

Placenta Humanum

(Welsh)



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*This work is dedicated to those who have travelled
the road before us and those who are yet to come.....*

— * —

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On Children.

*And a woman who held a babe against her bosom said,
Speak to us of children.
And he said;*

*Your children, are not your children.
They are the sons and the daughters of life's longing for itself.
They come through you, but they are not from you,
And though they are with you, yet they belong not to you.
You may give them your love but not your thoughts,
For they have their own thoughts.
You can house their body but not their souls,
For their souls dwell in a house of tomorrow,
Which you can not visit , not even in your dreams.
You can strive to be like them but seek not to make them like you.
For life goes not backward nor tarries with yesterday.
You are the bows from which your children as living arrows are sent forth.*

From 'The Prophet' by Kahlil Gibran.

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Why Placenta?

Although the proving of Placenta has been a joint effort we both had different reasons for wanting to prove it in the first place.

Kathy:

I first had the idea in 1993 at the Soluna School during a lecture by John Morgan. In the lecture I, for some reason, asked if Placenta had been proved and was really amazed when he said 'no'. The first seeds of intention were planted then. The idea re-emerged during a lecture at the Welsh School and, after recognising a mutual attraction to Placenta, Linda and I resolved to carry out a proving!

Several weeks later on a wet and windy night in October we set off on a long trek to Helios Pharmacy clutching our notebooks, vague directions around Tunbridge Wells and a specimen bottle, containing Placenta.

Although we didn't know it then, that journey was the start of a much bigger journey – ours, the provers, the supervisors and Placenta's.

Linda:

My journey with Placenta started ten years ago when I attended my first birth as a homoeopath. It was then that it struck me what an amazing and undervalued organ it was. The third stage of labour is very often overlooked as something that 'just has to be gone through' - the quicker it's over the better, so that everything can be tidied away. It is rare for a mother to show any great interest in it, neither for the midwife, except to check that it is intact. All too often it then gets bundled into a bin liner to be disposed of. It was when I thought about the physiological function of this organ and the fact that this is a source from which we have all come from, that I began to realise its potential importance as a homoeopathic remedy.

My interest was taken further when, quite by chance, I met a homoeopath from America who used to work as a midwife where I now work. It quickly became apparent that she had 'set the scene' for the work that I do now and she too had an interest in Placenta as a remedy!

Then, finally, it was on talking to Kathy one day in college that all the thoughts and feelings began to take on a practical aspect and the main part of the journey began - - - -

What we want to do in this short book is tell you about that journey and hope that, by reading our story, you will absorb and feel Placenta.

Front cover – Aboriginal bark painting depicting the ancient Earth Mother giving birth to spirit babies.

The mother's health.

To me, it was important that the woman whose Placenta we used should be 'healthy' with as little mental, physical or emotional pathology as possible. I found this woman in one of my patients.

Her previous medical history had been good. She is basically extremely healthy on all levels and her previous pregnancy and water birth (which I had also attended) had been absolutely fine with no complications and no drugs or interference. In fact, even in terms of homoeopathic prescribing, she had only needed Arnica! Her menstrual cycle is regular, 28 days, and she has never been on the pill. She has a strong family history with no real pathology, cancer or T.B. present. Emotionally, the only real symptom is mild anxiety but she deals with this by talking things through.

The pregnancy.

12/12/98 - date of last period.

This second pregnancy progressed well. There were no striking physical symptoms apart from a mild queasiness during the first twelve weeks and a slight craving for sugar! There was a slight anxiety around her age (39) and also around the fact that her other daughter, aged three, had chicken pox during her first few weeks of pregnancy.

8/3/99 – dose of mild flu - > Phos 30.

19/7/99 – query diabetes, as blood sugar 5.1, but the retest was fine. Small haemorrhoid. Bit of anxiety around Down's Syndrome but better for talking it through.

The birth.

15/9/99 – phoned at 11p.m. -labour had started. When I arrived, about 25 minutes later, the contractions were every 4 minutes. She was very shaky and anxious at this point but immediately calmed down on having an Aconite 200. This was also helped by the fact that she then got into the water tub.

The midwives arrived at 12.30a.m. and, on an internal examination, she was found to be 7cm dilated.

Then everything suddenly slowed down and the midwives were talking about getting her out of the birthing pool and breaking her waters. She had also begun to suffer from a lot of backache and the midwives were querying the baby's position. On this basis I administered a dose of Kali.Carb. 200 and there was an immediate increase in the frequency and intensity of the contractions.

There was hardly any second stage of labour and the baby was born gently into the water at 5.06 am.

Arnica 200 was given immediately afterwards. There was no grazing or tearing.

The Placenta.

The Placenta was delivered naturally 14 minutes later (5.20 am.) into a bucket and was examined carefully by the midwife and myself. It was a very 'healthy' looking Placenta – it was a good colour and there was no evidence of granulation.

I then cut one of the cotyledons nearest to the cord (each cotyledon containing a major branch of the umbilical blood vessels) and placed it in a sterile container. I then covered it in a solution of 50% alcohol (sent by Helios) and placed it in the fridge!

The making of Placenta Welsh 40.

26/9/99 - Kathy and I met at the Welsh School near Camarthen at 6.30 p.m. and travelled down to Helios in Tunbridge Wells in Kathy's burgundy camper van. The journey had begun!

27/9/99 - We arrived at 2.a.m. and managed to park right outside Helios. At 9.40.a.m. we began the process of making the remedy.

- 0.4ml of Placental fluid was taken and labelled as 1x.
- One drop of this solution was taken and added to 99 drops of alcohol and succussed 20 times. (on a burgundy book!). This gave us the 2x (or 1c) potency.
- This process was then repeated up the centesimal scale – 2c, 3c etc. to the required potency.
- 2 drops of the medicating liquid potency were then applied to 13 out of 16 bottles of pillules – the other three bottles being the placebo. These 16 bottles were then coded by Helios so as to make it a double blind trial. (Prover numbers 001 → 016)

The following observations were made during the potentisation process. These were done separately and recorded individually:

- **1-10c** – all felt very unreal. It didn't feel at all viable and we were surprised at our feelings of indifference. For a while I even questioned my belief in homoeopathy, seeing that there was nothing material there within the first few potencies!
- **13 –14c** – we started to feel confused. Feeling muddled and spacey, slow and sluggish. There was confusion around left and right. (It is around the 13th week of pregnancy that the Placenta starts to function.)
- **28c** – now feeling very grounded and absorbed in what we are doing. Everything now feels O.K. and viable. (It was at this point that we recognised the connection to the weeks of pregnancy and decided to take the potency up to 40c!)
- **30c** – the remedy seemed to take on a life of its own. We began to feel a lot more serious and in awe of the process.
- **33c** – indifference and more of an interest in the outside world.
- **36c** – a feeling of premonition, wanting to stop the process with a resistance to making the next potency.
- **38c** – a feeling of inevitability.
- **40c** – the job is done – complete elation – exactly in time for tea and buns!!

Until the 28th potency these were genuine thoughts and feelings and not manipulated by any pre-conceived ideas. Once we had made the links to the stages of pregnancy then obviously this had an influence on our feelings and thought processes. However, the feeling of indifference is a very hard one to manipulate as we were totally into the whole process!

It is also fascinating that Placenta had its first 'airing' at the Irish conference exactly 9 months from its conception date!!!

Organising the proving.

4 – 15th /10/99.

- typed up the letters to the provers and supervisors.
- began the process of trying to find both supervisors and provers. This was much harder than expected with people being either too busy, just had a remedy, too fearful of the consequences or just plain indifferent!
- opened it up to students of the Welsh School and was greeted by excitement and enthusiasm! I had previously not been asking them as I knew that another student had been wanting to do a proving for her project and I didn't want them to interfere with each other. However, we were able to agree on dates that kept them apart and to find separate supervisors and provers. Despite these difficulties I never doubted for a second that I would find the required numbers. Even at this point it felt as if the proving had a 'life of its own' and we were just instrumental in its process!
Stagnation moved into flow.
- eventually found 8 willing supervisors and 16 provers. There were no male provers, not from choice but, again, this felt to be something not in my control. It was the way it was meant to be!
- 15/10/99 – everything finalised, coded and posted.
- 16 – 20th/10/99 – base line cases taken.
- 26/10/99 – Proving began!

Physiology of Placenta.

The placenta is not fully formed until the end of the 16th week. Until that time it is growing both in thickness and circumference. Subsequently, it continues to increase in its circumference until near term. The growth is proportionate to that of the foetus and to the part of the uterine wall to which the placenta is attached.

At term, it is a circular shape forming a spongy disc of approximately 20cm in diameter and about 3cm thick. It usually weighs approximately 500g but there is a direct relationship with the foetal weight – approximately a sixth of the weight of the baby.

The placenta is a temporary endocrine organ. The maternal blood flows through the placenta at about 1000ml per minute at term. It is made from tissue derived from both the mother and foetus, juxtaposing but not mixing, the two blood streams.

The overall colour is dull red with a thin, grey, somewhat ‘shaggy’ layer, on the surface. Numerous small grey spots are frequently seen on the maternal surface – these are due to the deposition of calcium and are more numerous in a placenta over term.

The foetal surface is covered by smooth white amnion. The maternal surface, which is attached to the wall of the uterus, is rough, red and spongy and contains 15 - 20 cotyledons. Each cotyledon contains a major branch of the umbilical blood vessels which branch into the numerous villi - the villi being a network of blood capillaries. The foetal heart pumps blood through the blood vessels in the cord into the placenta where it flows through capillaries in the placental villi. The villi hang in spaces inside the uterine wall filled with the mother’s blood and it is here that the transference of gases, nutrition, waste and antibodies occurs.

The membranous covering is actually two membranes – the chorion and the amnion - and these continue past the outer edge of the placenta to form the water bag which contains the baby and the amniotic fluid.

The umbilical cord arises from this side of the placenta and connects the placenta to the baby. The cord is filled with a white / grey substance which protects the umbilical vein and the two umbilical arteries from being compressed. Usually the cord is about 50cm in length and 2cm thick.

The functions of the Placenta are as follows:

- **Respiration and nutrition.**
It enables the foetus to take oxygen and nutrients from the maternal blood.
- **Excretion.**
It serves as an excretory organ where carbon dioxide and other waste products such as urea and bilirubin pass from the foetal blood to the maternal blood.
- **Protection.**
It forms a barrier against the transfer of infection to the foetus and is the place where antibodies are transferred. The liquid (amniotic fluid) also provides an environment of stable pressure and allows free foetal movement and protection from injury.
- **Secretion.**
It secretes large amounts of hormones such as oestrogen and progesterone. The oestrogen prevents the pituitary gland from making Follicle Stimulating Hormone (which stimulates the ripening of the follicles in the ovary). The progesterone ensures that the uterus grows at the same rate as the baby and also that the breasts are ready to produce milk as soon as the baby is born.

The placenta serves the same function as the kidneys, lungs and intestines after birth.

Anthropological Study Of Placenta.

Through looking at different cultures it becomes very apparent how important the whole birthing process is in terms of the journey of the spirit / soul. This importance begins from the moment of conception:

The Dogon people of West Africa believe in the power of words to make babies. To impregnate a woman the man must gently whisper the ancient stories of the ancestors into her ear before making love. His words spiral around her womb where they form the celestial germ of water that can receive a man's seed.

The Aborigines believe that the ancient Earth Mother long ago created all the spirit babies that were ever to be born in the world and placed them not in the ovaries but at sacred sites near streams, mountains, caves and gum trees. Here the spirit children wait to enter a woman who passes by so that they can be born out of her and become part of her earthly life.

The Tapirape Indians of Brazil believe that the spirit babies choose their temporary womb homes very carefully – they curl up in the womb to see which one fits perfectly! Nepalese women believe that when a man and woman make love the souls of the people who have died in the last 40 days hover around them. As the penis enters the woman's body, so does one soul.

The Mixtecan Indians of Mexico have a saying - 'Children come as the rain' - without water the crops would die, without children, life in the community would not continue. They connect the fruitfulness of the land to the fruitfulness of the woman.

In some cultures women wear small amulets to protect the foetus. The image of the scarab beetle is often used for this purpose. The scarab is the symbol for the rising sun and hence, life and rebirth. It is interesting to note that one of the provers felt compelled to go and look at her baby son in the night and found a black beetle resting on his chest over the heart!

The Placenta is the home for this spirit/soul for nine months. As has been stated in the Physiology section, it has a huge role to play – acting as the kidneys, lungs and intestines all in one. In this country the placenta is not a highly revered organ and it tends to be put in a bin liner to await disposal! The third stage of labour, the delivery of the Placenta, is mostly played down and not talked about much. We often forget that birth is not over until the placenta has been delivered.

Amongst the Tanda people of Madagascar, who observe strict silence while a woman is giving birth, it is not until the delivery of the placenta that everyone present starts clapping and shouting - ‘Vita! Vita!’ - meaning ‘Finished!’

In the Yemen, if the delivery of the placenta is delayed, the mother is given a raw egg to swallow to kill the worm that has been living with the baby and is making the placenta stick.

Once the Placenta has been delivered the actual separation of the baby from it, via the cutting of the cord, takes place. When you think of the role the Placenta has played you can see what a symbolic act this is and yet it is often done without much thought and, in many cases, before the cord has even stopped pulsating.

In many other cultures the cutting of the cord is a ritual act.

The Masai midwives in Kenya chew it with their teeth.

Many cultures keep not only the tool to cut it but also the cord itself.

One tribe in Arizona use the dried cord, strung with beads, to make a bracelet for the child to bite on when it starts teething.

Aborigines use it to make necklaces to facilitate growth and avert disease.

Other cultures grind it down to make medicines for teething or to apply to the umbilicus to promote healing and to stop the entry of the evil spirits.

The spirit / soul connection is believed to be held in the placenta as this is the channel through which the spirit journey continues. It is a most revered organ.

The placenta and the child have been living together in the womb for 9 months. In the childbirth lore of many cultures they’re so closely connected that the way the placenta is treated after its delivery is almost as important as the way that the child is treated.

The Gabbra nomads of N.W. Kenya bury a female infant’s placenta under the hearth and a boy’s placenta in the corral where the camels are kept. Both boys and girls future’s are linked to these locations.

In Nepal, the placenta is called ‘bucha-co-salthi’ meaning ‘baby’s friend.’

The Malayans see the placenta as the child’s older sibling.

In Sudan the placenta is considered to be the infant’s spirit double. They believe it should be buried in a place that represents the parent’s hopes for the child.

In Hawaii it is buried under a tree which becomes the child’s tree.

In Yemen the placenta is left on the roof for the birds to eat so that love will grow between the parents.

People in many non-literate cultures are unsure as to where they were born but know where their placenta is buried.

In Gabbra language, the word for placenta and midwife is 'aku'. It is the same word for both as they both help to bring the child into the world.

Others eat the placenta as a way of promoting uterine healing, enhancing milk production and preventing post-natal depression. It is a good hormone balancer.

In this country, as already stated, the placenta is often put into a bin liner and disposed of without barely a glance from the mother. Obviously the midwives examine it to make sure that it is complete but it is certainly not revered. For many years it's only value was being sold to cosmetic companies to provide ingredients for make up and face creams! However, with the growing 'home birth' movement, more consideration is being given to the placenta and more and more parents are taking the placenta home to bury it in the garden and to plant a tree or bush on it. On the odd rare occasion the parents may eat some of the placenta, either in a stew or fried with onions – it is said to taste milder than liver!

Recent scientific research has been looking at the importance of placental/umbilical blood as a replacement for the need for bone marrow transplants in the treatment of leukaemia.

The placenta is gradually beginning to assume its importance in this culture!

PLACENTA REPERTORY.

MIND:

Absorbed.

absorbed and preoccupied. (008)

absorbed with self. Spaced out, drifting off into thoughts – pleasant. (011)

Ailments from:

bad news.

ailments from bad news. (010)

Anger.

anger towards ex husband - unfinished business. (001)

anger at responsibility. (002)

anger - tinged with introspection - great sense of resentment and loss. (008)

anger and resentment. (009)

angry with self. (010)

angry with children. (014)

violent.

angry - told partner what felt. Wanted to smash his face in. Anger towards young men who think they are strong and capable and think they are better than me. Want to hurt them. Angry with dog - hit it. (013)

Anxiety.

anxiety < 9-11pm. > company. (008)

from anticipation.

nervous anticipation, on taking remedy. (001)

nervous anxiety about being on time. (001)

anticipatory anxiety, on return to college. (006)

anticipatory anxiety with adrenaline rushes. (008)

anticipatory anxiety on hearing noises. (009)

anticipatory anxiety, as if forgotten something important. (013)

anticipatory anxiety re-first case taking. Anxiety about what others think about me - that they won't like me when they know who I really am. (013)

of conscience.

guilty, because of apathy. (002)

guilt, as people having to accommodate me. (010)

guilt for what have done and not done. (010)

guilt - carrying the blame of failing to make it alright between parents - the root of sadness. Realised don't have to carry it anymore - feel a lot lighter. (CS) (013)

whilst driving.

anxious and confused whilst driving in the dark. (010)

anxiety on driving - thought people would walk or jump out in front of me. (013)

anxiety on driving - someone drove into back of me - scared of cars - wanting to get off the road. (014)

family.

anxiety about family. (008)

anxiety about daughter's health. (010)

future.

anxiety about future. (008)

anxiety about future and what do with life. (009)

anxiety about the future. (010)

health.

anxiety in heart. (009)

anxiety about heart disease. (010)

anxiety in stomach. (011)

money.

anxiety re - finances. (008)

work.

anxiety about work. (008)

Apathy.

apathy. (002)

apathy. (003)

apathetic and emotionless. Feel like an onlooker - completely passive, no emotions, very little reaction to things going on around me. Contented, slightly benevolent state. (010)

Arrogance.

arrogance. (016)

Beauty, desire for.

beauty - desiring to touch and wear pearls. (001)

desire for and aware of beauty. (008)

desire to fill bedroom with flowers - flowers equal beauty - colour scent and living. (009)

seeing beauty - a childlike innocence, seeing things afresh as a child would. Taking more notice of things, especially colour. (011)

want to see beauty, especially beautiful men. Admiring the beauty of strawberries. Searching for beauty, perfection and refinement. Craving for physical beauty rather than spiritual, looking for a face, a perfect face. (NS) (016)

Calm.

calmness, minutes after the remedy. (001)

calm, patient and accepting. (001)

calm, whilst driving. (002)

calm and less restless. (003)

calm instead of rushing. (008)

calm almost to the point of no reaction - no worry, no emotion. Whole life normally evolves around worries. (NS) (010)

calm and confident. (010)

calm, laid back and relaxed - pace slowed down. (011)

calmness, clarity, no overreaction. Everything is fine. (016)

Children.

more attentive and protective towards children. Fascinated by them. Watching child birth, child rearing chat shows on television. Broody. Wanting to play happy families. Endearred to people who notice children. (004)

more aware and protective of children and other people's attitudes towards them. (008)

want to be a proper mother to my children – feeling protective with thoughts about family. (010)

aversion to physical contact with son - need more space – claustrophobic. Aversion to son's mental demands - too active and too talkative - no thinking space. (011)

Company.

company, strong desire for and to communicate. (004)

company desires. Looking to others to find support, love and trust. Attracting friends - a happy positive magnet - everybody chatting and laughing with me - great sense of silver/white aura. (008)

desire for company but averse talking and being polite. (009)

desire for company but want to sit still and not speak - prefer to watch and listen. Introverted and introspective. (010)

desire for company but < due to sensation of communication breakdown - can't be bothered and feel awkward visiting people. Feel distanced, distance interrupting communication - as if behind a screen. (011)

desire for company alternating with a desire to be alone. (012)

company ameliorates, but averse seeing people. (013)

desire for company but not feeling sociable. (014)

Concentration difficult.

concentration difficult with an inability for mental work. (002)

poor concentration, driving difficult. (005)

concentration difficult with bursts of concentration and efficiency. (010)

concentration difficult, can only concentrate on one thing at a time. (011)

lost concentration while driving. (012)

concentration difficult, getting words back to front. (014)

poor concentration, driving difficult. (016)

Confidence.

confidence, returned after menses. (004)

confidence lacking about mind and body. (011)

Confusion.

confusion of thought with poor concentration. (005)

confusion, losing things, struggling to get organised. (008)

confusion of thoughts. (009)

confusion of identity. Confused, dazed and distant. (010)

confused, vague and forgetful, have to check everything I do. Speech confused. (011)

confusion while driving. (011)

confusion whilst shopping. (013)

confusing words on speaking. (014)

confused, everything an effort to focus and engage brain. (016)

confusion of time, missed meeting. (NS) (016)

Conscientious about trifles.

+ everything in order, aversion to untidiness. (001)

Control.

feel in control with clearer boundaries and a need to sort things out and create space (004)

feel unable to control environment. (009)

feeling out of control. (010)

feeling out of control and more easily influenced by others opinions. Aware that people are taking over my life - more resigned than fighting. (011)

feeling the need to take control of my life, to stretch myself more. Decided to change my job. (012)

feel need to have more control in my relationship. (013)

Dance.

inability to dance - to get into the rhythm. (016)

Death.

desires death on seeing a mess. (001)

Delusions.

delusion, area between top of head and nostrils being gently squashed up. (004)

delusion, trapped in house and head alternating - < before menses. (004)

delusion, of having expanded. (005)

delusion, breasts swollen as if pregnant. (005)

delusion, interference on radio and television with repetition of programmes and channels changing. (008)

delusion, of everything being close, all around me. World has suddenly got smaller. (010)

delusion, of darkness - go to turn lights on but find that they are on already. (011)

delusion, people looking at her. (013)

delusion, being left to drown - sensation of being underwater. (016)

delusion, feels fat. (016)

Despair.

at mistakes made in life. (010)

Detached.

detached, from own image in the mirror. (004)

detached feeling air around me, especially head and face. (010)

Determined.

determined, focussed, having a mission. (016)

Excitement.

excitable. (004)

Fear.

fear, as if something would go wrong. (002)

fear of closed places - sensation of claustrophobia - averse sleeping bag, curtains closed, warm stuffy rooms. (003)

fear of crowds. (NS) (004)

fear of rollercoaster - like one big rollercoaster. (008)

fear of rats. (009)

fear of failure. (010)

Forgetful.

forgetful. (008)

forgetful and easily distracted. (011)

Forsaken.

feeling unloved before menses. (004)

feel isolated - sensation of 'removal' - an outsider. (008)

feel isolated and disconnected with an inability to control my environment. (009)

feel forsaken and misunderstood. (011)

feel that nobody really cares about me. Feel lonely, vulnerable and weepy. (013)

Happy.

happy and radiant - more a part of what is going on around me. Feeling of freedom, choice and development. (004)

happy and uplifted on taking remedy. (008)

happy and at ease - very clear and focussed. (013)

happy on taking remedy. (014)

Hide.

desire to hide. (013)

Home.

desire to go home. (003)

Hurried.

rushed and hurried. Lots of plans and achieving so little. (008)

Impatient.

impatient. (009)

impatient. (010)

impatient with son. (011)

impatient and intolerant of people getting in my way. (NS) (016)

Impulsive.

impulsive, wanting to clear up any unfinished business. (001)

Indifference.

indifference, to recording proving. (002)

indifference. (NS) (003)

indifference to son, thrown him out of house to live with his father. Time to let go and accept it - no guilt. (004)

indifference - can't be bothered - no guilt. (005)

indifference. (010)

indifference - but felt a bit guilty. (012)

indifference with disappointment. (013)

Indignation.

indignant. (002)

Intolerant.

intolerance to partner. (011)

Irresolute.

general indecisiveness. (011)

Irritability.

irritable and tired on waking. (003)

irritable < evening. (006)

irritable and tired on waking. (008)

irritable - not felt like it for 2 years, shouting at dog. (009)

irritable, when alone. (009)

irritable and short tempered with son – upset as slapped him (something never done before!) (011)

irritated by intrusion. (011)

irritable - towards children, threatening to slap them. (013)

irritable with partner - feel defensive. (013)

Light.

desire for more light - house seems dark and gloomy - have to light candles - lights on. (009)

desire for more light and space. (011)

Loquacity.

loquacity. (008)

Love.

feels rich in love – cherished, blessed and nurtured by family and friends. (001)

Memory.

memory loss for names. (001)

weak memory. (005)

Music.

desires listening to classical music whilst bathing. (016)

Nostalgia.

nostalgia - memories of childhood and of children when they were small. Memories of long ago. (004)

nostalgia - thoughts and images flashing through mind - images and memories from childhood. (010)

nostalgic thoughts of childhood. (013)

nostalgia with flashbacks to past events. (016)

Overwhelmed.

overwhelmed by tasks have to do, by roles have to play. Feels too much - need to rest but too much to do. (001)

overwhelmed on waking - work, responsibilities, decisions, life - all seem too much. < before menses. (002)

Positive.

feel positive, more energetic and clearheaded. (006)

want to do something positive for mankind. (009)

Precocity.

flirting. (004)

Religion.

religious affections, cried on hearing a prayer, with gratitude towards the divine. (001)

miss organised religion and spirituality that provided a safe outline. (010)

Reproaches.

reproaches self and others. Despair and frustration at my lack of power to put things right. (010)

Restless.

restless. (010)

Sadness.

sad about the future - melancholic mood on going to bed (on hearing of a death). (002)

sad and moody, < evening. (006)

sad and weepy. (007)

sadness at remembering past negative experiences –old issues buried in the sea bed and risen up - visualised a twister type wind sucking me up and whirling me around in chaos - but reviewed and looked at in a constructive way. (008)

sadness with low spirits. (009)

sadness with tears for things done wrong, wish I was a better person. (010)

sadness on doing nothing. Sit and feel lonely, thinking about lonely old people. (013)

sadness, depressed and despondent on waking. (014)

Secretive.

secretive, averse telling her innermost thoughts. (002)

Selfish.

selfish. (016)

Sensitive.

to others - more caring for daughter than normal when she is upset. (002)

to noise - makes feel claustrophobic. Craving peace and quiet. (010)

to feelings of others. (013)

Sighing.

sighing a lot. (OS) (003)

Suspicious.

paranoia daughter keeping secrets. (NS) (007)

paranoia. Obsession with rats in roof. Feel driven from home, forced out of secure nest, my haven – being tested and driven to the limit. Want to pack up and leave as feel a stranger in my own home. Not panicking but feel upset. (009)

Thoughts.

suicidal, momentarily. (004)

vanishing of thoughts with vagueness. (005)

Time.

no idea of time or place, just seem to arrive at places - disorientated.(008)

no idea of time – distorted. (011)

Unappreciated.

feels unappreciated. < before menses. (002)

feeling unappreciated, cross and sorry for self. (005)

feel unappreciated, misunderstood, not listened to, ignored and let down. As if standing alone. (011)

Weeping.

weepy without weeping - too busy to cry. (001)

weeping on hearing the news. (001)

weeping, desire to curl up and sob. (004)

weepy and emotional - split up from boyfriend. Weeping < 9 p.m. (006)

feels weepy but cannot weep. (006)

tearful mood. (007)

weeping on talking about babies. (008)

weeping, > crying, don't cry easily. (008)

weepy, tired and vulnerable. (009)

weeping. (010)

weepy, feel could cry easily if too much asked of me. (011)

weeping alternating with laughing - feel could giggle or cry at any minute. (011)

weeping - gasping and crying like a baby. Very emotional. (013)

Work.

averse mental work, > physical work. (002)

HEAD:

Coldness of head.

sensation of coldness on vertex. Head cold, body hot ,> head wrapped (003)

head feels icy cold. (010)

Itchy.

head itchy. (004)

**Pain:
from bridge of nose.**

head pain at bridge of nose > warm drinks. (OS) (011)

head pain from bridge of nose upwards. (014)

< noise.

head pain < noise. (004)

headache < noise. (011)

right sided.

head pain right temple. (004)

stabbing pain right side (007)

head ache right side temple, behind right cheekbone and ear to back of head . (010)

right sided headache on waking - weak and off balance, > bending backwards and stretching, > eating breakfast. (013)

Sensation of pressure.

as if swimming cap on head. (004)

headaches, bursting sensation forehead extending to vertex. > firm pressure < morning. (003)

tightness in head. (009)

pressing, drawing, pounding - makes right eye heavy and droopy and ear feel blocked. >> heat. (OS) (010)

head feels heavy. As if a cord from the centre of the head to the top of the skull. < on waking. (NS) (011)

pressure pushing down. (016)

Hair greasy.

hair greasy (004)

hair greasy usually dry(013)

VERTIGO:

vertigo on movement of head > sitting. (007)

vertigo with fear brain tumour. (009)

light headed. (010)

light headed on taking remedy. (012)

dizzy spell on driving over bumps. (012)

EYES:

Heavy and aching.

puffy on waking. Dark eyelids as if punched. < right. (006)

heavy and aching. (009)

as if eyes strained. (011)

hard to open eyes. (010)

aching behind both eyes - stabbing pain > sleep. (010)

Photophobia.

light is brighter. (010)

> light - + more light and space. (011)

eyes affected, light is brighter. (014)

lights too bright. (016)

Soreness.

sore and gritty. (NS) (003)

sore, red rimmed > outside. Have to keep blinking. (NS) (007)

styes. (RS) (005)

sore with profuse lachrymation from right eye on blowing nose. (NS) (001)

VISION:

Blurred vision.

lack of focus, have to keep blinking, blurred vision. (NS) (007)

fuzzy - as if drunk. (011)

blurred vision. (RS) (012)

Heightened vision.

very strong peripheral vision sensing things beside and behind. (008)

heightened sight. (010)

vision more sensitive. (014)

vision 2 dimensional. People looking 'flat'. (016)

EARS:

ear ache, hot, painful, itchy, popping with crusty discharge. (NS) (004)

ears feel hot inside with a low pitched hum and bloody discharge. Sensitive to vibrations. (NS) (008)

fleeting sharp pains in right ear. (012)

aware of ears and just behind them, as if been in the wind. (013)

HEARING:

Sensitive hearing.

averse loud noises. Competing, conflicting noises irritates. (004)

ears brimming with pulsating blood flow - noise of silence, as if under water, with distortion of hearing. (008)

sounds distinct. (010)

hearing sensitive, particularly to the noise of children. (013)

more able to hear high pitched sounds. (014)

NOSE:

Discharges.

Clear, watery discharge – right nostril.

clearing and draining of clear catarrh. (010)

clear, copious discharge. (011)

right nostril runny clear discharge, left nostril blocked. (012)

right nostril running on waking at 7am. (014)

Thick and green.

lots of green, yellow, sticky mucus. < 3pm. (008)

Nosebleed.

nosebleed on washing face - left nostril hard to stop. (OS) (001)

Pain.

pain on bridge of nose, left nostril sore inside, as if scratched. (004)

SMELLS:

Heightened sense of smell.

sensitive to smells - perfume, people, body odour, car fumes, dogs. (001)

sense of smell heightened. (008)

sensitive to smells (011)

smells more intensified. (NS) (012)

MOUTH:

Gums.

gum ulceration. (001)

gums as though hardened after a burn – inside back gums sore. (002)

gums not bleeding. (CS) (012)

Lips.

lips - redness and swelling, peeling and dry, ulcerated with yellow crusts and scabs, burning, cracking, sensitive to hot/hard food and bleeding. < eating. < talking. (OS) (001)

lips tingling on taking remedy (003)

pins and needles on taking the remedy, with a slight swelling and a crack in top lip (014)

Roof of mouth.

roof of mouth sore. (002)

sore lumps roof of mouth with numbness. (NS) (014)

Taste.

mouth dry - bad taste , breath smells (004)

dry, metallic taste on front of tongue as if soaking up chemicals, smells and pollution. As if been licking metal. (009)

foul taste. (010)

Teeth – looseness.

teeth aching, feel loose in mouth, difficult to bite. (010)

bottom right side molar section loose - fell out. (011)

teeth sensitive, gums receding, teeth feel loose. (004)

Tongue.

tongue slightly red but not sore with ulcer under the right side. (002)

tongue yellow and furry, big and rough in mouth. (004)

tongue coated (010)

tongue less coated. (CS) (012)

FACE:**Aching.**

anxiety felt in face with a mild ache in cheek bones. (013)

Dry.

Dry, sore patch right side of nose. (OS) (003)

dry and flaky, < left side, after exposure to wind and rain. (006)

left temple, dry skin erupted, lumpy. NS (007)

pain in right cheek bone. (014)

Numb patch.

tingly, numb sensation below left eye. (008)

right side of face numb. (OS) (010)

THROAT:

Need to clear mucus from the throat.

clearing throat. (002)

pressing, choking sensation in throat < right side with a need to clear it. (003)

phlegm in throat, not sore. < 10pm. (006)

mucus in back of throat. (008)

loose phlegm at back of throat - cough to clear it. (011)

throat dry and tickly, need to cough to clear it. (NS) (012)

Soreness.

throat sore on waking > hot and cold drinks. (003)

stinging from smoking. (004)

sore throat left side. (007)

sore, swollen and hot, > cold food. (010)

sore, dry throat < left side, < 3pm. (013)

sore throat with numbness, <morning. (OS) (014)

EXTERNAL THROAT:

Sensitive to pressure.

sensation of pressure like a bar – need to release clothing. (004)

sensitive to pressure. (010)

sensitive to pressure. (012)

STOMACH:

Appetite.

Decreased.

appetite lost but > for eating OS (001)

off food, when do eat, feels sick. (003)

+ snacks rather than a meal. (004)

appetite changeable. Snacking with weight loss. Reduced appetite, increased after 6 p.m. (006)

appetite increased for breakfast and then reduced with weight loss. (008)

easy satiety with difficulty eating. Not one proper meal since proving started. With an obsession for the amount of food eaten (009)

appetite decreased. (014)

appetite reduced. (016)

Increased.

increased appetite. (011)

Eructations.

wind and acidity in stomach < wine (003)

deep, long, loud eructations. (NS) (004)

lot of wind. (010)

nervous trapped energy in stomach. (011)

Food aversions.

strong aversion to nuts. (NS) (001)

strong disinterest in vegetables. (009)

Food desires.**Spicy food.**

+ curry - everyday one week (005)

+ delicate hot foods. (006)

Sweets and chocolate.

+sweets. (001)

+ sweets. (003)

+ sweets. (005)

+ chocolate cake. (006)

+ chocolate (008)

+ chocolate (009)

+ sweets. (013)

+ chocolate. (016)

+ fruit.(006)

Food intolerance.

intolerant to milk. (NS) (004)

Hiccoughs.

hiccoughs on and off throughout day. (014)

Nausea.

nausea on eating. (003)

nausea with sudden vomiting around midnight < for being sick (008)

nausea, pill tasted bitter (016)

Pain.

stomach cramps < eating , night. (004)

cramping pain. (OS) (005)

pain top of stomach, connected to back (016)

Thirst.**Increased.**

thirst increased 5-6 glasses a day. (002)

increased thirst for hot drinks. (003)

thirst increased for cold drinks, carbonated drinks and tea. (NS) (004)

thirst increased for beer. (005)

no thirst alternating with increased thirst after 6 p.m.- thirst for cold sweet liquids. (006)

thirstlessness with increased thirst after evening meal - + cold drinks and boiled water.
(NS) (007)

increased thirst, drinking like when pregnant. Thirsty in bouts + cold drinks and carbonated drinks rather than tea. (008)

increased thirst - 3 pints in an hour. (009)

increased thirst for warm drinks. (011)

wanting to drink water, thirst increased. (012)

ABDOMEN:

Bloated and tender.

lower abdomen sore as if a big pregnant belly > for sitting with legs wide apart. (004)

bloated tender abdomen. (009)

bloated and uncomfortable after eating (016)

Flatulence.

flatulence with short, cramping, twisting pains making double up - foetal position with arms around self. As if need to pass stool. (004)

rumbling and flatulence. (005)

Pain.

shooting pain right to left, as if in labour when the head is low, > for lying on abdomen. (004)

stabbing pain to right of groin. (012)

RECTUM:

Constipated.

constipated, standing to pass stool >. (004)

constipated. (007)

constipated. (008)

constipated. (009)

Diarrhoea.

Diarrhoea - gushing, watery, urgent, loud and explosive with abdominal pain. (OS) (005)

Frequency.

urging to go. (OS) (005)

bowel movements increased to 3x a day. (006)

Pain.

sharp shooting pains < sitting - as if sword up inside. (004)

STOOL:

enormous painful dry stool. (004)

loose and windy. (006)

Odour.

smelling of garlic having not eaten any (011)

loose, fast stool smelling of onions 8 and 9 am. (013)

URINARY:

Frequency.

urination frequent , of small amount, slow to start. Copious after drinking. (004)

frequent urination. (005)

urgency and frequency with a sensation of fullness, with only a little passed. (<AS) (006)

peed heart out at 3 a.m. (009)

weak bladder control in morning. (NS) (012)

Odour.

first urine of day smelt unusual - hard to describe. (001)

urine, strong and musty scent. (004)

Pain.

slight pain like pins in bladder on urinating. (002)

pain in back and kidneys on urination, > rocking to finish. Popping of bubbles sensation in urinary tract with tingling of urethra after urination. (004)

urine burning, not painful. (012)

FEMALE:

Leucorrhoea.

less vaginal discharge than normal. (012)

small amount of dark purple, sticky mucus. (NS) (016)

Libido.

high sexual energy. (001)

increased libido – initiated sex, unusual. (002)

sexual thoughts increased – unusual. Razor like lengths inside belly, as if sterilisation clips had broken free. Desire to reverse the operation - urge to have primitive sex and reproduce. Looking for that primeval power when you push the baby's head out. Strong feeling of pregnancy, as if baby moving around in belly and sensation of breasts filling up with milk. (004)

sex when pre-menstrual - energy high, good confidence not procrastinating when would normally be hiding away. (NS) (013)

Menses.

Delayed.

menses delayed. (004)

Heavy.

period heavy. (004)

heavy period – flooding. (009)

heavy flow. (012)

Ovulation.

shooting pain in ovaries during ovulation with increased mucus. (004)

right ovarian pain during ovulation. (005)

pain in ovaries and fallopian tubes (left side morning, right side evening) during ovulation. (009)

streaks of blood at ovulation. (NS) (011)

increased mucus at ovulation. (013)

Pain.

uterus aching and uncomfortable. As if period was coming a week early but discharge as though ovulating. As if P.M.T. and ovulation at the same time. (009)

menstrual pain back and abdomen. (AS - usually before and not during menses) (006)

cramps in uterus. (008)

dragging period pains, > warmth and pressure. (012)

Painless.

painless period. (NS) (012)

surprised when period started, blood bright red. (013)

menses painless (usually some pain). (016)

LARYNX AND TRACHEA:

voice croaky. (003)

voice hoarse. (012)

SPEECH.

loss of speech due to Bell's palsy. (010)

RESPIRATION:

accelerated breathing on taking remedy. (001)

breathless on talking. (OS) (004)

difficult breathing on walking up the hill. (008)

hyperventilation. (010)

COUGH:

slightly throaty, croupy cough when chest feels tight. (003)

tickly cough, high pitched and empty with a sensation of hollowness in right lung. < deep breath and smoke. < evening and night. (012)

EXPECTORATION:

expectoration thick, stringy and green. (003)

CHEST:

Heart.

accelerated heart beat on taking remedy. (001)

sensation heart on right hand side. (003)

heart racing and palpitations on going to sleep. (004)

palpitations and breathlessness, feeling unable to breathe. (008)

palpitations. (OS) (009)

panic and palpitation with a sensation as if , on sitting, heart would be crushed and I would die. < putting arms across chest. > walking slowly. (010)

heart rushing. (011)

Mammae.

breasts unusually tender 2 days before period. (002)

nipples sensitive and tingling, as if milk coming in. Let down reflex with a desire to have them sucked. (004)

left nipple itchy with hard cheesy discharge. (RS) (005)

shooting pains in right breast going through to back. (006)

breasts swollen and tender like PMT. (NS)(012)

stitching pain, left breast (016)

Tightness, constriction.

sensation of tight band around chest < night, extending into throat. Chest tight and wheezy - difficulty breathing like old asthma . Chest raw with a feeling of warmth. (OS) (003)

tight and wheezy.(004)

lungs tight and painful on breathing deeply with tiredness in chest. (009)

gripping, pressing pain as if a band around the chest with shallow, restricted breathing leading to hyperventilation. A sensation of a lump in the chest extending to the throat and back. > swallowing. > movement. < pressure. (010)

tight, suffocative feeling in chest. <emotion. (013)

tightness of lungs in waves. (NS) (016)

BACK:

Shoulders:

lancinating pain in right shoulder. (001)

pain base of left shoulder blade, < breathing deeply. (002)

cervical and lumbar spine stiff. (009)

right shoulder blade aching with a dull ache behind the shoulder blades. (010)

dull ache between shoulder blades with twitching muscles. (016)

Neck.

neck knotted. (008)

neck achy. (014)

neck ache in waves. (016)

Pain.

right back(lower ribs) dull pain, < bending to right, > bending to the left. (002)

sensation of inflammation in back. (003)

lower back ache, intermittent. < getting up from sitting, < standing straight, < yawning, > bending forwards - osteopath said it was if they had just had a baby!
(NS)(004)

ache base of spine. (OS at site of old injury) (007)

right sided back ache. (011)

lower aching back pain. (NS) (014)

back ache and neck ache - tightness in waves. < sitting. (NS) (016)

EXTREMITIES:

trembling limbs > sitting. (011)

Hips.

sciatica right hip. (ROS) (009)

muscular stiffness in left hip. (OS) (010)

hip aching in bed. (OS) (014)

Legs.

Heavy.

legs heavy and uncoordinated. (003)

Pain.

pain back of left thigh. (AS >) (006)

achy legs with pins and needles in right leg. (009)

Stiff.

stiff knees < one position too long, < rising. (OS) (004)

ankles stiffness and aching >. (CS) (008)

Twitching.

muscle spasm in right leg muscles with twitching and jerking. Numbness right calf. (RS<) (003)

shaking, weak legs. (006)

muscles left thigh sore. (012)

Feet.

Cold.

cold feet. (004)

cold feet with chilblain 4th toe left foot, after hot bath. (013)

Numb.

loss of sensation in feet, have to consciously pick up feet to walk - can't go up onto toes, can't get shoes on. (003)

feet totally numb with a numb pain under the ball of the right foot , causing a limp. (005)

Pain.

sore bruised top side of left foot. (013)

slight throbbing in right foot on top. (014)

Pins and needles.

pins and needles in feet. (004)

pins and needles in right foot. (009)

Arms.

Numbness.

heavy weight in arms with numbness. (010)

Pain.

lancinating pain right elbow. (001)

wrists no longer aching. (CS) (008)

Pins and needles.

pins and needles down left arm into hand. (002)

pins and needles in both arms/hands. (OS) (005)

Restless.

arms weak and shaky. (006)

restlessness in arms and hands. (011)

Hands.**Itching.**

hands itchy, flaky, dry, cracking and sore. (008)

heels of palms of both hands hot, itchy, burning. (012) (Reflexology points for ovary and uterus – see charts)

Numbness.

numb, dead fingers from sleeping on hands. (004)

fingers as if numb with cold - can't feel what holding. (011)

Pins and needles.

left hand pins and needles with a throbbing pain on the top of the left hand. (014)

Stiffness.

right hand finger joint swollen and stiff. (< AS) (007)

right hand stiff and slightly painful, especially fingers. (OS) (010)

SLEEP:

slept immediately on taking remedy – ‘*sensation of a pulse that wasn’t my own*’ (004)

Disturbed.

disturbed and difficult to get to sleep. (002)

waking every few hours. (006)

waking upset and anxious from bad dreams. (007)

waking 3 a.m. (009)

sleep disturbed. (010)

Heavy.

sleep heavy and improved. (003)

sleep less but better quality, heavily. (004)

slept heavily. Sleep improved on taking the remedy. (NS) (012)

waking 3 a.m. – hot. Disturbed sleep. (012)

Position.

slept on right side. (NS) (003)

sleep position with arms and hands tucked underneath. (004)

Sleepy during the day.

need to nap in day (002)

+ to curl up in a ball and go to sleep in the day. (003)

needing to sleep in afternoon. (004)

drowsy in the day, difficult to know if asleep or awake. (005)

tired and needing to nap, sleeping head in hands on sitting. (007)

short sleep 5 p.m. (009)

sleep at 5 p.m. (011)

drowsy 2.30 - 3 p.m. (013)

sleepiness with yawning. (NS) (014)

sleeping mid morning (016)

Unrefreshed.

sleep tense and unrefreshing. Waking with mind racing. (002)

difficulty waking. (NS) (003)

waking early 7 am. Unrefreshed. (004).

waking early and unrefreshed. (006)

unrefreshed on waking. (007)

DREAMS:

Animals.

Dreams of shouting at herds of stampeding wild cattle (004)

dream of being a wild cat - woke with heart pounding. (010)

dreams of a peacock. (010)

dream of cat with 13 kittens. (010)

dream of a bear - found a way of not getting involved. (010)

dream of a bull running towards her wearing a red jacket and carrying a red chair. Bull tamed - turned into a boy wearing shiny wellies (010)

dream of dead sheep coming back to life as dogs - reincarnation and karma. (011)

dreamt dog dying and showing her pictures of brown bears. (014)

dreamt of 3 rats dying and coming back to life. (014)

dream of a dog smiling at the window and wanting to be fussed. (016)

dream of killing a room full of vampires – flew around the room and spat on one, parents helped to kill the rest - scared the last one by doing an impression of a monkey! (016)

Anxious.

anxious dreams of being late. (001)

anxious dreams, lost photos of lover. (001)

anxious dreams of flying and electrical energy with flashes of green fluorescent currents of light. (002)

anxious dream of painful lump in right breast - seemed real on waking. (003)

anxious dream of being very late arriving - not dressed properly, no lunch or money. (005)

anxious dream of self portrait falling from the wall. (008)

anxious dream about a helicopter crashing on the beach and just missing me. (014)

Beauty.

dream of the beauty of mother love as opposed to other kinds of love and their different qualities. (001)

getting changed into beautiful, delicate gold and black richly patterned clothes. (002)

dream of talking all night to beautiful people. (010)

beautiful dreams of finding the solution, of helping and finding, of getting rid of old inherited furniture that doesn't fit anymore, of sorting things out, of driving a car with boot full of things that don't belong to me, of looking for somewhere beautiful to live to suit us all, to find the answer and solve the problem. Waking feeling refreshed and positive. (010)

dreamt walking around ruins in Africa reading from a beautiful jewelled book, shaped like a small red elephant. (016)

dreamt of being in a beautiful garden with lovely white flowers. (016)

dreamt of a beautiful gold coloured picture in a gilded frame. (016)

Buildings.

dreams of walking past a red brick building. (002)

dreams of rooms in a building. (002)

recurring dream of house with lots of rooms. (003)

recurring dream of a housing estate, Nan's estate when a child. (008)

dream of a building with lots of rooms and floors, strange architecture. Kept turning corners and finding odd things - purses, keys, braids. (010)

Children.

dreams of children, atmosphere of confusion. (005)

dream of children who were still small - they grew up whilst on a train journey making it easy to find a new house.(010)

dream of a little girl dressed in pink, singing like an angel, with an adoring mother. The mother also wore pink. (011)

shopping trying on clothes - black strapless top - bought long black coat with trousers attached and big shoulders - age 8 size. A childlike feeling, I was a child again and being looked after. I liked it! (013)

dreams of playing with children in the sea. (016)

Colour.

Red/black/white.

dream of adults dancing free of care whilst the children danced slowly and solemnly, wearing red/black and white. (001)

dream of integration, of a woman wearing red and black. (the significance of the colours - the colours of the goddess in her mother and crone phase) (001)

dreams of a man wearing long white dress shirt with a sleeve missing. (016)

dreams of wearing white and having a champagne breakfast. (016)

Confused.

confused dreams. (005)

muddled dreams. (007)

confused dream of giving reiki to a man who couldn't keep still even though he had a hole where his ear should have been. Could see inside his head. Cartoon like. (009)

confused dream of not being able to concentrate. (011)

Death and dying.

dream of working in old people's home caring for the old and dying. (002)

dreams of dead father - miss the happy family. (004)

close dead friend, like a mother, woke in slight panic. (007)

dreamt of sister and grandchildren dying of cancer. (007)

dreams of death and old age. (011)

Exclusion / Separation.

Of being excluded/of being on the outside.

dreams of not being needed and feeling excluded, on the outside. (002)

dream of being bullied and whatever tried to do was not good enough. (004)

dream of not being able to decipher people's speech - nobody knowing I was there, not as me - dreams of not being noticed, not being heard. As if I was a child, a pet, or a demented old aunty. (010)

dreamt of an old college friend who felt that she didn't fit in - I knew she felt this way and so persuaded her to come to a college reunion. (010)

dream of observing a woman being held prisoner and being attacked by a knife. She was naked with chunks of skin coming off her. Her wounds were inches wide but not pouring blood or painful although she was close to death. She was a wild lady who lived outside. She was oblivious to her reality and others - she knew she wore no clothes and others did but it didn't affect her. She even accepted her imprisoned state and seemed to live for the moment with child like innocence. Her husband started to shower her with presents and she set up a room in a field. She still wore no clothes. She then got called back to the prison - she just accepted her fate. She never spoke but recognised all her thoughts and feelings. (011)

dreams of not being listened to, heard or understood. Of being out of control, not being taken seriously, misunderstood, misinterpreted. Of being let down by people that trust - especially parents. Feeling on the outside, naked and humiliated. (011)

dream of driving with son as a baby again to meet up with rest of family - they'd been for a walk without her and didn't seem to care. Difficult journey getting back to partner, lots of obstacles. Feelings of being let down - no control, desperate attempt to put thing right - all attempts aren't listened to and fail - I'm alone with these desperate attempts. Feeling frustrated or panicked . Dreams of trying to protect others but not being heard. (011)

dream of going out of a house with my brother following some children running down the street. Brother said I was wrong and that they had gone another way. I grabbed a large blue metallic bike and cycled down the road behind a young boy on a bike. I turned onto the main road to go up a hill and saw my car driving up the road behind me. I realised there had been a race but it had finished. I almost hit a girl. My next door neighbour won the race. I felt inferior and child like. I knew that I couldn't handle an adult bike. I was following, trying to catch up but too late and wrong. Wrong, inferior, small, childish, late, last, stupid, an outsider. A realisation of who I am - I am a piece of worthless rubbish, crap, worse than shit – but I feel willing to go into it. (013)

dreamt in a prison but didn't seem serious - had to act in a play but wouldn't face the audience . Trying to escape and hide in the shadows but caught and taken back. (013)

dream of talking to a doctor about homoeopathy and trying to identify a plant. (016)

dream of being accused of being a witch. (016)

dreams of being alone, excluded, in the woods with a combat jacket on. (016)

Family and friends.

dreams of friends and family.(004)

dreams of father – unusual. (011)

dreams of parents. (016)

dream searching for an old friend. (016)

dreams of family.(016)

Fire.

vivid dream about fire - could feel the heat and ashes. (016)

Pregnancy and babies.

dreamt pregnant with around 15 babies. Could feel them moving and had to stand straight to give them more room. Posters of missing children, re-growing them! (002)

dreamt producing milk for someone else's baby. (004)

dreamt breasts full of milk, leaking, proud of them, jutting them out. (004)

dreamt of babies - not feeling so alone, very protective of them. (004)

dream of first cell division at conception. (004)

dream of a baby. (010)

dream of breast feeding son - tried to cover self up in front of father. (011)

dreamt that a friend asked me to look after her baby. Said that I would but then felt didn't want to. Woke feeling angry and frustrated, don't like looking after other people's babies any more. (013)

dreams of babies and being pregnant. (016)

dream of saving a baby and its mother. (016)

Primitive dreams.

in a primitive cave, know where the way out is but there is someone else in there who doesn't! Shout at her to keep in contact but when outside again there is no sign of her. Try to tell someone about her but no one is interested. (003)

dream of a brutal circumcision - felt no pain - could have been me or my daughter - woke feeling extremely protective of her (lying beside her). Felt a primitive strength and empowerment and knew would kill to protect her. (004)

dream of being in a hut in a tribal village being held to a table by many people and witnessing a threat of violence to my family. Used cunning, conviction, determination and strength to lure and trap them. Reacting in a primitive way. Woke drenched in sweat. (004)

primitive dreams of sewers and man eating sewerage. (005)

dreamt of the beheaded head of a young black boy. Rescued it to try to take it somewhere to fulfil its proper purpose, stopped by a man who said it was an aborigine - felt like something precious but didn't know what to do for the best. (012)

Sex.

sexual dream of flirting with a young punk. (002)

boyfriend's penis erect with skin peeled off. (004)

dream of a man being sexual and violent - said he would never leave. (005)

sexual dream where own breasts larger. (005)

dream with a sexual quality of old boyfriend putting rose quartz under my pillow.
(symbol for fertility) (008)

dream of having sex in a toilet, not sexual but felt powerful. (016)

dreams of cuddles with smaller men- non sexual (016)

dreams of spontaneous non sexual sex - power and purpose rather than any emotion
involved. (016)

dream of deciding to leave home and become a prostitute in the city. (016)

Travelling.

dreams of travelling and having to carry a continental quilt - too much baggage. (002)

dreams of a bike ride with children. Had to cycle up a roof and vault over the other side into a town. Looking for places/streets and not reaching destination. (002)

dream of houses and cars - driving fast, overtaking and just getting in, oncoming driver enraged, turned and chased - somebody dressed in silver, somebody famous - woman accompanied by small boy. She was angry. Felt submissive. (008)

dream of shopping and hair raising driving - concerning daughter. (010)

dreamt driving a car and mounted the kerb 3 times - felt claustrophobic and had to get out of car.(012)

dream of travelling, climbing up a steep hill. (014)

dreams of driving a posh silver car over very rough ground. (016)

Unremembered.

dreams unremembered. (006)

Violent.

dream of losing temper. (003)

violent dream of beating up an old friend because had got together with her ex partner. (004)

dreamt of kicking a man out of mother's house. (004)

dreamt of a red onion - a male person and a female were gloating over having possession of it but the red onion ate itself. Felt violent and sexual - at one point a knife was being held at the woman's throat. (012)

Water/Sea.

dream of water in the library and of people, in foetal position, being thrown into the water. Not frightening. (002)

dreams of the sea. (003)

dreamt of turning round and round in water. (004)

dreamt on a beach by the sea with cars parked at an amazing angle. (005)

dreamt of walking along a winding lane with the sea at the end. (009)

dream where gates and fences blocked off the way and hard to get through - found one could get through and able to walk by the sea – my destination. (010)

lot of water in dream, house by the sea.(013)

dreams of water, sea, swimming pool. (016)

CHILL/FEVER:

tense, shivery and chattering teeth. (004)

from exposure to rain. (006)

every bone ached, as if coming down with the flu. (007)

PERSPIRATION:

hot and sweaty. (003)

sweated at yoga, very unusual. Smell unwashed and unclean, < pre menstrually. Bathing not getting rid of perspiration odour. (004)

hot and sweaty axilla after drinking tea. (NS) (006)

Night sweats.

night sweat between breasts, profuse - in heart area.(001)

night sweats. (004)

night sweats. (009)

night sweats. (010)

on waking.

perspiration on waking. (002)

perspiration marked on waking. (ROS) (010)

SKIN:

Dry.

dry, dried out by water. (NS) (004)

dry, round, itchy, flaky patch below right knee. (006)

dry and scaly, especially on hands. (008)

small dry, itchy patches. (NS) (012)

Healthy.

nails strong and growing quickly. (NS) (004)

skin and hair glowing similar to pregnancy. (008)

Spots and blotches.

blotchy rash on chest and upper arms, spreading to back, slightly irritating. (007)

spots on forehead – (ROS acne suppressed by antibiotics in teens) (013)

Wounds slow to heal.

wounds slow to heal. (OS)(004)

skin around nose ring sensitive and tender. Small blood blister developed at site of scratch. (014)

GENERALITIES.

Air.

Fresh air >.

> fresh air and a walk. (003)

> fresh air and averse warm stuffy rooms. (004)

> and + open air. (008)

>> open air. > walking slowly outside. (010)

> outside walking. (011)

> outside. (012)

desire to walk in fresh air by sea. (013)

> fresh air. (016)

Cold.

cold at night, stopped leaving windows open and wanting lots of layers. Feel every icy draft at night. (004)

+ warmth of fire - feel like hibernating. (005)

cold. (006)

cold to the bones, > for head being covered, + warm coverings. (010)

more chilly than usual – hot and cold alternating. (011)

cold + warmth. (012)

+ warmth of fire. (016)

Heat.

sensation of heat spreading from chest to head. (003)

body hot. 11am - 2-30p.m. (006)

sensation of heat rushing to head, shoulders and arms – clammy, faint feeling. (008)

sensation of heat - averse restriction of clothing. (011)

Time.**Aggravation.**

energy down after 10.30a.m. (003)

< full moon. (005)

< evening. (006)

tiredness after lunch. (008)

<< evenings. (009)

not tired 4am on night shift, would be normally. (012)

Colour.

awareness of red colour. Noticing colour in general. Wanting to wear black and silver. (016)

Burgundy attracts.

(001) (003) (004) (005) (008) (010) (011) (012) (013)

Energy increased.

strenuous exercise effortless. (001)

more energy. (006)

sensation of weightlessness - body feels as light as a feather, agile and smooth. Effortless walking uphill. (008)

Heightened senses.

heightened senses - aware of colour form and structure. (008)

heightened senses. (010)

senses heightened. (014)

senses heightened. (016)

heightened vision - (008) (010) (014) (016).

heightened hearing - (004) (008) (010) (013) (014).

heightened smell - (001) (008) (011) (012).

Position.

felt physically incapable to go upside down in yoga - very unusual, had to be helped. (004)

Weakness and tiredness with poor co-ordination.

tired and heavy. (003)

weak and shaky. (006)

mind suggested exercise to revitalise it but body against it. Clumsy with real tiredness. (008)

poor co-ordination with extreme tiredness. (009)

tired and heavy internally and externally, doing everything slowly. Stiffness > movement. (010)

tiredness > exertion but lacking in co-ordination. (011)

tired and averse work. Heavy and tired walking uphill. (012)

tired and averse work. (013)

Summary of the physical symptoms.

It was amazing to see just how many of the physical symptoms could be related to the foetus and birth – the head, heart and extremities being the main focal points for the physical symptoms. The main sensation was that of constriction and pressure.

The most striking physical symptoms were as follows:

- a sensation of pressure in the head.
- heightened senses, in particular the vision and the hearing. This was marked and provers talked about the intensity of colour and depth of vision and a sensitivity to noise.
- a decreased appetite but with a particular craving for sweet food. An increased thirst.
- lots of female symptoms around menstruation and ovulation.
- palpitation and accelerated heart beat with a sensation of constriction in the chest.
- lots of symptoms in the extremities – pins and needles and numbness.
- very sleepy in the day and needing to cat nap.
- craving and better for fresh air.
- feeling cold and craving warmth.

Stages of the journey.

On writing up the repertory section it became apparent that what couldn't be seen was the 'process.' This proving definitely reflected a journey of some kind for practically everybody involved with it. Within this journey there seemed to be five main different stages:

- **Calmness** – a great feeling of calmness was experienced by most of the provers around the time of taking the remedy and for a few days afterwards.
- **Indifference** – the majority of provers then went into a state of indifference. They became convinced that they must have had the placebo, that the proving wasn't worth bothering with, that they weren't valid. Most supervisors complained about how hard it was to get their provers to phone in with their symptoms. They felt disconnected, separate and undervalued. (Is not the placenta the most undervalued organ?) This lasted for approximately a week.
- **Nostalgia** – this was very marked with provers looking back and taking account of who they were and what the meaning of their life had been. In particular they were looking at their family relationships, both in the past and now in the present. This stage happened approximately during the second and third week of the proving.
- **The main journey** – during the next two weeks or so, the provers then went one of two ways:
 - a) going with the flow and acknowledging the process.
 - b) resisting the journey and having an intensification of symptoms.
- **Recognition of self** – this came more easily to those who put up the least resistance and happened much quicker. For those who resisted, the journey was harder and longer but, nevertheless, seemingly as rewarding!

At a meeting of the provers, when the remedy was announced, there was seen to be a correlation between the experience of the provers during their time in the womb and during birth to their experience with Placenta. Those, whose pregnancies/births had been more traumatic, seemed to have had a more difficult time during the proving with the resolution taking longer.

Themes:

During the proving it was very easy for us to speculate what Placenta in potency might be capable of doing. We hypothesised about post-natal depression, mothers failing to bond with new-borns, reproductive disorders, autism, issues around nourishment, connection and separation.

What became apparent after months of studying, supervising, proving and insight was that the remedy is more powerful and goes deeper than we expected.

Each prover and supervisor experienced the remedy differently. Their experiences weren't uniform and, in many cases, the remedy magnified what was unique to the prover and their situation.

However, certain themes occurred again and again – sometimes appearing in physical, mental or emotional symptoms, sometimes revealing themselves in dreams.

Although this book contains a repertory, we want to discuss these themes in more depth - not as a quick précis of the remedy but in order to convey the prover's experience of the remedy in a meaningful way. We felt that pages and pages of symptoms gave little feeling of the essence of the remedy and also robs the reader of a feeling of context and continuity.

So, these are the themes that appeared. We have illustrated them with the symptoms recorded by the provers.

Colour

Colour as a theme often comes up in provings. In the Placenta proving this was manifested mainly by the attraction to the colour Burgundy. Many people involved with the proving bought burgundy clothes and bedding, painted walls and had gifts that were burgundy colour. (We travelled to Helios in a burgundy van and succussed the remedy on a burgundy covered book!).

Red also cropped up:

dreams of red, black and white. (001)

dreams of red and black clothing and their significance. (001)

dreams of red brick building. (002)

attracted to burgundy. (004)

awareness of red heightened. (016)

One of the provers pointed it out that red is the colour of the base chakra – the seat of self awareness as a human being. The base chakra is the site where spirit wholly unites with matter and the place where the 'will to be' is formulated. The issues of the base chakra are basic need, security and confidence and the related emotions are fear or courage.

It is also interesting to note that Burgundy is the colour formed by mixing the colours red and violet – the colours of the base and crown chakras.

Separation and Connection

The key words for this theme are:

indifference, boundaries, ‘spaciness’, letting go, disconnection, outsider, detached, confusion, control, distanced.

The provers symptoms were:

Mind.

feeling of suspended animation. (003)
separation – indifference to son – sent him to live with his father. Time to let go and accept it. (004)
clearer boundaries with daughter. (004)
firmer in self and aware of boundaries. (004)
feeling detached from own image in mirror. (004)
felt so myself, I thought I might die. (004)
need to know where I stand and require clear definitions. (004)
desire and reluctance to sever the connection of relationships. I felt estranged from all other friends – remote and retreating. (004)
confusion of thoughts, vague, vanishing thoughts. (005)
unsure if asleep or awake. (005)
feel as if I’m on an iceberg floating away from mum. (008)
feel an outsider to the family. (008)
as bird being pushed out of the nest. (008)
a rope bridge from girlhood to womanhood – I’ve got to make things right for myself. (008)
sense of removal – an outsider. (008)
time issue – no idea of time or place. (008)
disconnected with anxiety in the solar plexus. (009)
disconnected and unable to control environment. (009)
detached – feeling air around me – especially head and face. (010)
calm, almost to the point of no reaction. (010)
feeling I don’t exist, I don’t have a life in my own right. (010)
confusion of identity. (010)
feeling distant and spaced out. (011)
delayed answering due to confusion, distance interrupting communication – as if behind a screen. (011)
distanced from others. (011)
withdrawn into head space. (011)
spaced out, drifting off into thoughts. (011)
not got a normal sense of time. (011)
easily influenced by others, lost confidence in self. (011)
being out of control. (011)
self absorbed, self centred. (011)
feeling spacey as if on drugs. (016)

Mind continued:

spacey rushes, heightened senses. (016)
everything an effort to focus and engage brain. (016)
feeling spacey as if on drugs. (016)

Dreams:

dreams of not being needed and feeling excluded, on the outside. (002)
dreams of first cell division at conception. (004)
dreams of gates and fences blocked off and hard to get through. (010)

Generals:

tired and heavy. (003)
sensation of weightlessness, body feels as light as a feather, agile and smooth. (008)
found birth certificate. (008)
poor co-ordination. (009)
doing everything slowly. (010)
lacking co-ordination. (011)

Physicals:

4 proverbs experienced lightheadedness or vertigo.
6 proverbs had vision affected, lack of focus, blurring or more clarity.

Relationships and Family Issues:

The proving produced a lot of symptoms with this theme. Key words are:

Protection, mother, children, love, support, nurture, irritability, remembering, nostalgia.

The symptoms are:

Mind:

sense of loving relationship with children. (001)
rich in love, children, lover and friends. (001)
well loved and supported by parents, feels blessed and nurtured. (001)
overwhelmed by roles – mother, homoeopath, lover, friend, householder and mystic. (001)
emotional on hearing news about the love of parents freeing child from jail. (001)
anger towards husband – have to do everything. (001)
more caring for daughter than normal when she is upset. (002)
more attentive and protective towards children, clearer and firmer. (004)
childhood memories of childhood and of children when small, nice and not so nice. (004)
watching child birth, child rearing chat shows on TV. (004)
growing up. (004)
realisation – ideal of happy families not ideal! (004)
excitable, enjoying mothering. (004)
good relationship with mother. (004) (NS)
better relationship with immediate family. (004)
good daughter to mother. (004)
endeared to people who notice children. (004)
paranoia, daughter keeping secrets. (007)
irritable with children. (008)
lot of emotion resurfaced regarding relationship with family. (008)
more aware and protective of children and other people's attitudes towards them. (008)
tearful on talking about babies. (008)
family relations on mind – looking back on life with great clarity and realise why I am walking the path that I am on. (008)
aversion to physical contact with son – need more space – claustrophobia. (011)
short tempered and irritated – slapped son – upset, I don't do that. (011)
more angry with children. (014)

Dreams:

dreams of mother love and other love – different qualities. (001)

dreams of dead father – miss the happy family. (004)

dreams of children, atmosphere of confusion. (005)

dreams of sister and grandchildren, dying of cancer. (007)

dreams of looking for somewhere to live – had to be big and clean because of children who were still small. (010)

dreams of child not being looked after by babysitter (father/brother) let down by people I trust. (011)

dreamt in a large family protecting them from a murderer in the woods. (011)

dreamt of breast feeding son – tried to cover self up in front of father. (011)

dreams of father. (unusual) (011)

dream of driving with son as a baby again to meet up with rest of family. Difficult journey. (011)

dreams of playing with children in sea. (016)

dreams of parents. (016)

Pregnancy:

There were symptoms that seemed to be specifically linked to placentas, pregnancy and babies. These were not just confined to one or two provers but were experienced by most of them. They appeared on different levels – delusions, dreams and physical sensations.

This section speaks for itself!

Mind:

desire curl up in a ball and go to sleep. (003)
feeling of suspended animation. (003)
sense of claustrophobia – averse sleeping bag, curtains closed or warm stuffy room. (003)
broody. (004)
remembered miscarriages. (004)
thinking a lot about five pregnancies. Had five doses of this remedy. (004)
looking for primeval power like that when pushing baby's head out. (004)
watching child birth , child rearing chat shows on TV. (004)
delusion breasts swollen as if pregnant. (005)
felt like a bird being pushed out of the nest. (008)
a rope bridge from girlhood to womanhood in just hearing the other side – got to make things right for myself. (008)
tearful on talking about babies. (008)
feel forced out of my secure nest. (009)
feeling of everything being close – all around me – world has suddenly got smaller. (010)
delusion of darkness – go to turn the lights on but are on already. (011)
distance interrupting communication – as if behind a screen. (011)
a childlike innocence – seeing things afresh as a child would. (011)
gasping and crying like a baby. (013)
woke feeling angry and frustrated – don't like looking after other peoples babies anymore. (013)
delusion being left to drown – sensation of being underwater. (016)
delusion feels fat as if pregnant. (016)

Dreams:

dreamt pregnant with around 15 babies. Could feel them moving. (002)
dreams rooms in a building, tiled, water in library, people in foetal position thrown into the water. No fear. (002)
dreams in a cave and knowing the way out. (003)
dreams producing milk for someone else's baby – breasts full of milk leaking, proud of them jutting them out. (004)
dreamt of first cell division at conception. (004)
dreams of turning round and round in water. (004)
dreams of breasts being larger. (005)

Dreams continued.

dreams of breast feeding son – tried to cover self up in front of father. (011)
of babies and being pregnant. (016)
of water. (016)

Physicals:

limbs heavy and uncoordinated. (003)
lost sensation in feet – have to pick up feet consciously. (003)
lower abdomen sore as if a big pregnant belly > sitting with legs wide apart. (004)
cramps in abdomen tearing apart sensation as when 28 weeks pregnant and hernia. (004)
razor like lengths inside belly as if sterilisation clips had broken free – desire to reverse operation – urge to reproduce. (004)
urinate frequent, small amounts, rocking as if pregnant. (004)
menses delayed. (004)
sensation breasts filling with milk. (004)
strong feeling of pregnancy – baby moving around in belly. (004)
let down reflex, desire to have nipples sucked. (004)
lower backache – osteopath said felt as if she'd just had a baby. (004) (NS)
pins and needles feet. (004)
pins and needles arms and hands. (005)
fears brimming with pulsation blood flow – noise of silence. (008)
as if under water. (008)
skin and hair growing similar to pregnancy. (008)
distortion of hearing. (008)
abdomen swollen and tender. (009)
pins and needles right foot and leg. (009)
something pressing down and inward in chest and restricting breathing. (010)
fingers as if numb with cold – can't feel what holding. (011)
blurred vision. (012)
breasts swollen and tender like PMT. (NS) (012)
left hand pins and needles. (014)

Re-surfacing or Sorting Out Of Old Issues

In many ways we could have grouped this theme with the strengthening of the individual and personal journey theme which follows but, some of the feelings were so specific and strong we have made them a theme in their own right.

Key words are:

reviewing, regret, change, resentment, realisation, release, inheritance.

The symptoms are:

Mind:

anger towards husband – unfinished business. (001)

sorting out trouble where trouble is due and not putting up with things. (004)

lot of emotion resurfaced regarding my relationship with family. (008)

great sense of anger and resentment and loss – horrible issues buried in the sea bed have risen up. (008)

negativity of past looked at in a constructive way – reviewing the past. (008)

face from past brought up bad associations. (008)

feeling the release of many ropes and chains, experiencing spiritual release from the bodies that have contained my essential self for so long. As if life strength given back. (008)

galvanised to make positive changes to house – to sort out long standing problems. (009)

despair and frustration at my lack of power to put things right. (010)

tears for things done wrong. I wish I was a better person. (010)

more aware of self – acknowledged things from past. (010)

don't have to carry root of sadness anymore – I feel a lot lighter. (013)

Dreams:

dreams regarding ex-partner – sign of a chapter ending. (008)

dreams of finding the solution. (010)

dreams of sorting things out – woke feeling refreshed and positive. (010)

dream of getting rid of old furniture that doesn't fit and I have inherited. (010)

dreams, I am wrong, inferior, small, childish, late, last, stupid. Realisation of who I am – willing to go into it. (013)

Personal Journey and Strengthening of the Individual.

The keywords in this theme are:

realisation, awareness, recognition, re-awakening, purpose, strengthening, individual, potential, acceptance.

A number of provers felt a re-awakening of original potential and purpose and a strengthening of what is personal and individual. This often involved lots of clearing out:

- clearing out a lifetime's worth of junk.
- resolving old issues.
- curing of chronic symptoms.
- feeling 'a great letting go and cutting the ties.'

It also involved a recognition of individual needs and a desire to address them. In some provers this re-awakening took the form of a 'flooding back' of old memories. One of the best examples of this is a story written by one of the provers during the proving. (See page 72.)

The symptoms are:

Mind:

photos of self as a child photocopied – liked the child in them. (002)

feeling positive, alright with myself. (002)

thought 'I must retrieve my spirit'. (003)

time for and opening self up to change. (004)

feeling of freedom, choice and development. (004)

recognising own needs, making what I am creating more valid, seeing what is good for me. (004)

more aware and sure of self. (004)

sorting out trouble where trouble is due. (004)

generally more resolved and strengthened. (004)

an urge to go boldly. (004)

survivor rather than a victim. (004)

less fear of the unknown, more aware and sure of self. (004)

I felt so much myself I thought I might die. (004)

as if life strength given back and someone had switched the light on. (008)

regret for what I had done and not done, for what I have turned myself into, for everything I have wasted. I have never allowed myself to look back and wonder 'if only'. (010)

aware of all the people who have travelled the road before me. (010)

feeling I don't exist, that I don't have a life in my own right – I am a reflection of other people. (010)

Mind continued.

mentally more aware of self – my life, my role, my purpose, my own wants and needs. It has taken many years to build myself into the person who could cope with the life I have to lead – the proving has blown all that apart. (010)

back to when I was myself and when I could be myself. (010)

increased self awareness. (011)

a childlike innocence, seeing things afresh as a child would. (011)

determined, focussed, having a mission. (016)

calmness and clarity. (016)

acceptance of self. (016)

Dreams:

dreams of finding the answer, solving the problem. (010)

dreams, realisation of who I am. (013)

Journey – the expanded theme.

The theme of journey was so profound within this proving that we felt it was important to pull out of the proving symptoms some more lengthy and detailed quotes of the individual's experience:

on a journey with a desire to complete unfinished business. (001)

an awareness of self. I feel the need to journey, to retrieve my spirit. There's a feeling of having been in suspended animation. (as noted by osteopath in consultation) (003)

as if on a journey - feel as if I've grown inside and nearly fit my outside - as if coming to the end of my gestation. Feel connected in the right way, more aware and sure of myself with less fear of the unknown. A survivor rather than a victim with struggle and battle turned into challenge, adventure and experience - an urge to go boldly, feel the fear and do it anyway - to come out the other side. I am a traveller in life. Time to change - taken control of the game of chess with no guilt or shame. Growing up, recognising my needs, seeing what is good for me rather than what I would ideally like. Less idealistic and romantic with a need to be in the present - generally more resolved and strengthened. I deserve what I want. Improved relationship with mother and immediate family. Feeling a good daughter to my mother - talking to her as me and not as a little girl. (004)

on a journey - a rope bridge from girlhood to womanhood - just nearing the other side got to make things right for myself. Never looked over life with such a huge open view - like a bird flying high over a patterned landscape looking down with a balanced 20:20 vision of my life past and how this is equipping me for a hopefully better future. No pain or regret just an unfolding of myself - free, open, honest, very subjective and revealing in the most open honest way I have ever experienced. Feeling the release of many ropes and chains. Experiencing spiritual rise release from the bodies that have contained my essential self for so long. Changed relationship with Mum, realised her mortality - feel as if getting on an iceberg and floating away from her. Feeling an outsider to the family, like a bird being pushed out of the nest. Family relations deeply on mind – looking back on life with great clarity and realising why I'm walking this path. As if life strength given back. As if someone has switched the light on. (008)

on a journey - a watershed - galvanised to make positive changes - to sort out long standing problems. (009)

I am on a journey and am aware of all the people who travelled this road before me – as I drive towards the end of my life. I have regret for what I have done and not done, for what I have turned myself into, for everything I have wasted. I have never before allowed myself to look back and wonder, ‘if only?’ I am letting out all the emotions that I have kept in for the last few years - as if they are exploding inside in my chest. - grandmother’s death, my great aunt, leaving home to go to college, meeting partner. Left home before I should have done, without a thought of what I was leaving. Previously had tight control on my mind and never allowed self to look back. I’ve spent all these years trying to say the right thing and do what people expect. I can’t block things out any more – I’ve been feeling stuck, a passenger in life, and now it’s time to move on. I had been feeling that I didn’t exist, that I don’t have a life in my own right, that I am a reflection of other people. Now I am mentally more aware of self - my life, my role, my purpose, my own wants and needs. I am acknowledging things from past and am not bothered by turmoil. It has taken many years to build myself into the person who could cope with the life I have to lead, the proving has blown that all apart. I am back to when I was myself and now I can be myself. (010)

on a journey of increased self awareness, being aware of positive emotions - emotional but not sad. Coping with things on my own more – being more self centred. (011)

feeling the need to begin a journey, to take control of my life, to stretch myself more. Decided to change my job. Feel more myself. (012)

a journey of self awareness - about realising who I am. Sense of self becoming clearer. (013)

begun a journey of acceptance of self. (016)

Prover (010) wrote a story, on day 16 of the proving, that we feel sums up the feeling and themes of placenta and should therefore be included in more detail.

“My grandmother lived in a row of shops, a toy shop called ‘The Bazaar’, Mr Kelly the butcher, a green grocer and ‘Nesta Lamey ladies hairdresser’. Nesta Lamey’s salon was an amazing place in the two front rooms of my grandmother’s house. When you opened the door to peep at the glamorous ladies, it smelled wonderful.

I was a plain brown child and I was swept off my feet by this kaleidoscope of glamour behind the frosted glass door.

When you closed the door of ‘the shop’ behind you, the hall was silent. Beyond the archway with its mouldings and up three steps was nanny's room behind the shop. It was a plain brown room and I loved it. I fitted the chairs and the table by the window was just the right height. It was always big enough for what you wanted to do on it and its covering, of something between a blanket and a carpet, made it very comfortable. It was always warm in this room. There was always something good to eat and no disturbances. It was perfect. Everything about this room was soft and comforting, it was all exactly right. Nothing went wrong in this room even when ‘Grampy Smart’ died – he wasn’t there any more but his mandoline was still by his chair.

There were four storeys to the house and each storey had rooms at different levels. It was like the whole world in one place with my pretty grandmother to translate it into images which I could understand.

I didn’t go to the kitchen very often, Nanny said it was too cold down there so I stayed in the soft brown room, sometimes with a new threepenny toy from ‘The Bazaar’ but mostly just fitting in to the life that was there.

I knew I was lucky to have all of this.

The front bedroom had a dressing table with three mirrors. You could see all the bedroom in lots of different ways if you looked in the mirrors. It was quite different from the soft room downstairs. Why do mirrors mean so much? Do we need to see things to know they are real? Does another person’s reflection beside yours in a mirror mean that the connection between you is made somewhere else as well as here and now?

There was this most delicate, most beautiful figure of a young lady in Edwardian dress. With gold decoration, a book open on her lap, sitting elegantly with one foot peeping out from under her long dress, long fingers, long neck and the sweetest, kindest expression on her face. I know her in such detail because she’s mine. She came to me when nanny died so that I’d always remember that things were perfect once.

Our journeys.

We know that our own personal journeys with the remedy Placenta cannot be strictly counted as we obviously knew what the remedy was and would therefore be influenced by that knowledge. However, these journeys have turned out to be very relevant to the proving and so we have included them in this separate section.

Kathy's journey.

Working with Placenta has been a real joy. It's been a hard process in terms of its emotional impact and in terms of the hard work we have put in. But, right from the very start, it felt like the remedy had a life of its own and, once we put the wheels in motion, it took over and took off!

During the months I've worked with Placenta I've learnt a lot about myself, the remedy, the way things are. What I'd like to do here is share just one insight with you:

The heartbeat is the rhythm of life. When we are in the womb we grow with the constant beating of our mother's heart. We are born with natural rhythm but, as we grow older, our primal senses withdraw, including our natural rhythm. Placenta has its own energy and life force and when this life force and the spirit within us meet, the basic natural rhythm within us all is awakened again.

Linda's journey.

My journey with Placenta began once the idea had been sown to do the proving. I started to have very vivid dreams connected with issues to do with nourishment, separation, connection and returning to source. There was a sense of journey right from the very beginning and a strong feeling of connection to the remedy.

The colour burgundy was very prominent in my life and I felt very drawn towards it. It was interesting to see how much it arose in the process – Kathy's van, the book we did the succussing on, the photograph album used for the photos taken of the birth etc.

During dreams and meditations I became the foetus and very aware of my safe environment but also of the struggle to survive. Once the process was complete, it felt as if I had given birth!

I have changed so much during the course of this proving – looking at who I am, particularly in relation to my family, but also to the world. I have been shedding things and issues that I thought were important and, realising that in my quest to find myself, they were no longer necessary. I have realised that I have never really known myself before, just who I was in relation to other people. I am now on a new part of my journey, the proving has moved me forward. I am getting back to my own rhythm and no longer dancing to anybody else's tune! It's as if I am expanding to fit my potential whereas previously I was constricting to be the 'norm'. This theme of growth and expansion brilliantly reflects how the placenta expands with the growth of the foetus.

For me, the essence of the remedy is that it strengthens your original rhythm.

It marks a rite of passage - a connection to the original source – that primitive connection. It's about finding my original purpose, why I am walking the path that I am on.

One of the most striking and powerful dreams I had happened about a week after the birth whilst the placenta was still in my fridge! I was in a delivery room watching what I can only describe as ‘ancestral aboriginal midwives’ rolling and ‘mashing’ the placenta on a flat surface. When I told them to stop, they said, “But we’ve done this for centuries, just watch.” They proceeded to carry on. The colour of the Placenta was vibrant, burgundy, and, as I watched in fascination, it slowly turned into what I now know was an Aboriginal x-ray painting of a fish. The message of the dream was that Placenta carried the ancestral pathways and was a means of returning to source. I later discovered that the particular fish of my dream is the fish of rebirth!

The aboriginal connection has been prominent for me. Lots of dreams connected with it, seeing lots of black moving concentric circles and a strong link with the Aboriginal grandmothers, one of whom I am soon to meet! I have also met an anthropologist who spends a lot of time living with the Aborigines in central Australia. We have spent time talking about the Aboriginal beliefs around the Placenta and the rebirth of the spirit. There is a strong connection here for me and one which I know will take me further on my own personal journey. Watch this space!!

Thank you Placenta.

Cases.

Obviously there has not been much time to gather together the cases which have used Placenta but already they are starting to come in. Here are a few brief case examples illustrating the language of Placenta.

Case 1.

Female, aged 50, suffering from breast cancer. She had done well on Calc.Carb. and Carc. in the past but, it was when she started to talk about her soft pink belly and having to go back to the womb to discover who she was and why she had cancer, that I began to think of Placenta for her. A month after a single dose of Placenta 40 she bounced into my consulting room telling me that she had found herself. She has now gone abroad to write a book about her experiences, in remission from her cancer.

Case 2.

Another case which used 'Placenta language' - a female who talked about going back to a time before speech, to a place between two worlds. She talked about 'chewed string' (umbilical cord) and a feeling of disconnection in the territory of the mother. This patient suffered from an enlarged heart and chronic breathing problems and has responded well to the remedy.

Case 3.

A female patient, who had previously been responding well to Staph., recorded the following after having taken Placenta 40. (Remedy self- prescribed after hearing about Placenta).

A lot of symptoms came and went very quickly, aching joints, swollen glands. Periods regulated for the first time in years with, unusually, no pain and no P.M.T. The continual discharge of milk from the right breast stopped. Energy and motivation increased. Feeling a lot more spiritual. Things have become much more in flow due mostly to her change in attitude. Most importantly, closer and happier with her children.

Case 4.

A female who had been suffering from M.E. after a traumatic removal of the placenta after the birth of her daughter 12 years ago. After the remedy she experienced abdominal pulling and tugging sensations for several days. Her sexual energy increased substantially, her sleep improved (with dreams of babies) and she wanted to wear Burgundy clothes. A striking symptom after the remedy was the conviction that her mother was not her mother – on investigation she found this not to be true and thought that this had stemmed from 'a need to know myself'.

She was left with a huge improvement in her M.E., increased sexual energy and a general sense of well being.

Case 5.

This was a case of a nine year old autistic boy who had responded only slightly to remedies in the past. He basically lived in a world of his own, not really contacting any body. The only thing he ever really responded to was his favourite tape – that of a heart beat! My feeling was that he had never really been born into this world but had one foot in this world and one in another. He was separate and ‘spacey’. I gave Placenta 40 on these symptoms alone. On his next follow up he was much more present and more content within himself but the most exciting change was that he was slowly starting to make eye contact!

In this case and in general, looking at the more disconnected, separation issues, I have seen a lot of similarities with the remedy Hydrogen. Also, on recently hearing Jeremy Sherr’s presentation of Helium, I was amazed at the similarity of themes to those of Placenta. In terms of Jan Scholten’s ‘Elements’ I wonder if Placenta is the remedy of the series before the Hydrogen series!!

Case 6.

This was the baby whose Placenta was used for the proving.

The mother was very keen for me to try giving the baby Placenta 40 when she developed a chronic eye, nose and chest infection. It wasn’t of too serious a nature but had been lingering for over a week.

After being given one dose of the remedy the symptoms cleared within 24 hours and the mother described the baby as ‘blossoming - unfolding and growing into her body’.

The mother is more than happy to see if Placenta will continue to be a useful remedy as an individual prescription for this baby. Also, other mothers in the area are keen to see if a remedy made from their future Placentas will help their individual babies constitutionally. This could lead to some very interesting research!

I would like to take this opportunity of thanking the mother and child for all their help, co-operation and enthusiasm in the making of this remedy.

Please send us any of your cases that have responded to Placenta 40 so that we can accumulate as much clinical evidence as possible.

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Our Bodies Ourselves – Boston Women’s Health Collective.

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Homoeopathy!!

May Placenta be with you!

