

# Trituation Proving of Sodium Lauryl Sulphate

By Andrea Szabo



**“The true medical-art practitioner must have the *most genuine, full-strength medicines* on hand in order to be able to rely on their curative power; he *himself* must know them according to their genuineness.”**

**(Organon §264, Dr Samuel Hahnemann)**

## CONTENTS:

Introduction.....	4
Personal Interest.....	4
Hypothesis.....	5
Sodium Lauryl Sulphate.....	6
Bad Press.....	7
Research: The Pros.....	7
Research: The Cons.....	10
Trituation.....	12
The Benefits of Trituation.....	12
C4 Homeopathy.....	13
Analysis: The Main Symptoms.....	14
Rubrics.....	17
Organon §141.....	24
Conclusion.....	25
References.....	26

## INTRODUCTION:

For the last century, we have unwittingly conducted a vast and complex chemistry experiment, and now we live in a sea of toxins. This experiment in chemical living is having a catastrophic effect on our health, interfering with vital biologic processes and causing our bodies to malfunction. Yet this experiment is not only continuing; it is expanding.

Since 1965 more than 4 million distinct chemical compounds have been reported in the scientific literature; of these, 70000 are in commercial production and have been completely untested or inadequately tested. Each week, about 20 more new chemicals are created and sold some of which are in everyday household products. Some of these chemicals are proved to be endocrine disruptors because they mimic oestrogen. Oestrogen is now scientifically linked to cell proliferation and breast cancer. Our bodies are accumulating hundreds of these toxins, which are being passed on to unborn babies. We get sicker as we get older because we progressively become more toxic.

Using conventional cosmetics daily, our bodies can absorb an estimated five pounds of chemicals and toxins each year.

Putting chemicals on our skin or scalp, such as getting our hair dyed, may be worse than eating them. When we eat something, the enzymes in our saliva and stomach help to break it down and flush it out of our body. However, when we put these chemicals on our skin, they are absorbed straight into our bloodstream without filtering, going directly to our organs. These chemicals tend to accumulate over time because we typically lack the necessary enzymes to break them down.

## PERSONAL INTEREST:

As a person who always had skin problems (eczema, acne, allergies) I have used many different prescriptions and over the counter skin products in a futile attempt to heal my skin. During my homeopathy training I realised that some of the lotions and potions could have even contributed to my skin conditions, thus I started reading labels, and researching components online.

Sodium Lauryl Sulphate has had a lot of negative publicity and just as many articles reassuring us of its safety. I have decided to do a homeopathic trituation proving of this chemical substance and see it for myself.

SLS in powder form was obtained from Helios Pharmacy for the purpose of the trituation proving. It was proved by 7 people, two of whom knew the substance prior to proving it.

As far as I know there has not been a proving of SLS, and at the time it was important for me to prove a new substance. It was discussed that it is likely to remain a 'small' remedy of limited symptom picture.

During my homeopathy training I took part in a Trituation Proving of Ferrum Metallicum, a Meditative Proving of Meerat and a Hahnemannian Proving of Preseli Blue Stone. All three experiences were profound and a huge eye opener and gave me a lot of motivation to complete a proving for my Fourth Year Project.

## **HYPOTHESIS:**

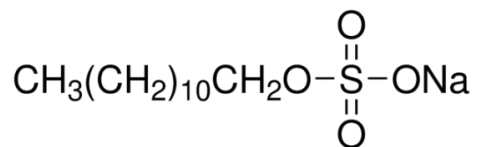
Sodium Lauryl Sulphate (SLS) has not been proven homeopathically thus the expectations were prudent and down to earth. They were limited to mainly skin symptoms, and various allergic reactions with few mental symptoms. We hypothesised that being an artificial substance it is likely to have a relatively insignificant remedy picture.

The trituation of Sodium Lauryl Sulphate took place at the Welsh School of Homeopathy in Carmarthen on 7th February 2014. The trituation was carried out by 7 provers, two of whom knew the substance.

In order to prove a broad remedy picture a full Hahnemannian proving is recommended.

## SODIUM LAURYL SULPHATE

Chemical formula: NaC<sub>12</sub>H<sub>25</sub>SO<sub>4</sub>



Sodium Lauryl Sulphate is a surfactant, detergent, and emulsifier used in 90% of highstreets cosmetic products.

It is present in nearly all shampoos, toothpastes, body washes, bubble baths, make-up foundations, liquid soaps, laundry detergents, and washing up liquids.

It works by separating molecules to allow better interaction with our skin and hair, creating a lather.

It is also used in industrial cleaners such as car washes and engine degreasers.

SLS can be synthetic or naturally derived from plants. It is synthesized by reacting lauryl alcohol from a petroleum or plant source with sulphur trioxide to produce hydrogen lauryl sulphate, which is then neutralized with sodium carbonate to produce Sodium Lauryl Sulphate.

How it is listed: Sodium Lauryl Sulphate, Sodium Dodecyl Sulphate, Sodium Salt Sulphuric Acid, Monododecyl ester.



## **BAD PRESS:**

One of the concerning press about SLS is that it is linked to cancer. This is not strictly true; however, it's ethoxylated form Sodium Laureth Sulphate has the potential to combine with other chemicals to form nitrosamines, which is a carcinogen. Having said that, currently there is no scientific evidence of a direct link of SLS to cancer.

Looking at various research papers and internet sites, it appears that we have two differing views on the safety of using Sodium Lauryl Sulphate. Let's look at the research and compare the two camps.

## **RESEARCH: THE PROS**

Even the supporting research cannot deny that SLS can have serious side effects.

Carcinogenic substances have been classified and registered by several international organizations, such as the World Health Organization or the International Agency for the Research of Cancer, as well as the US Environment Protection Agency and the European Union. None of these organizations have classified SLES and SLS as carcinogens. There is no direct or circumstantial evidence that these two ingredients have any carcinogenic potential. The studies that have been conducted on SLS and SLES indicate that both are safe under appropriate conditions of use.

The Environmental Health Insights Journal published a reassuring article. It hopes to dispel any misunderstandings around SLS research and starts with the statement of "The complexity of chemical nomenclature and wide availability of scientific research provide detailed information but lends itself to misinterpretation by the lay person. For the surfactant sodium lauryl sulfate, this has resulted in a

misunderstanding of the environmental health impact of the chemical and statements in the media that are not scientifically supported.”

It goes on: consumers may be exposed to SLS by using household cleaning products. The level of exposure depends on the frequency of household cleaning activities, which is estimated as being 1–2 times per week on average.

The researcher admits, like most chemicals, SLS can be irritating to the eye when delivered neat as a raw material or at high concentrations. However when diluted, SLS is non-irritating to the eyes of laboratory animals.

Cleaning products that contain SLS have the potential to be dermal irritants if not formulated properly, but products that contain SLS are not necessarily irritating to the skin.

The acute oral toxicity of SLS is not disputed in this article. While SLS as a raw material might be toxic even fatally toxic in large quantities, diluted SLS are not necessarily toxic and can even be nontoxic.

In the study by Brandt et al, SLS was used as a vehicle to process the agent being tested. No evidence supporting the carcinogenic effect of SLS was reported.

Brandt et al moves on to examine the claim that SLS absorbs into the blood stream, builds up in the heart, liver, lungs and brain, and cause damage. The research highlights that while SLS can be absorbed through the skin when applied directly, most of the material remains on the skin surface. The small amount of SLS that is absorbed into the bloodstream is quickly metabolized by the liver into more water-soluble metabolites that are rapidly excreted through the urine, faeces, and sometimes breath.

The ability of a chemical to decompose into nontoxic material under ambient environmental conditions within 96 hours means that it is biodegradable. The biodegradation of SLS occurs via diluting it with water. The sulphate ester bond breaks leaving sulphate and fatty alcohol. These fatty alcohols undergo oxidation to



produce fatty acids, which are degraded by oxidation and fully mineralized and incorporated into the biomass. Thus, SLS is readily biodegradable.

According to International Journal of Toxicology in absorption, metabolism, and excretion studies, SLS had a degenerative effect on the cell membranes because it breaks down protein.

The study also shown that a formula containing 15% SLS caused depression, laboured breathing, diarrhoea and death in 4 out of 20 animals.

In ocular tests it caused damage to the cornea but thorough rinsing decreased irritation.

Skin irritation studies caused slight to moderate skin irritation, but applications of 10-30% SLS solution caused skin corrosion and severe irritation. Again, rinsing decreased irritation.

Digestion of SLS did not produce abnormalities.

The study concluded that although there are dangers to using SLS, a brief use of SLS followed by thorough rinsing appears to be safe. In products intended for prolonged use (i.e. foundations), concentrations should not exceed 1%.

Other claims denouncing SLS as a carcinogen point to a chemical reaction between SLS and formaldehyde that creates nitrosamines as a by-product. However, it is not possible for SLS and formaldehyde to react and form a nitrosamine because neither SLS nor formaldehyde contain nitrogen atoms.

Finally, according to the Cosmetic Ingredient Review (CIR) both SLS and SLES are safe for use in cosmetic and personal care products. SLS and SLES can cause skin irritation in some persons, which is one reason why it is important to follow the label instructions and rinse thoroughly when using a cosmetic product.

In essence the research advocating the safety of SLS cannot deny this substance can be harmful to health.

## RESEARCH: THE CONS

Dr Green's research caused a lot of discussion over the years about the safety of SLS. Her research was conducted to determine how SLS is taken up by the eye. Four findings have come to the fore: first, SLS is rapidly taken up and accumulated by eye tissues. SLS is retained for up to five days in most eye tissues. Second, SLS uptake is greater in younger rabbits. Third, SLS causes changes in the amounts of some proteins of eye tissues whether they are treated in the living animal or tissues are bathed in SLS while in tissue culture. Fourth, SLS treatment extends the healing time of the corneal epithelium.

The research showed **penetration into the eye, as well as systemic tissues (brain, heart, liver, etc.)**. SLS also showed **long-term retention in tissues** (up to five days **after a single drop and was absorbed** much more readily in young animals than in adult rabbits.

There has not been sufficient time to determine whether the protein changes are deleterious to the eye, are reversible, or whether they are associated with a natural process.

Due to the widespread use of SLS, any immediately dangerous situations should have been noticed straight away. However, **there may be far more subtle changes occurring that are not revealed in classical toxicity testing**. It may be that other changes caused by SLS in the eye are subtle, causing changes only after a considerable time. The changes in cell proteins could result in tissue disturbance only after several years of function.

**SLS delayed the healing process of the corneal epithelium.** Lesions were created on the cornea which normally heal in 48 hours. When treated with SLS, the lesion initially decreased but then expanded to 50-60% bigger than the initial lesion, and it took 9-10 days to heal.

Brant et al says, the problem with SLS is that the manufacturing process (ethoxylation) results in SLS being **contaminated with 1,4 dioxane, a carcinogenic by-product.**

When SLS is ethoxylated, it forms Sodium Laureeth Sulphate (SLES), 1,4-dioxane may be created during the ethoxylation process, contaminating the product. 1,4-dioxane is very similar to the main compound used in Agent Orange. (2,3,7,8-Tetrachlorodibenzodioxin (TCDD) which is the most toxic of all the dioxins.)

Unfortunately, the FDA does not require 1,4-dioxane to be listed as an ingredient on product labels because the chemical is a contaminant produced during manufacturing. Without labelling, there is no way to know for certain whether a product contains 1,4,-dioxane, making it difficult to avoid it. Other common ingredients that may be contaminated by 1,4-dioxane include PEG compounds and chemicals that include the clauses “oxynol,” and “eth”. According to a 2007 report by the environmental working group, it is found in 22 percent of all personal care products, and 67 percent of children’s bath products.

Long-term oral ingestion of the ethanolamines by rats and guinea pigs produced **lesions mainly to the liver and kidney**. Long-term skin application also produced liver and kidney damage.

SLS is associated with increased **aphthous ulcers** (canker sores) due to the denaturing effect and irritation of the oral mucosa.

Swallowing SLS will likely lead to **nausea and diarrhoea** and is even used as a laxative in enemas.

Japanese studies show that it damages the DNA within the cells. The abstract states: “When two different strains of Streptococcus mutans, PK-1 and JC-2, were used to prepare cell lysates, a satellite band of plasmid deoxyribonucleic acid (DNA) was seen. The mutants of PK-1 and JC-2 were defective in their ability to synthesize insoluble extracellular polysaccharides and had no detectable satellite band of DNA. These mutants were induced by treatment with ethidium bromide, acridine orange, or

sodium dodecyl sulfate.” Sodium Dodecyl Sulfate is synonymous with Sodium Lauryl Sulphate. The significant thing about this research is that the researchers **induces a mutation by introducing SLS to bacteria**. Does this mean that SLS is known for its mutagenic properties amongst researchers?

Other serious concerns are also raised based on the abrasive and destructive nature of SLS. These concerns are regarding developmental/reproductive toxicity, neurotoxicity, endocrine disruption, ecotoxicology, and biochemical or cellular changes.

## TRITUATION:

Trituation is a homeopathic proving method. The chosen substance (SLS) is mixed with milk sugar and grinded and scraped in a sterilised pestle and mortar. When carried out with intention the prover enters a meditative state through the motion of grinding and scraping and connects with the internal qualities of the substance. During this meditative state the prover resonates with the substance and manifests new and unusual physical, mental and emotional symptoms. On rare occasion the prover can experience her existing symptoms to alleviate or disappear, this is because the substance was curative to her. According to homeopathic understanding, that which a substance is capable of causing, it is also capable of curing. The name homeopathy is derived from the Greek words for 'similar suffering' referring to the 'like cures like' principle of healing.

The trituation movement began in Germany in 1993 by a non-homeopath Witold Ehrler as an experiment and exploded into a phenomenon amongst homeopaths who have been using different methods to prove substances and expand the Materia Medica.

Witold's girlfriend was a pharmacology student and her education included some homeopathic training and she brought home *Catherine Coulter's Portraits of Homeopathic Medicines*. Witold read this book and was intrigued by the notion that sulphur, phosphorus and other chemicals can have a psychological profile. He was so curious that he decided to make a remedy to see for himself. After he researched

how to do a homeopathic proving he decided to do a trituration proving and he began trituration substances in the pharmacy.

His first proving was of Calcarea Carbonica and he experienced strong and unusual symptoms. At first, he thought he was going crazy, and he was afraid of what was happening. This state is central to the Calcarea Carbonica mental picture and the relevant rubric is Mind: delusions; insane, people think he is.

When Witold compared his proving experiences with existing Materia Medica, he found them to be consistent but much more focused, precise, and complex. He felt he received a complete overview of the remedy's core properties.

## C4 HOMEOPATHY:

In the trituration handbook, four rounds of trituration is recommended according to C4 Homeopathy. "Trituration up to C4 is like a walk through a theme, starting from the physical level of simple suffering, over the emotional drama of living through it, over the mental attitudes, right up to the solution that for us, according to the nature of the level, normally lies on the C4 level." (Witold Ehrler)

C4 Homeopathy helps differentiate between mental, emotional and spiritual symptomatology during trituration, thus helps us understand what it is we experience when we do a trituration. The different levels and bodies help us realise where the primary problem lies.

C0 level corresponds with the material body. The actual substance from which the remedy is prepared (SLS).

C1 level relates to our vitalised body and the physical experiences we have i.e. my mouth is really dry.

C2 level links to our emotional body, our feelings and emotions. i.e. I can't be bothered to drink.

C3 level parallels the mental body, our thinking, intellect and reason; how we see the world, right and wrong, good and bad. This is the level of our central delusion, and belief system.

C4 level corresponds with the spiritual body, the level of the heart. It's a bridge between the physical and completely non-physical realms. There are no judgements here and everything is equal. We have the first direct contact with our inner-self, with our soul, where we see how the whole fits together and what is our part in it. Here we feel deeply grateful and at peace.

We adhered to this recommendation and experienced the four tiers of C4 proving.

Here I should also mention that one level consists of three sets of grinding and scarping, and between each set we added a portion of milk sugar. The grind was 7 minutes long and the scrape was 3 minutes, repeated three times, a total of 30 minutes. Between each level we had a short break, and after C2 we broke up for lunch. Notes were taken as we went along.

## ANALYSIS: THE MAIN SYMPTOMS

### **C1: relates to physical experiences and the vitalised body.**

The main theme was dryness or excessive body fluids – two sides of the same coin.

There was a lot of burning, itching and tingling sensations all over the body and mucus membranes, even blisters, in the mouth.

Other significant physical symptoms were stiffness and aching all over the body but especially around the shoulders, back and neck.

We thought the time went really fast, but our bodies were heavy and tired, and grinding was difficult.

The senses were distorted: we had blurred vision, but our hearing was very sensitive to noise.

[Type here]

**C2: this level corresponds to feelings and emotions.**

During this level the above mentioned physical symptoms continued but there was a clear shift.

There was tension and pain in the head, and forehead with a sense of heaviness and tiredness.

There were quietness, calmness, peacefulness, contentment, tranquillity, and people felt relaxed. However, this relaxed state was rather controversial as people reported forgetfulness, lack of interest, disconnectedness, and sedation. The words relaxed and disconnected are interchangeable here. People had difficulties spelling and writing, the mind felt detached, slow and spacey but nobody seemed to have mind. Some people felt hilarity and giggled without reason.

Some people sang songs in their heads during proving:

“There is a hole in my bucket”

“Someone’s knocking at the door”

**C3: this level corresponds to the mental body, how we see the world, our thinking, intellect, reason, our belief system and our central delusion.**

The physical and mental symptoms continued during this round; however, the mental symptoms became deeper and more significant.

The spaced-out feeling turned into a trance.

The relaxed and content feeling turned into indifference, people couldn’t be bothered, it started to become troublesome and the comments had a negative connotation to them.

The lack of emotions and thoughts were described as being demented and numb.

Hallucinations appeared. Delusion as if the head was separated from the body.

There were a couple of polarities between being compliant and hating the system.  
Being focused and present and lacking focus.

There was also sadness.

People felt more grounded after eating, although some people lost their appetite.  
Thirst was also affected and people either didn't drink as much as usual or drank loads.

Food cravings were for milk and cream, but it caused nausea.

Songs:

Chuck Berry, No particular place to go

**C4: this is the spiritual level, the level of the heart.**

There were few new symptoms emerging during this trituation round; however, the existing mental symptoms became even deeper and more profound. The indifference, lack of thoughts and emotions turned into a strong sense of dying and waiting for the end. A few quotes from proverbs: looking down on life with a perspective, contemplation over one's life, tying up loose ends, slipping quietly away, want to make piece with people before they die, everyone does their best to lead good lives, forgiveness.

There was also a sense of being stuck in a situation and not being able to move on: fed up, had had enough, I'm doing something I don't want to do any more, but I don't do anything about it, I am being stuck, it's pointless, and meaningless.

New symptoms were thoughts around betrayal, deceit, conspiracy, fraud, profit making power and greed.

The mental images were baroness, a swamp with no sign of life, meeting one's angels and looking at one's life with them.

Some symptoms carried over from C1-C3: mellow, blank, lethargic, laid back, burnt out, sit and stare, sadness, fear, worry, detached, empty, braindead, comatose.



However, some people continued to enjoy the peaceful detachment side of the substance.

The physical symptoms were pain in the knee, neck and shoulders, tension in the head and either a lot of saliva or dry mouth.

### Songs:

“I’m forever blowing bubbles in the air”

“You spin me right around”

A few people reflected on the remedy during this last round and this is how they describe the substance:

- Letting go, nearly finished. I think grandad would have needed this.
- It should be given to people in menial work to make them happier in what they do.
- A desensitiser.
- A calmer in AAD.
- For Alzheimer’s disease.
- To bipolar disorder to stop the swings of polarity.
- The wheel of life, moving on to the next life.
- Looking down on my life with a perspective.
- Thought of making up with people I have fallen out with before they or I die.
- Slipping quietly away.
- Lift a veil.

## **RUBRICS:**

Back: Pain; dorsal region sharp

Back: Pain; spine

[Type here]

Back: Pain; tense

*Breathing: difficult; tickling, choking sensation in trachea*

Breathing: Wheezing

Cough: Dry

Cough: Inspiration on

Chills: Shivering; with chills

Ear: Itching; left

Ear: Pain; sudden, sharp, left ear

Extremities: Arms; shaking

Extremities: Arms; stiff

Extremities: Foot; pain right

Extremities: Hand; pain

Extremities: Pain; elbow left

Extremities: Shaking; hands and legs

Extremities: Weakness; hand, right hand

Eyes: Burning

Eyes: Discharge; left eye

*Eyes: Discharges; sticky*

Eyes: Dryness; heaviness with

Eye: Eyestrain; nausea causes

[Type here]

*Eyes: Pain; left, pin like*

Eyes: Pain; eyes pushed in, as if

Eye: Pain; stabbing pain, left eye

*Eyes: Pain; tension, from left to right*

**Eyes: Vision; blurred**

Eyes: Vision; colours exaggerated

**Eyes: Heat; sensation in eyes, left side**

Food: Appetite; diminished

Food: Cream and milk; desire, which aggravates

**Generals: Cold; feeling of**

Generals: Constriction; clothes of

*Generals: Eating; ameliorates*

**Generals: Heaviness; externally**

*Generals: Mucus membranes; irritation*

Generals: Mucus membranes; irritation, breathing difficult

Generals: Noise sensitive to

Generals: Thirst; absent

Generals: Tingling; sensation

**Head: Burning, face left side**

Head: Constriction; face

Head: Constriction; forehead

Head: Constriction; sides

**Head: Formication; face, hair tickling, as if**

*Head: Heaviness; face right side*

**Head: Heaviness; head dropping forward**

Head: Itching; face

Headache: Noise from

Headache: Sides

Headache: Temple right

*Headache: Pressure; forehead, as if from water in head*

*Hearing: Diminished*

**Hearing: Impaired: distorted sounds**

**Hearing: Sensitive; hearing to sounds, increased**

Hearing: Sensitive; hearing to sounds, noise to

Kidney: Pain; region of, right

Leg: Pain; left side

Leg: Pain; right side

Leg: Pain; knee, right

Leg: Pain; back of legs

[Type here]

Lungs: Expectoration; scanty

**Mind: Absent minded; dreamy**

Mind: Absent minded: inadvertence

*Mind: Absent minded; thoughts, vanishing of*

Mind: Abstraction; mental

Mind: Anticipation; chill, from, shivers

**Mind: Apathy**

**Mind: Calmness**

*Mind: Concentration; active*

**Mind: Concentration; difficult, vacant feeling, has a, on attempting to**

Mind: Concentration; difficult, abstract thoughts

Mind: Concentration; difficult; hurried

**Mind: Confused**

Mind: Contented

**Mind: Dazed**

Mind: Dazed; periodical

**Mind: Death; thoughts of death**

Mind: Delusions; head separate from body

Mind: Delusions: spiders

**Mind: Delusions; time passes too slowly**

**Mind: Delusions; time passes too quickly**

[Type here]

**Mind: Detached**

*Mind: Dullness; mental*

Mind: Excited

Mind: Fear; unexplained

Mind: Foresaken; joyless feeling

*Mind: Hurried*

***Mind: Indifference; aggregable things to***

***Mind: Indifference; focus on present moment***

*Mind: Irritability*

Mind: Isolation

**Mind: Memory: weakness off**

*Mind: Quietude, stillness, sensation of*

Mind: Rebels; against authority

**Mind: Sighing; emotional**

Mind: Tearfulness

Mind: Trance; state

**Mind: Writing; difficulty, makes mistakes**

Mind: Worries; tendency to, causeless

Mouth: Dryness

Mouth: Eruption; blisters

Mouth: Hair on tongue; sensation of

**Mouth: Salivation profuse dry lips with**

[Type here]

Mouth: Salivation profuse sensitivity of mucus membranes with

Mouth: Saliva; frothy

Mouth: Taste; acrid

Neck: Pain left side

Neck; Pain, right side

Neck: Pain; pulsating, piercing

Neck: Pain; stiffness with

**Nose: Burning pain wings left side**

Nose: Discharge; dripping

Nose: Discharge; left side

*Nose: Discharge; watery*

Nose: Itching; irritated

*Nose: Sinuses; complaints of*

**Shoulder: Pain; tense**

Shoulder: Pain; left side

Sleep: Sleepiness; dullness with

Speech: Loss; voice of

*Stomach: Acid reflux; swallowing often*

Stomach: Fullness; eating while

Stomach: Nausea; cream from

[Type here]

## **Stomach: Nausea; toxic**

Stomach: Shaking

*Teeth: Grinding, bruxism*

Throat: Constriction

*Throat: Constriction; clearing amel*

*Throat: Lump; sensation of left side*

Throat: Sore, coughing aggravates

Throat: Tickling; pringling sensation

Vertigo: Periodical

Vertigo: Turning on; circle, as if turning in a

*Vertigo: Sitting, while*

Weakness: Easy, weakness

Weakness: Vitality; low or decreasing

Wrists: Pain; motion on

## **ORGANON §141:**

“Of all the provings of the pure actions of simple medicines in altering the human condition, and of the artificial disease states and symptoms that they engender in the healthy person, the most excellent provings remain those that the healthy, unprejudiced, conscientious and fine-feeling *physician* employs *upon himself*,

[Type here]



with all the care and caution taught here. He knows with the greatest certainty that which he has perceived in himself.”

### **Advantages of self-provings:**

- They give the homeopath the experimental understanding of how medicines work.
- Self-provings provide the most reliable information about the healing actions of a remedy thus becomes the foundation of Materia Medica.
- Teaches the homeopath about self-awareness.
- Self-provings develop the powers of observation.

## **CONCLUSION:**

After completing the trituration of SLS, I can highly recommend taking part in provings to all homeopaths and student homeopaths. It is an excellent way to learn how remedies are made in homeopathic pharmacies. It sharpens our understanding of remedy pictures described in Materia Medica. Furthermore, it develops intuition, self-awareness, and the ability to intuitively connect with patients.

In the body of the project I described SLS as a chemical compound and compared the research on both sides of the argument: scientists who state SLS is harmless and the other camp which states SLS can lead to serious health problems as it corrodes tissue, accumulates in our organs, and mutates cells.

The main themes of the remedy are: dryness – excess body fluids, irritation of the mucus membranes, pain in joints, feeling relaxed which progressed to a more sinister, detached and dementia-like state of mind. Provers reflected on their lives and wanted to make peace with loved ones before they passed away. Provers felt it was going to be useful in cases of autism, dementia and for people nearing the end of their lives. I personally think, it would be useful to consider as part of detoxification regimes.

To fully explore the medicinal value of SLS, a full Hahnemannian proving is recommended.

The insights I gained during the trituation proving of SLS are deep and complex. Hahnemann refers to two different kinds of knowledge in the Organon: Wissen is the kind of knowledge one gets from studying books. Kenntniss is a deep, personal knowledge one gains through experience. Through the proving and analysis of SLS, I got to know the remedy intimately, and gained it's Kenntniss.

## REFERENCES:

1. Brandt et al. The final report on the safety assessment of TEA, DEA, MEA. *Journal of the American College of Toxicology* 2(7):183-235.1983
2. Evanthia Diamanti-Kandarakis, Jean-Pierre Bourguignon, Linda C. Giudice, Russ Hauser, Gail S. Prins, Ana M. Soto, R. Thomas Zoeller, and Andrea C. Gore “Endocrine-Disrupting Chemicals: An Endocrine Society Scientific Statement “, *Endocrine Review*. 2009 Jun; 30(4): 293–342.
3. Roderick E. Black, Fred J. Hurley, and Donald C Harvery, “Occurance of 1,4-Dioxane in Cosmetic Raw Materials and Finished Cosmetic Products”, *Journal of AOAC International*, May 2001, 84 (3): 666-670
4. Fritz Bishoff, The Influence of Sodium Lauryl Sulfate on the Biologic Response to the Gonadotropins and to Insulin, *The American Journal of Physiology* December 1945 vol. 145 No. 2
5. The Environmental Health Insights Journal published Human and Environmental Toxicity of Sodium Lauryl Sulfate (SLS): Evidence for Safe Use in Household Cleaning Products.
6. Green at al Detergent Penetration into Young and Adult Eyes
7. HIGUCHI, MASAKO; ARAYA, SHINPEI; HIGUCHI, MASATAKA, Plasmid DNA Satellite Bands seen in Lysates of Streptococcus Mutans that Form Insoluble Extracellular Polysaccharides, *Journal of Dental Research* . Mar1976, Vol. 55 Issue 2, p266-271. 6p. 1 Black and White Photograph, 1 Chart, 2 Graphs.
8. <https://articles.mercola.com/sites/articles/archive/2010/07/13/sodium-lauryl-sulfate.aspx>

9. [https://www.ewg.org/skindeep/ingredient/706110/SODIUM LAURYL SULFATE/#.W4vI5PZFYp8](https://www.ewg.org/skindeep/ingredient/706110/SODIUM_LAURYL_SULFATE/#.W4vI5PZFYp8)
10. <http://www.cosmeticsinfo.org/sodium-lauryl-sulfate-and-sodium-laureth-sulfate#sthash.M3kmRyXx.dpuf>
11. <http://journals.sagepub.com/doi/abs/10.3109/109158309142005>
12. Anneke Hogeland and Judy Schriebman, The Tritiation Handbook into the heart of homeopathy, Homeopathy West 2008
13. Samuel Hahnemann, Organon of the Medical Art, Birdcage Books, 1996
14. Siobhan O'Connor and Alexandra Spunt, No More Dirty Looks, Da Capo Press, 2010
15. Judi Vance, Beauty to Die For The Cosmetic Consequence, toExcell Press, 1998
16. Theo Colborn, Dianne Dumanoski and John Peterson Myers, Our Stolen Future, A Plume Book, 1997

	PROVER 1	PROVER 2	PROVER 3	PROVER 4
<b>C4</b>				
<b>Grind 1</b>	<p>more energised</p> <p>asking the substance to tell me it's story</p> <p>image of sailing along on blue tropical water, island, palm trees, sand, not like a hol paradise, more Treasure Island</p> <p>Betrayal</p> <p>Deceit</p> <p>Male energy</p> <p>smell smoke faintly</p> <p>pale white sand</p> <p>the sound of grinding is like sury on the shore</p> <p>sudden thought of the old Bounty adds on TV.</p>	<p>R side neck pain</p> <p>R knee pain</p> <p>suddenly came to focus inside</p> <p>mouth back/middle tongue feels like a dry space even though no space</p> <p>mouth now quite full of saliva</p>	<p>not thinking of anything</p> <p>blank but ok</p> <p>what's the substance? Is it from the kitchen?</p> <p>song: 'you spin me right round'</p>	<p>still tense around shoulders</p> <p>mentally v. relaxed</p> <p>no intrusive thoughts, mellow</p> <p>still slow deep breathing</p> <p>V focused on present time</p> <p>peaceful</p> <p>lack of thoughts</p>
<b>Scrape 1.</b>		<p>wondering why nothing much comes through</p> <p>thinking of yew trees</p>	<p>feel v lethargic, laid back</p>	<p>focused on scraping</p> <p>powder jumping out</p>
<b>Grind 2.</b>	<p>Driving</p> <p>is this about travel?</p> <p>even timetracked</p> <p>timeless</p> <p>can't read what I'd written</p> <p>nothing seems to matter v much</p>	<p>nearly fell asleep</p> <p>nearly fell asleep</p> <p>Loving grinding this emptiness</p> <p>this is getting to feel silly</p>	<p>thinking about giving up</p> <p>smoking - again</p> <p>fancy a beer when I get home and a hot bath</p>	<p>lack of thoughts</p> <p>just focused on grinding</p> <p>feel untroubled</p> <p>want to taste the remedy</p> <p>songs in my head: 'I'm forever blowing bubbles in the air.'</p>
<b>Grind 3.</b>				<p>deep breaths</p> <p>slow</p> <p>letting go, nearly finished</p> <p>think it's what granddad would have needed</p>

**Scrape 3** feel sleepy scraping slower and slower

**Grind 4.** Observer never thought I would be able to still nothing coming through -  
 Detachment from the action last this long grinding - no pain except I think it's something  
 White Head in hand or wrist in my kitchen  
 Back to the alchemist's brids, parrots, laughing feel disinterested in this grinding  
 transformation, transmutation Moss. Space. now.  
 chaos within the chrysalis before Disobedience. I want to use this white  
 emergence of the butterfly Freedom powder to clean sink  
 jewels  
 peacock  
 bright colours  
 sparkling lights  
 weightless/floating up

**PROVER 5**

**PROVER 6**

**PROVER 7**

**C4 Grind 1**

amazed at how 'easy' this has been  
 hasn't felt like work  
 should be given to people in  
 menial work to make them  
 happier in what they do  
 for people who need to escape  
 the drudgery of their lives  
 a number of pain/boredom  
 a desensitiser  
 a calmer in ADD  
**For Alzheimers**  
 bipolar to stop the swings of  
 polarity  
 for insomnia  
 for inflammation of mucus membranes  
 for under/over-functioning of senses

time is v fast  
 a wheel turning around, the  
 wheel of life, moving on to the  
 next life  
 looking down on my life with a  
 perspective  
 the world spinning around  
 meeting my angels and looking  
 at my life with them  
 pressure headache, top R side  
 tension over forehead  
 top of head feels v heavy  
 fuzzy feeling like Gelsemium  
 sleepy eyes  
 thought of making up with people  
 I have fallen out with before they  
 or I die  
 is this an end of life remedy?  
 a sense of contemplation looking  
 back over my life.

irritated nose, want to sneeze  
 neck hurts  
 smarting in nose  
 smarting in eyes and forehead  
 sad, sobbing inside but poker  
 faced  
 tired and sleepy  
 flat. I had had enough  
 pain in R ear: sharp, shooting,  
 stabbing  
 lips are dry and burning  
 sigh  
 I'm doing something I don't  
 want to do any more. Fed up  
 but I don't do anything about it.

**Scrape 1.**

finished that quickly - tying up  
 loose ends  
 this is moving faster than expected

fear, worrying felt in solar  
 plexus

		stop the boat, I want to get off	
<b>Grind 2.</b>	burnt out, no more thought switched off nobody at home empty well brain dead comatose life support machine  to end my days lost track of time sit and stare	slipping quietly away, moving on the wheel of life headache is really peaking now pressure in forehead and R temple mellowness and sadness we seem disconnected from each other, Lynette is laughing  I'm in my own world	nose irritated as soon as entering the room my hands feel dusty, it's irritating go on! I can see the finish line! blowing nose is like blowing dust out of my nose eyes are heavy back feels less stiff, easier to move coming out the other side
<b>Grind 3.</b>	Didn't do it but I don't want to be exposed hidden retisence to being found out been used wrongly	emotions coming up about father and step father in law - making peace with them before they die saying good bye to the remedy this is our last round thanking it for it's wisdom want to make peace with loved ones before they leave me pressure in head, splitting headache	stuck, not moving dead nothingness is anybody at home? - No, noone is here. irritated by the dust. It's baron. Dead. Words: meaningless. Pointless. Pollution, waste. Hazard. Image of a swamp but no animals, and no sign of life.
<b>Scrape 3</b>	<b>lift a veil</b> conspiracy, fraud, profit making power, greed	everyone does their best to lead good lives forgiveness	Feel relieved, lighter. Head is clearer.
<b>Grind 4.</b>			