. I feel lighter and happier.”(2)

She then took the remedy as needed. In time she could eat bread again without causing bloating or itching. One by one all her symptoms improved and got better over the next year. Included in this list of cured symptoms: constipation, eczema, grief, hay fever, bleeding gums, overeating, depression, forsaken feeling, blurry vision, headaches, restless legs at night, resentment toward her mother, deep cystic acne which finally broke open on the surface and then got better. For a time she developed an urgency to urinate and asthma. Both got better after a short time from *Pinus contorta*.

December 2002.

She was still better. The eczema had been eliminated for over a year.

Case Six

LB

18 year-old female

Summary of the case:

May 6, 2005

This woman grew up with an alcoholic mother. She felt withdrawn from her boyfriend. “I can’t show him any affection; I don’t feel any passion toward him. I feel angry if people lie to me or if they

withdraw from me. Mother was withdrawn.” She became angry if people were late for meetings with her.(3) Jealous if mother is affectionate toward my sister (2). “I was not nurtured enough as a child; now I am afraid to get too close to people. I never want to let my heart get broken again. . . I can’t let my wrists touch each other; so I hide them... I don’t like the way I look.”

Facial acne.

Hot flushes before and during her menses.

Aggravation from coffee (2); it caused nausea and perspiration.(2) She craved tomato ketchup.

Tension of the jaw muscles (2). “I grind my teeth when I eat. I always feel tension, mental and physical.”

Analysis: This patient had become isolated. She protected herself from emotional pain, but the result was a feeling of being alone. She was also full of tension, and feared losing the relationship with her mother. Confirming *Pinus-c* was a strong aggravation from coffee and tension in the jaw muscles.

One week after Pinus contorta 30C:

“I feel more loving and affectionate toward others now, toward my boyfriend, friends and toward my mother.(2) I also have a better relationship with my sister; I never used to get along with her. I feel less afraid and less uptight when I get close to people.”

She said that she now liked herself better: “I don’t feel so fat now.” There was less overeating and less binge eating. Her jaw was not as tense. “I feel generally more relaxed and at ease.(2)” She was still grinding her teeth when eating.

Analysis: She improved in general after *Pinus-c*. She needed a repetition a month later. Subsequent to this she became very angry with her mother. In this situation she received *Lac humanum* and subsequently experienced a deeply curative reaction. Both *Pinus contorta* and *Lac humanum* are indicated for isolation and abandonment issues.

Case Seven

Mary S.

23 year-old female

Case Summary:

She clenched her teeth often with subsequent soreness of the jaw articulation.(2) All the muscles of the jaw joint were tight,(2) and her neck was tight and stiff.

She frequently suffered a generalized fatigue.(2) She experienced vertigo, better with her menses. She had nausea the day before her menses, worse

from the smell of food and perfumes.(2)
 She felt anxious when she had to teach a class.(2)
 She feared large groups of people.(2). Her anxiety could produce sleeplessness.(2).
 "I feel forsaken. Where do I belong?"
 She lived at home and could not find employment in her field, advertising design.
 Average thirst. Her joints cracked and felt sore.(2)
 She had to avoid coffee as it caused nausea and abdominal bloating.(2). Eczema behind the ears.
 "I always feel hungry and can eat a large amount of food." This patient was lean and appeared underweight.

Analysis: This patient displayed the key symptoms for *Pinus contorta*: tension and anxiety ; her jaw was tight and painful; she suffered a marked aggravation from coffee.

Plan: One dose of *Pinus contorta* 30C.

Eleven days later:

Sleep was more restful; therefore, she was able to get up in the morning more easily. Her general vitality in the daytime was better. Clenching of the jaw was significantly reduced, and her neck pain was also much improved.

"My mood is better; I feel less out of control and have less of an obsession for things to be perfect. I am more easy-going. My connection with other people is not as forced or as much of a struggle.

Analysis: Correct remedy.

Plan: *Pinus contorta* 30C if symptoms relapse.

Over the next few months this same remedy helped with her painful menses. She described this as: "Painful cramps of the uterus. I have to bend double, and then it feels as if my whole body goes into a cramp, worse if I have not eaten enough."

Six months after *Pinus-c*, she contracted a cold with hypoglycemia. She was also noticeably fastidious, restless and felt heat alternating with chills. For this I gave her *Arsenicum iodatum* 30C to which she responded very well within 24 hours. This remedy went on to help these chronic constitutional symptoms. The *Pinus-c* symptoms never relapsed.

The question of when to change a remedy is one of the most difficult decisions to make as a homeopath. In the above case the acute symptoms clearly indicated a new remedy, *Arsenicum iodatum*, and it not only helped the acute symptoms but went on to alleviate deeper chronic symptoms. The prescription therefore seems justified, but one still can't help

but wonder if another dose of the previous remedy at the same or higher potency would not have done more for the patient.

The Materia Medica of *Pinus contorta*

In order to prescribe *Pinus contorta* successfully, four important aspects of the patient's condition need to be present: loneliness, tension/anxiety, overcompensation, and allergy. The keynote are: tension of the jaw, aggravation from coffee, and photophobia.

Loneliness

Patients may have a history of abandonment, grief or admonition. They react by turning inward into isolation, but this is not a comfort. Instead, like *Pulsatilla*, they feel forsaken, are sad with weeping, and desire for consolation. Like *Psorinum*, they experience hopelessness and, like *Magnesia muriaticum*, a sense of not belonging and anxiety from conflict with others. The insecurity and fear of being alone is similar to that which is seen in *Arsenicum album*. The loneliness is combined with a lack of self esteem which makes it difficult to re-connect with others.

Tension/Anxiety

Perhaps more than any other symptom, *Pinus contorta* patients experience a fearful TENSION from being alone. Arising from this is a fear that in the future they will be alone, a feeling of being unsafe alone, a craving for the company of those who will give them security, a desperation not to be alone, a feeling that being alone is like being in chaos, a feeling that if left alone, something bad will happen. An anxious tension to connect to others can arise and/or a desperation to be PERFECT, to gain CONTROL over others in order to prevent further possibility of abandonment. They feel irritability toward others from being alone. Patients with tension in the upper back, neck and jaw together with grinding of the teeth, and/or a tension in the abdomen leading to constipation and/or tension in the head leading to headaches are open to the curative effects of *Pinus contorta*.

Overcompensation

There is often an over-reaction to the stress of life. Patients attempt to compensate too strongly to achieve perfection in association with others. Further, they cannot sleep as their thoughts are too active as a result of anxiety. Addictions to food and alcohol can also develop as an over-reaction to feelings of isolation.

In the later stages of a *Pinus contorta* susceptibility,

a desire to be alone, a more serious clinical depression, or a total despair and hopelessness may arise. These patients feel unloved, unwanted and useless. They can become convinced that people avoid them intentionally, then feel that they will never be perfect enough to be accepted by others or worthy of love. They can become jealous for attention, angry about and resentful of the relationships that other people have. They may get tired of trying to meet their goals and will consider discontinuing their efforts. At this stage they will reject others and will want to be alone.

Allergy

Just as there are emotional overcompensations, the body also experiences overcompensations in the form of allergies, such as hay fever, sinusitis and eczema. They are especially allergic to coffee and wheat.

Below are the physical characteristics of *Pinus contorta*:

Head

Headaches

Waking with pain and TENSION in the temporomandibular joint. Clenching of the jaw, grinding of teeth. Pain in the temporomandibular joint if the mouth is opened too wide or if there is too much chewing.

Eyes

Photophobia

Face

Acne

Oily skin

Tension, as if the jaws want to close

Mouth

Mouth dry; lips stick to the teeth.

Pain in the roots of the teeth when chewing.

Teeth

Grinding of the teeth at night.

Nose

Hay fever, itchy eyes, nasal congestion, sinus headache, dripping of mucus from the nose.

Ears

Pain in the ears. They feel congested, "stopped up," with a sense of the head being in a hollow tube or in an empty container.

Itchy ear canal

Acne behind the ears

Stomach and Abdomen

Arbitrary increase in appetite and at other times a decrease in appetite.

Cramps, tension of stomach muscles, pains

Constipation, gas, distension and nausea from drinking coffee or eating wheat

Increased thirst

Back and Extremities

Tension in the back and neck, especially on waking

Pain and stiffness in the joints

Hand feels hot and swollen.

Both arms feel heavy, as if something too heavy had been carried.

Knees feel cold.

Muscles feel tense, tight and spasmodic.

Chest

Heavy, as if compressed

Cough

Dry cough

Bladder

Urination more frequent

Loss of urine when coughing

Female

Painful menses

Skin

Itching and eczema. Itching worsened by drinking coffee.

Sleep and Dreams

Difficulty falling asleep due to worry and over-active thoughts

Waking frequently or at 3-3:30 am

Dreams that others are watching them and making fun of them, making patients feel very self-conscious and awkward

In other dreams they are being led around as if they were unsure of where to go.

Perspiration

Increased perspiration

General

Tired and sleepy in the afternoon

Feels in a fog with an inability to work past 4 pm.

Milk aggravates and causes congestion.

Coffee aggravates and causes nausea, stomachaches and a thick white coating on the tongue.

Eczema and headaches are often experienced. Patients may crave or have an aversion to the taste of coffee.

They feel too cold and chilly.(3) They might also be worse from heat while otherwise being chilly, or, later in life, they might become worse from warmth.

Comparison of *Pinus contorta* with other remedies

Silicea

Both *Pinus-c* and *Silicea* can be too yielding, timid, experience frequent infections, constipation, chilliness and can be worse from heat. *Silicea*, though, is not so afraid to be alone. *Silicea* patients perspire more easily than patients who need *Pinus-c*.

Pulsatilla

Both *Pulsatilla* and *Pinus-c* will often have experienced some type of abandonment. They lament, "Will I always be alone? Who can I find to fill my needs?" As life goes on and they continue their lonely existence, they can become depressed, hopeless, and overcome by grief, and they yearn for the 'right' relationship. People needing either of these remedies often feel powerless to find such a relationship and, in general, they are not very powerful people. Rather, both *Pulsatilla* and *Pinus-c* patients are mild, insecure, timid, acquiescent, ineffectual, and they feel less important than others. In *Pinus contorta* the feeling of isolation, of not belonging, and loneliness can lead them to become addicted to food or alcohol. Both *Pulsatilla* and *Pinus-c* can manipulate others to attract security and sympathy and get attention. Although those who need *Pinus-c* try to manipulate others, they are generally less successful and they are not able to elicit sympathy from others as easily as *Pulsatilla* patients.

Arsenicum album

Arsenicum and *Pinus contorta* both have the following characteristic symptoms in common: a basic insecurity and a desire to control their environment. Both are also hyper-aware, on-guard, fearful of the future and insecure when alone, which results in a desire for company. Both may create friendships for security and, in this sense, to outward appearances, they might appear to be 'normal.' *Arsenicum* is more

fastidious and more restless than *Pinus-c*.

Magnesia carbonica

Magnesia carbonica, and other *Magnesias* (e.g., *Magnesia sulphurica*, *Magnesia muriatica*, *Magnesia phosphorica*, etc.) have certain symptoms in common with *Pinus contorta*, principle among them is a great difficulty to confront others as they hope to avoid further abandonment. In the *Pinus-c* patient interpersonal conflict can lead to nausea, stomachache, or crying. In the *Magnesia* patient there is a general fear of confrontation. Both remedies are extremely sensitive to admonition, as is seen in *Carcinosin* and *Natrum muriaticum*. Both *Magnesia* and *Pinus-c* are yielding and unable to stand up for themselves. They fear that they will not be loved or that they will be left alone too frequently. They both have an anxiety about the future, feel very responsible for everyone, and want to be in control, yet they end up being followers. Both remedies easily sense the tension between people and both feel dependent upon others. *Magnesia* patients are more tired on waking than *Pinus-c* patients.

Themes common to tree remedies include: a sense of being alone and isolated, as if there is a barrier between themselves and others, a feeling of not being well connected to life or to the people around them; a relatively weak identity; an inordinate need to be included by others or to be recognized by others; overeating or eating to feel emotionally nourished; and a general feeling of sadness and depression.

Carcinosin

Carcinosin and *Pinus contorta* patients are both mild, yielding, sensitive to admonition and desire to be perfect. *Pinus-c* is not especially sympathetic or as fastidious as *Carcinosin* is. Also, *Carcinosin* is more yielding than *Pinus contorta*.

Lac humanum

Pinus contorta and *Lac humanum* are similar to each other in the following ways: both feel separation anxiety with regard to loved ones; then they become "clingy" and try to control their caregivers. Both fear to be alone and they fear abandonment. For the *Lac humanum* sensibility, it is a terror to be without the caregiver; for *Pinus contorta* it is more of a feeling of being forsaken. Both can experience the anger resulting from a feeling of having been abandoned. *Lac humanum* patients, who often cannot bear to have their mother out of their sight, are usually more isolated and selfish than *Pinus contorta* patients. They fear that any little stress will overwhelm and kill them. *Pinus contorta* individuals are not so fragile and, to most outsiders, they seem to be quite functional.

Coffea

Coffea and *Pinus contorta* are both susceptible to

too many thoughts at night leading to sleeplessness. In *Coffea* patients this is due to excitement, while in the *Pinus-c* patient it is brought on from excessive worry.

Tuberculinum

Both *Pinus-c* and *Tuberculinum* patients share the following symptoms: grinding of the teeth in sleep, frequent colds and a discontentment with life.

Comparison With Other Tree Remedies

Trees are composed of the same chemical elements; such as, cellulose, chlorophyll, and similar resins; thus it is not surprising that some of the symptoms in various tree remedies will also be similar.

Themes common to tree remedies include: a sense of being alone and isolated, as if there is a barrier between themselves and others, a feeling of not being well connected to life or to the people around them; a relatively weak identity; an inordinate need to be included by others or to be recognized by others; overeating or eating to feel emotionally nourished; and a general feeling of sadness and depression. Each tree remedy deals with these issues in its own unique way.

Patients who need *Thuja*, the Eastern Cedar, often have a strong feeling of being isolated and, fundamentally, not being recognized for being themselves. In order to establish a connection and gain a sense of recognition, as in winning the attention and love of their parents, they feel a need to change themselves. Thus they adopt a false persona; the falseness eventuates in a feeling of being trapped in a life that is not congruent with their true inner self. In trying to please others, to feel that they are a part of life, they lose themselves. Deep inside, *Thuja* patients feel that no one knows who they really are.

Taxus brevifolia, the Yew tree, patients also feel alone, but theirs is the feeling of being like children who have been shut out of the house, with wild animals all around that will chase them through the forest. They try anything to gain access to the house again, but they lack the intelligence and sophistication to be successful; they are too innocent. They are afraid of everyone, and they suffer from anxiety and a fear of trying new things. *Taxus-b* patients will try to do the right, the correct thing to recover the connection they once had with others. They fear abuse and the possibility of being shut out.

Pseudotsuga menziesii, the Douglas fir tree, patients also feel alone. They sense that they cannot join group activities, and this feeling of exclusion leads to feelings of anger and grief. They do not feel welcomed by others. If they do find friendship, they nevertheless soon feel betrayed and become resent-

ful and isolated. They might prefer to stay at home and overeat to try to fill the emotional void. They appear to be the most bitter, hateful and resentful of the tree-remedy patients.

Arbutus menziesii, the Madrona tree, patients feel alone and isolated as well, but primarily as a result of their confused mental state. They are stuck in a deep mental confusion; they might even feel that they are outside their body, dissociated. And they lack the ambition and capability that would enable them to re-discover relationships with others. They prefer to stay at home to do mindless things. In this way they become physically very isolated. They can feel so cut off from life that the world seems difficult to relate to and "unreal." They can become very depressed and averse to performing even simplest domestic chores. *Arbutus* is not a conifer as are the other tree remedies listed; it lacks the conifer's characteristic eating disorder and need to be recognized. Generally the *Arbutus* character is weak and depressed, but once the remedy is taken and it begins to do its work, these patients' thoughts become clearer and their strong character can once again express itself.

Sequoia sempervirens has some of the following key symptoms: grief - she feels her heart is broken, with shooting pains in the heart region; feels unappreciated; sympathetic; a desire to be alone; voracious appetite, like other conifers; feels old and fragile; wandering pains, worse from continued motion. Also, blurry vision, sinusitis, constipation during menses, asthmatic respiration; stiff jaws, like *Pinus contorta*. The proving was performed by Kate Birch and Jennifer Rockwell in 1994.

Pinus contorta patients, as previously noted, also feel alone, but their efforts to form relationships are often successful and, consequently, other people think that they are coping quite well. They try so hard to be perfect, but all that effort only seems to create a bodily anxiety, a state of great tension. They are also timid, and so they never feel powerful or assertive.

Repertory Additions for *Pinus contorta*

Totality of Symptoms. Not all are confirmed by cured cases.

GENERALS, AIR, open air, desire for
 GENERALS, COLD, heat and cold aggravate
 GENERALS, FOOD and DRINKS, sweets, aggravate
 GENERALS, FOOD and DRINKS, stimulants, desire
 GENERALS, FOOD and DRINKS, spices, desire
 GENERALS, FOOD and DRINKS, salt, desire
 GENERALS, FOOD and DRINKS, rich food, desire for
 GENERALS, FOOD and DRINKS, milk, aversion

GENERALS, FOOD and DRINKS, milk, aggravates
 GENERALS, FOOD and DRINKS, lentils, aggravate
 GENERALS, FOOD and DRINKS, fish, aversion
 GENERALS, FOOD and DRINKS, fat, aggravates
 GENERALS, FOOD and DRINKS, cold drinks, cold
 water, desire
 GENERALS, FOOD and DRINKS, coffee, aggravates
 (3)
 GENERALS, FOOD and DRINKS, bread, desire
 GENERALS, FOOD and DRINKS, bread, aggravates
 GENERALS, FOOD and DRINKS, beans, aggravate
 GENERALS, FOOD and DRINKS, alcoholic drinks,
 desire
 GENERALS, INJURIES
 GENERALS, MENSES, before
 GENERALS, TOBACCO, desire for tobacco
 GENERALS, WEAKNESS
 SKIN, ITCHING
 PERSPIRATION, PERSPIRATION in general
 PERSPIRATION, EATING, after, oily foods
 DREAMS, Insecure, he is
 DREAMS, Ridiculed
 SLEEP, SLEEPINESS, daytime
 SLEEP, SLEEPLESSNESS, night, midnight, before
 SLEEP, SLEEPLESSNESS, thoughts, activity of thoughts;
 from
 SLEEP, UNREFRESHING
 SLEEP, WAKING, frequent
 SLEEP, WAKING, night, midnight, after, 3 h
 SLEEP, WAKING, night, midnight, after, 4 h
 SLEEP, YAWNING
 EXTREMITIES, COLDNESS, Hands
 EXTREMITIES, COLDNESS, Knee
 EXTREMITIES, SWELLING, Hand
 EXTREMITIES, STIFFNESS, Fingers
 EXTREMITIES, STIFFNESS, Shoulder
 EXTREMITIES, PAIN, Fingers, Joints
 EXTREMITIES, PAIN, Shoulder
 EXTREMITIES, PAIN, Upper limbs
 EXTREMITIES, NUMBNESS, Lower limbs
 EXTREMITIES, NUMBNESS, Hand
 EXTREMITIES, ITCHING, Lower limbs
 EXTREMITIES, ITCHING, Hand
 EXTREMITIES, HEAVINESS, Shoulder
 EXTREMITIES, HEAVINESS, Upper limbs
 EXTREMITIES, HEAT, Hand
 BACK, TENSION
 BACK, TENSION, Cervical region
 BACK, STRAINING, easily
 BACK, SPASMODIC; drawing, cervical region
 BACK, PAIN
 BACK, PAIN, Lumbar region
 BACK, PAIN, warm, applications, ameliorate
 BACK, ERUPTIONS
 CHEST, PALPITATION of heart, coffee, after
 CHEST, PALPITATION of heart

CHEST, PAIN, Mammae, menses, before
 CHEST, OPPRESSION
 CHEST, ERUPTIONS
 CHEST, CONSTRICTION
 COUGH, DRY
 RESPIRATION, DIFFICULT
 FEMALE GENITALIA/SEX, MENSES, protracted
 FEMALE GENITALIA/SEX, MENSES, painful
 FEMALE GENITALIA/SEX, MENSES, brown
 FEMALE GENITALIA/SEX, LEUKORRHEA
 KIDNEYS, PAIN
 BLADDER, URINATION, involuntary, cough, during
 BLADDER, URINATION, frequent
 BLADDER, URGING to urinate, frequent
 BLADDER, URGING to urinate
 RECTUM, HEMORRHOIDS
 RECTUM, DIARRHEA, coffee, after
 RECTUM, CONSTIPATION
 ABDOMEN, RUMBLING
 ABDOMEN, FLATULENCE
 ABDOMEN, DISTENSION
 STOMACH, ULCERS, Duodenal
 STOMACH, ULCERS
 STOMACH, THIRST
 STOMACH, PAIN, cramping
 STOMACH, PAIN, coffee, after
 STOMACH, PAIN, bending, double, amel.
 STOMACH, PAIN
 STOMACH, NAUSEA, food, smell of, coffee
 STOMACH, NAUSEA, coffee, after
 STOMACH, NAUSEA, bread; after
 STOMACH, NAUSEA
 STOMACH, APPETITE, increased, alternating with
 loss of appetite
 STOMACH, APPETITE, increased
 STOMACH, APPETITE, diminished
 THROAT, SWELLING
 TEETH, PAIN, roots, in
 TEETH, GRINDING, sleep, during
 TEETH, CLENCHING teeth together, desire to clench
 teeth together; constant
 MOUTH, TASTE, sweetish, sweets taste too sweet
 MOUTH, SALIVATION
 MOUTH, DRYNESS
 MOUTH, BLEEDING- Gums
 MOUTH, APHTHAE
 FACE, TENSION of skin, Masseter muscles
 FACE, STIFFNESS, Masseter muscles
 FACE, STIFFNESS, Jaws, lower
 FACE, STICKING together; lips
 FACE, PAIN, Jaw, articulation
 FACE, ERUPTIONS, acne
 FACE, DRYNESS, Lips
 FACE, DISCOLORATION, bluish, Eyes
 NOSE, HAYFEVER
 NOSE, DISCHARGE, thick

NOSE, DISCHARGE, dripping
NOSE, CATARRH
EAR, PAIN, pressing
EAR, PAIN
EAR, NOISES in, reverberating
EAR, ITCHING, Meatus
EYE, PAIN, Eyes-around the eyes
EYE, PAIN, light
EYE, PAIN
EYE, Photophobia
EYE, ITCHING
HEAD, PAIN, pressing, Vertex
HEAD, PAIN, Occiput
HEAD, PAIN, Forehead, in
HEAD, PAIN, meat, after
HEAD, PAIN, light, general; from light in eyes
HEAD, PAIN, coffee, from
HEAD, PAIN, catarrhal
HEAD, NUMBNESS; sensation of
HEAD, ITCHING of scalp
HEAD, HEAVINESS
HEAD, ERUPTIONS, pimples
VERTIGO, VERTIGO
MIND, YIELDING disposition
MIND, WEEPING
MIND, UNREAL, everything seems
MIND, THOUGHTS, rapid, quick
MIND, THOUGHTS, disconnected
MIND, TENSION, mental
MIND, SENSITIVE, opinion of others; to the
MIND, SENSITIVE, noise, to
MIND, SADNESS
MIND, RESTLESSNESS
MIND, REPROACHES, himself
MIND, QUIET; wants to be
MIND, PLEASING, desire to please others
MIND, LAMENTING

MIND, JEALOUSY
MIND, IRRITABILITY
MIND, INSECURITY; mental
MIND, HURRY, haste
MIND, GRIEF
MIND, FORSAKEN feeling
MIND, FEAR, narrow place, in
MIND, FEAR, insanity
MIND, FEAR, high places, of
MIND, FEAR, alone, of being
MIND, FASTIDIOUS
MIND, DWELLS, past disagreeable occurrences, on
MIND, DISCONTENTED
MIND, DESPAIR
MIND, DELUSIONS, rejected, by others
MIND, DELUSIONS, looked down upon; she is
MIND, DELUSIONS, judged
MIND, DELUSIONS, floating, air, in
MIND, DELUSIONS, criticized, she is
MIND, DELUSIONS, barrier between self and others
MIND, CRAVING, stimulants for
MIND, CONSOLATION, amel.
MIND, CONSCIENTIOUS about trifles
MIND, CONFIDENCE, want of self-confidence
MIND, CONCENTRATION, difficult
MIND, COMPANY, desire for
MIND, COMPANY, aversion to
MIND, BITING, nails
MIND, ANXIETY, alone; when
MIND, ANTICIPATION, stage fright
MIND, ANGER, neglected, from being:
MIND, AILMENTS FROM, anger, suppressed

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