



Pre-membership Course in Medical Homeopathy

Clinical Case Study

Case Ref:			For Study in Week:	
Patient:			Age:	
			Please respect patient confidentiality. Case studies are provided for personal study within this course only.	
Domain:				
Therapeutic Area / Presentation:	1.			
	2.			
	3.			
Life stage:				
Homeopathic Category:				
Notes / Learner Instructions				
				

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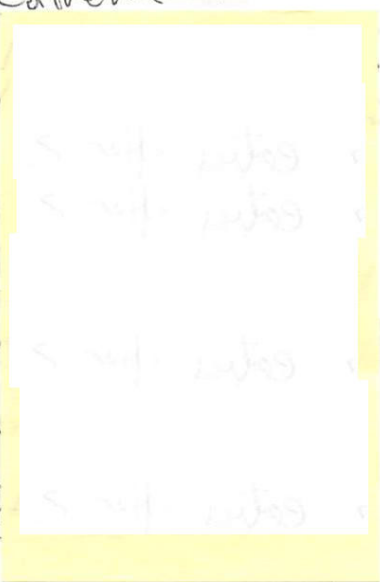


15 1/2

Name Catherine N D.O.B. Sex Occ. Date

16/2/96

Addr  
Com  
History  
O/S



Not ena  
long en  
Can't get to  
night.

Headachy if not using a pillow  
prop.

On 23-12-95 : had m/c + felt  
ill + dizzy. Improved

On Christmas day. Started to  
get a cold : sore throat +  
nose runny. Took two Aspirin

Jawway quite depressed :  
L last well 1993  
Extremely unwell in Sept

Cold went to chest

Previous Illnesses

Problems 2 arth / G.P. gave antibiotics ? type  
Colds

Personal

Tired 5 summer  
Suddenly really ill. Glands  
Had tubercle  
Migraine @ sides

Menstrual History

Reg. 9/52

ill on first + last day G.F. died 1992

Family History

Painful = cramps + frighly sleep.

Dizziness + lightheaded

Migraine @ side of head.

Examination

face seems strained

GF: +  
GM: + when pt sl. COAD.

Doesn't suppress urge to cry.

GF + ME  
GM + when pt 9/1, abaze.



? Arq-i ? Arq-p

HOMOEOPATHIC SYMPTOMS

Generals

Heat : - usually warm

Cold : -

Sweat : -

Time : - > afternoon.

Weather

Not xS

Stomach

Disordered

Appetite : -

Thirst : - drinking more than  
warm.

Aversions : -

Desires : - sweet. disc

Sleep : -

hot flashes & aches  
+ a bit hot

Particulars

Head : - dizziness

Stomach

Eye : - with m.p. 1st day

Abdomen

Ear

Bowels

Nose

Genito-urinary

Throat

Back

Face

Extremities

Mouth

Skin

Respiratory

o C o W, B  
o P.

No easy busy.

Weakness eating after ?

MENTALS

Close to brother, sisters + dog.

Humble + Bumble

Feels she has to rush

Pushed about

Why stressful.

Have to be alert.

Nervous,

Anxious in the hour before she goes.

Imitable.

Annoyed =

family

It's an argument + that clears the air

Changeable in mood. Energy low : can't be bothered

Thinking about anything.

Arq-nit. 30/2 2009

? Pub  
? Iod  
? Arq  
? Chin-ar  
? Lac-c  
? Mosch.  
? Coc  
? Lye  
? Iqu  
Sensitivity  
to bright  
light  
with  
freshness  
make her  
ill.  
? Coff.  
? Aeth  
? Sabm  
? Eep.  
? Cim-s.  
? Sulph

18/3/96

Concentration - up.

Feeling a lot of water

In at school and probably doing more.  
Had an agonising m.p. Soth + bringing  
up bile was v. uncomfortable + took  
some aspirin. Dramatically improved  
by the next day.

Sleep patterns have been a bit more  
unsettled. Sleeping 12-1. and waking 9.

Trying to reorientate sleep

Was allergic to hair conditioner

Pupils were dilated + felt foggy

Just one m.p since remedy.

Can't stand too much heat. Falls asleep in  
a hot room.

Very hungry + desiring sweets.

Was v. dizzy with last m.p. (1)

On 27<sup>th</sup> March: was 'quite ill'

Nothing = partiala spores it off

Sat about all day. Improves next day

+ able to do a lot. On Friday all in morning

16/4/96

? everyday things. Working hard.

Wobbling - variable

No coffee. No medication

M.L. started 1/2 last Sat. Took some aspirin.

Wrest a Sunday. Crying for no reason

Studying: English Maths French Accounting History  
+ Biology. Wants to do higher.

Some rash on arm, was sore this morning

Mensural period: - some funny pain.

Feels she lacks energy. Sleeping OK

Mouth ulcers: - sometimes painful

(A)

Arg-nit 200/1M/54/1

• Sac lac 1/3

(B)

20/6/96

T.C.

Lit. Trig. 30/2; 200/1

24/09/96

Can't remember much about Lit-1:

Energy ↓ but improved while on holiday

Got asth! got 5b chest. Became wheezy Had

to use inhalers. Given Clarin? Fludacortisone?

+ aspirin for nose! Chest clear on returning.

Not too good. Feels stuck & a rut.

Last two m.p. ok. Feels dizzy at the moment.

Felt depressed after exams. Some depression + anxiety about the future. Difficult at home. Would like to

? Ag-m. get out + meet people. Doesn't feel she has the energy  
? Clin  
? Kali-P to go out socially.

? Sep. legs because weak + heavy + not functioning.

Sometimes able to walk for a long time without trouble

Head :- discussion about school → headache.

EAT. :- allergic to desiccants. Noisy TV or radio frustrates.

Teeth :- Mouth :-

No glands up. No carb. No fever.

No throat or oral problems.

°C °W °B °P.

Outcome from exams  
Did v. well

Appetite: quite hungry Craving for sweet. / park pie

Food retention prior to m.p. Sudden last week. No M.P.

Should have started.

Cycle is irreg at present.

Wants to go to Uni / College  
would like to do a Uni degree.

Enclination to arts, journalism  
+ creative subjects.

Time is structured.

Energy is the morning. Good later in the day. 3pm.



Some vaginal discharge : white < after menses.  
? Senecio. Unhappy & overcast weather.

? Cimicifuga. Tendency to jump if up high.

Arg-m 30/3

20/12/92

Not long after remedy left school  
Has started helping at hospital and  
Going to college x1 week Boyfriend now  
Socially v. different. Feels medication helped.  
Had been waiting for m.p. Had severe head

day : sick, cramps, diarrhoea + exhaustion  
22/12 after remedy was wobbly + tired

but picked up ++. Social life v. important.  
Less problems in legs walking >.

M. 27/10. Severe for 1/2. Has been doing  
well after that. 19/11 Severe throat : R. Aspirin.

was sick 5 minutes after. Severe throat.  
Tried ++. Didn't take pres. There were white  
patches on throat. Had cold for 2/3

3/12/92 had m.p. but no severe day this time  
although 1/2 fine + after 1/2 didn't feel so good.  
Pleases in progress. Also has dizzy after URTI but  
didn't need to use water. Enjoying savouries ++.

Slow to rise in the morning.

Feels on some  
stability.  
New start.  
Future is still  
on hold.  
More positive.  
Will seek  
Creative job  
? own business  
? travel  
? meditation

15/2/97

Feels that YHim helped but remains

a bit limited. Feels restricted

Sleep patterns are still disturbed

Can't sleep until late. Slow to get up

in morning.

Very hungry prior to going to bed at night & point where abdomen is painful.

Waking with hunger pains.

Hunger pains are unusual. > Within ten minutes of eating.

Eating = bit of choc. + a lot of junk food.

Has had v. vivid dreams.

Took the material 1/2 ago.

The sleep patterns are strange.

"Unrearing dreams":

benefits stopped recently: wanting her.

Means friends. Sad dreams.

Wakens feeling she has not slept

Wakens ~~that~~ feeling that she has lived

through the night and that she hasn't

really slept. ? not quite so anticipatory.

Excitina around m.p. + gets + - angry

Just before + after m.p. gets angry.

Last m.p. has pain = bladder 2-3/4 prior

? due to infection: seemed to clear quite quickly. (never had before: ? proving symptom)

Quite sweaty around m.p. almost jerish.

Had colds in Nov - Dec. Colds came + went.

Had had ~~OTI~~ while = feverife: ->

chest infection: Asthma. & Nebulizer to clear

airways. This was before last remedy

Getting a sore throat again: - Not treating

Remedy used aspirin -

Anger about changed plans around m.p.  
OTT.

Living whole  
day again  
sleep.  
Head not stopped  
- hugging.

Abou like to  
do art + HND  
+ art &  
photography  
Considering doing  
higher English or  
higher Art.

Experiences without hunger.

Carb-an.                    phos.  
                                  psa.  
                                  sub-ac.

? Az-phos  
? Phos-ac.

2 of r. ~~mm-ac.~~  
          natr-m.

? drug - spiked drink at - concert

? change in weather → damp

Priorities on college + social life.

(6)



2/9/97

Got a place at college on a course for radio broadcasting. feels ok & coping quite well

az-n.

but only in 2nd week

asaf

finds early mornings difficult

asas.

Managed to get a work placement. Managed

asz-c.

with travel + early starts.

ase-t.

Prof sea.

benz(ac)

feels she is just managing her energy.

nuzer  
pari: hwa.

brom.

carb-an.

showed a few signs of being in dem

petr.  
pear.

carb-v.

had flush + used a pessary. Had a chest

canst

infection for 4/12. Phlegm Used inhaler

chin-as.

chlol.

and antibiotics + steroid inhalers for 1/12.

coc-c.

Still has phlegm + some wheeze.

cod-t.

daph.

Periods have been painful. Disrupt + faintness.

gels; death of

gmb.

as though blood draining from face + head.

quin.

hydr(ac)

Difficult to eat esp in morning. esp eating

ip.

lauf.

on an empty stomach. Can't eat til 11am.

law.

mb. 1/12 early last time can be fairly heavy.

neph.

nosch.

bad dreams: strange un-reminiscent dreams - dreamt

nit(ac)

girl at school broke her neck in accident. dreamt dad had died. - alumn

ol-an.

par.

squid.

strout-c.

sub(ac)

thij.

rearb.

mur

mag-s.

Arg-p 30/3

Phos-ac 30/3

11/11/17

Took both sets of powders

2nd 1/2 after post.

Had a chest infection & Albs + Put be back  
a inhaler.

Consistently wheezy. Using becotide.

? chin-phos

? bap.

? coxsaclie

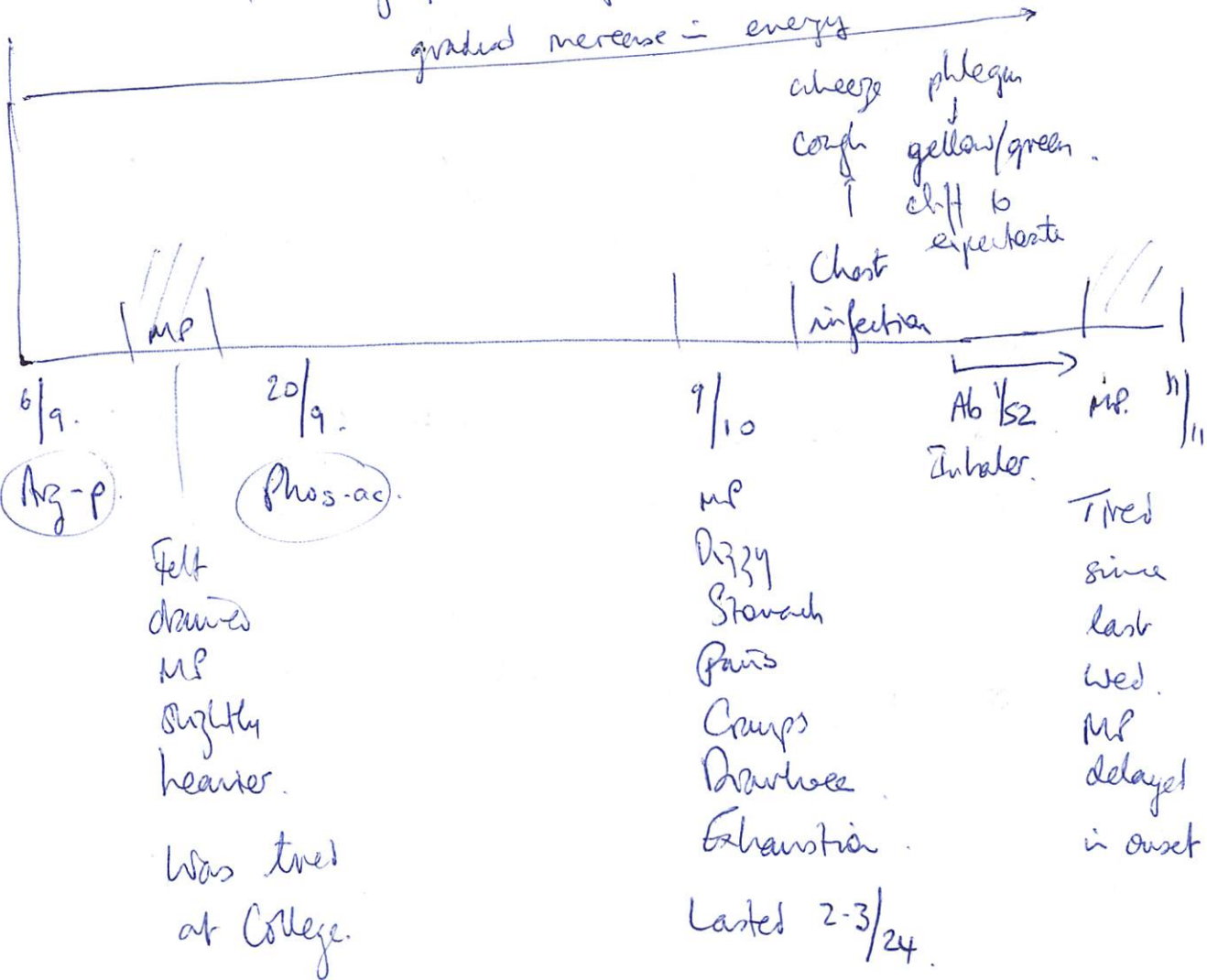
? banel nos.

? adrenalin

? cortisol

? nr-ac

? pr-ac



A bit more moody prior + after av.

Also irritable mid cycle. No discharges / infection  
Had flush previous alb. Barrier contraception.

Sleeping OK. Dreams :- strange at times :-

A few nasty dreams: poorly remembered.

Appetite ↓ 5 last 1/2. Hunger at times, but small quantities. Hunger pains 1/2 but subsided again.

Sept 1993, became unwell. Day: stomach infection was off for a week. Summer 1993 lethargic.

Had been on ventolin for while previously.

MP start clothes the bright the dark + dark.

Head :- A few headaches from tension :- stressed in college. Stress headache during interview.

Wid allergy to plants.

Hot sweats with MP. Hot all, chill in MP.

Cold + shivery. During MP / in a rush.

Waves of cramp. Shaky + ill in MP.

Still fatigue & heat but not as much as previously.

Rep

∞

Pub R/3

13/1/97

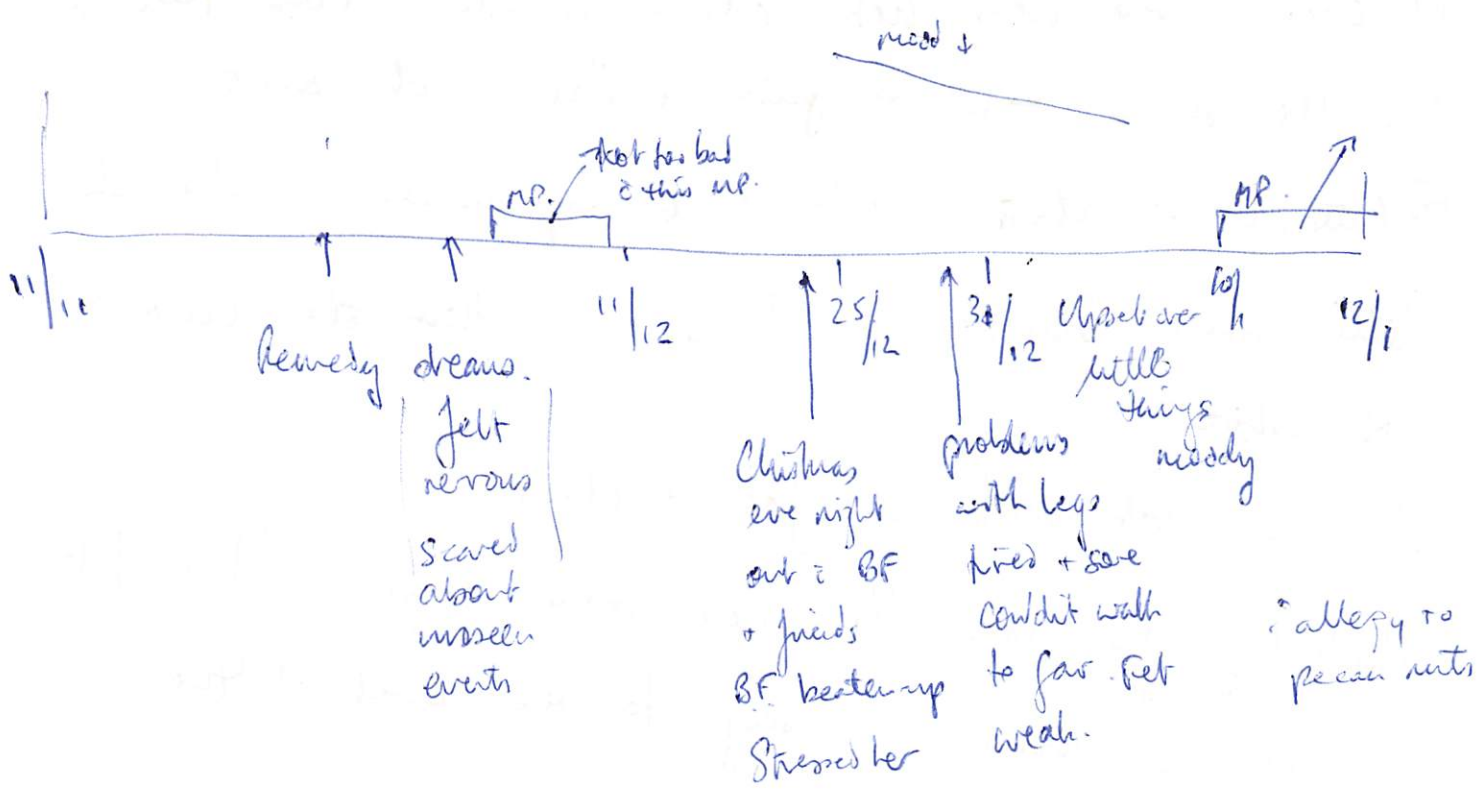
Within 1/2 had vivid dreams. Unnerving + frightening

at times. Stresses & life. Has had a lot of mood swings. Depression + moodiness with periods

feels unbalanced & the last month. Stressed

Started to feel dizzy after Christmas. Achy + tired + sore muscles. Upset, sleep, crying.





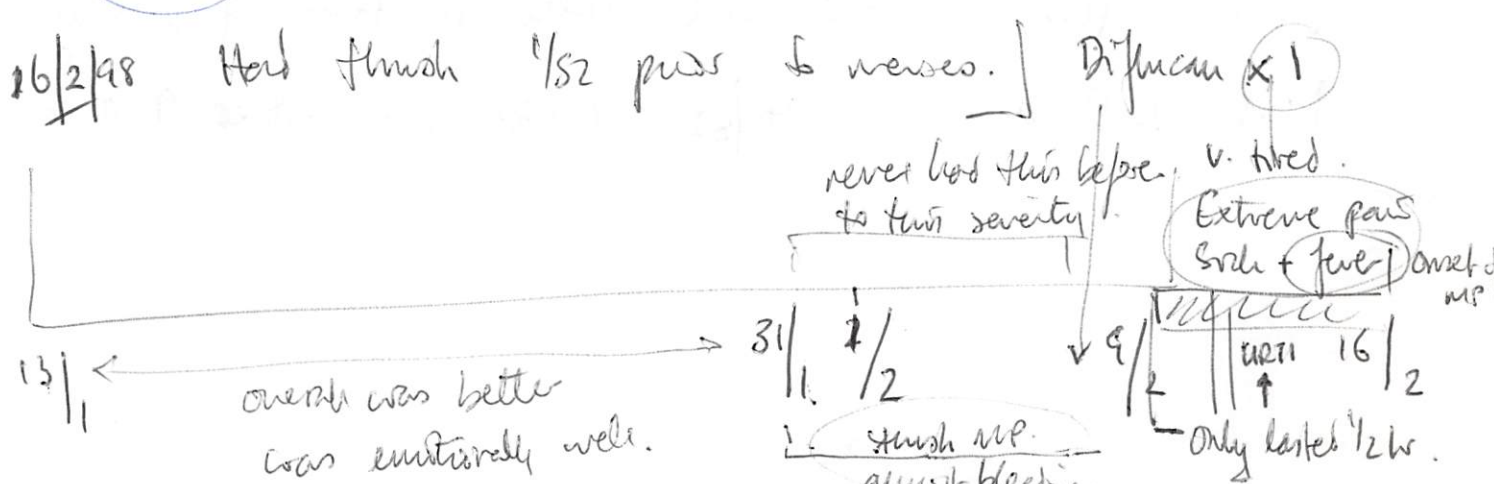
happier alternating with lows especially before + during m.p.

- ? iron
- ? zinc
- ? anti.
- ? aq-n
- ? asaf
- ? bor.
- ? buth-a.
- ? cann-s
- ? carb-on
- ? cerd.
- ? chin
- ? cob-n.
- ? can.
- ? cycl.
- ? ign.
- ? iod
- ? lac-e.
- ? mand
- ? nat-m
- ? plus
- ? pub.
- ? sar.
- ? sep.
- ? tub.

headaches.  
more frequent during menses  
Consolation > Sadness  
Disturbance of sleep

- ? Selenium
- ? veg
- ? zinc

Pub-n. 30/12 2001



At onset of m.p. heart hot + cold + feverish. Took Aleve for the sudden extreme pain + nausea at onset.

8 Catach  $\approx$  chest: difficult to expediate - yellowish

Getting some bruising: 7 bruises from she knows not where.

Skini a lot spotty on face + chest.

Headache for last 2/3 Has taken aspirin. Has felt unwell in similar way to the onset of the condition

Cortisol 307,

7/4/98

Was a lot better until last week

Felt that medicine improved everything

Must come back again from time to time

think after nerves.

Has had two peroxs since Cort. Last m.p. slightly

worse in terms of pain but better in terms of energy.

Next m.p. due in 4/52. Mother has noticed 9 energy

7/7/98

Has had a v. bad chest inf<sup>c</sup>.

Couldnt change placement = BBe

Was quite ill with chest. Catarrh.

Suffles, see throats wheezing. April 10 →

for 2/82.

Currently has a cold, see throat

wheezing + coughing using Verbalin +

Catarrh. Run down. Quite a barking cough

Antibiotics caused trouble: as bad as its  
ever been.

Quite stressed but happy too. Has work  
placement with BBC = Edinburgh.

Only working 2/24 per day

A bit on down with infection at the  
moment. PFR 440. ↓ to 420

Had a bad urine infection. Drank lots.  
had baths: eventually took A/b's.

End of June. Thrush all the time.

Some swelling round anus. Some local irritation.

Passing easily. Bad m<sup>o</sup>. last time

4/12/98

was well over summer. Enjoyed summer  
& did s/sz work. Stressful s/T job & flexible  
Coped well with that job.

Started work with ST in October. 7/2  
extensive training - 8-4 pm. A lot of strain.  
Thought it was going to be P/T  
Has been signed off for 30/7. Has been employed  
by agency manager. Has become angry  
& had tensions. It is not the work she  
wants to do. Has come out in spots  
all over body face, legs back. Exacerbated  
spots. Off food. Cant eat. feels sick. No  
weight loss. Stress has not been good for her.  
feels depressed, didn't know people could be so horrible.  
Was doing too many searches - too nice to people.  
Too sensitive for the job. Causes a lot of anger  
because of the anger. Restless as well. Was bullied  
when younger but was nice to people. Doesn't like being  
harmed. Not sleeping well.  
Drives during m/s. sore legs & cold.

Staphylococcus 20/20/98

10/2/99

was on sick leave & then left. lost tension after Staphys.  
Had a crazy tension after that time

2/2/99  
Had flu: with 2 chills. Lasted 1/2. Tiredness + headache  
cleared quite quickly. Then 1 1/2 weeks ago had a bad flu.  
M.S. painful 1/2 ago following a spell 5 which was had been  
OK. Used aspirin / paracetamol with just wti. + Urticaria on  
chest: steamed chest. Tried Cels for next week 'flu.  
Quite relaxed at the moment. Physically still a little tired  
Applying for a part-time job 5 Glasgow. Thinking about  
restarting college.  
Some headaches - dull ache, comes through eyes.  
Starting back at hospital 20/10.  
Showing some sensitivity about money from childhood home.

May 99.

Felt last pres v. helpful. Had fever. Hot sweats  
+ strange episodes relapsing for several weeks. Now  
cooled off. M.S. not bad. Slightly painful but less so. ? Kati-pl.  
Missed 1 M.P. Pregnancy test: neg. One M.P. and feeling  
premenstrual: moody + frustrated. Has been seeing Ann  
+ using hypnotherapy tape. Over > Some weight gain.  
Some comfort eating. Swimming x2 / week. Stamina not good  
took Cels. Cold worse with it. Probably blocked remedy.  
Wants to work 5 media but not with hives. More serious  
requirements. Quite prepared to be a gaffer.  
Iqn 30/13  
Kati-ph 30/12 2001



Asthma chest inf <sup>c</sup>	Morg gest.	Syc Co	Dys Co.	Coart.	Morg Purc	Nb X
Catarrh + PND	++	++	+	+	++	+
Thrush	+	+		+	+	+
Pinus snollen + irritates	+	+		(+)	++	(+)
Dysmenorrhoea	++	++	+	-	-	-
Typhology	+	-	++	+	(+)	+
Nurd	+	-	+	++	(+)	+
Renevies	+	+	+(+)	+	-	(+)
Asthma chest inf	++	++	+	+	+	++

9 7-8 7-8 6-8 6-8

Note: blue spots  
on skin proving sympt<sup>H</sup>

27/6/99

Needs squip after Squ. Hoazy and unwell - sore with Squ.  
 Bronch<sup>++</sup> from Kaliphos also taken during m.p. Then got  
 cold. 1/2 after. Throat inf<sup>c</sup>. Sore throat. Ill with this  
 for 1/2. Struggling w breathing. Rx phlegm & Antibiotics: augmentin 375g.  
 Had slight bladder inf. Bladder pain recurrently. Currently - doing quite  
 a lot. Positive. Bad period last week. Tiredness Dragging feeling + sensation of  
 urgency. Faintness. Headache - w.r.t. 1. Sleeping less ++. Bleating abdomen < eating < m.p.  
 S2/3 (LSB) Kali-r 30% 200% (H&B) S4/6 acute w.r.t. 1

11/10/99

Chris had a good spell.

But sleeping pattern since becoming unwell.

Suddenly went off again in August.

Sleeping pattern suddenly deteriorated.

Can't sleep until later at night &

Now grumpy & groggy.

Not much pain

Was on holiday when deterioration occurred: just before travelling.

? changes in routine: ? heat + ↑

activity: - Majorca. Was 5 flowers.

Has been sunny hard for the holiday.

Day back got URTI. Sore throat

runny nose. Headache went to her

chest. Took 8/6. Helped a bit but

needed to go back on antibiotics: Chloramphenicol.

2 days. Didn't pick up well after that.

Last 2-3/82 headache & groggy + tired

Can't do much at all

Sore eyes & not sleeping at all well.

Like a flu child is not coming to anything

Had a bad ms.  $2/3$  around time that he was not  
feeling well. Vomiting. Diarrhoea + Pain  
Severe stomach + Uncomfortable + tired + bloated.  
For past week: runny nose - sneezing all  
morning to early afternoon. Sniffly.  
Some spots on skin.

SL/3. Never took HSB.

Libido dropped off at the same time.

Some increase in weight.

Studying again: English + History. ? Use next  
year - looking for another option.

Some lethargy + "laziness". Gets frustrated (angry)  
just prior to ms. Troubled by weight gain around  
ms.

Kals-phos 89 10/11

Very variable.

Took rem 19/10/99 ms. started 21/10/99 Cant remember ms.  
Was a painful + nauseous. Pain lasted all day. Bleeding was very  
dark. Then went bright red ++. Went darker at end again.

Some discharge + Thrush. Mild cystitis. Dark ++ white  
leuc. Overall OK for a time. URTI. 2nd Nov.

Sox throat, coughing. Couldn't hear properly. Took paracetamol

29/10/99



Was a bad journey. Dmg OD = another passenger.  
Was upset by rescue attempt. Patient was very blue  
father traumatised. Peter died. Father shaken by this.  
A lot walking = London. Pushed herself. Sometimes felt she  
should say no.

Walking was a problem. Lack of exercise prior.  
Quite tired on return. Exhaustion sudden.  
Migraine came on. Sore throat + limbs sore  
Didn't get cold. 1/2 after London hit badly for a time  
Took paracetamol for headache.

Nothing she could do for sore throat.  
Ulcers on back of throat. Took 1/2 to go.  
Migr. started again on that Saturday. Was uncollectable during  
the night. Didn't do much until Tuesday.

MP almost over. Seemed to last quite a while.  
Really bloated stomach. Before + after MP.

Variable moods. Tired + indecisive. Became depressed  
reminiscent.

Lack of motivation. A lot to do. A lot of university focus.  
Uncertainty. Can't get down to homework. If she wasn't  
worried or concerned at all would have got an acute episode  
quicker.

Overwhelming desire to change things  
Feels she needs to get away from party student, negative deprived  
area where boyfriend lives. Finds this drags her down.

Context 307  
Phos-a-c 307.3

2/2/00

Had a few good days after last main press.  
Then had R.T.A. Slidder + hit tree

Can't remember accident. Woke up in ambulance.

Was in shock. Police asked what happened

A couple of small lacerations: Hair ties.

See red. X-rays were OK. Was headachy like  
bad migraine. Was in shock for several days.

Has a new car but a bit nervous.

Was physically tired for a while after accident. Used

Kapote. Got a bit depressed about it all.

Doin' two lifers: had to drop these.

Neck is slightly stiff. Has attended physio. Tends to JM®

but this has resolved.

Was tired last week. 17. Sleep pattern was haywire  
until last week. Couldn't sleep 1.1 2am. But now  
gotta sleep earlier + waking at a more normal time.  
Some spots appearing round hair line until 1/2c ago.

See throats >. Sometimes throat raw after exercise.

2 bad periods since N.Y. faint. Sore but not too heavy  
faintness: lasting quite a long time. Last one v. painful

& sore: takes 1/2 to recover. loses 1/2 out of the mouth

Some weight gain. 1st or past 5/12 Some bloating: water

retention. Also bloating < round up. Sweating quite a lot.

Ⓛ > Ⓜ offensive axilla.

PH-AC 30/209



LANARKSHIRE  
HEALTHCARE  
— NHS TRUST —

OUR REF:

YOUR REF:

IF TELEPHONING ASK FOR:

Dietary modification a ban of allergy  
testing: mushrooms, wheat & milk.

M.P. was v. early. Started o.e.

Never pale rem., sleeping better.

Worried about jet lag & jetlag holiday

Arg-nit going out

After 30/6 coming back

12/12/00.

Has moved in with BF. (Mood)

Variable.

Friend recently very helpful for jet lag ++

Moved though in Sept

Gets on well in BF

Not working. Starting on degree 5 Feb.

On OC. since Feb/Mar started for dysmenorrhoea  
Now some dysregulation between periods.

Depressed during periods ++ Sometimes can't get up.  
Disappears by day 2/3.

Some underlying issues: depressed for unknown reasons.

Snappy + grumpy. Seeing a Counsellor: finding this

helpful. Separation from family was difficult. Mum's

her little dog. Feels as though her future will be  
better through here.

Still has some pain during MS. Breakfast :-

only: heavy carbs low carbs during and '1/2 after  
meals.

Thinking about stopping a. feels it may be  
improving every.

Started special diet around May. Trying for food  
intolerances. Dairy + certain vegs out.

Mushrooms stopped. used to eat a lot of these.

Sleep improved + drowsy floating >.

Feel better after eating.

Lost 10 lbs wt. after diet.

Currently eat on diet

No crabs in past 1/2

More headaches OC = Head starts to thump.

Bruises easily. ++. Very dark & colour.

Still clumsy + falling over. Struggling with walking  
& standing. Get taxis + tube

? Did she get over R.I.H. There was a depression  
here.

Head :- stress : stressed easily :- hurry - getting ready.  
rushing herself  
silly argument.  
- had to let go.





?? on.

Cart ~~at~~ heat. Heat <<.

? Mach

? Ye.

? nat-m

? am-c.

? carb-c.

? diam

? wot-h.

? ferr.

? nat-c.

? phos

? am.

? car

? box.

? canst

? crmic.

? ph-ac

? Sep.

Using Map phos 6x for period pass + finding this helpful.

Some lightkeepers.

D: - potatoes.  
crops.  
cheese.



fear of fainting

ms. color dark  
sometimes bright red.  
not heavy but persistent  
sometimes retracts.  
stops + starts.

~~nat-c 30/2 2009~~  
 nat-c 30/2 2009

Noog

3/07/02

? Gastroenteritis

Nausea, Faintness.

Diarrhoea : severe : persisting.

Very weak.

? Gaert

AS also 30/6

Dys co 30/2 207

10/07/02

OC had been causing problems when she went to Glasgow  
Some depression - Dark mood. Menopausal  
Disorders prior to menopause. Also intense sweating  
under arms. Stopped end of Jan. = sweats  
& depression dried.

Moods became better in the early months of this  
yr. MP. States again - painful, tiredness and  
faintness for Yrs. Pain extreme - lasts a whole  
day. MS. I almost 6-8 weeks apart

It's been doing a refractory course. 2 pain free  
ms. when course finished - MS. came back again =  
pain. Think :- just under surface : goes the  
down back again. Quite a bit of discharge +  
unscripted. Swabs. NAD

Some swelling round anus. Gets warm & heats up  
early. Optitis x1 last yr. Had antibiotics.

Severe cystitis in May this year + bloody urine.  
Rx antibiotics. Came back on 24/6 to have  
cystitis again : had a antibiotic. CTS was negative

Did an on course: basic arts course. → Oct. Passed everything, boosted her confidence. Went to Summer school felt more engaged. Colds less frequent.

Has been taking concentrated also over juice. Much fewer coughs - bloating in stomach. Rashes = throat.

Food taste = mouth early. Gito = white tongue.

Since starting reflexology course. Case Andreis: physically that took a toll: and exhausted her.

Due to move in with BF in August wants to set up a therapy room there. Improved her confidence.

Since previous feelings of a wasted education.

Has been a bit stressed with all the changes + plans.

Had constant stress headaches - by June collapsed with

stress + over exercise. 10% had no v. bad.

Jan had 2/3 was exhausted 1/2c pills + 1/2c drink no. (Not heavy use) Last week: nausea.

Got up from floor: collapsed on floor + hurt back.

Had severe diarrhoea: was sweaty + not fully with it.

Next day: - felt ill for 3-4/3 → cold symptoms.

Saw a physio in Norwich :- recommended :- Ginkgo.

Ginseng. (C) glutamine. CoEn Q10. Minto p. (Modopril)

Noticed an improvement in Ginkgo. High vitamin levels helped concentration. Improvement in brain. Previous brain

fog >. But energy didn't increase. Our last 1/2c stamina ↓

Mentally ↑ but physically ↓. Stress hasn't helped.

More focussed = personality

Recurrent little symptoms -

Hunger. ++ Wt gain 1 stone.

{ Carth. }  
{ Cop. }

Dry scalp.

A lot of bloating. Poor stomach.

Not active sexually, due to vaginal discomfort

Sister has been doing hypnoRx. Boosted confidence with driving.

Stress headaches come on within 1/2 hr. of stress.

Some loneliness: best friend abandoned her a bit

Had a lot of flats: - last weekend.

Always tired after eating.

Sore hips + thighs. \_\_\_\_\_, ? did gastroenteritis? ?

↑ Suspected appendicitis May 93: never recovered properly.

ME started in Sept 93. Had been on Venlafaxine tablets for 2/3 prior. (prior - -)

Balance + co-ordination much worse,

## CATHERINE N. Aged 21 at this consultation

### Condensed History:

'Fatigue state' for much of childhood and beyond.  
Lost a lot of schooling.  
Sheltered childhood - parents very protective.  
Initially a lot of conventional treatment.

Long history of emotional problems.  
Superficially very chatty and open but underlying anxiety and very variable confidence.

History of many ailments, many linked to anxiety.  
Consistent low-grade inflammatory problems:  
Mouth, ENT, respiratory, Bowel, Vaginal, Anal.

### Prescribing history includes:

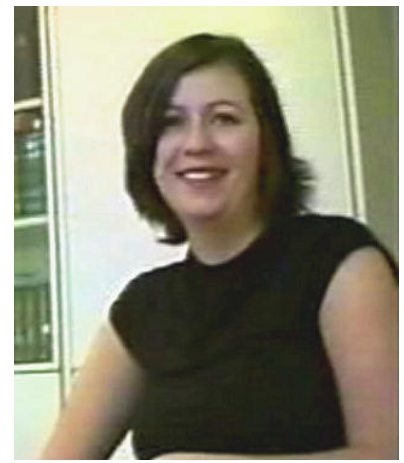
Bacillus 10 with clear responses  
Constitutional prescriptions with variable response  
Current State and Acute prescribing - Usually effective

### Last prescription: Dys co

(anxiety, anticipation and bloating)

### This consultation:

Oral odour / halitosis (?)  
Mild vaginitis  
Anal irritation (? cyclical)  
Bloating  
Some fatigue



<https://youtu.be/R1pOZ2Vuj3A>

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3/10/52

Cont. remedy 21st : felt reasonably satisfied  
Reasonably. Stomach still bloating but not as  
bad. Some stomach + bladder area  
? antacids - discomfort. No

Some thirst. Dry mouth. Bad taste at the time

A couple of ulcers in the back

Some skin with papules of leucoderma. About

more pruritic - = Cat's claws (?)

BF's CM died recently.

Struggling to make up 5 morning.

Some choc / sweet coming. More hungry

at night than during the day.

Some swelling round anus : ? during a period

of poorer diet. Was better for a time after.

Dys - co.

TREATMENT:



CATHERINE N. Aged 22 at this consultation



[https://youtu.be/VhUVB\\_o4eks](https://youtu.be/VhUVB_o4eks)

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3/09/02

Stammie dramatically improved

Beis decorating + painting

Had been doing reasonably well

was able to keep going much better

Many house psychological good

A couple of headaches some evening

Less bloated but feels slightly bigger

Only one mild episode of thrust prior to menses

MP not too bad. Pain for 4/24.

~~the~~ 2 episodes of swelling, tearing, and ams.

A bit more tender prior to menses.

A runny nose in the morning? dust /

wood sanded floors.

Slightly less sweating. Generally the best she has

been for a year.

Had diarrhea a few times. No comma.

gripes w?1 standby

Gets flu standby

Wait

ASen.

DIV standby

Bear thrust standby

10/02

Was a holiday in Cofu.

Caught in a flood. Had to run through streets to escape flood water. Apartment was flooded

Thunder + lightning. Panic attack + woke screaming.

nightmares. Got 'cystitis' given A/bs. Stoner upset since. Feels bad. Queasy.

Re Acou 25/2 2007

30/10/02

Proteus 27/2 2007

Everything was ok until holiday was closed. Then 23/4 torrential rain

Went out in car with friends. Thunder + lightning

Water rose. Was panicked as water rose to bonnet

lots of lightning. Horrendous drive back. Apartment flooded

basin damaged clothes but remained damp.

Was v. stressed. felt drained the next day. Relt

slight pain in bladder - forced fluid. woke at 1am

screaming - am was coming over her. Relieved.

then thunder + lightning storm. ? atmosphere.

A lot of lightning + noise.

Panic attack: 1-2 hrs

Was trembling + shaky with shock. felt awful after it

Most scary thing that ever happened & woke like

someone had walked over her grave. Pains in bladder

because nobody's painful.

Started to get blood & urine. Albs. Rx ayurvet  
1gr. Every 12 hrs. Then Buscopan plus every 8  
hrs. But Alex didn't critically help.

Was feeling queasy, sick & uncomfortable.

Pelt stressed. By Friday felt so sick had to stop  
Buscopan + keep Albs going. Then Saturday  
reasonably ok. Sore throat + some diarrhea.

Very nauseous on bus journey. Didn't vomit.

Day was spent in pain. Could barely eat or drink.

Called Dr. ? Albs or stomach bug. MRP started

but also pain felt much better after. Reaction to

? Phos. Albs. Rx Zantac + Primpavan for nausea.

Was in a lot of pain. Took Tramadol for flight

leave. Felt worse feeling that bladder was sore.

Was v. glad to get back home. Tuesday, were being

sick. Has felt queasy. Since Alex getting tired  
easily. Feels bladder is weak. Feels anxious +

panicked about it. Suffering severe depression since

Discharge again. Bad breath. Not day, not on fresh

took Azon. 1 Meter

Stramonium 30/2 200/1

Antimoniodo 30/2 200/1

12/11/02

Bladder symptoms resolved within 2/3 of remedy  
Mood >> less preoccupied with what happened &  
today. Now taking autoasside.

4/12/02

Has been variable. Bladder > within 2/3 Also didn't  
 feel so depressed. Took second remedy: autoasside  
 after 2/3: minor improvement: - had been sore round  
 anus. Also less sweating. Within 1/2 m.p. bad  
 build up to m.p. (19/11) was v. painful lasted 10am-7pm  
 Don't feel she has recovered from that: tired & ill  
 Quite a lot of vaginal discharge + sweating nose.  
 Bladder aches: bladder feels uncomfortable.  
 Some sweating overnight. Feels greasy hair.  
 Perhaps archegone. M.p. brought up a lot of things.  
 Curiously really tired - takes tired. Whilst feeling she  
 has had only 5hrs sleep. Sleeping deeply. Expects to  
 feel exhausted by walk home. Concentrated ↓. Eyes sore  
 at times. Get tired - Not depressed but a cloud over her  
 Don't feel fully awake. Still half asleep.  
 Some loneliness + some despair of recovery. Needs. Bought quiet  
 cup a lot to help. Some fear that Biferno might leave her.  
 Tries to be positive. Has applied for incapacity benefit.

off balance  
 → ☹  
 minor sweating  
 and vaginal irr.  
 sore eyes  
 Headache x1/mnth.  
 coffee messes.

Bacillus N. 70.



11/2/03

General improvement

Arrested around 15/12. A bit more sluggish

Sore breasts. 18/12 Migraine 1/2 prior.

Stopped overnight + sore stomach pain for most of the day. Then bleeding. Couldn't move for while pain. Day after felt better.

For next 2/3r felt fresh + motivated.

Libido gradually came back

Thank for 2/3 of end of Dec. ? unbreakly diet <

Then a week of hyper activity. Then sleeping well

Then couldn't sleep for a week. Then anxiety about insomnia. Then from Jan 25th exhausted + loss of

motivation - Felt as though M.P. would start again

felt unclear. Nothing happened. M.P. started Feb 5th.

Aches + pains leading up to M.P. Has felt better

again. One day of dizziness

Dry skin + dry scalp. Sex drive down again.

Bladder symptoms >

Bragging zosteria (R) = (L) brown blood + varicella

sometimes bright. Feels sweaty + yukky.

Altris f 31/2009

?Arm.

?calc.?

?con.

?claps.

?sy.

?vib.

?ust.

?deb.

?asaf.

?herb.

?bov.

?cont.

?cime

?lit-t.

?musk.

10/4/03

Felt Aletis gave her a boost.

There a mild flush : some discharge redness :

disrupt : left it alone + it self resolved.

Was constipated + had some mild sevens +

tears. Some disrupt around vagina ss.

Lost all affection : didn't want contact +

lost all sex drive : lasted for 3/52.

Sex drive hasn't been high + last 1/10 anyway.

Mom's mood had a creative surge : someone has

switched the light back on : writing again

It is quite amazing that it has come back

so suddenly. Some sevens legs + achiness

Stressed by medical parking re incapacity benefit

was down and stressed : made her tired.

Sister gave hypnotherapy to improve confidence +

reduce stress. M.P. started 26/3. A little

breast tenderness for 4/7. But horrendous pain

at onset of m.p. : incapacitated. hot + cold  
sweats, sore (shaking). Couldn't move.

Lasted for 56 hrs. Had to use relaxation

techniques. Quite a heavy m.p. (unusually).

Not red the brown + sluggish. Afterwards did reasonably well. Medical a faint / str. Got anxious + nervous.

Got a panic attack in W.H. crowds.

Waited in queue: 'Passed' the medical.

Doesn't know why she had a panic attack.

Dr was sympathetic. She was clear + confident

Has felt low since. Doesn't feel cheerful.

Sweating badly for past 3/4. Some disruption of resp. Dry mouth, dry itchy scalp.

Abdomen bloated for 3/4. Some runny loose

stool. Has done quite a lot of study. Lives easily, and seems otherwise nervous.

Sometimes a bit lightheaded + standing.

Dreams ...

Next M.P. :- 7 weeks from 26/3.

Mutabile  $30 \left| \begin{array}{l} 200 \\ 3 \end{array} \right|$

Laec-c  $30 \left| \begin{array}{l} 200 \\ 2 \end{array} \right|$

13/06/03

Quite a good month.

Good improvement in every

Not so dry mouth + scalp.

Stool > General boost



felt really positive + energetic.

Built up to menses not existent.

Only slight pain in breasts.

Mild pain. Almost had trouble free m.p.

although a bit tired.

feels great mood boosted.

Kept a diary well.

Diary day walking several times a day.

Had some muscle aching and cycle: ? increase  
exercise <. Haven't had these aching pains

for a long time

Had a couple of headaches and cycles 3 pm til bedtime

Doesn't usually get headaches.

1 1/2 pins to latest m.p. some vaginal discomfort

+ discharge. Sore breasts + slightly

m.p. started in evening which is rare. Usually

onset in morning.

Had black dots in front of eyes + violent sore

x3. diarrhoea + intense pain -

P.F. helped. Noise <<.

lasted for 2/24. very exhausting when this happens

knocks her for 2/3. Bloating dragging feeling.

Has felt really sluggish & slow since then.  
although not now over.

Started to feel low again. Sluggish: as though  
system needs a sea out.

Sweating has never changed: -

Physical mental activities.

Peristalsis stains yellow

ars. Bell. ben-a. bn.

cadm. s. carbon calcs.

cin. chin. cr. croch.

Ferr. ferr-as. Graph.

quat. hep ip. lac-c. lac-d.

Lach. Mag.c. merc. Rhem.

Set. Thi. tub. Vest.

act-sp. borx. calc-sil  
aur. calc. graph.  
bell.

Hep. lead. nat-u  
hyos. lyc. max-v.  
Kali-c. plac.  
psor.

sep. staph. tub  
sil. sulph.

Generally confident

but moods all over the  
place. v. changeable.

Dreams: pursued by little  
parents tied up & unable to protect.

Lost, Threatening dreams.

Felt responsibility for parents & dream

pursued by illness. Fear.

Fear of what will happen.

An/satilla.

30/2/2009.



17/7/03

Had been doing well. 10/7 ago. Stomach pains +  
diarrhoea. Ill since m.p. started. Woke with  
fuzzy cold yesterday. Sweating, muscle pain. Exhausted.  
nausea. Yellow phlegm.

22/7/03

Syc-cw 30/2009  
| 2 | 1

= for 2 hrs. Sweating was >  
from 30/8. I felt under pressure from au.  
Also premenstrual. Headaches < prev. to menses.  
Felt sick on 5/8. Felt white + shaky  
Mild diarrhoea. Tired blocked heavy next day.  
Nauseous for some days. Ill + sweaty through night.  
Graphic gestures. Acts out her illness.  
Wakes screaming nose, headache. Streaming eyes. Fries.  
Bones aching. Sweaty. ←. Fleaves. Clammy feel  
to skin. Mild cough + yellowy phlegm. Both >.  
dears her + > great energy.

Concentration difficult. Heavy breathing heard.  
Tired. Some sleep loss. Quite worried  
about being behind in studies. Anxious about this.  
Feels sticky + sweaty again.  
Climbing feels in stomach is anxiety. Anxiety about  
traveling on public transport. Anxious about needing to  
go to toilet when none available

Mosch 30/2009  
| 2 | 1

rep

28/08/83 Has been a 'bullshit few weeks'

Took medicine + cut down on dairy +

wheat. Freshly prepared foods.

Felt less bloated. Not half as hungry.

Sleeping well. Some headaches if overdoing

thing. Did a bit yesterday: studying, etc.

Feelin happier, restricted. Doing a reasonable  
amount of each day.

Was prevented for a few days.

Sweaty + snuggle + tired. Felt up.

Was going to start: Started 21/8

Blood passed soon + some pain but

bearable. Very tired didn't get up.

Also stopped using Tampax -

cut down to using only a couple

Sanitary towels. instead.

feels quite good. Some stress

sister has had 1st baby.

In last few days more sore eyes.  
Had to focus downwards and -1 day.

Dreams: - of violence but eventually ok.

Serious little stroke in car park.

Dream of flooded flat.

M.P. 5 1/2 weeks apart. Dementia.

23/10/03

Currently W.R.T. 1.

Had been doing v. well. Had = good holiday

Did physical exercise + this was well tolerated.

Was best she had been for a while.

Some decline since returning home.

Good M.P. in Sept. with chest as P.M.T.

Almost no pain. Fatigued by exam prep.

Managed to cope with exam + was tired afterwards.

Some required discharge. A bit more sore.

Went to concert on Friday + coped.

W.R.T. 1. started yesterday. Runny nose + yellow phlegm

Some running for winter computer jobs + hot

jobs.

Nelson's cold + flu, 16.

Bacillus 10. 30/3

Moskows 30/2 2001.

queasiness + pain for 2 1/2 hrs. Disappeared

Felt hellish for the rest of the day.

Quite heavy flow for 4 1/2 hrs > . Mild dizziness  
until today. Not a v. nice period. 1st MP since  
3rd remedy

---

Overall ok today. Was busy yesterday. Quite a stressful  
week: BF had a major job interview & helping him  
prepare.

Feeling - too hot & getting itchy under arms. Overall coping  
with more physically.

Virginia > nice MP.

Walt

18/12/03

felt medication helped cold.

mp. started slowly after cold >

felt queasy with onset of menses.

Threat was No 3.

Some spots around neck + hairline just prior to menses.

Health ↓ after ~~menstruation~~ <sup>menstruation</sup> : sluggish, sweaty <

quite achy + vague + ams. like that but not

frank. Had a lot of discharge from vagina 3/7 after  
remedy. felt run down + depressed. Annoyed

was uneasy : after that week energy picked up.  
and was walking the dog + stamina has improved

those inevitable rhytms have gradually disappeared

last Monday started to get a cold. Started a  
throat. V. mild asthma slightly worse: phlegm back

of nose: Mucus + night

Occasional other day and unmanaged

felt mp. was going to start 13 Dec. breath were

really sore + swollen : uncomfortable

Weak + giddy + tired. Painful menses. Had to stop

everything. Used some self hypnosis. Sids x2.

Then felt better. Drank a



16/03/04

Was a bit negative / grumpy prior to menses

leaves sore breasts prior to m.p. at beginning of March

Took medication. felt lighter & less tired

Felt able to do things. No pain in m.p. itself

Some GI flatulence causing some pain.

M.p. was fairly smooth

Still some ↑ peristalsis under arms + palms.

Tired in mornings. Takes coffee to perk herself up.

BF mum getting married. And due to be a holiday

So wants similar expenses next time.

Crazzy today. Still needs 10-11 hrs sleep.

Feet get sweaty so although not molotovous.

Overall feels it has been a good couple of weeks.

Mentally a lot to cope with BF. Looking for a new

job. Gets involved in his activities.

Studying. quite a lot on the mind.

Physically tired if there is a lot going on.

His family are complicated. There are big dramas.

Overall positive

Going to creative writing classes. Thinking of doing  
a master's in creative writing

Dreams :- sister saying .  
small snippets .  
can wake disoriented  
vivid dreams but

See - 1

10/2/04

Last mo. 13/12 felt better after  
stamina ↑ + felt happy. Good sleep + NY  
Sweaty palms + feet: still persisting, a little

After NY. sore throat: chest up + cold  
used cough sweets. felt she was phlegmy +  
struggling to breathe

Discovered mould + spores behind bed  
Attributes recurrent colds to this  
changed bedroom & since  
felt m.p. was going to start

By 26/1 no m.p. felt exhausted + began to  
feel sick: developed vomiting. Coldness  
& virus gastroenteritis. Diarrhoea, stomach  
couldn't eat for 5/7, m.p. had to come + look after  
her. > 5/7 later. m.p. started: sore + aching

m.p. light. 2/7 into m.p. feels better:

☺ > 8 weeks apart. Generally things going well  
OH starting. Doing creative writing.  
Relationship > Sensitivity ↑.

Most small symptoms >

Current every is v. good.

Only one remains a problem

Feels shaky + dizziness at onset of m.p.

1/2 prior and 1/2 into menses.

Sweaty these two days.

Muvex 30/2 200/1

15/04/04

m.p. came quickly.

**GO TO INDEX**

Nothing v. significant happened.

From 29/3. Felt tired + lousy.

Didn't feel there was anything to cause prob.

Headaches appeared + felt sorry for herself

By monday 5<sup>th</sup> some bloody discharge or

m.p. started: no premenstrual symptoms at all

both medication that day: - that night m.p. was

very painful + awake half the night with

discharge. B.F. came home from work + took

off her. By next day tired

Currently: lacking indicators at the moment.

Every time she gets a bug or cold: - she gets

upset. Some fear that any bout of ill health

will aggravate: Makes her slow.

hardly + dizziness - needing a lot of athletic and support. Difficultly getting back into studies:

Doesn't feel as sharp as she has been. Some trapped wind: not going to stool v. regularly:

Some restriction ↓. No muscle or joint symptoms. No metabolic.

Hands + feet a bit sweaty: Whole body goes hot +

feels hot. Water. Non odorous perspiration

Trapped wind or dizziness noticed after at night + bed.

Little constipated or alt running stool. Changeable.

Coos again: within an hour of stool.

Partner to struggling is a job she doesn't like

She is feeling an internal urge to do financially productive work, some headaches: least 2/12: over eyes + head.

No longer violent dreams.

**TREATMENT** 3 1/2

2/06/04

Overall quite good since last visit

**GO TO INDEX**

13/5 m.p. hardly noticed. Only slight pain. Slightly

acidic breath only. Stool more loose + least 2/12.

lost some weight. 6lb within 2/12. Stomach less bloated



looser stool for  $2\frac{1}{2}$  now. Feels cleared out.

Less bloated. Poor food used to just sit.

Burns, easily: large one on thigh? cause.

Holiday was relaxing. Hired a car. Holiday to

Ibiza, was ok: better confidence. Came back

feeling happy. Quite a few boils + spots neck + shoulders

+ around forehead. Last month saw throat +

feeling of nausea of vit e: rested on its own.

23/6 M.P. started again. Had been a bit tired

Started in evening - Pain quite intense initially.

Waxed after 2 hrs. No nausea, dizziness + drowsiness

Slept well + had pain for hr next day.

Some trapped wind + urge to stool. Walking more

Still sweating badly but not as bad as before

Nearly lost essay with a computer crash.

Not headachy. Occ bleeding from PIC. Finer stool

in morning; looser later.

Wait.

CATHERINE N

10/2/04

Last mo. 13/2 felt better after  
stamina ↑ + felt happy. Good sleep + NY  
Sweaty palms + feet: still persisting, a little

After NY. sore throat: chest of + cold  
used cough sweets. felt she was phlegmy +  
struggling to breathe

Discovered mould + spores behind bed

Attributes recurrent colds to this

Changel between > since

felt mo. was going to start

By 26/1 no mo. felt exhausted + began to  
feel air: developed venturing. Coldness  
> virus gastroenteritis. Diarrhoea intermittent  
Couldnt eat for 5/2, m'. had to come + look after  
her. > 5/2 later. mo started: sore + aching

mo light. 2h into mo. feels better:

↪ > -8 weeks apart. Sincerely things going well  
on starting. Being creative venturing -  
Relationship > Sensitivity ↑.

To do some research work. First opportunities  
for work experience + get a reference. Got contact  
list of people to contact. (Questionnaires: funding +  
social policy in respect of countries)

Bloated + not feeling good with food - what eating at  
present. Not exp<sup>t</sup> tired physically. But feels humored  
& dreading that m.p. will fall a week of exam.

Sleeping: - not sleeping because anxious.

Takes 1/2 hr + Because feeling stressed

(P) side of back painful. Massage evening.

Intercapular muscles tender.

Dreams: - fleeting - mixed. : dancing with friend

Some coming salt + sweet

Some sexual dreams (involve partner)

Argentina met. 14/3.

Hot: sweaty - feels persy + offensive.

Anticipatory

Band hunch or dysfunction.

23/09/04

MP symptoms > Physically > But some problems + throat.

Felt less stressed after Arg-int. less anticipatory.

Still problems loaning + tax office. Worrying about  
money again. Exams coming up w 1/2

Mo<sup>21</sup> Aug ~~and~~ v. painful this time. Less aggressiveness  
Pain quite extreme. Didn't make it to friends  
even night. Couldn't move. Next day fire again.  
From 24/8 joiners in for new kitchen. Disrupted 4/7  
F! helped out. But awful stress. Recovered reasonably  
well. Muscles in back: probably a good bed.  
WF!! ± dust exposure at home. Coughing + phlegm

4 1/2 weeks since last visit but no sign of them  
starting again: 'Mystery'

Some white things on back of throat 3/2  
Some swelling around lip. Lips dry. can swell.

Small patch of eczema under (R) eye brows

Not present for years - years. No bowel symptoms

Quite a lot of wind. Some difficulty sleeping at night  
mind racing. (? reason). Slightly worried about exam

coming up. Mf. very irregular. Overall positive about  
things. Some freelance research work.

SPL / 3.



14/10/04

Nausea today. Exam next week? Anticipate

Not quite right. Also symptoms.

Was well until last night. Working ++.

Stress & health. Nausea very noticeable since last

Friday. But a lot of mind: Quite sore tired mind

Overall has been good. Some soreness of throat last

time. Clear quite quickly. UFT.1. following contact

with children. NP. 1/10.

Quite hard motivating herself to study. Quite high standards

for herself. Working. Hours is last 2/7.

Some dryness of lips & eyebrows.

Back has been better since a light therapeutic massage.

Sleeping: - improved.

Dreams: - Not much at the moment

D: - sweet, salt

Feeling excited by prospect of finishing exam - doing

things at home + doing some creative writing

Argentina - 30/200/1m |  
| | |

1/2m just prior  
to exam

16/11/04

Felt calm following Ag-11.

Exam went well.

Was a bit tired afterwards but the reflection  
was exhausted in days afterwards.

Remembrance. Some difficulty adjusting  
herself

Energy fairly well maintained.

Dry patches around eye & lip.

From 28 Oct. felt premenstrual.

Slight raise premenstrually but overall  
now premenstrual symptoms >>>

Flow easier and overall less pain.

Quite heavy ~~was~~ menses this time

Some flatulence & a bit constipated.

Out at red meat. Feels a bit fresher as  
a result

Sneezing at the moment. Sneezing 5 morning  
has delirium & bedroom.

Previously was v. anticipatory re future  
& lots anticipatory about planned break  
and coinciding with m.p.

Nibbium 30/2 2007



Brezy quite good but symptoms 'haywire'  
Mentholo. T. Have been in little 'nesting'

from 29/11 - see breasts + skin + exhausted  
+ a bit unwell. (M.P. 5/12) pruritic + greasy.

a bit stressed: holiday: Tenerife. Staying + part  
of 1st day. Got away. Quite sore bladder while  
away. Flow poor: felt she needed to force

+ some urge: - bladder felt weak

Today: bladder pains + urge. Mild burning  
at PA. Slightly cloudy urine. Presumably will  
flush out. Partner thinks she is negative.

Doesn't feel too negative.

Chronic feeling on holiday. Some stomach +  
diarrhoea. No discharge or urine.

Sexual feels bloated. No loose stool: well formed

Some vaginal discharge - slightly uncomfortable

Pruritic area but didn't get too much she tried for

Not sweating too much.

Slightly anticipatory + anxious.

Bacillus 10  $\frac{3}{2}$  209

24/01/05

Quite variable.

Got MR-1 just after last appt.

Generally lasted until my. human nose + cough.

Felt this put her down lower

On xmas day started taking aspirin : took edge off things

Pat's father came over : visited for 3/2 - anxious to make things good. His wife was unpleasant. They tried to be polite. Put up with a lot of negative comments.

They took offense and she left for us a lot of tension.

Difficult to enjoy my. Then an email fight.

M+F went to Thailand after TSunami.

Neighbors have fallen out with them

Physically affected by stress. Exhausted in last 2/2

ME not worse but depression causing exhaustion.

Anger moment

MR? started 6/1/05 : sore breasts + quite painful MR.

Very deep all day.

Miss that for last 1/2. Some diarrhea every morning for past 2/2. Some wt gain.

Has been out walking, dog.

Has started OCP. (Ca Zn Mg) + Bc. (begin + week of MR).

doesn't drink milk + cheese.

This course starts in Feb. Parker has pay rise

Pressure of + benefits reviewed.

Feeling isolated + lonely. Not much see of park.

A lot of. Misunderstanding in neighbours re planning / building. (Breast-pain).

Feels unbearable that others can put the down so much

Sleeping: - always tired in am.

Still not sleeping well til 1am

Occurs :- disturbed + unhappy. Feels unhappy & watering.

Hungry for. assurances.

? mag-m. ? ph-ac. ? cycl.

? nat-m. ? mag-p.

Mag-m 31 2001

+ 1M for desmovers.

2/3/05-

feels physically low although  
 happier. 1st Feb: woke with  
 painful bladder: Cystitis :-  
 saw G.P.: felt full of fever -> Alb  
 > within 1/2. Trimethoprim  
 By 8/2 ~~had~~ started. No part  
 symptoms. Used some standby  
presses for period pain? helped.  
 Only 1/2 was bad this time.  
 Started on course again. Going  
 to nursing group.  
 Went out socially 12/2 -> slow to  
 recover 4/2. (5 drinks spaced over  
 7.30 - 1 AM) Standing all night  
 exhausted. feels senses get battered  
 4/2 late woke with = deer  
 head. Then productive 2 days.  
 Then feet cold + shaky. Nerves  
 felt on fire - Difficulty shaking  
 sleeping fever - heat with  
 chill. fuzzy aching feelings.

Slept a lot during day  
 Then fluery cold: Runny  
 nose + sore throat +  
 cough. 22nd/23rd not  
 good. still not much  
 appetite. Again taken  
 couple of times. Tried  
 nurofen x1 - Nothing helped.  
 Easy due. feels deer-headed  
 + unwell.  
 looks a bit pale.  
 Still a bit puffed. some  
 remnants of the WETP.  
 Wants a deer-head and  
 Stamina + Strength.

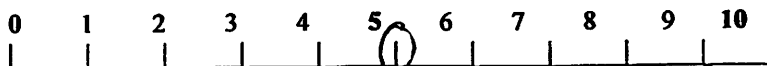
Chin-offic. 30/2 2005

rep:

VAS general today

appt. no:

✓/N



review

R

1. Chin off.
- 2.

- 3.
- 4.

3/3/05

Dysmenorrhea

Constant pain - uterus + ant veg wall.

Feeling ill.

Mag-n  $\frac{3}{2}$  2007

29/1

U.T.I. or Cephalexin (Cephalexin)

Still symptomatic. Developing veg thrust + not feeling well.

Copra  $\frac{3}{2}$  2007

Baels 10  $\frac{3}{2}$  2007

17/04/05

Still feeling low. Has been in - not getting exercise. Began reverse therapy psychologized approach - has brought up some turmoil. Feels that she isn't too happy about her approach to life. Watches TV as an escape for more active pursuits. Continuing because it is delaying her pain + medical progress. ME still quite bad. Has exhausted + ME was painful. Crisis because best friend has rejected her since she cancelled an outing. Feeling down + lonely. Trying to make contact through writers group + also some contacts via young persons ME group.

17/4/05

Sudden onset of cystitis. Good joints. Felt low + wobbly at the time. ? change of formulation of condom material.

Got emergency Dr who prescribed Cephalexin 500. Didn't do anything for her. Seemed to clear after course over. Came again with symptoms 4/2 later. Her counsellor for 7/2 which seemed to make a big difference. Bladder still doesn't feel good. Tenesmus. Dr says as though bruised. Really weak.

12/4 M.E. started again. 4/2 of Mrs. Breasts hurt for 10-11/7 felt terrible.

Fe levels slightly low. Started to go back on OC. Commenced a Saturday. Gets her ears. Hot joints.

Feels no symptoms male. Planning different.

When OC is past -> got depression + wasn't sunny.

Almost from friendship = deceived or lost.

Monotonous; has spoiled friendship with upstairs neighbour.

Hides the fact she is unwell, and feels isolated + lonely.

Sore throat + some cough. Nausea about.

Some twitches down my esp. legs. Feet + legs jump during waves.

D: mushroom.

had back symptoms last year.

Some stiffness.

D: disc.

? bamb.

? nat. m.

? carb.

? kola.

? lac.

? murites.

? disc.

? vas-p

rep:

VAS general today

appt. no:

Y/N



review

R

1. CALEMOSIN Dec 22 2001  
2.

3.  
4.



7/07/05

Has been going for reverse therapy. Some NLP.

Turning is more to herself.

Quite stubborn. Doesn't think of herself as an ill person.

Recognised that she was getting cystitis at times she was angry with people.

Feels ac. is settling her down. Some wt gain.

(but also not v. active)

Mild pain: Iron tablets.

Was a Trimebutin :- Pres. Mar/Apr.

Also to do more overall.

Overall physical - much settled.

Sometimes - part would feel untrussed during a aphasia episode.

Some bloating abdomen: for about 1/2.

Had scabs w. nose and upset during Apr.

No indigestion & no. Had some freq. stool &

am. Had a visible flattening & of gas. abdomen after stool. Some trapped flatulence.

Overall diet good. plenty fresh fruit.

Energy :- 6-7/10.

No aggression or flare with carcinoma.

Overall bladder less unstable since through cystitis > 1

Mosch 30/207/1

3/11/05

Has been getting reverse therapy.

Less scared about future.

Cerely pain herself better.

"Becomes it used to living like an ill person"  
More able to let go things from past.  
Feels she was ashamed of who she is.

Resolving matters arising more frequently.

Learning to live for moment + becoming more spontaneous.

Still tired. No cystitis for 6/12 then a bit

(3/12) ago. Came on within 1/2 hr.

"connected with sex night before

→ a bit of pain → A/b. Was a bit disappointed. Bladder not irritated.

Doesn't drink anything but water.

Bladder feels awful at times.

Has been becoming anxious about having sex.

Bladder doesn't feel right. Can't empty bladder  
has to force urine out. Tired pushed  
feels there is stiff trapped in the area.

Pushing fluids + PU. frequently.

Feels as though on edge of getting cystitis

Currently urine ok but urine goes purple

Still a oc. feels that it has been good + well  
pleated. But alt mo. can be heavy + exhausted.

Some night creates exp<sup>e</sup> 1/2 prior to nenses.  
(beli, subh graph, vent)

A stonch buy or w/B but resolved.

Planning to get married. Wanted about catching  
something & advance of the day.

Antonaxode

bottle

Acornite m/s

2/3/06 Shock!

On 28/2 was in Bull St. Was mugged 8:30 pm.

by a knife man.

Aggressive stabbing with Stanley knife on bottom  
of scrotum area.

was crying + shocked & taxi

Went to police station + statements.

Went to A+E + sat until 2am. Got Hep B + boost.

(Wife was attacked 3 times that night).

Has lost confidence (prev car) + was thinking  
about future).

Getting job back + working 48 early & anxious.

Pets nervous when young guy walks towards her

states to get see jaw (R)

feels she cut off jaw ?

? teeth grinding & clenching both at night

Goes to bed & gets flashbacks + tinnitus

Has never experienced physical violence in her life

Usually flashbacks + tinnitus in evening

Feels desensitized

Still quite a bit very nervous

Chronic AET

See threat last Thursday. Stress of resistance +

Some shooting pain up buttocks / back in region

of blows.

Feels depressed by whole event.

Not waking overnight. Sleeping through

Still a bit. Bladder or 'dodgy'.

- ? chronic. ? COP.
- ? hyposc. ? poss.
- ? hyper. ? many
- ? ign.
- ? stress

Hyperscip

29 209 109

16/5/08  
Went for hypnotherapy. Reconnecting or recentering, self hypnosis.  
felt 'realigned' + more centered.

Still depressed at times, getting good marks in assignments.  
Feels she has changed as a person.

Sometimes doesn't see point in anything.

Getting around next year -

Nothing making her feel good.

Has started to be spontaneous again. Eager to do anything.

If plans change gets annoyed. Goes high + hyper + giddy

then v. low again.

Lost her temper when partner lost house keys.

Overreacting. As if eyes glare or becomes frantic.

Quite violent nightmares: related to incident. Crush  
face. Attacking a guy because he was attacking her.

Once a week fleeting moments: shrunk, abandoned  
threatened. Self is places she lives.

Often dreams of childhood home: happy place.

Graphic dreams of stabbing someone with a screwdriver  
can feel the blade going in.

Dreams of being attacked in her happy secure childhood home.

Used to have dreams in childhood of being attacked at

home: -

Dominant fear of violence/abuse. Smaller fear of sexual vulnerability

Stramonium 3/2 200

11/07/06

Reached crisis point. Went to psychiatric fiscal had to go over attach & detail. Next day hysterical & crying for hours. Almost a breakdown. Depression never as low. Triggered a realisation: Feels she wallowed in it for 2/yr.

Sleeping in afternoon. Feels she is out of depressive now went to police line up: found it surreal.

Trial date 8 Aug. (Reading not guilty).

Bladder: cystitis. 4-5 weeks cycles of infection / inflammation. Urain conventional medicine.

On trimethoprim + Cephalexin.

kin goes up to side same level symptoms.

Using Colofac - relieves. Since last week was on Cephalexin. Cultures are negative. A.P. wanted to

take trimethoprim. Urology appt pending

No retention. For cystoscopy.

Feels she can't empty bladder. Feels she has to

bear down to empty. Feels interfering with some life

Stydyragan

31, 200, 1M, 1



26/02/06

Had a dramatic improvement. By next day quite dramatically. Not so good since last Thursday. MR started yesterday. Feels she is still retaining water.

Mood: - quite positive for a spell. Mood > when bladder >. On a dome and feels worthless about herself. Quite < cot & change in her life. Wants about future - wondering where she will find the place. M: - receive baby. :- # BT. stressful family time. Mood tied up with bladder.

Antonovade 30/3  
3/1.

11/08/06

Better in recent days. Staphylococcus working. Attacker pled guilty. She doesn't have to go to court. Devices < str., link between the urod & the bladder systems. Unfortunately going for cystoscopy! ± method strater for what seems purely functional problem! Wait.

Staphylococcus 30/11 200/11

5/9/06

and fine

Had wet/dry dialysis and voiding has improved. | <sup>Morg-G</sup>  
Morg-P

Investigation -ve.

Felt rough for several days + had low reserves  
Healed well + support.

Had m.p. : very heavy during procedure week  
Was exhausted.

Guy got converted. Happy he got a good sentence.

Since the greatest reasonably good

had last week. Had an anal fissure following constipation  
Irritated + irritated. Bladder felt inflamed + sore too.

Quite extreme sternal pain.

IBS re-emerged last week. Felt upset + negative about

it. Cleared in last 2h.

Getting tired early - Partner working long hours:  
freelance. She is sitting by herself for much of the  
day. Birthday party : party jobs -- 1-2 days

miss. Also job offer on Monday night.

No A/b's during procedure. Feels that dialysis + 3 wate  
intakes. Anxious to prevent infection

heavily early. tired. Some sternal discomfort.

Morgan - Janet 31/2 2007

Nit-ac 6 BD.

22/04/07

Physically low -

but Mental by  $\uparrow\uparrow$

Started counselling 5 Sept.

found counsellor hard to go through

Made her realise a lot about herself.

Attitude to body + health.

Had been assessed with advising

28% of illness coming from stress.

Finished degree: got distinction + 2.1.

Letters warned 5 4/52 and thinking of looking for

work

Has been assessed with future. Mentally is a better place

---

OC. MF not a problem

Cystoscopy Aug: - and got a cervical shield.

→ improvement + better cystitis

→ 2/12 recovery time

by Aug had to lie down to  
urinate.

Found low iron 5 Sept. Took Iron tablets

→ made her constipated → anal fissures

+ got piles.

G.P. D. 135. or number

Doesn't feel iron tablets helped.

Feels stress & hand initiation

Hee B. in last year. last one 2 1/2 yrs.

2 1/2 after vaccine got a UTI. First UTI since

last July

Energy not too bad: - 'in' coping with threat.

leads quite a good life

Bladder, stomach & pain.

But coming exhausted.

Wishes give up then whole picture. hurts

stomach pain really bad

Believes it may be food related.

Can hardly have sex because whole area so sore.

Very important.

Sun: - India food: - by Monday: - pile out  
and swollen sore + red. Decid burst

- Redden spreads through to vaginal

- Bladder & fire.

Stomach pain down low.

When pile clears up everything else

Quite loose a going to toilet. Stool soft.

But frequency of stool ↑ when there is = fine  
w/ Pith pods / squig =. If not enough F+V

Cut out wheat and got worse.

Too much F+V irritates.

Put off eating. Anything goes through the lints  
stomach.

Chronic is slowed. Wind comes + goes.

Bloating. Can go up 3"

Can see it going down after stool

Fuzzy :- wound deep dramatically because stressed  
with symptoms. Hard to keep posture all the time

> for ten days.

Can't work out productivity. Hard to see cycle  
with MS association

Redness spreads :- like a heat. Goes up through  
bladder + rectum. Addicted to mushrooms.

Seeds < .

Cash-a 35 | 200 |  
2



27-04-07



untitled  
Small remedies  
Full Synthesis

This analysis contains 178 remedies and 14 symptoms.  
Intensity is considered

1. RECTUM - HAEMORRHOIDS - congested	3	25
2. RECTUM - PAIN - Perineum	2	21
3. RECTUM - PAIN - burning	1	155
4. RECTUM - PAIN - burning - Perineum	1	7
5. RECTUM - PAIN - burning - Perineum - coition,after	1	1
6. RECTUM - PAIN - extending to - genitals	4	3
7. RECTUM - PAIN - extending to - abdomen	3	3
8. RECTUM - PAIN - extending to - urethra,through	4	1
9. RECTUM - PAIN - extending to - vulva	4	1
10. ABDOMEN - DISTENSION - eating, - after	2	58
11. ABDOMEN - DISTENSION - stool, - amel.	1	7
12. ABDOMEN - DISTENSION - painful	2	23
13. ABDOMEN - DISTENSION - Sides	1	3
14. FEMALE GENITALIA - PAIN	3	28

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
	aloeapoc.	mur-ac.	zinc.	alum.	calc-p.	berb.	zing.	ant-c.	eupi.	canth.	sulph.	kreos.	carb-an.	paeon.	hipp.	asaf.	ars.	caust.	rhod.	cham.	
	527	496	483	453	450	429	421	387	387	377	376	352	328	316	313	310	299	296	272	270	264
1.	2	1	2	-	1	-	-	1	-	-	-	2	-	-	3	-	-	1	2	-	2
2.	-	-	-	-	1	1	2	-	1	-	2	1	-	1	-	-	-	-	3	-	-
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13.	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	2	-	-
14.	1	-	-	2	-	2	1	-	-	1	-	-	1	2	-	-	1	-	1	-	-

Haemorrh. Pain. Distension. Genital  
mf.

Bac-T.

Morg-g Morg-g Morg-g

Morg-p

Prot. Prot. Prot.

Dys. Dys. Dys.

Syc. Syc. Syc.

CARTILAGINE

27-4-07

Dr Russell S. Malcolm (10255)



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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32
	sep.	caust.	nat-m.	arb-an	mez.	ars.	nux-v.	aloe	kali-c.	sulph.	alum.	zinc.	lyc.	rhus-t.	puls.	thuj.	cham.	phos.	sil.	mur-ac	calc-p.	merc.	graph.	merc-c.	carb-v.	bar-c.	berb.	bell.	con.	lil-t.	acon.	ant-c.
	2260	1815	1360	1320	1319	1300	1289	1280	1250	1139	1119	1119	990	980	970	960	900	880	860	780	760	760	720	680	679	669	669	660	660	660	640	640
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European 93 Foods : 25113

Client Name : Ms Catherine N

Test Date : Tuesday, 1 May 2007

AVOID > 12.5	BORDERLINE 8 - 12.5	NO REACTION < 8
--------------	---------------------	-----------------

Legumes			Haricot Bean Kidney Bean Lentils Pea Soya Bean String Bean
Grains	Wheat (16 U/ml) Durum Wheat (15 U/ml) Rye (14 U/ml)	Barley	Buckwheat Corn (Maize) Millet Oat Rice
Dairy	Cows Milk (24 U/ml) Egg White (23 U/ml)	Egg Yolk	Goat Milk Sheep Milk
Meats			Beef Chicken Lamb Pork Turkey Venison
Fish			Cod Crab Herring Mackerel Mussel Plaice Prawn Salmon Sole Trout Tuna
Spices/Herbs			Chilli Pepper Garlic Ginger Mint Nutmeg Peppercorn Sesame Seed Vanilla
Others	Cola Nut (42 U/ml)	Tea	Carob Cocoa Bean Coffee Olive Rapeseed Sunflower Seed Yeast







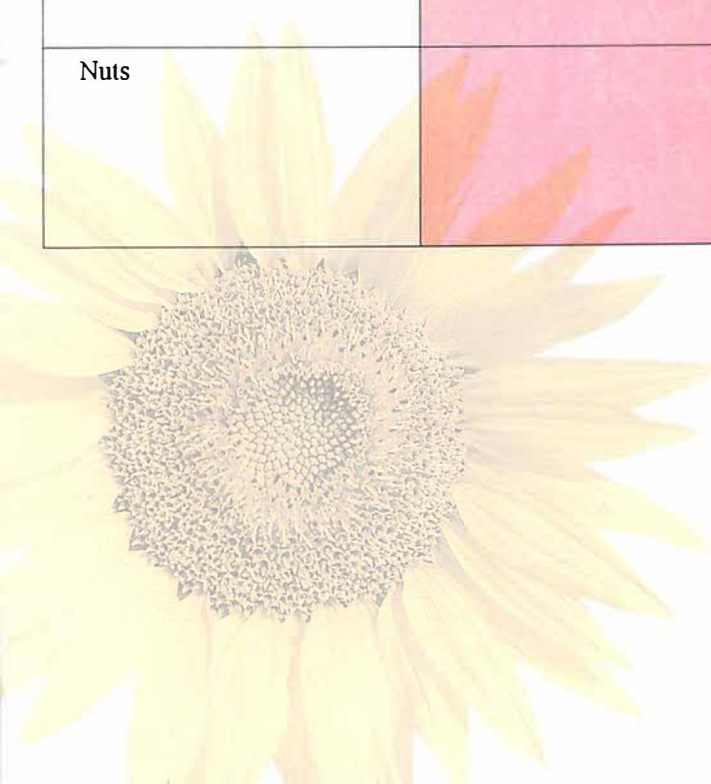
European 93 Foods : 25113

Client Name : Ms Catherine N

Test Date : Tuesday, 1 May 2007

Eden Research Park, Henry Crabb Road,  
Littleport, Cambridgeshire CB6 1SE  
Tel 44 (0) 1353 863279  
Fax 44 (0) 1353 863330  
www.cambridge-nutritional.com  
labtests@cambridge-nutritional.com

	AVOID > 12.5	BORDERLINE 8 - 12.5	NO REACTION < 8
Vegetables			Aubergine Beetroot Broccoli Cabbage Carrot Cauliflower Celery Chicory Cucumber Leek Lettuce Mushroom Onion Peppers (Capsicum) Potato
Fruits		Grapefruit	Apple Apricot Avocado Banana Blackcurrant Grape Kiwi Lemon Melon Orange Peach Pear Pineapple Plum Strawberry Tomato
Nuts		Almond	Brazil Cashew Coconut Hazelnut Peanut Walnut



18/5/07

A lot better with exclusion diet.

Stomach symptoms >

Feels it has been 'life changing'

Still tired with general exertion

Relaxed. Wedding in a week

Going to Ibiza for 2/2

① Bac 10 <sup>37</sup>/<sub>2</sub> 2009,

② Beryllium <sup>37</sup>/<sub>2</sub> 2009,

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3/10/07

Said read work: freelance from here. Manned.  
Intermediary people on behalf of Scottish Exec.  
Doing sporadic work but well paid. Employed by  
intermediary organisation. Setting up to own on-line  
bus. H: graphics & web designer. Being built at the  
moment.

about like a child in next 2/1.

World ultimately have a unit + steel etc

Oxycotomiles

Feeling really good about herself

Health wise up & down. Stomach improved with diet

+++ . Great time a winter / honeymoon

## Review 30 Oct 07

Now married  
Part time social research interviewer  
Setting up an on-line business  
Planning to start a family  
Response to bowel nosode  
GI symptoms were better maintained since starting exclusion diet  
Has stopped oral contraceptive  
All GI and GU symptoms more unstable recently  
(diet no longer as strict)



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RECORDED NOTES

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ATI. during wedding

Severe recurrence of symptoms : diet went off - bit  
Quite busy in life.

In last 1/2c dieting, indiscretions <

Also to note her own wheat free bread.

'Severe'. Frequent head movements x3 / day. <sup>blood in urine</sup>  $\mu$

(Has dropped earlier in the year)

Pains in sides . 2-3 times a stool

Had kidney n/feels

= Sept.

→ Albs

- Bladder gets irritated 'Inflamed' feels

Red + sore feeling in test whole area

Clear up in a few days

Felt queasy in last 1/2c. Feeling quite sick.

Stomach upside down

Came off OC. 8/5c ago felt it was making her

nauseous + hot. Has atiled. Has had one HP.

Came out of the blue : Slight cramps only

Not trying for baby but expects to try after business

is up + running.

Had a bout of depression in July, August. Antichlorax

< anniversary of attack last year

G.P. considered putting her on antidepressants. Continuing to get counselling. Feels she has dealt with loss of teenage years to illness. Was getting flashbacks to attack.

G.P. diagnosed with post-traumatic stress disorder

Has bad days after counselling: because going through the dark stuff.

Was depleted after coming off OC. Was like a zombie.

—  
Sustained responses. Developed a complete phobia of

Stanley knives. Was scared of plumbers tools.

Walking a dark street with orange glow of street lights -

→ increases fear.

People too close in Carline queue. Fight or flight

feeling. A car has calmed down sustained responses

to things.

Has feelings of worthlessness about not working or feeling her degree was not worth anything. Perfectionist.

Very hard on herself. Has been telling herself 'you should be doing this or that'

The future used to consume her thoughts: in terms of forward planning.

ME & Steven problems → tells herself she is useless  
and the problems layed up with each other.  
Also to separate the two.

Was over ill when she is happy.  
HST in evenings: finishes around five  
in evening.

Warm in day. Wakes in lot in morning.  
Flushing in heat.  
Celeste: mini pill. Reluctant for appts.

- ? oestr.
- ? adv.
- ? cost
- ? arg-nit. (+)
- ? steps
- ? mutabils (+)
- ? dogs.
- ? merg.
- ? fabric.

15/1/08

**GO TO TOP INDEX**

- ① Mutabils 30/2 2009
- ② Arg-nit 30/2 2009

Mind set change. after 1 1/2 yrs & counselling,  
felt ready to go. Attitude has change - was such a  
perfectionist before. Freed having the cat centres  
everything.  
Started own business. Problem of web develop.  
Sells at craft markets. Doing research work pt time.  
Ours with card still. Open with palette of pt time work.  
Happy to tutor. English. Not prepared about what will  
happen.  
Money: a bit sluggish still. Comes alive 6-7 pm.

## REVIEW 15 January 2008

Change of mind set

After 18 months of counseling felt ready to go.

Her 'attitude has changed'

'I was so perfectionistic before'

Now freed from that, 'knowing I can't control everything.

Stomach has settled - now realises that GI symptoms relate either to stress or what she has eaten.

Periods were great until last cycle - menstruation was early, painful and with an altered bleeding pattern.



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Overall health good but kidneys if<sup>o</sup> on Nov.  
kicked her for 1 1/2 weeks. Was quite sick  
Took Alfa. because blood & urine + some painless  
Stomach has settled. relates to stress + what eaten.  
Periods are great. No pain at all 4/82 cycle.  
But last cycle 2 1/2 weeks 9. Blood was dark + brown  
& was v. painful. Not OC. Trying to get pregnant.

LMP 28/12/07. NET! just after N1. Ovil = bad  
one. Still a bit phlegmy from it. Was exhausted  
from it.   
↳ was: phlegm.

Balance not brilliant. A bit clumsy.

(27)

Tripping. Working herself a bit.

Looks a bit menstrial. ? ovulated 2/7 egg.

Sleeps ok.

Taste buds 'jumpy' for from NET!. Hair looks completely  
during NET!. Cut taste salt + also

Some wt gain. @ 5lb.

21/04/08

Tried mine Dec/Jan.

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ME a bit worse. Stomach. Craft stuff.

Wisdom tooth came out. Felt run helped. (Easter w/E).  
Had had an abscess + ulcer.

29/4/08 cont.

Was a Alb for Easter W/O. Stomach symptoms improved after Alb. Menstrual Cycle: didn't take BSH. Dark menses. couldn't work out ovulation. Was getting different discharges throughout month. Tooth etc. Albs. Had 7 1/2 weeks between previous periods. Premenstrual sympt lasted for 3/52. Sweaty + Queasy + Slaley: got n/v. Last men. Build up was 'leucific' had a lot of nightmares extreme, a violent & anxiety based. Wakes drenched in sweat. Calmed in last few days with tail off of n/v. Flu! feeling hot + flushed.

Stomach + bladder pain just after ar? finished

Pain (R) side: feels bloated + previous irritation Also red + raw round Vagina - wetness.

Mild of flare up at present. Happening after ar.

3/52 premenstrual: had no bladder & also problems.

Short spells: comes + goes.

Injurious & Alarming sympt

ME → premenstrual sympt but overall good paradoxically happy

Now stomach uncomfortable + sore + gendrousing. sympt was depressed during ar. On Friday suffered extreme

anxiety. Upper. couldn't relax.

Stopped counselling: began for 4/52 then depressed again



## CONSULTATION 29 April 2008

Series of events including wisdom tooth problem  
and a course of antibiotics which incidentally ameliorated bowel  
symptoms.

Didn't use the homeopathic stand-by prescription at menstruation.

This cycle characterised by altered bleed and a clear deterioration in  
mental health prior to menstruation.

Pre-menstrually very upset with violent dream content.



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His family are quite dysfunctional. Gossipy + dramatic but also kind.

acon. Bell. calc calc-sil canth. carb. cimic.

cina. coec ~~off~~ con. ~~lyps~~ ign inul. Kali-c.

Kali-i Kali-sil. Ilios. (mag-u) mer nat-c.

nat-u nit-u ~~rus~~-v. (plus) Plat see sil (stann.)

~~Sulph~~ versat. ~~zinc~~ - ~~zinc~~-p.

Relationship, Health business. Intake supply, Cramped up.

Themes of Betrayal + Violation & Dreams: -

betrayed by friends. Violent rage - woke crying. Felt physically see. Dreams since attached. Still being sporadic. This was penetration. Still getting dreams but less violent.

**TREATMENT**

30/200/1  
12/1

13/6/08

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Menstrual cycle settled after run  
no 22/5 appears with no warning. (fare since 13/1)  
Saw hot sweating for 2 1/2 hrs. Started without  
warning. Managed quite well. went to park &  
found walking was hard going.

In last 2/52 stone + fatigue, Bledde fantastic  
to avoid mental system. Last 1/52 exhausted.

Had quite a lot of 4/2 - ? menstruation. Technical due  
next Thursday.

still managing tasks. But physically tired.  
Mentally quite dizzy.

Very obvious when she was evaluating this time.  
experienced :- i.e., after onset of MP.

had achy round pelvic area. By white discharge  
& see breasts; obvious this time.

wait

CONSULTATION 13-06-08

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Case Note Recording

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16/9/08

Gois to stool cardio. 1kg x2/day.

As more watery & crisp. Clear stool

Sp. week of up. :- rumour stool + more cramps + sore  
bladder a bit more irritated.

Helps rest of Wellbeing.

A bit massive about filling stool before going  
out in morning.

Carbohydrates just after up for a few days.

Some weight gain

Now up to 11 st. 10 of 4 also advised -

28/1. Eats a lot. Stand changed diet in an way.

? colour?

Happier = heart. Down about weight.

Still trying for a baby. Came off pill 1/1 eggs.

Problems = stomach = bladder until May.

Only 5 cycles tried. Was in London while awaiting

a.p. going to check hormone levels.

Last 3 periods have been more painful.

gones within 5/24. Was ill day 2 last up.

A bit less over prescribed. 4-5 1/2 weeks of

Shyness tells her while drinking.

A bit tired. Down, more than 2-3/1 eggs.

A lot of books to get out of way

Online shop up + running. Specs = lot of time

@ internet.

Quite bad headaches

x2 / are last month

Stressed by neighbour's dog.

Recent gum infection.

Recent antibiotics :- 12/8. amoxicillin 500mg x15

Cosydyll mouthwash. Gums remain sensitive

Diet :- fruit smoothie BF  
hot peanut butter  
rice porridge

Soup + sandwich for lunch

or fish + veg + pots  
or Bolognese: always veg.

or lentils / pasta

meat x 2/3 per week

fish x 2/3 per week.

— toast in evening.

also. beer.

large portion for dinner.

2: potatoes

calc-p. hep. med. nat-c. ol-an. olnd.

pubs. tubs.

① ol-an 30/3.

② calc-p. 30/11 200/11 100/11

4/11/58

See just aft last w. - 3/1 light bleed 16/9.

? ov. ? implantation. Dr thinks conception 2/9.

See ? freq 8/10.

H! - more to journey. Stress. Orbit where prep symptoms  
bursting into tears + hunched n. hilly.

Orbit : M.P. didn't start. Prog test +ve.

In last 1/2c. pulled muscle = neck. 'Whiplash'.

Obtuse every couple of months. A bit crazy.

A bit sick feeling a + aft. Also gets nauseous premenstr

Severe deep fire last some days feels v. sick.

Never vomits. Anxious feelings v. shrouded. Also

feels she needs to sleep usually 4-5 pm feels fine.

Finding it harder to justify some anxiety related  
symptoms. Anxiously. Don't sleep. Uncertainty about

future. ? baby here ? baby german. It's contrast  
of indeterminate venture - Easy to get stressed about things

Really happy. Finding it hard to be enthusiastic. M+S  
Hyperconscious about areas of life. Psychological element

Upright about feeling sick so making it worse.

Don't eat so (upset) with v. Don't eat normally. Only  
eat a little bits. Fuzzy drink + 1/2 donut 16/10.

Miss chocolate. 4-5 pm can eat



Urine sample didn't grow anything. Some patches + traces  
of blood. C+S negative for all  
Sharp painful discomfort in uterus. Stabbing pain +  
frequency. Similar to symptoms experienced 5/12/11  
Stomach + bowels have been reasonably good

Sometimes loose stool. Stomach upset last week  
→ queasy + diarrhoea. Not too severe

General :- Healthy : sometimes quite extreme HB.  
Some nausea. Epizootic discomfort - quite restricted  
for food.

Last trip to Germany :- travel chaotic to : took 4/12  
to recover :- didn't do much with the day.

Quite a lot of headaches during that period - not a  
good bed : ? not a good sleep

Strange dreams - quite violent & surreal : not sure what

It actually happened. Some to turn in bed.

Less anxious about things : recently convinced about  
what would happen : where living, where it works

Wishes - more to Germany would be necessary

Anxiety : hard to block it out.

Baby not very active. ~~Not~~ Comes awake in late afternoon

Dys-co 35/3

Eup-per.

Agmt 35/20/11/11

Sometimes she sweet stuff & all the car trouble & the day. Some w/ loss of her hair & hips.

Grey matter has had diarrhea & bloody stools for 34 weeks.

Dys-co 37/2 204/1

Arg-nit 37/1 200/1 11/1

15/1/09

H is Germany. (Til end of March)

H: happy & settled. <sup>she</sup> No interest to do anything at Xmas felt bizarre & lackadaisical. Because disinterested

picked up things Dec. & lost 1/2 st. initially.

Putting & pounds slowly. Had awful scottish diet of pizen juice & white bread for a time. Now eating well. Vegetarian mostly but doesn't want to

put on XS weight. Now 17/40. 1st scan was only 10/40. & a further scan at 12/40 & chud development.

Got vomiting long at Xmas. Was terrible using

parents at Xmas. Chummy started & exhausted at the time. She had some diarrhea x2. Otherwise terrible vomiting

she could ill for 34/7. 7 Days for bowel & system to get back. 4/7 & very bad wind. 1BS & bladder flared up

1/2 after. That lasted for 2-4/7.

Sore ache + pins & needles as baby grows.

Not uninteresting a much at the moment. Quite

strong smelling urine. Palpitations ++ for 2 or 3 nights

& December. Sleep pattern not as good. ? due to sleeping

on her own. Some overnight waking.

Last week bright as a button. A bit sick + tired this

week. Now beginning to get excited about pregnancy.

Feels she has a lot to look forward to. Decided to have

babies in Scotland then go to live in Germany

At the moment : - a bit more just physically

mentally is a good place. Feels positive about

the future. Determined to keep her business going.

Knows that life is going to change drastically.

Doesn't drive complete crazy + causing everything to drift.

The boy has hunched for a bit but out of sync.

Feels slightly out of balance. Feels a bit down to

each of sleep. Sensitive to the body. - growth spurts with

babies : disturbs sleep a lot more. Has several pins

+ stretch last week. Thin pink discharge : lot on.

Sleep : struggle to get up in morning. Could barely

size dr 11. Pips < afternoon. 6? pm >  
 7-12 :- really easy NW = starting to wind down.  
 Up at 3-4 = to pu (?) Then a sense of not fully  
 sleeping.

Vivid: strange dreams. Got awfully jealous of husband  
 last week. Felt physically restless. Strange dreams are  
 too bad (?) very strange: extreme hormones.

D: desc.  
 orgmit  
 calc-phos.  
 quest.  
 -mand-  
 phos.

? calc-p.  
 ? ench  
 ? gal-ac  
 ? lyc.

8/4/09

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Now 28 1/2 weeks pregnant  
 Getting excited.

Calc-phos  $\frac{30}{2} \frac{200}{1}$   
 Calc-r 6

Going out + Hermann in a few days  
 look trip before pregnancy/delivery.

Some tiredness: able to get a write day to day  
 tasks. Some more physical tiredness.

Some odd heaviness + soreness / aches.

Feels a few B-H contractions. Stomach goes  
 hard.

Urine supertest 7/12 ago :- seemed to clear +  
 clear urine. Was a Cephalosporin. Slow to clear  
 urinary discharge for a time.



5/6/09

Very well. Not excessively exhausted but getting  
some tiredness & pregnancy progresses.

Currently 37/40. Has been in Germany.

It's none. Hard to mind down. Feels there is a lot  
to do. It's working from home.

Current symptoms: Some swollen feet in last 4/12.

Headaches in Germany. Difficulty getting in shoes.

Trying to keep feet elevated. Benches + Gladden area

OK. No UTI beyond first weeks of preg.

Headache is reasonable. Quite a sunny start for last

4/12. High food → diarrhoea in next day.

Food can also irritate.

Fainted at antenatal class. ? Class too warm.

found just as many. felt isolated.

Has gained confidence with pregnancy.

Gr. :- last checked last wk. Nothing, herbosone

Head is engaging 4/5.

Not exp<sup>c</sup> active baby.

Really dry mouth: Metallic taste. + taste buds

have gone :-

Snooring badly + feels very dry.

Sleep ok waking 2-3 times at night.

Had heartburn > since baby moved down.

Can wake up overnight with burping

Has to sit up + burp. Sometimes heartburn with

this. Getting quite excited. A bit nervous about

tearing + a bit nervous about stamina. Also

some anxiety re lack of control

? calcs.

? del.

Not very refreshed in morning.

? labia

? lye.

No current supplementation

? mag

? hmv-ae.

① Muv-ae.

② Tanac:

? phos.

③ Cardiohyl.

? tanac.



25/09/99

Lucy nuch. (12/12)

Enjoying motherhood.

Sleeps well at night.

Not a daytime sleeper.

Moving to Germany this Wednesday.

(Falls asleep in M's arm).

~~Do~~

M: healed :- over but in last few days

nipping :- disinfected round sore area.

feels like it has ripped but hasn't.

Doesn't feel quite right.

Had resorbable suture

Got splint a little time after discharge

Wound closed within 3/7 of remedy

(Syc co).

Physically healthy.

light baby. (6lb 15)

(by 5pm <.)

M: acting all over :- feels like can't take

a day off: knees, feet, back.

Getting up & down.

Went for osteopathy. (helped)

Baby: alert.

looking forward to going to Germany.

Focusing more

Since with following issues.

no periods.

Humorally: up + down: -

Difficulties with fixing for feeds & first week.

Struggled in 1st wk. Some vesicular jaundice

(lost more than 10% b.w)

Didn't get fixing right until shown by BF. specialist

So now BF x2 and 4 pm.

Since expressed BM then Formula supplementation

fatigue by feeds, problems = 1st wk.

Generally settled down. Found active.

Some thrush: tongue + nipples & cream.

? aristolochia | ? chin.  
? eng. | ? dem.  
? hype. | ? staph...

① Mezam gaster.

② Aristolochia. -m.

12/7/11

Weather good. Happy there. 1 1/2 hrs  
Fact that moved permanently. Heel's but wages  
Don't miss Glasgow. M+D visiting.

Lucy (daughter 4.) last wk.

Trying to join. Health & a bit recently

When had Lucy: record for uses.  
wasn't depressed: happily would have another  
recovery. Physically 1st 3/4 was

had in Germany. Took second month  
conditioned to regular walking

fairly fit for walking. 1st 9/12 was stressful  
not having language. Unintentionally happy: more  
was a good idea - like an adventure.

Learning German slowly. Using house a bit  
lifestyle: - good: - create >. While cold but  
spirit & some good. Confidence & H:

learning permanent job but gaining freelance.  
would never have taken risks. Reasonable  
savings - responsibility has changed.

still struggles if down to mind  
hungry sleep well but worse sleep &  
finds it harder to pronounce words. Lucy coughs  
& coughs quite a few bugs. Sometimes don't  
develop. Had a bad flu at Christmas  
every time catches a cold: gets severe  
when parts of the body: could burst  
cold into. into a lot of sweat & not a few  
usually takes painkillers. Quite bad because  
ends up having to. For a spell. Lucy  
refused to eat alone = Fiddle. She would  
scream for it. would have to be up &  
around her! Happens for + -2 days  
1<sup>2</sup> months ago → cold then severe fever  
after 5<sup>1/2</sup> swallowing: cold it + lump at  
back of throat: - out of hours hospital  
broadly said: - large ulcer: not fresh: white  
on or each side of throat Sp. size  
intelle but not a source.  
Rx antibiotics. Of: did nothing

lost 3/16 in weight. went to GP. Rx Alb

? not broken. Gradually > but itself

? now. Double or 5 pieces: thin.

can come + go for next couple of months

? lump can go. Felt it is coming back

again. Glands were: node + felt exhausted

weight about 15. ? not diagnosed.

Checkup a Monday: offered = run for 30/60

every day. For further bloods

Staved during at times. Zined-

Head: Occ: - not eating or tiredness

poorly occupied. :- pain lilles: -  
ilmpite

not :- 0 No cold or squirts of wet.

Mouth: - not inflamed but mouth ulcers

not curable, just down

None was never affected -

Pain: - constant: like a ulcerative pain

like sharp keratin constant.

fructose < plus bread ||

chocolate < fibre fruits <

soft cheese ||

Wt 11 old.

Heart: - just like a lump like a goat with  
also. Most saturated N

Claws: - v. slightly: (R) > (L)  
Slightly turb.

PS: - Very slight bruising at top of chest @ (L)  
everything (R) or past

af - abdomen: - 1st day for a day

Questions, tingling, chewing upper also  
No diarrhea.

Swollen + not tight for a while.

Food: XS < . Sudden amounts ok

Am: - o - ok

M.P. : - I very heavy now. Chesting clear  
out now. Now full paw  
Sometimes no paw. Less problem than  
before. Cycle 1. abdomen  
Knows where vomiting + knows

N  
-



No clustering of symptoms but exhausted just before  
MP

Occasionally 1 BS. facer - : anorexia, lethargy

Jels lethargy + milk < . Sogall

and :- 0 .

Shu :- No fever or Jels. [

Case :- (T) Story :- exhausted on the two  
thrust MP and low level

After 5 morning. By 1 PM desperate for  
lunch to have a nap. 2-4 sleep.

By 4 PM energized. Relaxes in house

from 8-30. 9.00 .

Case :- No muscle or joint aches.

2 days doing to work : muscle  
aching next day. Generally not to be

- one . Creep on heart : first symptoms  
after exertion :- ever doing washing -

cellar :-

Story writing to everything about.

No. 20 <

Heat <

Nit-ac R/3

(Chin) etc