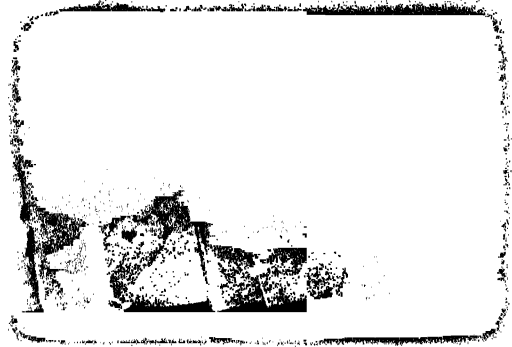


Limestone

George Guess, MD, DHT

Abstract: A case of a twelve year-old boy with ADD favorably treated with *Limestone* is presented. The proving of *Limestone* is reviewed and apparent essential characteristics extracted, among them: delusions, difficult concentration, dullness, forgetfulness, repeating phrases, poor self confidence, low self-esteem, loneliness, sadness and cannot cry, exhausted, fearful and anxious, sympathetic or unsympathetic (which could merely be a façade of callousness to protect oneself), mentally overstimulated.

Keywords: Limestone, a review of the proving; Limestone, materia medica; ADHD and Limestone, Lap-c-b.



A Case of Attention Deficit Disorder

August 2001

12 year-old boy previously diagnosed with Attention Deficit and Hyperactivity Disorder, though he struck me as suffering solely from ADD.

His mother reported the following characteristics:

He had a strong tendency to repeat what he heard.

He was also *loud* and *loquacious*.

His *speech was slow to develop* until age 5.

[He seemed rather slow mentally during the interview – slow to respond and having difficulty comprehending questions.]

Poor comprehension when reading. Trouble focusing. He was competitive, trying to beat others, to the head of the line for example.

He stammered when excited, and his speech could be irrelevant at times.

He was affectionate, caring, considerate, and independent. His feelings could be easily hurt.

He was **fastidious**, becoming upset over a dirty spot on his clothes, changing his clothing frequently, and brushing teeth four times a day. He refused to share his food.

He was *methodical*, and not shy to tell his teacher if she said something wrong.

He was also very gregarious.

He feared dogs and stinging insects.

He suffered from alopecia aerata, and had a congenital hemangioma.

His growth and development had been normal.

His mother said that he wouldn't stop speaking until he got out what he wanted to say, repeating himself over and over.

There was some grimacing when he was excited.

He could be too confident and was quite assertive.

He snapped his fingers repetitively.

He craved vegetables, fruit, ice cream, and sweets; he was averse to milk and eggs.

Thirsty.

Prescription: *Lap-c-b (Limestone)* 200C, one dose.

The rubric "Mind; TALK, talking, talks; General; repetition of same phrases" (coff-t., euph., germ., kreos., lach., lap-c-b., plat.) first suggested *Limestone* as a possible remedy for this case. Of course, repetitive speech also suggests *Zincum* strongly.

Correspondences between this case and the proving of *Limestone* were: repetition of same phrases, poor concentration, slowness, poor comprehension, talkative, confident, sensitive feelings. Additionally, this case displayed the methodical nature of *Calcarea carbonica* (limestone is fifty percent calcium

carbonate by weight), as well as Calcareia's fear of dogs and insects, and alopecia.

September 2001

He was repeating what he heard less often, and his speech seemed more to the point. He was still talkative. Comprehension seemed improved. He clenched his hands. He was still quite tidy. The alopecia seemed to be clearing up. The school reported that he was improving - he knew the subject matter and his grades were alright; there was still a problem with attention though.

Plan: Wait.

October 2001

His focus was good. His teacher said he was much better - "on target!" He showed affection toward his teacher, which was unusual for him. He was behaving well - "beautifully" - at home. There was less hand clenching. His speech was appropriate, relevant. He was still fastidious and methodical. His hair was growing in. The fear of dogs was diminished. There was but a rare grimace with excitement now. He still repeated what he'd heard, but much less.

Plan: Wait.

December 2001

He had been doing well. He was loud when excited, trying to make his point, to be heard. He was excitable and talkative. He was now on the honor roll, which represented a vast improvement in his school performance. His teacher still was commenting that he was better, more mature.

Speech was relevant, with markedly decreased repetition. There were no clenched hands, no fear of the dark; he was only slightly wary of dogs and now would feed them.

He was still socially outgoing and tidy. He had no alopecia now. He might grimace and his hands might shake when excited. There was no restlessness.

Plan: Wait.

March 2002

He was fidgety in church. Episodically he repeated phrases to himself in a whisper. There was no stammering. His comprehension needed a little improving, although he was still an honor roll student. He remained talkative, loud, and excitable. He preferred to wear matching clothing and was still fastidious. There was but a mild grimace with excitement. The fear of dogs had resurfaced. His hair remained normal.

Prescription: *Lap-c-b* 200C, one dose.

May 2002

He was performing extremely well in school. His memory and comprehension were good again. He was still loud and excitable, but no longer whispered repetitively to himself, nor grimaced with excitement. He remained orderly, preferring a clean room and matching clothes. Socially he seemed well-adjusted. He was now playing with his sister's dog.

Plan: Wait.

He remained well, much as described in the last consultation, for over a year; then was lost to follow-up subsequent to moving.

To familiarize the reader with the symptoms of *Limestone (Lap-c-b)*, I have taken the liberty, below, of providing my own review of Nuala Eising's proving of the remedy. The group headings are mine, derived from the impressions I received while studying the proving.

PROVING of LIMESTONE (*Lap-c-b*; N Eising) (1)

About *Limestone*: "Limestone is a sedimentary rock composed more than fifty percent by weight of calcium carbonate. Calcite is the dominant mineral, although aragonite and dolomite are also present. Approximately twenty percent of all sedimentary rocks are limestones. Limestones are composed of a mixture of grains of calcium carbonate, clear crystalline calcite, and carbonate mud. Lime-secreting organisms, the major source of these components, produce carbonate sediment (both mud and coarser particles) and sedimentary structures." (1)

Delusions (slim, tall, expanding, time slow, disembodied, light, unreal) with confusion; fear insanity

Delusion very tall and slim.

Headache, then upper right side of body felt as if expanding, enlarging.

Disembodied, disconnected, awkward.

Things seem a bit unreal - a pleasant state.

Delusion his body is thin and extremities are very large.

Desire for silence; heavy, large leg sensation.

Delusion of dark presences around her. Delusion of dancers, black shiny dogs on closing the eyes.

Feels light - need to ground self; head feels expanded during great effort to concentrate; also fragile and sad.

Unpleasant memories trigger a sense of head expansion.

Easily confused - suddenly somewhere else: "Won-

derland." Nothing matters – all seems irrelevant. It's hard to tell the difference between reality and fantasy.

Sensation as of air bubbles under the skin.
Feeling as if one is part of the stones outside, that one would be absorbed into the landscape.

The remedy induced a state of ease, and comfort – relaxation.

Low sense of worth; self critical

Inferior, put down feeling. Heavy self blame. Self critical – not good enough. Low self worth; can't fulfill one's responsibilities. Feeling as if her voice won't come out.

Lonely, Distant, Sadness – can't cry.

Lonely.
Feels put upon. Wants to be alone; dissatisfied. Wants to sleep.
Sad, but can't cry.
Cries because she distances herself from her family; wants to be alone.
Lonely and a failure.
Images of sad slaves to be shipped to America: causes great sadness; again, can't cry.
Irritable, angry, sad; wants to cry but can't.
Easily dominated (by someone talking); feels guilty that can't connect with others.
Averse to being disturbed. Sad and lost feeling.
Distancing self, as from mother – didn't visit her as often.

Irritable. Sensitive to noise

Irritable. Wants to sleep; be left alone to sleep.
Annoyed, resentful. Disappointed; wants to be heard.
Desires quiet (a number of proverbs).
Angry, trapped feeling, better with the children gone.
Sensitive to noise – irritable from noise.

Poor concentration, dullness, time moves slowly, forgetful, spaced out

Difficult concentration, spacey – as if stoned; feeling used, annoyed. Having to think is a burden.
Distant; things seem unreal, dissipating, time moves slowly. Feeling distant.
Difficult concentration during conversation – drifts off.
A veil over the eyes – can't see clearly; confused, anxiety in the chest.
Bad memory – can only relate to the present, from one moment of reality to the next.
Strikes others as spaced out, in own world; thus obnoxious.

Forgetful.

Exhausted, burdened, fragile

Burdened; e.g., with the task of watering plants; wants to curl up.
Exhausted, haggard, sunken around eyes. Fatigue – eyes sunk in head. Even tending to her hair is too much. Low energy, light in body; no energy for anything. Time passes slowly.
Fragile – little energy for physical or mental work. Feels old, fat, fragile. Feels fatter.
Dizzy, cross-eyed, distracted, sleepy; insecure/unsafe. Feels old; less attachment; less concerned with people.
Conversation is an effort; the talk of others is too much.

Fears, anxiety, paranoid

Anxiety at twilight. Fearful to leave room, to change scene; fine once did so. Feels alright when driving in car.
Nervous, panicky – fear to drive, jumpy.
Fear something will happen.
Delusion of dark presences around her. Delusion of dancers, black shiny dogs on closing the eyes.
Fear of accidents, of poisoning someone.
Anxious; time seems eternal; can't relate to life, to one's past memories; anxiety as if she should be doing something different; strong urge to go to the sea. Better when driving; it's effortless.
Paranoid, insecure about boyfriend (was he having affairs?); feels she has enemies – frightening.
Scared with urge to scream at any unusual happening. Feels, fears that she is going insane.
Easily frightened: of noise, fire alarm, being attacked.

Sensitive, sympathetic and unprotected; aware of sadness in world/Unsympathetic

Clairvoyance – thinking of things before they happen.
Sensitive to other's misery. Emotional.
Oversensitive to everything – has no protection. Distances self because it's all too much. Sympathetic. When it's too much, she laughs, jokes as a protection, to release the tension. This habit caused others to view her as cynical, untrustworthy, callous.
Feels caged in self. Either sympathetic or dismissive and unsympathetic.
Feels sadness of the world, and wants to be alone.
Averse to anything harsh, loud, sudden. Sensitive to noise.
Sensitive to weather: sad, depressed in cloudy, rainy weather; exhilarated on sunny days.

**Mentally overstimulated, talkative, silly
(?manic-depression)**

Wordy, confident, talkative about self, feeling vital
– burning too brightly; followed by depression,
sadness, loneliness; sorry for self, cranky, feeling
ignored.

Hysterical giggling (again as escape, when feels like
crying).

Talking too much.

Mind flying, jesting; then fears insanity.

Everything looks clear. Sees clearly.

Other

Obsessing about lines in a poem – they go around
and around in head.

Intolerant of alcohol; easily distracted.

Attraction to water.

Charged sexually.

Desires sweets – voracious.

Better driving, better at the sea.

HEAD: tension, dull, full, pressure headache, feels
expanded. Hair turns grey.

EYES: tension, sticky, watery, sunken, strain, dry.

VISION: veiled, dim.

EARS: ringing, blocked, deaf (as from water), yellow,
thick discharge.

NOSE: urge to pick it; harder mucus, with orange
tinge; itching, discharge, sneezing.

FACE: pale, hot feeling, itchy.

MOUTH: aching of teeth; sweet taste in back of
mouth; back of tongue feels swollen.

THROAT: dry, sore; sweet, sticky mucus – hard to
clear.

EXTERNAL THROAT: stiff, tense neck.

STOMACH: sick with anxiety. Low appetite, queasy.

Desires: sweets, meat (duck or goose), starchy, butter,
hot, milky drinks.

Desires cold food; however if it's too cold, it almost
burns.

Burning, better belching. Sick feeling, better eating.

ABDOMEN: flatulence; distended; gurgling; as if hot
rocks in.

RECTUM/STOOL: diarrhea, slight constipation, flatus,
itching/burning.

URINARY: fullness with scanty urine.

FEMALE: very sexual; menstrual pains.

LARYNX: lost voice.

COUGHS: cough worse laughing; with vomiting;
expectoration difficult; tickling worse lying, on
waking; dry, from tickle in the throat, as of crumbs,
at 7 am.

BACK: stiff; chilly down the back; ache, cracking,
tired; pain in the morning better moving.

EXTREMITIES: heavy, itchy; calf cramps; drops things
– tired; heavy joints, stiff.

SLEEP: on right side.

PERSPIRATION: sweaty, hot.

SKIN: itchy, dry; burning, itchy patches.

GENERAL: tired, cold.

As an exercise, let's contract the prominent men-
tal symptoms further.

Distillation of Central Themes**Delusions (slim, tall, expanding, time slow,
disembodied, light, unreal) with confusion;
fear insanity**

Feeling of expansion: of body, right side, head,
extremities: noted especially during effort to
concentrate (with sadness) or from unpleasant
memories.

Dissociation, confusion; can make one feel unreal,
as if time moves slowly; also delusion of thinness
and tallness. Feels "would be absorbed into stones
in landscape." Senses dark presences (paranoid),
black dogs, dancers. Ungrounded.

Low sense of worth, self critical

Inferior, put down feeling. Heavy self blame. Self
critical – not good enough.

Lonely, distant, sadness yet can't cry

Lonely; but has a sense of being burdened; dullness,
sensitivity and irritability can make them want
to be alone; sad – sad that is distant (from family,
mother – estranged); sad and can't cry. Can't con-
nect with others.

**Poor concentration, dullness, time passes
slowly, forgetful, spaced out**

Dull, spacey, poor concentration and memory
– with stoned, unreal feelings and a sense that
time passes slowly (and possibly delusions); feels
distant; can't see clearly; can't maintain a conver-
sation. The dullness and distance can make him
seem unfriendly and obnoxious. Repeats same
thing over and over. (Interestingly, I was unable to
find a reference to this symptom in the proving, as
it appeared in "ReferenceWorks;" perhaps it had
been inadvertently deleted from that version.)

Exhausted, burdened, fragile

Exhausted, fragile, old feeling; fatigue – "it's all too
much, too burdened." Can feel as if time is mov-
ing slowly in this state; with indifference; aversion
to conversation.

Fears, anxiety, paranoid, fear insane

Fear: at twilight, to leave room, to drive, that some-
thing will happen, of an accident, of poisoning
someone, that he should be doing something
different, of going insane (due to delusions, flying
mind, sense of unreality), of enemies he feels he
has, of noise, of being attacked, of fire alarms, of

her boyfriend leaving her. Fear/anxiety ameliorated when driving in a car, and being by the sea.

Sensitive, sympathetic – unprotected; aware of sadness in world/unsympathetic

Sympathy/sensitivity can cause them to put up walls – of humor, jest, or to just outright distance oneself from others. They might appear callous, or be actually unsympathetic (possibly for protection). Can be clairvoyant.

Mentally overstimulated, talkative, silly (?manic-depression)

Alternating moods of confidence, loquacity, silliness, rapid thoughts, jesting, clarity and sadness, dullness, loneliness. Hints of manic-depression are apparent in the proving.

Finally, if the reader will indulge me (and with apologies to Ms. Eising), I should like to attempt to synthesize a full image of this remedy, as revealed in the proving. This effort is, of course, only an exercise, but I offer it in the hope that it might prove, at least partially, of some accuracy and utility.

Synthesis of Image of Limestone

Exhausted, fragile, old, burdened, indifferent. Dull, spacey, forgetful *with feelings of being stoned, unreal, slow, distant, possibly coupled with delusions* – of parts expanding, being thin or tall, being absorbed into the landscape (like a stone)/dissociated states. These sensations *may be associated with/or lead to feelings of low self worth and inferiority; sadness and loneliness, with a distant feel.* Moods might alternate: a silly, jesting, mentally hyperactive, talkative side, *possibly associated with fear and anxiety (twilight, driving, leaving a room, insanity [delusions, spacey], enemies/attacked, something will happen, accidents, poisoning) which driving helps (and being at the sea), alternating with sadness, dullness, isolation, etc.* The above scenario is liable to play out in an individual who is a sensitive (clairvoyant) and a sympathetic person, possibly so much so that he feels vulnerable and puts up walls or hides his vulnerability behind humor/jests; this trait might cause him to appear callous when he, in fact, really cares. The sex drive tends to be strong.

From the above one can ascertain similarities to *Cannabis indica, Calcarea carbonica, Zincum* (repeating), *Nux moschata, Phosphorus, Hydrogen, Alumina*, etc. The remedy might prove to have these distinctive features merged with some of its parent compound, calcium carbonate, as in the case above.

- 1) Eising, Nuala. "The Proving of Granite, Marble and Limestone." A proving of Limestone conducted by Nuala Eising, The Burren School of Homeopathy, Ireland. 1997. ReferenceWorks 3.1.1.4. [2003].

About the Author: George Guess, MD, DHT, practices homeopathy in Charlottesville, Virginia. His is editor of the "American Journal of Homeopathic Medicine" and Vice-President of the American Board of Homeotherapeutics.

AJHM