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PREFACE AND ACKNOWLEDGEMENTS

Over the years I have been fortunate to travel internationally to teach thousands of receptive individuals from many different countries. Now my focus is research and writing. This book is a culmination of years of effort and research in collaboration with some tremendously dedicated homeopaths and researchers. Together with close colleagues, I conducted provings to pioneer a deeper understanding of fish remedies and compiled provings and information from other homeopaths.

Most of the provings validated my thesis that fish homeopathic remedies are important for patients with dementia.

In each chapter, I have attempted to acknowledge those individuals who provided their clinical or proving experience. I would also like to especially thank the following people who contributed to this book or have been there to bring the project to fruition:

Firstly my family, above all my wife Aryana who carried out essential work on the book and, as a nurse and midwife, brought a valuable medical perspective and English acumen. Also, my loving children have been there. My son Steven, a prolific author in a different field, has helped with advice about academic standards and publishing. My brother Mark has always been a loving presence.

Friends have also been valued support and particularly during the challenges of the past couple of years. These include Jenanne & Jim Jenkins, Carol Jones, Bazil and Natasha, Laura Coromai, Divya Chhabra, Jan Scholten and many more.

I've enjoyed my discussions with Bazil Ziv, the registrar for the College of Homeopaths especially about ancillary projects concerning dementia that are related to the book.

Mary Grace has worked tirelessly on many aspects of this book. Sally Williams has generously shared so much. A number of other senior homeopaths contributed and helped build a substantial materia medica.

I am immensely grateful to Marion Weber and Gina Inez who have been a shining light of encouragement, support and motivation. Thank you!

Jan Clare, an experienced homeopath from New Zealand, has been an integral part of the team, leading research, advice and editing.

The varied crew who did all the stylistic work and typesetting has done a magnificent job. I have so much appreciation for their fine, dedicated work.

As life expectancy increases, dementia will be one of the biggest health problems facing humanity in the future. It is my wish that this first of two volumes presenting advanced homeopathic materia medica derived from my 40+ years of experience and collegial partnership will expand and enhance our knowledge base for this important topic.

SECTION 1

INTRODUCTION

The Homeopathic Approach to Alzheimer's Disease and Dementia

Towards the latter part of my homeopathic practice, I started to see an alarming increase in the number of new patients with brain pathology and cognitive decline. As well, many patients feared the fate of ending up like their relatives with Alzheimer's disease with no effective conventional treatment.

This prompted a project on the homeopathic treatment of patients with cognitive problems, Alzheimer's and dementia, even though the books I have previously written have always been through the perspective of homeopathic classifications and not disease categories. It has, therefore, been a challenge for me to write a book based on a diagnostic category. However, each case is prescribed on its individual features and certainly the treatment of someone with Alzheimer's disease or dementia still requires careful individualization. The book strongly imparts that.

Here, in Volume 1,1 talk about my discovery of connections between fish homeopathic remedies and Alzheimer's disease as well as all the other clinical information on remedies in other kingdoms. I also incorporate the subsequent research I have done, both conventional and homeopathic, so it may be used by homeopathic clinicians.

Homeopaths developed not only a wondrous method of utilizing a general universal principle of 'similar cures similar', but also a method of actually understanding and perceiving if a patient is getting better in an overall fashion. The question we ask in every case is "Are we contributing to the long term health of a patient or not?" This question is not really asked very much in allopathic methods, which treat pathology without regard to the impact the treatment has on the whole body except for immediate and gross 'side effects' (which are really 'effects') of the treatment or medication.

In fact, homeopathy developed 'laws of cure' first elucidated by Constantine Hering (1800—1880). Hahnemann's writings in *The Chronic Diseases, their Peculiar Nature and their Homeopathic Cure* is the basis for Hering's Laws of Cure:

1. Improvement in pain takes place from above downwards.
2. Improvement in disease takes place from within outwards.
3. The most important organs being first relieved.
4. The affection passes off in the order in which the organs had been affected.

More intricate determinations and research have been proposed by Withoulkas, Vijayakar and other modern homeopaths.

But one thing is certain, the brain is the most vital of all organs and, as such, the fact that we are seeing such widespread brain pathologies like dementias is saying that the general state of health of the human race has declined dramatically. I feel some urgency in addressing this.

Kent describes how the mind is innermost and closest to the energetic level: 'simple substances' he calls it or the 'vital force', on which homeopathy is postulated to work. A

homeopathic interview and analysis will include details of the physical diagnosis of the patient, but, most importantly, the individual mind and disposition. This is through much questioning and perception about the patient's state of mind. Finding their individual mind symptoms and characteristics means unravelling the unconscious or instinctual responses. There are a number of applied techniques or approaches used to do this in modern homeopathic case taking methods.

We know that the remedy has sparked a change when there is a significant shift in the most interior part of the body - the mind. Hahnemann and then James Tyler Kent, in his book, *Lectures on Homeopathic Philosophy* always emphasized this:

Another general remark needs to be made, namely, that we should know by the symptoms if the changes occurring are sufficiently interior. If the changes that are occurring are exterior, the physician must be acquainted with the meaning of them, so that he will know by that whether the disease is being healed from the innermost or whether the symptoms have merely changed according to their superficial nature.

All well and good. But in the case of a patient with the later stages of dementia, like Stage 6 or 7 Alzheimer's (outlined in subsequent chapters), these types of changes are not apparent since the patient does not even seem capable of relating their mind state effectively. So what to do? How do you clinically maneuver this state to bring about changes and track the change? It is even more difficult because in some cases the manifest mental symptoms of the patient are caused by a severe scarring organic pathology, which I will describe subsequently.

Importantly, clinical patience in the later stages is needed with a target of significant positive change. And this is difficult in the climate of allopathic medicine and general social promotion where something medical is considered to work only when there is a dramatic instantaneous chemical change. This goes back to the underlying philosophy of allopathy, which is to instigate specific bodily change without addressing the real underlying causative factors or the whole person.

In homeopathy, we attempt something different. We also recognize, even in the case of severe physical pathology, that the underlying nature of the disease is still energetic.

In this book, I will give some guidance in the area of case management and follow-up even in this difficult and complex situation. The goal is always the restoration of health and of course, more brain resiliency.

Intrinsic versus immediate causative factors

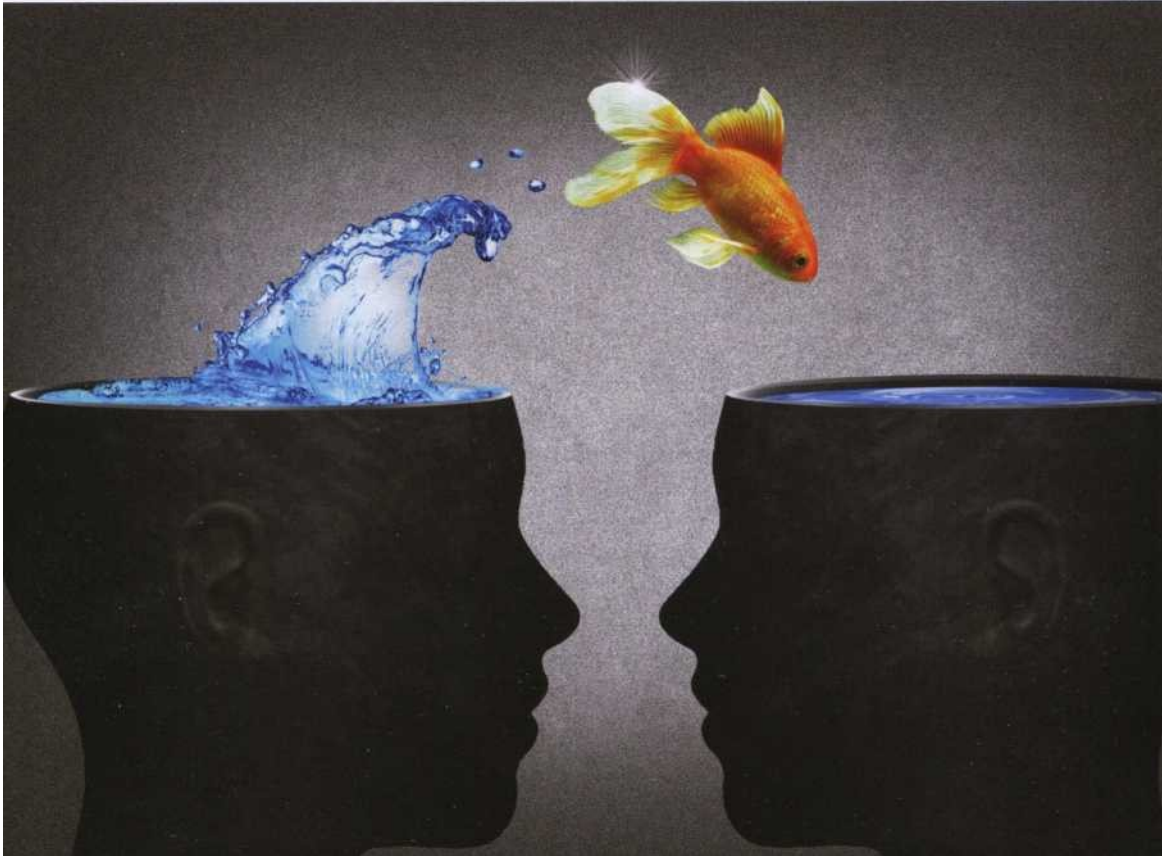
Intrinsic and immediate causative factors can determine the type of homeopathic remedy and treatment to choose.

What I mean by intrinsic is that the onset can be traced back many years. The development and symptoms of the pathology is slow, long term, and you can see by the history that there were indications of the remedy even *many* years prior to the more recent change of state and pathological manifestations. But there can also be a trigger that prompts an even faster decline.

Immediate causative factors

There is also a situation where there is clearly an emotional or physical trauma leading to an almost immediate decline (within days to a few weeks). This emotional trauma can be simply a significant social change. So for example, an elderly patient who is put into a care home and

feels isolated may have a very profound reaction. This issue of isolating the elderly has increased with the ‘lock down’ strategy towards care facilities and isolation of those considered at high risk for contracting viruses and other infectious diseases. In Volume 2 of this series of books, I’ll discuss remedies for these factors that create an immediate change of state.



Volume 1

This volume is primarily a materia medica of homeopathic fish remedies. It also gives an introduction to conditions of cognitive decline and both the homeopathic and conventional perspectives of Alzheimer’s disease, dementias, and other deep brain/neurological conditions involving cognitive decline.

With fish remedies, there is an underlying *intrinsic* long term development of the pathology and remedy state. Even in the early phases of the provings of fish remedies and in healthier patients needing a fish remedy, there is a ‘dementia quality’ to the early symptoms. Some provers of fish remedies even said that they felt as if they had Alzheimer’s.

In fish remedies, the nervous system and the brain, including mental understanding and expression, is affected in the beginning and slowly gains more pathological relevance and limitation. This will become clearer when I discuss the general themes and symptoms of fish remedies as well as each specific fish remedy. In the following chapters, I give the reasoning behind using this group of remedies for patients with Alzheimer’s disease and dementia as well as the clinical indications.

Although there is much causative and situational information in the commentaries, they are part of this extended process of the development of the remedy state. It is part of a longer continuum. The patient's intrinsic character contributes much to the picture for homeopathic prescribing. The lifetime of the patient and the history has to be taken into careful consideration. This history is gathered from family, caregivers and, in the earlier stages, the patient themselves. In later stages, it is only the family that can provide the information.

Volume 2

In Volume 2 of this series, other remedies for Alzheimer's and dementia from all the kingdoms, besides fish remedies, will be explored. There are homeopathic remedies from the Plant kingdom, Fungi kingdom, Mineral kingdom, Animal kingdom (other than fish), as well as Imponderable remedies that are known to have a good impact with patients who have severe cognitive problems.

I have taught, and have much clinical experience to conclude, that plant remedies are good for 'wounds', not only physical but also mental and emotional. These wounds create a more immediate change of state.

I will give an example here. We know that, even in general herbal usage, *Ginkgo biloba* is a good remedy for memory issues. There have been two homeopathic provings of this remedy - in 1987 and 2000:

Schadde A, *Ginkgo biloba, die homoopatische Prufung*, Muller & Steinicke (Muenchen), 2000.

Swoboda F, *Proving of Ginkgo biloba*, 1987.

In the homeopathic provings of *Ginkgo*, the poor memory and concentration issues, confusion, and even stupefaction were temporarily very extreme, thus this is an important aspect. There are a tremendous number of symptoms and rubrics of mental weakness, mistakes in talking and writing, confusion, vanishing of thoughts, and memory loss garnered from the proving and confirmed in clinical experience.

Yet, homeopathy is much broader than just a limited number of indications when it comes to developing understanding and thereby individualizing and matching a remedy to the patient. In the proving, there is an additional important aspect that fits with the trauma faced by an elderly patient who is put into a full care facility, thus isolated and alone. Remarkably, for *Ginkgo*, there were many symptom rubrics in the proving that were predictive of the decline seen from this type of trauma:

Delusion he or she is neglected
Delusion separated from the world
Dependent, at the mercy of others
Sadness with weariness
Morose, morning on rising

Thereby, *Ginkgo biloba* has proven to be an important remedy for patients who were clear minded and happy, but when put in this isolating situation suffer sudden dementia with memory loss, confusion, weakness, moroseness, and depression. Clinically, I have seen homeopathic *Ginkgo biloba* trigger a wonderful return to health - their joy for life returns and their memory

and concentration is restored.

This is more of a representation of an immediate causative situation. Therefore, this plant and others are good for circumstantial immediate 'wounds' like this one. I will be discussing this remedy and other plant remedies at length in Volume 2.

Also in Volume 2, I will be exploring many of the environmental factors for cognitive decline. In the modus of 'similar curing similar', I discuss remedy solutions, such as homeopathic remedies energetically potentized from toxic metals such as aluminum, mercury, and other environmental toxic elements. Homeopathic preparations of pharmaceuticals and anaesthetics made from inert gases indicated for mental decline following surgery will also be discussed.

I enthusiastically start, though, in Volume 1, with an introduction to the homeopathic treatment of various brain problems, especially Alzheimer's disease, with solutions based on fish remedies.

Fish Homeopathy Remedies

Discovery of Fish Remedies in General

This book's materia medica focus is fish homeopathic remedies. I am going to discuss both how I discovered their importance including their relationship to dementia and also their standing as a unique class of remedies in our materia medica. This chapter goes through my historical discovery of their use and an overview of materia medica fish themes. Individual fish remedies, including how to distinguish their individual homeopathic indications is discussed in further chapters.

There are now quite a few sea remedies in homeopathy. Interestingly, the only animal kingdom remedy that Hahnemann proved was sepia ink, coincidentally a sea remedy. But there is a difference between fish remedies and remedies made from sea mollusca like *Sepia* or *Murex* in our historic materia medica. Notwithstanding, there were a few fish remedies in the classical homeopathic texts.

I first published a chapter about fish in 2003 (19 years ago) where I discussed my clinical experience with *Oleum jecoris* (oil of cod) in the book *Clinical Focus Guide to Homeopathic Remedies*. This discussion came on the heels of a proving of salmon (*Oncorhynchus tshawytsch*) by Jeremy Sherr. I had utilized *Oleumjecoris* for various clinical problems such as coughs or even obstructive pulmonary disease where there is abundant mucus with a thick rattling cough and also fibromyalgia where the disposition agreed. With successful prescriptions and observation of the disposition, general and mental state beyond the few repertory rubrics, I came to an insight into this remedy and also an early insight into fish remedies in general.

In *Oleumjecoris* there is an additional fish remedy aspect having to do with the fact that it was rendered into an oil (oleum). I have divided the chapter on cod into *Oleum jecoris*, made from cod liver oil, and *Gadus morhua*, made from bone of cod. In general, many fish are oily and fish oil is commonly used as a supplement and therapeutic agent and the oil aspect can also be seen in fish remedies in general.

Describing the dispositional state of *Oleumjecoris*, I wrote in the book:

The main characteristic of this patient is that they, in spite of being full of light and virtue, invite in unwanted influences and then suffer, particularly materially, as a result of this. In spite of this, these individuals are usually hard-working and creative (the tubercular quality). Like other fish remedies there is a quite ambitious quality and even high sexuality.

They are pathologically affable and generous in the right circumstance. They attract individuals who have strong personalities, even with criminal tendencies, either as a business partner or as an intimate partner or spouse. They perceive themselves as small.

I put this remedy in a broad category of what I called soft-sided remedies. Meaning that they experienced a kind of vulnerability and could easily feel exposed.

Oleumjecoris patients are altruistic and have a great desire for a partnership or other people around them to function in a safe and effective manner. This vulnerability makes them feel quite sensitive to any kind of insult or attack. At the same time, a patient who needs a fish remedy can feel easily ripped off and intensely resentful which can be hard to express to the individual who has taken advantage of them.

As time went on I became clinically more familiar with many different fish remedies. There are some general themes similar to many of the themes of *Oleumjecoris* as well as differences between the fish remedies. These differences are usually a reflection of how the fish function and socialize in their environment.

For example, the Atlantic cod (from which the remedy *Oleumjecoris* is made) are “a shoaling species and move in large, size-structured aggregations” [Wikipedia]. *Oleum jecoris* is also in the rubric “Affable” which means ‘easy to talk to’. But the word affable also has another connotation which describes someone who is pleasant and easy to get along with. After some time, I discovered many of these tendencies are found in fish remedies generally.



Over the years I've prescribed quite a few different fish remedies and come to a substantial understanding which corroborated the original understanding I had of the disposition seen in *Oleumjecoris* patients. *Oleumjecoris* has a strong focus on business, yet not all fish remedies have this focus. In *Oleumjecoris* there is a combination of both materialism and altruism. And you may hear a version of this story: At one time they had a thriving business but then the partner they invited in took it away from them. In other fish remedies the focus is not so much on

business but we do see the themes of losing something valuable, or losing out, with affability as well as loss of personal identity.

There are some similarities with the remedy made from salmon (in the Salmonidae) and *Gadus morhua*, the codfish, and *Oleumjecoris*, the oil from its liver. But the big difference in the natural history of these fish is that salmon are anadromous which means they are born in fresh water, migrate to the salt water in the ocean and then return to spawn in fresh water. They go upstream to the place they were born. This is reflected in the homeopathic proving symptoms and my clinical experience. Many of the symptoms are about going home, going back to childhood and mother — going back in utero. I find that *Oncorhynchus tshawytscha* is a very good remedy for someone embroiled for years in therapy, trying to find the source of their problems within their recollections of the group or family. The concepts of circling back and circles is quite strong for *Oncorhynchus tshawytscha* and this can also be a general theme of fish remedies.

As time went on, a number of other fish were proven and with my interest in fish remedies I made more connections and used a varied assortment of fish remedies. For example, the remedy *Erythrinus* (the red wolf fish) was proven by Joy Lucas in 2008 even though it was already in the classical homeopathic literature. The proving of herring, *Clupea harengus*, was done by the British School of Homeopathy. They are both very comprehensive provings of fish remedies and provide an enormous amount of clinical information.

More recently, I personally did provings and encouraged my students and colleagues to do more provings of fish remedies. *Paracanthurus hepatus* (blue tang), *Lepomis gibbosus* (sunfish), and *Thunnus albacares* (yellowfin tuna) were proven by myself along with others, and some separately, by graduates of the Homeopathic Master Clinician Course and Great Lakes Proving Group. In the sunfish proving one of the provers discussed teamwork as an important aspect and, like the expansion of all bodies of knowledge, including homeopathy, teamwork is an essential part. As time went on, I was able to get other proving information from Doug Brown, Olga Fatula, Heike Dahl and Paul Theriault and more. Much appreciation is extended to all who led and participated in provings and provided such good information.

[Adapted from an article by Louis Klein in the *New Homeopath*, journal of the UK Society of

Homeopaths]

Fish Homeopathic Remedies, Prion and Dementias

I discovered that fish remedies are a group with some commonalities, but also diversity. I discuss some of the symptoms in common here and the individual diversity in the specific fish chapters.

When I first started using *Oleumjecoris* and then published the chapter about it in the *Clinical Focus Guide*, the attention was not directed towards dementia. Even though I did notice some significant issues with identity, memory and concentration, the main focus had to do with what I described above.

Although fish remedies can be used for all sorts of different pathological situations, eventually I discovered a link with Alzheimer's disease. It came through other research I was doing into prion diseases and one particular case prescription. I was looking at the Prion disease miasm and made some discoveries.

First, prion diseases are caused by, or associated with, cannibalism. This concept came both from conventional researchers studying mad cow disease as well as those studying the prion disease, kuru, in the South Pacific. They discovered this disease was associated with a specific tribe, the Fore people of Papua New Guinea, that practiced endocannibalism, where they ceremoniously ate the brains of members of the tribe who had died. That generation, and

subsequent generations, developed a transmissible spongiform encephalopathy called kuru.

In the mad cow disease outbreak in the UK, cows developed this disease when their feed contained brain and nervous system tissue from infected animals. Feeding cow to cow caused the disease. Another spongiform encephalopathy, scrapie, had a similar cannibalistic origin, where sheep were fed sheep remains.

As a result of this, I started to look at homeopathic solutions for this miasm based on ‘similar cures similar’. I wanted to find animals that practice cannibalism as they are a key to a homeopathic remedy that can treat patients with transmissible spongiform encephalopathies and other related conditions.

The first type of creature that came up for me was spiders. Some, for example, black widow spiders, practice a type of sexual cannibalism, and some also eat their young. In homeopathy, we know that spider remedies are good for patients who suffer from anorexia nervosa. I have had some good results in anorexia cases, and my feeling was that there were two types of anorexia. One was a type that was moveable with psychological counselling and one type that was immovable no matter what treatment was applied. I surmised the latter type was actually an organic brain pathology and not just a psychological disease. The disease I related it to was chronic wasting disease which is a transmissible spongiform encephalopathy discovered in elk and deer. Just as the name suggests, the main feature is ‘wasting’ and eating the infected meat, I believe, can cause or be a vector for the disease in humans.

In further investigating the animal kingdom, surprisingly, I found that one of the most intensely cannibalistic animals are certain species of fish. At first they attempt to cull the bad eggs from the many hundreds or thousands that are laid, but after a while they get a taste for even healthy ones. And they also eat the newly born fry.

It wasn’t long after that, on researching Alzheimer’s disease, it became apparent that this chronic condition had similarities to prion diseases — which is even discussed now in modern conventional research. Alzheimer’s disease and dementias involve amyloid-beta proteins, tau proteins and a breakdown of amyloid precursor protein - all chain reactions that have been deemed similar to a prion infection.

At one point, I conceived that homeopathic fish remedies could be good for Alzheimer’s disease based not only on their cannibalism of eggs and fry but also other aspects of fish remedy disposition.

As well, interestingly, aluminum toxicity has been associated with a dementia-like condition and many of the symptoms of aluminum poisoning can be seen in even healthier patients who need a homeopathic fish remedy. Rubrics such as ‘confusion of personal identity’, where *Alumina* is prominently seen, and remedies in Stage 3 of the periodic table are also applicable here.

There are other causative factors, even microbes such as spiroplasma, that have been associated with Alzheimer’s disease and various dementias.

I also associate my healthier patients who have done well with fish remedies with cognitive issues such as confusion of identity, poor memory and other brain problems that set the stage for a descent into Alzheimer’s disease or dementia. In this book, I write extensively about both the healthier and not so healthy state.

The first fish remedy that I prescribed and had prepared for a patient with severe memory loss was *Paracanthurus hepatus* — blue tang. I went on to initiate a homeopathic proving of this remedy. It has severe loss of memory, focus and concentration in the symptom picture. For many years now I have been using this remedy and many other fish remedies successfully in various states of memory loss, focus issues and even dementia. This book is about how remedies made

from fish blossomed into a larger grasp of their effectiveness for patients with devastating cognitive decline.

There are many examples that link Alzheimer's and dementia to fish in both general and allopathic literature. One such is a study done by Purdue University nursing professor Nancy Edwards who tracked 62 individuals with Alzheimer's disease who were exposed to fish tanks and aquariums. Over 16 weeks their general state improved and they became more relaxed and alert with a significantly increased food intake and weight gain.

[Edwards N & Beck A, 2002. Animal-assisted therapy and nutrition in Alzheimer's disease. West J

Nurs Res. Oct 24 (6) 697-712]

Themes of Homeopathic Remedies Made from Fish

In discussing fish remedies and requesting clinical experience from other homeopaths to round out this book, I discovered that many very experienced homeopaths had rarely prescribed fish remedies. At the same time, there were a few homeopaths, who, on discovering a key to understanding, had prescribed quite a few fish remedies, even lesser known ones. Some, like Karl Muller and Olga Fatula have lectured about them extensively, and Paul Theriault has written a book that includes fish remedies. As well, many other homeopaths, including myself, have initiated and done provings as well as treated patients. I am grateful to have been able to use their findings and materials in this book.

I am attempting here to convey some of the information that I have garnered from intensively studying fish remedies and dementia and my proving and clinical experiences of using them for over 40 years. There are many basic themes or guidances that can be used for prescribing fish remedies. Individual fish have certain distinguishing characteristics but share these basic themes in one way or another.

Through the prism of the fish's environment, physiology and reactivity we can develop some structure around the articulation of dispositional indications in homeopathic terms. First I will start with physiology and environments which impact all fish, the primary one being their watery environment. These general themes are found in all fish remedies, and like Boeninghausen suggested, going from this general to specific information can be helpful.

Theme: Diluted Expression in A Watery Environment

Most fish spend 100 % of their time in a watery environment so a primary theme and sensation for prescribing is based on water, hydrogen and even amniotic fluid. The fish's identity, their will, their 'voice', their movements are all tempered and unified by a watery, sometimes salty, hydrogenic, gendy pressurized atmosphere that instantly modifies and dilutes their actions.

We can see a soft-sided limbless creature swimming in the diluting quality of water - HO (double hydrogen). In this habitat, there is a constant reminder of the unifying nature of hydrogen, the element that is number one on the periodic table and, in homeopathic terms, the remedy that seeks oneness or grieves the loss of oneness.

Although this theme could be understood in a spiritual or religious sense as the vast immensity of the ocean and thereby the existential experience of this timeless connected realm, what is important to me is to match this perception to the practical; that is, the disposition and accompanying symptoms of the individual patient needing a fish remedy.

This watery desire for unity drives quite a few thematic actions. First, we have the expression 'watered down' meaning something is diluted or, from the point of view of human

action, something is not expressed as strongly. This is a constant with patients needing fish remedies and exposes a persistent contradiction. There can be strong internal emotions, reactions and cultural desires but they are not easily expressed and are even in some situations repressed.

Even in patients needing remedies made from the most predatory fish, their animal-like instincts are diluted or not fully expressed, and are frequently hidden. When I say animal-like instincts, I mean expressions of aggression, competitiveness, rage, belittling, jealousy and an animalistic desire to be on top or part of the hierarchy.

The patients can experience sensations, dreams and delusions related to water and have strong images of oceans, lakes, floating, sinking, and other sensations. They may be fisher men/women, enjoy water sports, own and take care of aquariums, or are fascinated with fish and the sea.



Theme: Unexpectedly Earthy

And at the same time, there are many fish that live on the bottom, feed on the bottom or live in muddy, murky environments. This reflects an unexpected earthy and pragmatic, practical quality that may be seen in patients needing fish remedies.

Theme: Confusion of Identity

Patients needing fish remedies many times have issues with a tenuous sense of personal identity which subsequently disintegrates further, as seen in dementia. Their identity and personality is not as strongly developed, sometimes even child-like. In the repertory this is primarily described as the rubric 'Mind, confusion of identity'.

They have a desire to work with others, to further humanity. And this is also why they may need the group or another person to give them a sense of identity.

Theme: Intrinsic Desire for the Group and Group Culture - Schools and Shoaling Many fish school or shoal together in very large numbers, even millions of fish together. Yet, some fish

spend most of their life alone. But I have found there is an intrinsic ancient desire to be part of a group, even in these singular fish. Perhaps the watery world is the ideal environment for a group swimming together to move in unconscious unison. Therefore, even in the most isolating fish there is an intrinsic desire for the group or for a sense of unity.

Melanie Grimes, in her proving of tiger shark liver (*Galeocerdo cuvier hepar*) describes this jarring conundrum:

When I began the proving, L thought it would appear as a kind of 'animal *Nux vomica*', a strong, aggressive animal energy, as the shark is portrayed in our culture. Instead, there were dreams of taking care of children, dreams of mothers and grandmothers, and of belonging to groups. For an animal that lives its life alone, this was surprising.

In the dispositional nature of patients needing fish remedies, although there is a feeling of being alone, solace can also be found in the group. In many of the provings and clinical information I have seen, *both* belonging to a group or a particular culture *and* not belonging are important aspects of the disposition of fish remedies.

This is why I have seen many cases where adapting to, and hiding in a group is very important. It is not always a large group. From a more intimate perspective, family is important, particularly brother and sister and mother (in utero source) and also the father. They can feel that the family, particularly their siblings, are in danger since shoaling practices prompt a hyper awareness of how others beside them respond to dangers. The group, in a sense, gives them survival signals and protection.

In a larger perspective, the meaning of shoaling is that the fish collect in a school or a 'throng'. So one of the general themes of remedies made from shoaling fish is looking to the 'school' or a group for protection and shielding otherwise feeling vulnerable.

They can even become part of cults and religious groups yet do not want to stand out. In many of the homeopathic fish remedies we see dispositionally a tendency to need to belong to large groups or have strong loyalties. In *Oleum jecoris aselli* this goes to the point of losing themselves and feeling quite 'small' in relation to others. In the rubrics for 'fish' and also *Oleum jecoris aselli* specifically, there is the rubric "Delusions; errors of personal identity." Their individual identity is frequently hard to find and subsumed in the group identity.

Patients who need fish remedies seek group connections. They also can get into situations where they feel unable to complete projects and allow others to do it for them. This also means, like in the case of *Oleum jecoris aselli*, that they will give away their business and what they have accomplished to an unscrupulous partner or parasitic person.

As I've commented, even fish that are solitary have this intrinsic desire to be part of a group based on the proving and clinical information that I have collated. This ancient desire for group connections is similar to plant remedies but in plant remedies there is more of a focus on emotional connection with others and physical intimacy. In fish, the underlying impulse to 'belong' is more about being part of a larger group culture and it is more innate yet undifferentiated, like the way in which a child would belong.

They may want to spend time alone since it is not necessarily the physical proximity to others that is important, but rather the 'knowing' that they are part of a group. Homeopathic practitioner Wendy Howard called this intangible group connection 'unity consciousness' when recounting her experiences in the proving of the fish remedy *Erythrinus*. For this fish proving she said: "While I find unity consciousness is generally heightened in many provings, it was particularly strong in this one."

Many fish have unique sensory proprioception that guides them in the group. Fish, when they school, have an ability to follow the school or be part of it. Some even use electro reception or the ability to sense electrical signals which are given off by movement and other cues. This capacity is used both within the group as well as a defence against predators and to sense prey. This translates in fish homeopathic remedy disposition to a sensitivity to group connections and also a corresponding sensitivity to being separated, ostracized or disconnected from the group.

The triggering point for many emotional, mental and physical problems for patients needing fish remedies is an incident or situation that rejects them from the group. Ascertaining and understanding the theme of this pivotal point can be important to determine the correct and individual fish remedy. Therefore, for some of the fish remedies I have included the phrase: "Acceptance by the group through..." For example, in *Carassius auratus*, the pivotal point is "Acceptance by the group through admiration," for *Acipenser* it is "Acceptance by the group through intellectual prowess and wisdom" etc.

Theme: Affable and Symbiotic

This intrinsic desire to connect is also seen in the quality of affability (meaning easy to communicate with). Patients needing fish remedies are generally friendly on the surface and show a desire to cooperate. They do not like to be seen as too harsh or aggressive. In the more aggressive cartilaginous fish such as shark, their predatory aggression can be expressed as sarcasm or sarcastic humor rather than expressed through direct violence. Even though some other fish remedies show indifference it alternates with cooperation.

Some of the patients who need a remedy made from a fish that has poisons or toxins can also show aggressive behavior. Even for these patients, there is typically an alternation of the state or one that is more passive and not so overtly angry or irritable. Typically, they have a partner, child or parent who goads them on to express their anger or do selfish acts.

This is partly due to the fact that some fish are symbiotic or dependent on other animals or plants in their environment, such as the clown fish with sea anemones. They may even mimic behaviors as a result.

Theme: Soft-sided Vulnerability and Retention

As well, patients needing fish remedies can have what I call soft-sided vulnerability, along with the watered down quality preventing them from courageously responding to criticism or hurts. They hold their feelings in and dwell on them. They do not do well with conflict and again, rarely speak out, and hold in their responses and feelings, especially anger. They can fantasize about aggressive solutions to conflicts that they have had but rarely resolve them directly.

This retention is present on a physical level, where there are retention issues — edema and swellings and related kidney problems.

Theme: Muriaticum, Mother and Returning to the Source

Sea water contains high amounts of various kinds of halogens, primarily chlorine, but also bromine, iodine as well as other minerals. Chlorine (*Muriaticum*) has to do with the mother, Bromium has to do with guilt and Iodium with the desire for movement. These mental/emotional elements as well as Bromium and Iodium symptoms are part of some fish.

Most strongly in sea remedies are the *Muriaticum* themes where there are the aspects of mothering, caring and self-pity. There is a desire for protection from the mother, and over-protection which is prompted by a feeling of vulnerability similar to floating in the amniotic state

and having the uterine sheath for protection. There is a timidity, even shyness, that comes about with looking to the parent or mother for protection. They may wish to remain hidden, hiding behind the mother or parent like *Baryta muriaticum*.

In anadromous fish this mother quality is intensified but in a different way. There is a need to return to the source, to the time around or before birth. They may incessantly undergo various therapies and treatments or even practice re-birthing etc. It is also interesting that anadromous fish go from salty ocean water to fresh water and vice versa. They have this primal memory of the source of their birth which means in fresh water there is a search for what appears to the human perspective as the 'lost mother' - equating to that seen in patients needing these types of remedies. In some fish remedies, it is a feeling of never quite leaving that marvellous place inside the uterus in their whole development including adulthood. There are, therefore, similarities between matrional remedies and fish remedies.

Theme: Lack of Loving, Physical Intimacy

It also should be remembered that fish remedies do not experience physical intimacy — they float and swim with the group but manage to keep a distance even when involved with large shoals.

Unlike many other animals, there is no cuddling, close physical contact or signs of physical affection by fish. I find that many patients needing fish remedies, although friendly and affable, even loving, do not experience intimacy easily and can stay unmarried or unpartnered for long periods or get married later in life. If in a relationship, their intimacy with their spouse is limited and they tend to intellectualize their feelings. Thus, for some, finding the source of their emotional disequilibrium or soul mate is a fruitless task even though they search long and hard for it.

As I have mentioned, the word *nun* in Aramaic means fish.

Theme: Contradictions, Alternations and Juxtapositions

Just with describing many of these initial themes you can already see contradictions: Watery dilution versus earthiness, animalistic anger and resentments with affability and pleasant presentations, falling silent with conflict but then blaming others for not communicating, to name a few. When you find contradictions or alternations in a case, particularly where the expressions are stunted with a lack of courage to express, it may be worthwhile to look at fish remedies.

Comparing this fish theme with the themes found in *Aqua marina*, the remedy made from seawater, we see similar behaviors such as feeling stared at and attempting to hide. Even though very perceptive, patients do not express it easily and can stay motionless, by themselves. In children, there may be a lot of computer game playing or television watching. In older patients we see the end stage dementias where the patient stares, motionless, eats little and barely responds.

Criminality and Parasitic Energies

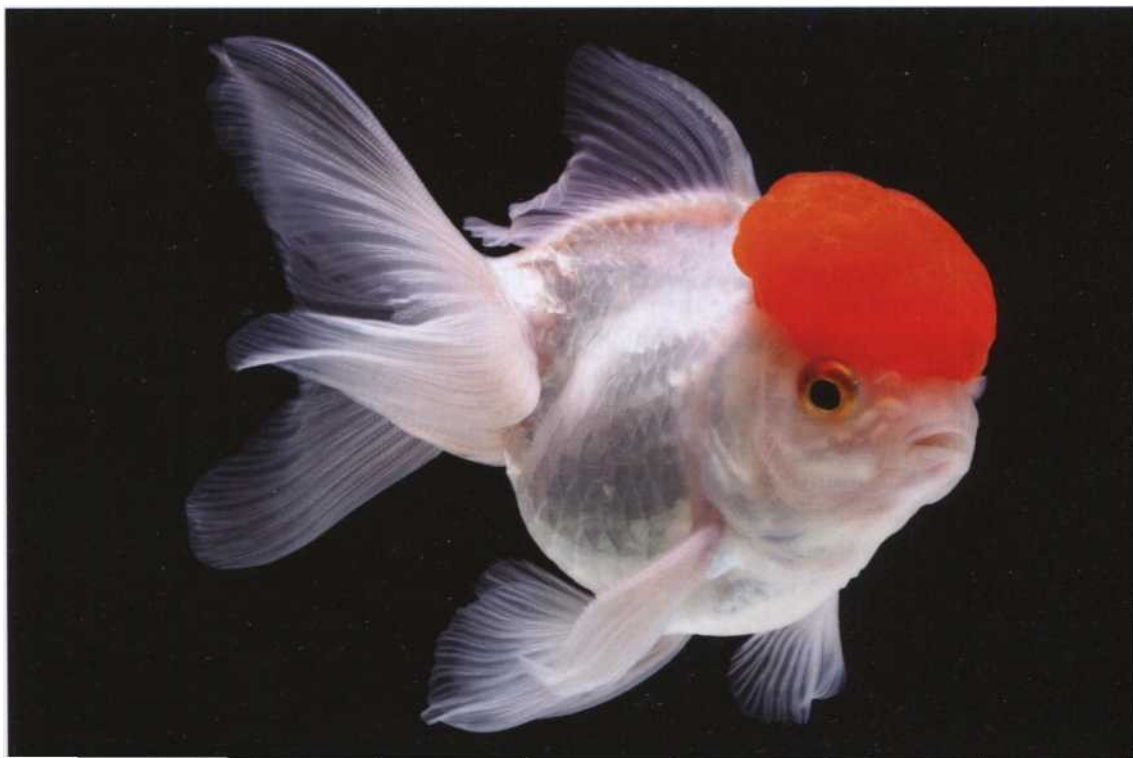
As I have mentioned, patients needing fish remedies are vulnerable and can attract individuals who want to steal their accomplishments and accumulated possessions. These individuals are what I would call a parasitic person - meaning they take without giving anything themselves. The Esh patient is typically the one taken from. This theme of 'parasite' is also reflective of the fact that fish in nature can easily have parasites. In the source information for each fish I list the parasites associated with each particular Esh.

As well, there is the element of criminality which can go with the parasitic person. In fish remedies, particularly those that are easily preyed on, there can be a great fear of, or guilt over the slightest impropriety or possibility of criminality. At the same time they seem to attract criminality and criminals.

On the other hand, in remedies derived from predatory fish, there can also be the theme of belonging to a culture of criminals and criminality.

Theme: Fish Anatomy, Physiology and Senses Reflected in Disposition

I discussed the prion type development of brain pathology in patients needing fish remedies. Besides the prion theory, fish themselves, based on their anatomy and physiology and how they use their senses, provide homeopathic remedy indications for patients with brain and other pathologies.



Brain

Their brains are small relative to body size. The front part of their brains are poorly developed. In humans, this frontal part is the seat of higher intellectual functioning. In fish, the diencephalon and cerebellum, midbrain and hindbrain are more developed. These areas control their motor abilities and balancing for effective swimming and evasion of predators.

As mentioned, the concept of 'dwarfishness' through a larger lens is there. Overall, healthier patients needing fish remedies can be well coordinated and have good motor abilities unless they develop fibromyalgic, arthritic or neurological conditions.

Typically, in dementia their good physical abilities continue until the final stages.

Senses

Fish have well developed vision. Fish eyes contain both rods and cones. Fish have different visual abilities depending on their environment. Some fish have 'eye shine' where they reflect light like a mirror would. This gives them the ability to see in a darkened sea-scape. Many fish, based on the positioning of the eyeballs can only see in one direction — up or down etc. Many eye problems, especially of the elderly, can respond to homeopathic fish remedies.

Fish also have good hearing and are sensitive to vibrations. They respond to sound.

Fish actually 'taste' through all parts of their bodies. They can taste through skin and lips. There are chemical sensors in fish — taste buds, olfactory nerves and also a common chemical sense. The taste of food for a patient needing a fish remedy is important and frequently patients needing fish remedies have a love of food. Many get jobs as cooks, chefs and even suppliers in the food industry especially having to do with, but not limited to, seafood.

Passive and Active Electrolocation

In some fish that generate electric fields, electrolocation helps their perception. Electrolocating fish use this ability to detect prey, locate other fish, avoid predators, and perhaps to navigate by the Earth's magnetic field.

In fish, the ampullary receptor is a specialized receptor used to sense these electric fields and allow them to follow electric field lines to their source. Sharks primarily use specialized receptors, called ampullae of Lorenzini, to detect their prey's low frequency DC fields and may also use their receptors in navigation by the Earth's magnetic field. Weakly electric fish use their ampullary receptors and tuberous receptors to detect the weakly electric fields produced by other fish, as well as for possible predator avoidance.

Passive electrolocation contrasts with active electrolocation, in which the animal emits its own weak self-generated electric field and detects nearby objects by detecting the distortion of its produced electric field. In active electrolocation the animal senses its own electromotor discharge or reafference instead of some externally generated electric field or discharge.

[\[https://en.wikipedia.org/wiki/Passive_electrolocation_in_fish\]](https://en.wikipedia.org/wiki/Passive_electrolocation_in_fish)

An example of this is seen in sharks which can detect weak electric fields in their environment using ampullary receptors to find their prey, even if the prey is buried under the sand and out of sight and smell range. Sharks may also use the earth's magnetic field to navigate.

We see in patients needing fish remedies a strong intuitive sense of navigating the world around them. Typically they do not have problems with coordination and direction until after the development of neurological or dementia-like conditions.

Skin, Scales and Teeth

Most fish are covered in scales. The scales arise from the mesoderm but have similarities to the physical structure of teeth. There are various kinds of scales. The placoid scales of cartilaginous fish, such as sharks, are also called dermal denticles and are similar to vertebrate teeth. Most fish are covered with a protective layer of slime.

Interestingly, in a number of provings, including the proving of tuna, adult provers had eruptions of new teeth. As well, during many fish provings, teeth, gum and jaw problems were prominent. These types of problems are also characteristic of patients needing fish remedies.

Skin has several other functions in fishes. It is well supplied with nerve endings and presumably receives tactile, thermal, and pain stimuli. Fish skin is also well supplied with blood vessels. Some fishes breathe in part through the skin, by the exchange of oxygen and carbon dioxide between the surrounding water and numerous small blood vessels near the skin surface.

Many types of skin diseases in patients can be part of the fish patient presentation. Dry eczema that may become desquamating is strong. Ichthyosis vulgaris (ichthy is Greek for fish) is also called fish scale disease or fish skin disease. It is an inherited skin disorder in which dead skin cells accumulate in thick, dry scales on the skin's surface.

Fish scales provide reflection and coloration as well as protection and hydrodynamic movement advantages. For some fish the theme of blending in is strong since, in spite of the hardness of scales, there are still significant vulnerabilities. In some fish, coloration is particularly strong and I will discuss this below in another theme.

Reproduction

Fish have reproductive organs, such as testes and ovaries and some are fused. The genital papilla is a small, fleshy tube behind the anus in some fishes, from which sperm or eggs are released.

Fish breed prolifically. I discuss this in the context of the discovery of prion disease and in relation to fish eating their young or eggs. They produce various amounts of eggs. For example, the Atlantic herring can release 20,000 to 40,000 eggs at one time. A female white sturgeon 2 meters in length can release 400,000 eggs and larger sturgeon can release upwards of 4 million eggs.

[https://hsbc.frasersturgeon.com/rhspsec/Lesson 1 /Articles/Article 1 .pdf](https://hsbc.frasersturgeon.com/rhspsec/Lesson%201/Articles/Article%201.pdf)

Most fish fertilize eggs externally and the sperm containing secretion of fish is called milt.

Theme: Bright Colors and The Neon Group of Remedies

Numerous fish can change their color to a greater or lesser degree, by movement of pigment within the pigment cells (chromatophores).

<https://www.britannica.com/animal/fish/The-skin>

Much of the coloration of fish has to do with blending into their watery atmosphere but some fish have beautiful bright colors that alert other fish of the same species to their presence. There are many brightly colored fish like goldfish who then dispositionally need attention and 'adoring'.

But I have termed this strong brightness in various animals as part of the 'neon group of remedies'. This group includes insects like butterflies. It is located on Stage 18 of the periodic table and inert gases like neon, argon and xenon create bright colored lighting in our modern world. When made into homeopathic remedies, their dispositional states have many similarities to remedies made from fish, butterflies and other very brightly colored creatures.

In Volume 2 of *Homeopathy and Dementia* I will be discussing this Stage 18 column of remedies as to their use in patients with dementia. We call these substances inert because of their physical property but also the patients needing them in homeopathic form have an inertia that prevents transitions to higher levels of awareness and action. They are stuck and can act in an Asperger's-like fashion.

Theme: Yeast and Algae Factor

Coloration and pigmentation for most fish is as a result of eating algae and yeast. There are various natural pigments, and one example is the pigment astaxanthin.

Astaxanthin is a blood-red pigment and is produced naturally in the freshwater microalgae *Haematococcus pluvialis* and the yeast fungus *Xanthophyllomyces dendrorhous* (also known as *Phafha*). When the algae is stressed by lack of nutrients, increased salinity, or excessive

sunshine, it creates astaxanthin. Animals who feed on the algae, such as salmon, red trout, red sea bream, flamingos, and crustaceans (i.e. shrimp, krill, crab, lobster, and crayfish), subsequently reflect the red-orange astaxanthin pigmentation to various degrees.

[\[https://en.wikipedia.org/wiki/Astaxanthin\]](https://en.wikipedia.org/wiki/Astaxanthin)

I discuss further in the book that in the proving of *Carassius* many yeast fungi dispositional symptoms came up. It indicates a yeast remedy 'quality' that is transmitted within the pigmentation process particularly for this colorful fish. As well, algae are primitive and the patient has this quality. Interestingly, Jan Scholten, in *Qjure*, describes how remedies made from algae are important in the homeopathic treatment of Alzheimer's disease. These remedies have some dispositional traits similar to fish remedies. For example in *Qjure* Jan Scholten states it is also part of the group theme and desire:

"A theme that is strong is that of dementia and Alzheimer's. It is like being dependent on others for energy and substance, as having no separate and individual life."

Deeper Core Themes

Theme: The Spiritual Fish Place

Can you imagine spending your whole day and night under water? Fish do. And there is a time when we humans do, too - the 9 months or so in utero floating in amniotic fluid. As I've discussed, this protective, floating world is the medium in which tremendous fetal growth and evolution takes place. And if you look at the homeopathic matridonal remedies, such as *Amniotic fluid*, you can see many symptom similarities to fish remedies.

The in utero experience is one of profoundly peaceful coexistence. And if we lived from this place we would actually be very vulnerable and completely dependent on the protection of the host, the mother. This idea of protection is strongly part of the homeopathic remedy *Uterus*. Through the process of birth and terrestrial life outside the womb we develop more of a resiliency and strength, even a forgetting of this place.

In patients who need fish remedies, there is part of them that stays in, or is seeking, this watery free-floating place. They thereby need others, even a group, to define them, protect them, and even ultimately act for them. A sensation of weightlessness can be expressed by patients needing homeopathic fish remedies. At the same time, they can feel weighed down, and experience a heaviness when they strike out on their own and attempt to 'float in deeper water'.

Unfortunately, for many needing fish remedies, they find that in their quest for belonging in this 'watery' environment, they attract, even desire, negative forces that will take advantage of their vulnerability. Being taken advantage of during a time of disconnection for them culminates in pathological states including ones that include a loss of individual consciousness and loss of awareness like in dementia. My contemplations and study of this phenomena led to an understanding of some of the deeper reasons for the tendency of so many individuals to develop dementia.

Theme: Rebirth Awareness and the Need to Forget

This theme is about what I consider to be the underlying spiritual issue causing Alzheimer's, Creutzfeldt-Jakob disease and some dementias particularly related to fish remedies.

The growth that takes place in utero is also one of a spiritual nature; it requires a reorientation of the soul-driven identity to find solace and purpose in its current lifetime.

Already, in utero, in this transitional place, there is some individuation going on. In spite of

such a strong connection to the mother there is some resistance to this physical and metaphysical host in preparation for leaving the uterus during labor and delivery. In a similar fashion, but at the opposite polarity, even after leaving there is a connection that remains; patients needing fish remedies continue to abide unconsciously in this in utero watery place. For these patients there is an inefficient transition to a core experience of connectedness to this life and the individuation that subsequently develops.

This sets the stage for a core problem that is part of the development of dementia. There develops an amplified awareness of the cycles of life and death with problematic consequences. The unpleasant idea and knowledge of various lifetimes and rebirth features prominently in fish remedies. Initially, there is a desire to gain more knowledge of other life times, having opened the curtain slightly, yet this is accompanied by even more destabilization as a result of not being spiritually prepared for the impact of it.

A deep need to forget is then derived from this disruptive awareness of other lifetimes. They feel they cannot cope with all the insights; there is an attempt to block out or escape from the cycle of rebirth through complete memory loss as in Alzheimer's disease.

This actuality comes up in the provings of various fish. For example, in the proving of blue tang, one of the most consistently successful homeopathic fish remedies for patients with Alzheimer's or memory issues, it was specifically expressed by one of the provers:

I keep dying and being reborn into the exact same world/situation. I feel stuck and helpless - each time this happens a pain comes in the left side of my chest. I'm simultaneously trying to think of a remedy to break this cycle and treat the pain.

In the proving of the sturgeon, *Acipenser transmontanus* (the 'wise fish' remedy), this idea of past life awareness bleeding into the present life with a destabilizing influence came up quite directly as stated by a prover:

But there are two things going on; I can't cope. Destabilizing. Before that, feeling very old. Deep knowledge from prior lifetimes, but also not knowing enough in this lifetime, about what I do. Lamenting what we've lost by not appreciating age, and the experience that comes with it. Observing very carefully, slowly, carefully, quietly what was going on around the table. Quietness and stillness. Paucity of my knowledge, wanting to know more, be able to plug in somewhere and know more.

But not only that, through taking the remedy the participating prover immediately states there was a healing rectification:

Being content in the end. Everything coming back to a balance.

The oceanic abyss can also represent the transitional state between life and death. The healthier patient needing homeopathic fish remedies will have significant issues around birth, rebirth, psychotherapy and the in-between state — ghosts and spirits. Then they move into the void of dementia.

Theme: Rapid Descent into Forgetting

There is a myth that fish have a three-second memory. Recent studies and experiments have proven this wrong. There are indications that some fish can remember time and have memory responses particularly when it comes to food. At the same time, they are not the smartest or most

cunning of creatures.

In very healthy patients needing fish remedies, poor memory is not always a strong indicator for prescribing a fish remedy even though it can eventually become a significant problem. Many of the other themes in this chapter are more likely to be part of the indication in the healthier earlier stages.



But what is clear is that when memory does become a concern for the patient the decline can be rapid and problematic. This is because the memory loss is more based on organic pathology whose etiology is, as I have described it, along the lines of errant proteins. This is proportionate to fish being so cannibalistic with their eggs and fry. The rapid dementia memory loss comes in conjunction with the energetic core desire to forget. As well, there are other physiological reasons, such as the presence of algae, which I discuss in fish that eat an abundance of it.

In this General Fish Themes section, I have included many more of the symptoms relative to declining memory and cognitive functioning.

Theme: Parasitic and Fungal Infestation

Fish have a susceptibility to parasites. Some of these include flat worms with very long names; for example, dactylogyrids (platyhelminthes: monogenoidea) which parasitize butterfly fish. Other parasites are in the Ciliophora phylum, petrichea sub-class such as Mobilida which attach themselves to freshwater and sea fish. Even others are protozoan parasites such as Costia, also called Ichthyobodo necatrix, which are the same type (but not exactly the same) that cause malaria and toxoplasmosis.

I have included information about specific parasitic organisms and also potential parasites in the source notes for each fish as I believe this susceptibility is important to see and grasp.

Dispositionally, individuals who need fish remedies can suffer from parasitic energy. This openness to parasitic energies is emphasized in many of the fish remedies' dispositional states and also accounts for the patient's receptiveness to individuals who take from them and rip them

off, particularly possessions or accomplishments that have strong meaning for them. In some fish homeopathic remedies, such as *Oleum jecoris aselli*, I discuss this at greater length.

There is also a susceptibility in fish to fungus infections which can be the most common disease in tropical and other fish. Like in humans, there are fungi that specifically affect older fish. The fungus quality in relationship to fish remedies is discussed to a certain extent in this volume. The fungi kingdom overall and its relationship to Alzheimer's and dementia is discussed at greater length in Volume 2.

Theme: 'Fish Look' to Patient

As much as a particular case presents us with a list of symptoms, even non-pathological dispositional symptoms, there is something I call 'in between the case'. This is part of what Hahnemann called intuitively grasping the totality, the 'inbegriff.

This grasp of fish has to do with a 'knowingness' of how a fish patient may present. In animal remedies, many times the patients have a particular look, and conduct themselves like the animal homeopathic remedy that they need.

The fish quality has to do with a 'fish look' — rounded eyes, softness, puffiness in the face and an affable pleasing quality to the personality. They may also present with a pale narrow face. They may also present with many of the motions and sensations that I list in the Focus Guide to General Fish Themes.

Theme: Scholten Periodic Schema - Arts, Culture and Child

In discussions with Jan Scholten about animal remedies, he deduced the positioning of fish in the periodic table schema. The beginning series classification of fish in this schema is 4 52. The numeral 4 (relating to the Iron series), represents all animals. Then there is specifically the fish which have a combination of 5, the Silver series, and also 2, the Carbon series.

This makes sense based on my own perceptions and you can say that the Carbon series is a state where the patient stays partially in a child-like place or devolves into a child-like dementia state. They are dependent on the 'values of the father' and, like a child, can make poor personal discernments and choices.

Series 5, the Silver series, represents group cultural development, art and performance. So you see that individuals needing fish remedies can want to be part of the group and advance the culture of the group but only childishly belong, as if needing parental guidance. This dichotomy and contradiction between the Silver series and the Carbon series is expressed in many of the other themes above.

It is also how they face or do not face the world. They focus their life on the reflection or the art of something rather than the actual experience of it. They may be experts in some form of entertainment or cultural development or phenomena rather than fully participating. It may be something to do with art, film, family group culture and even criminal culture.

In this regard, there are various definitions of culture:

The quality in a person or society that arises from a concern for what is regarded as excellent in arts, letters, manners, scholarly pursuits, etc.

[Dictionary.com]

The set of shared attitudes, values, goals, and practices that characterizes an institution or organization.

[merriam-webster.com]

Acquaintance with and taste in fine arts, humanities, and broad aspects of science as

distinguished from vocational and technical skills.

[merriam-webster.com]

From Scholten's *Homoeopathy and the Elements*:

Silver series

- Creation Inspiration
- Ideas Culture
- Unique Admiration
- Aesthetics: Beautiful Ugly
- Art Science Mysticism
- Show Performance
- Queen Ambition
- Humiliation
- Sexuality
- Middle age
- Town Province
- Voice Hearing

Carbonicum

- Value Meaning
- Self-worth Worthy
- Unstable Shy
- Hyper emotional
- Ordinary
- Rigid
- Worker
- Father
- God

Fish Versus Other Sea Remedies

I have distinguished fish from the overall class of sea remedies, such as those in the mollusca like *Sepia*, *Calcarea carbonicum* etc. There are important similarities and differences. Patients who need fish remedies are more prone to dementias but you can, of course, see this progressive illness in all remedies including those others from the sea.

I will discuss more of the other sea remedies, particularly mollusca, in Volume 2. Mollusca can be important in Stage 6 and 7 of Alzheimer's disease.

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Focus Guide to *General* Fish Themes

Cognitive impairment

- No connection to time

- Mistakes with time

- Communicating

 - When speaking

- Engagement

- Understanding a conversation

- What has just been said

- Who they are

- Only group think

- First anxiety and then indifference to loss of memory and comprehension difficulties

- Memory loss leads to dementia and Alzheimer's disease

Dyslexia, dyspraxia

Asperger's

Good perceptions then confused perceptions

Loss of identity; confusion of identity

Poorly developed personal identity and ego

In and out of group — longing for the womb, mother

Dissociation

Disintegration without the connection of others, even malignant or parasitic connections

Discuss themselves in the third person

Feeling of insanity, think they are going crazy

Disintegration of personality through memory loss

Need another or group to define them

Disintegration of identity

Memory loss and confusion

Forgetful of what they have just done

Dullness, fogginess in the brain

Disinterest, ennui

Cannot think; reflect long

Confusion, talking ameliorates

Forgetful of names and what they are about to say

Mistakes in speaking words, reading, writing and numbers

Dyslexia

Decline to severe memory loss and dementia

Patchy memory

Attention Deficit Disorder

Organic brain disease, brain tumors, Alzheimers, dementia

Starting with loss of memory and focus leading to complete dementia

Brain tumors

Shrinking brain

Vascular dementia

Cannibalism of eggs

Water

Water sports, fishing

Floating, sinking

Amniotic fluid

Hydrogen — oneness

Watery abyss

Intrinsic group desire and ideals

Ancient group instinct (schools of fish, shoaling)

A need to be part of a group even though can keep to themselves

Give up independence or desire to stay independent

Proclivity to join religious or spiritual groups

Constant adapting to others

Blend in

Altruistic — working for a cause, the larger good

Intellectual

Developing and teaching the culture of the group
Feeling very alone, even though surrounded by people

Social status, ambition versus working for the group
Fall from social status — themselves or parents
Fear of losing status in group
Needing social status but unattainable
Ambitious yet wants to work for the group
Dreams of falling

Affable and communicative
Easy to get along with and talk to but can become censorious
Well-liked
Sunny, cheerful, joyful (can alternate with depression, irritability)
Friendly loquacity
Friendly but hidden aggression
Some patients cheerful and sunny — not all
Talented
Helpful, concerned but then angry
Teaching/learning
Avoiding communication

Replacement words •
Vocabulary has unusual words replacing words forgotten

Soft-sided
Vulnerable, poor boundaries
Robbed, possessions taken from them, easily taken advantage of and conned
Soft-looking
Others steal their talent and fruit of their talents
Panic and anticipation

Family and spawning
Increasing and expanding their own family
From large dysfunctional families
Severe anxiety about family members or indifference
Brother and sister as if they are the patient's children
Guilt about family
Protecting family
Trying to discover or hide family secrets
Family important but may leave at a young age
Caring for babies or other family members from a young age
Seeking childhood memories
Aversion to family

Hypochondriacal anxiety

Hardworking and persistent
Materialism alternates with altruism
Survival
Quietly ambitious
Intellectual work to accomplish
Overcoming obstacles
Choosing poor business partners, parasitic business partners

Resentment and anger

- Hatred of others who have harmed them or taken something
- Resentment can be unexpressed (can appear even-tempered) but dwells on it
- Feeling of being robbed
- Fear of manipulation but easily manipulated (fear of spiders and delusion spiders)
- Blame themselves but with resentment of others
- Passively poisonous personality

Hidden and repressed ambition; survival and hierarchy issues

- Low confidence compensated by overconfidence
- Hidden egotism
- Friendly, going along but resentful aggression, criticalness and suppressed hostility
 - Repression and suppression of anger and criticism
 - Friendly alternating with sudden outbursts of anger and irritability
 - Sarcasm
 - Sardonic animal smile
 - Accepting parasitic energies from others

Intrinsic integrity and guilt

- Do good
- Guilt after doing something wrong
- Fear will be arrested and imprisoned
- Result of concentration camp (also generational)
- Attracted to criminal elements

Dwarfishness and smallness

- Mental or physical
- Fear of being observed, looked at
- Embarrassed easily
- Childish responses and going along with the group
- Lack of development of certain organs
- Carbon and Silver Series

Swimming

- Dreams
- Loves to swim, water sports
- Need for movement - physically and mentally
 - Ailments from stoppage of movement
- Easy tendency to injuries
- Dementia after injuries

Floating stillness

- Sitting still
- No responses
- 'Float through life'

Finding the source

- Therapy, meditation, nostalgia for childhood
- Searching for the family source of their problems
- Dreams of childhood, children
- Pregnancy and giving birth
- Taking things apart to find the source of how they work

Father/mother issues

Fighting dependency

Looking for the perfect mother or father

Contradictions, alternations; cyclothymic disorders

Contradictory states

Appears opposite than feels

Alternating states over longer periods

Weeks of tranquil, happy and positive states change to weeks of sadness, negativity and severe anxiety

Monotonous thoughts, boredom then industrious, desire to travel

Lightness to heaviness, darkness

Feeling universally loved to feeling alone, betrayed, separated

Developing culture of the group yet childish responses

Sleepy or energetic

Past lives and ghosts

Too much awareness of the place between the living and the dead

Past lives — monotony of rebirth, dislike of rebirth

Fear of, dreams of etc.

Ancient memories

Desire to forget past lives

Xenophobic past life personage

Fear of past life race

Constant eating and snacking

Likes fat but worse from

As if starving, history of starvation in the family

Thirst before fever or heat

Circular

Circles

Circular thinking

Circling back to the source

Walking in circles especially children but elderly patients as well

Going round in circles

Helpfulness of Stage 7

Teaching, learning, *Neptunium*

Helping others

Autoimmune

Neurological

Many fish have neurotoxins such as ciguatera

Blurry vision, ataxia, vertigo, peripheral dysesthesias, paresthesia

Sensation of loose teeth, numbness in and around mouth

Tingling, atrophy of parts

Many neurological diseases and conditions Paralysis

General infection

Tendency to infection - sinus, chest, skin, cellulitis

Skin

Acne

Boils, infections

Severe autoimmune skin disorders

Rashes with redness

Herpes

Scaly, dry or desquamation and oozing

Fibromyalgia and joints

Musculoskeletal problems with stiffness

Back goes out easily

Chronic pain

Pain from old fractures

Allergies and sensitivities

Environmental allergies

Seasonal allergies

Sensitive to odors, chemicals

Effects of mold

Sinus problems

Poor digestion, colitis

Abdominal pain and cramps

Diarrhea and colitis

Flatulence

Trapped gas

Acrid corrosive stools

Poor digestion

Vitamin deficiencies

Chest, breathing and mucus

Rattling, much mucus

Cough, chest pain

Chronic bronchitis

Asthma

Difficulty breathing; suffocative

Emphysema, bronchiectasis

Chronic obstructive pulmonary disease

Teeth and jaw problems

Profuse discharges and secretions

Coryza, salivation, etc.

Lymphedema

Variations of themes depending on individual fish species and their individual stage

SENSATIONS AND EXPRESSIONS

Weightlessness — main feeling expressed as floating, flying, birds, speed, unlimited, high and above

Buoyant, buoyancy

Water is supportive

Fluidity

Gliding swooping

Flow

Home - hide, safety, dislike to go out

Water — wandering, swimming, near water

Connections and disconnection

Like *Natrum mur* and *Sepia*

Withdrawal from reality

Hard to wake up, as if still dreaming

Hypnotic

Playfulness and creativity

Energetic then sleepy

Need for movement

Blockage:

Stagnant

Stasis

Cesspit

Restriction, stuck, slowed down

Inhibited

Obstruction, blocks

Limbless, no legs

Fear of legless creatures, like snakes

Dreams of no leg or losing leg

Dreams of a woman in a wheelchair

Dementia-like confusion

“I’ve got Alzheimer’s”

“I’m getting Alzheimer’s”

“I’m going crazy”

“This is driving me crazy”

Confusion of boundaries, identity, reality

Neurological and cough

Water

Aquariums

Diving in water

Fishing

Floating in water

Lakes, rivers, oceans

Swimming

Water sports

Waves

Waves of anxiety

Moved by waves

Fish and aquarium fascination

Owning, collecting fish

Fisherman

Sticking together

Like fish scales

Like a shoal of fish

Movements of hands right to left

Like a fish swimming

Wave-like motions of hands

Circles, circular

Water baby

Calm and then anxiety

Other clinical sources include sensation methodologists Sankaran, Chhabra, Hardy and Brown.

[Adapted from, and added to an article by Anne Vervarcke, Belgium: The Fish Knows Everything,
published in Similia, the Australian Journal of Homeopathic Medicine, December 2015, Volume 27

Number 2:]

Fish Symbolism

Prehistoric fish are the earliest known vertebrates, dating back to the Cambrian era. Throughout modern history, fish, of course, were important sources of sustenance. But also, they carried with them legends, visual and artistic depictions along with communal spiritual and religious meanings.

Judaism and Kabbalah Pisces

The pisces symbol in Judaism is connected to the Hebrew calendar month of Adar. This is considered the most joyous month of the Hebrew calendar.

Kabbalists also see fish as important and in the original Torah or old testament there is the prohibition from eating anything from the sea that does not have scales or fins. Kabbalist rabbis comment:

"This may you eat of all that is in the waters: everything that has fins and scales, you may eat. But anything that has no fins and scales, you may not eat."

(Lev. 11:9-10); (Deut. 14:9-10)

The rabbis and mystics teach that the physical attributes of fish, and of all animals, reflect their psychological and spiritual qualities. They further explain that the food a person consumes has a profound effect on his or her psyche. Therefore, when one eats the flesh of a particular creature, the 'personality' of that creature affects the person in some way.

Fins and scales also embody two qualities embedded in the souls of these types of fish that are necessary for the healthy development of the human character: drive and direction.

Scales, the 'armor' that shields and protects the body of the fish, represents the quality of integrity, which protects us from falling prey to the many pitfalls that life presents. Integrity preserves and protects your life and your soul.

Fins, the wing-like organs that propel fish forward, represent ambition. A healthy sense of ambition, knowing one's strengths and wanting to utilize them in full, gives a person the impetus to traverse the turbulent sea of life

and to maximize his or her Cod-given potential. It propels us to fulfill our dreams and leave our unique imprint on the world.

[Chabad.org]

The Ichthys Christian Fish Symbol

There are numerous references to fish in the New Testament bible and it usually involves the miracle of multiplying food sources, abundance and conversion. Jesus was also symbolized as a fish. As well, the earliest symbol depicting Christianity was the fish Ichthys symbol.

“The ichthys symbol or ichthus is a symbol consisting of two intersecting arcs, the ends of the right side extending beyond the meeting point so as to resemble the profile of a fish. The symbol was adopted by early Christians as a secret symbol. It is now known colloquially as the ‘sign of the fish’ or the Jesus fish’.”



[Wikipedia]

Eating fish on Friday was a ritual prior to Catholicism. Friday is from ‘Freya’ who was the Scandinavian Venus, the goddess of beauty and fecundity.

In Aramaic “nun” means fish.

Astrological Pisces

Pisces ([KI] (ancient Greek: ἰχθύες; *Ikthyes*) is the twelfth astrological sign in the Zodiac. It is a negative mutable sign. It spans 330° to 360° of celestial longitude. Under the tropical zodiac, the sun transits this area between February 19 and March 20. In sidereal astrology, the Sun currently transits the constellation of Pisces from approximately March 12 to April 18. In classical interpretations, the symbol of the fish is derived from the ichthyocentaurs, who aided Aphrodite when she was born from the sea.

According to some tropical astrologers, the current astrological age is the Age of Pisces, while others maintain that currently it is the Age of Aquarius.



[Wikipedia]

Chinese Mythology and Fish



In Chinese families, the fish is a symbol of faithfulness as well as abundance. Certain species of carp swim in pairs. Many give fish motif wedding gifts.

Fish are an important motif in Chinese mythology. There are various myths involving fish. The word for 'fish', *yu*, is a homophone for 'abundance' and 'affluence'. (Eberhard, 1983: 106). The Chinese dragon is the head of the fish clan.

Carp (traditional Chinese: 鲤; simplified Chinese: 鲤; pinyin: //) can be transformations of dragons or carp can sometimes change into dragons. According to tradition, a carp that could swim upstream and then leap the falls of the Yellow River at Dragon Gate (Longmen) would be transformed into a dragon: this motif symbolizes success in the civil service examinations (Eberhard, 1983:57-58). Silver carp are strong swimmers and researchers have observed them to jump 1.81-2.24 meters (approximately 5.94 to 7.75 feet) above the surface of the water with an angle of leap of 44-70° (Parsons *et al* 2016). They are quite capable of swimming upstream and leaping over barriers in the water.

[Wikipedia]

Japanese Buddhism Fish Symbols

In Japan, the fish means well-being, happiness and freedom. It is one of the Eight Auspicious Symbols imported from China. The fish symbolises living in a state of fearlessness, without danger of drowning in the ocean of sufferings, and migrating from place to place freely and spontaneously.

Gargoyle-like carp, known as *shachihoko*, often appear on opposite ends of the ridge of a castle roof to symbolise diligence and ecstasy. There is also a fertility association with this pair since one fish is male and the other female. Another interpretation is that they are symbolic of the elongated eyebrows of the Buddha. As tiger-headed sea monsters, they also symbolise water and its defensive capabilities against fire.

The fish symbol often seen in Japanese temples is called the *mokugyo* ('wooden fish'). A wooden fish can be a wooden percussion instrument that is used in some Buddhist temples. It serves to keep rhythm during chanting.



Hindu Fish Symbolology

Matsya (Sanskrit: मत्स्य, lit. fish) is described as the fish avatar of the Hindu god Vishnu. Matsya is the first of Vishnu's ten primary avatars, and said to have rescued the first man Manu from a great deluge. Matsya may be depicted as a giant fish, often golden in color, or anthropomorphically with the torso of Vishnu connected to the rear half of a fish.



Fish in Greek Mythology

In Greek mythology Aphrodite and her son Eros were fleeing the monster Typhoeus and when they reached the river Eridanus they hid in the guise of fish in the water. To recognize the event a pair of fish were set amongst the stars as the constellation Pisces. The fish also assisted in the birth of Aphrodite from the sea foam. “The bringing Aphrodite ashore after Fish were probably the same as (or reimagined as) Aphros and Bythos, the fish-tailed Ikythyokentauroi (Ichthyocentaurs) (Sea-Centaurs) of late classical art, who are depicted her birth.”

[Theoi Greek Mythology Project]

As well, the seahorse is called hippocampus in Greek mythology and here in this depiction two hippocampi pull the chariot of the God Poseidon, ruler of the sea.



Fish in Celtic Mythology

It is interesting that the Celts equate fish, particularly salmon, with knowledge and intelligence in light of fish remedies being important in the restoration of cognition.

Fish, salmon in particular, are associated with knowledge. The child that grew to be called Taliesin, the wise magician, was found in a fish weir. The significance of the salmon can be seen in many places. Gwyrhr questioned a series of wise animals, each one wiser than the previous, the oldest and wisest of all was the salmon of Llyn Llyw (Ford, 148-149). Cuchulainn used the hero's salmon leap across the Pupils' Bridge to get Scathach's stronghold in order to gain access to Scathach's advanced knowledge of arms. To gain the secrets Cuchulainn had to use the hero's salmon leap to Scathach herself in order to gain the secrets reserved for her family.

By symbolically eating the salmon of wisdom, Demne gained such enormous wisdom that he was renamed (Ford, 20). Perhaps this is at the root of the modern practice where children are told to eat fish to increase their intelligence.

[Ancient Symbolism in Celtic Mythology]

Salmon for North American First Nations

The North American First Nations Salmon Symbol represents abundance and prosperity as well as fertility and renewal. Salmon are highly respected since they have been the primary food source for First Nations people of the coastal northwest. There was also consideration of salmon being an important part of the cycle of life, which is a homeopathic dispositional symptom for the remedy *Oncorhynchus tshawytscha*.



Meaning

The Salmon symbolizes prosperity, renewal and fertility. They are one of the most important and highest respected animals of all since they have been the primary food source for the Northwest Coast First Nations from the beginning of time.

Legend

The Pacific Northwest Coast people believed that Salmon were actually humans with eternal life living in a large house far under the ocean. In the spring, they put on their Salmon disguises and offered themselves to the villagers as food. The tribes believed that when entire fish skeletons were returned to the sea, the spirits would rise again and change into Salmon people. In this way, the cycle could begin again the following year.

Salmon is considered the staple food of many coastal communities, brought to the rivers and seas by the Raven. The Haida tell of how Raven stole the Salmon from the Beaver people by rolling up their stream and landscape like a carpet and flying away. It was so heavy that he could only fly a short distance at a time.

In Kwagiulth culture, twins alone have the right to the Salmon dance. To give birth to twins was a sacred gift bestowed on a mother and was believed to have come from the Salmon people.

[My Mondo Trading First Nations Art Gallery]

“My strength is from the fish; my blood is from the fish, from the roots and berries. The fish and game are the essence of my life. I was not brought from a foreign country and did not come here. I was put here by the Creator.” Chief Weninock, Yakama, 1915

[Columbia River Inter-Tribal Fish Commission]

General Resources and References

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SECTION 2

Fish Materia Medica

7" 4

In this section, individual fish remedy materia medica is displayed. I have included a number of newly titled sections within each materia medica chapter. These include “Distinguishing Homeopathy Features” which features information that shows how that particular fish remedy differs from the general fish themes and other remedies. It can be helpful to get an understanding of the general fish themes, so you recognize when a case may be leaning toward a fish remedy and then to use this ‘distinguishing’ section to determine the specific species of fish that is indicated.

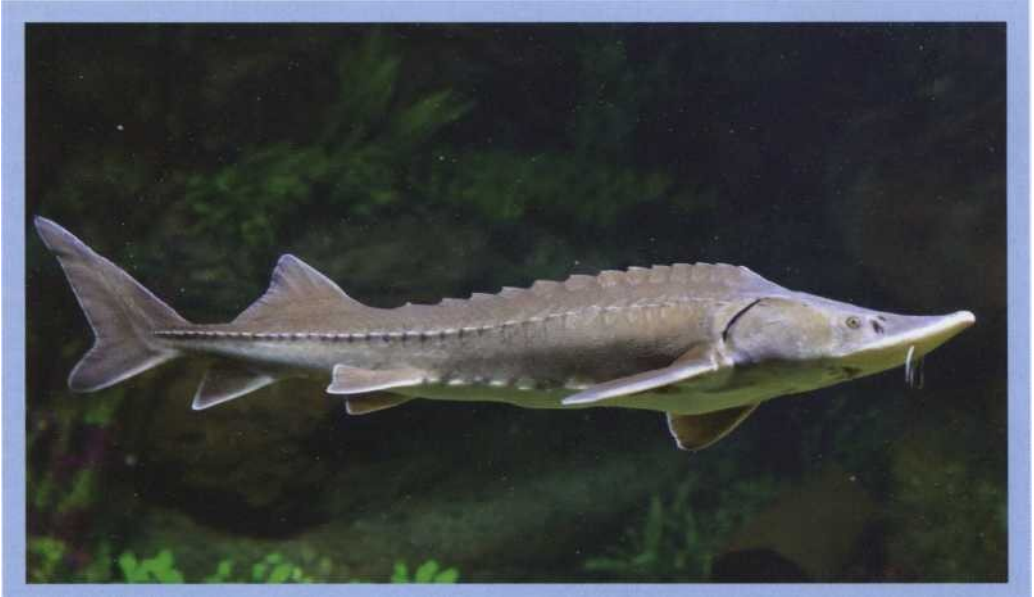
The homeopathy information is derived from provings, both personal and from other practitioners, clinical experiences, cases, notes and information from other practitioners, and even classical materia medica. Again, much gratitude to all who contributed.

As well, since the perspective of this book is homeopathy and dementia, one section has a listing of dementias. The listings in bold type mean that those dementias can be more readily found in that particular remedy.

Otherwise, the chapters follow my previous materia medica offerings in other published books, including a general commentary and a “Clinical Focus Guide” that has succinct indications and notes.

ACIPENSER TRANSMONTANUS

White sturgeon; Acipenseridae



Natural History

The white sturgeon is indigenous to several large rivers that drain to the Pacific ocean. They are

Homeopathy Abbreviation: *acip-t*

Keywords: *Acipenseridae*; *anadromous*; *long-lived*; *caviar*; *endangered*; *parasites*

The white sturgeon (*Acipenser transmontanus*) is the largest freshwater fish in North America.

Those that are not landlocked by river dams are found primarily in estuaries on the Pacific coast from the Aleutian Islands to Baja California. In the 1800s they were an important food source for First Nations people until overfishing for flesh and caviar by commercial operations drove them almost to extinction in the early 1900s. Despite recovery efforts, catch and release regulations and a ban on caviar exports from wild stocks, some populations are now classified as 'endangered'; others are 'vulnerable'.

anadromous bottom-feeders, feeding in saltwater river deltas and migrating often long distances to spawn upstream. White sturgeon can grow to a large size and be long-lived, reportedly up to 6 m in length, 800 kg and over 100 years old. More commonly they grow around 2 m in length and survive 11—34 years. Their shape is distinctively elongated with no scales but there are five rows of bony projections known as scutes running lengthwise along the body, which is colored light grey on the dorsum and white on the ventral surface. Their mainly cartilaginous skeleton shows they are an ancient species; the tail is forked like that of a shark and the head is flattened like a

shovel. They have no teeth but can extend their mouths to scoop up their prey, detected by tactile barbels on the snout.

For fertilization to take place, the conditions must be optimum - correct river depth and flow, and water temperature between 14-18 degrees Celsius. They are 'broadcast' spawners — females release eggs directly into the flowing current, rather than building a nest or 'redd' like some salmon species. One or more males swim alongside her and discharge milt (sperm) at the same time. Even in ideal conditions and with as many as 4 million eggs released from larger fish, only a small percentage may be fertilized. Incubation is between one and two weeks depending on water temperature.

Juveniles feed on the eggs and fry of other fish species as well as benthic invertebrates (organisms with no backbone that live in river sediments) and adults larger than 60 cm eat other small fish such as herring, goby and flounder, as well as some benthic varieties, for example, clams and snails.

Due to their slow growth and late maturity - they first spawn between 15 and 25 years of age — white sturgeon populations are susceptible to overfishing. Poaching for caviar is a problem and this, combined with habitat degradation, makes their survival 'conservation dependent'.

Some sturgeon have been observed to leap right out of the water; there are several theories as to why they do this. This behavior could be a way of communicating with other fish, perhaps in a display of courtship. Other proposed explanations are catching airborne prey, escaping from predators, shedding parasites or shedding eggs while spawning, and gulping/expelling air. Another interesting fact about the white sturgeon is that it is one of the only animals that continues to grow throughout its entire lifespan.

Parasites and helminths: Only 4 or possibly 5 species of helminths have been identified: *Nitzschia quadritestes*; *Tubulovesicula lindbergi*; *Cestrahelminis rivularis*; *Cystoopsis acipenseris* and possibly *Amphilina bipunctata*. Other possibilities are: *Kinetoplastida*, *Cnidosporidia*, *Hexamita truttae*, *P uralensis*, *Polypodium hydriforme*, *Dihemistephanus Lss.*, *Zychockella sturionis*, *A. nudiventris*

Distinguishing Homeopathy Features

Acceptance by group through intellectual prowess and wisdom

Not getting credit where credit is due

Hidden wisdom

Old soul

Surrender

Stage 9

Undulation

Armor, wall

Constriction of heart with downward pressure

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy
Parkinson's disease dementia
Vascular dementia
Korsakoff syndrome
Post influenzal and viral dementia

Homeopathy Commentary

The white sturgeon, *Acipenser transmontanus*, has a prehistoric pedigree, a lumbering size, and a long life with slow developmental stages. These aspects of the actual fish were reflected in the dispositional indications brought out in the proving and clinical use of the potentized homeopathic remedy. When duly potentized, *Acipenser* represents an important part of our fish materia medica. In this commentary, I will include many different themes both individual to *Acipenser* and also general characteristics of both fish and animal remedies. Additionally, I point out some affinities that this fish remedy has with themes from other homeopathic remedies and groups.

It is a fish that is like the salmon (*Oncorhynchus tshawytscha*) in that they are both anadromous, migrating up rivers from the sea to spawn, which I will explain more about in the commentary on *Oncorhynchus tshawytscha*. In *Acipenser* there is a different quality and more passivity than in *Oncorhynchus*. *Acipenser* also has qualities of other larger fish remedies like *Galeocerdo cuvier hepar* (made from the liver of a tiger shark), but is also like *Orcinus orca* (the killer whale, which is a mammal).

In the trituration proving of *Acipenser* led by Doug Brown, and from clinical use, much has come out regarding themes of deep wisdom, perception, intellectual confidence and the desire for balance. Ironically, this remedy is an important remedy for dementia but for the healthier *Acipenser* patient's perceptive ability is surely an important part of their survival and existence. Yet there is an aspect to this of being hidden, with easy distune-ment and a feeling of not being given credit for the depth of intelligence, wisdom and perception like in the remedy *Europium metallicum*. It is also why, when they lose cognitive functioning, they become devastated and even suicidal.

In fact, all of the setbacks, even the ones having to do with intellect, lead to this emotional collapse. They therefore experience anxiety, severe depression (including postpartum) as well irritability and anger. It is in this context that I am going to describe some of the leading provocations for the emotional downward spiral for the patient needing *Acipenser*.

Like *Europium metallicum*, they consider themselves the 'smartest one' and pride themselves on being intelligent and perceptive. They, in fact, do have a clear way of approaching a problem yet feel stuck in not being able to conspicuously and successfully solve it. Like other fish remedies, being included in the group and family is very important. In the *Acipenser* trituration proving the feeling of being included was an important part of a strong theme of acceptance. Smartness or cleverness is a trait that achieves this acceptance.

It seems that while growing up, others in their family viewed them as deficient in these areas and therefore, even though they have this ability, they doubt it and never fully achieve the success they think they should.

Being the smartest one also has to do with hierarchy within the group. I have found that animal remedies, in general, have a lot to do with hierarchy but wolves do, in particular. A patient who needs *Lac lupinum* (wolf's milk), takes many actions to fulfill their desire to be close to the top of the hierarchy. In a rather gory dream from the trituration proving of *Acipenser*, wolves were eating seals:

I walked into one of the back rooms, a big glass window overlooking a lake or pond. At first I was horrified to see a large number of seals, but also a pack of wolves. The wolves were just devouring these seals. It was bloody. Then I noticed the seals... there was definitely this protection through numbers thing going on. Seals were trying very much to stay together as a group as a protective measure, yet it was still very bloody. The seals being chomped at by the wolves, body parts flying through the air, as a wolf jaw came down on part of a seal. Then I noticed the seals were chomping on sturgeon; so I had a sense of the cycle of life, and the sense of "this is just the way it is" acceptance, resignation. But it wasn't pretty. I remember turning back towards the group, inside the apartment.

This dream is replete with many more differing themes. These themes are found in animal and fish remedies, generally, but also specifically the homeopathic remedy *Acipenser* (sturgeon).

Firstly, the dream shows a feeling in patients needing *Acipenser* which is found in both the proving and clinical experience. It is described in the proving synopsis:

A predominant feeling tone of the trituration experience was one of passivity, surrender, and resignation. This sense of surrender... whether to violence, death, toxic wastes, or heartless cruelty... was accompanied by a sense of insularity, containment, isolation. This is compensated for, and survival is sought after, by being part of an in-group.

Being part of the group is an important aspect of fish remedies. In the case of the dream, the group represents protection and consolation. Surrender is the reaction we most see in *Acipenser* even when they perceive and know that action needs to be taken.

This 'knowing' is something that is naturally present for the patient needing *Acipenser*. You could call *Acipenser* the wise perceptive fish remedy. With the deep hidden wisdom, it is also reminiscent of the Uranium series remedies (also called the Actinides). Interestingly, many sturgeon are found in lakes and areas containing uranium and other actinides. The Uranium series in homeopathic terms has an unusually mature and wise perspective of life from a very young age. It is a person who has an old soul and an *Acipenser* patient has this 'ancientness' quality. Even in the trituration proving of *Acipenser* there were 'philosophical discussions' and the word 'ancient', along with a sensation of being 'heavy' came up. These are themes and words all related to the Uranium series as well as this fish.

Yet the conflictual contradiction is in the perception by the *Acipenser* patient that they are not fully 'in their body' as Doug Brown quotes a patient:

I have a hard time staying in my body. I don't trust it. Popping out of my body makes me ill.

I'm ambivalent about being in my body.

I want my body to be in a more hospitable place. I'm trapped in my body - it's a container too tight. There's not enough space. The body will betray me.

And as I mentioned in the introduction, this element of not being fully in the body can be a deeper impetus for dementia pathology to develop.

In the book *Miasms and Nosodes Volume 2*, I talk about Jan Scholten's periodic table schema. In *Acipenser*, there is a Scholten periodic table Stage 9 quality since they are bright and perceptive but lack the ability to successfully manifest their ideas or solutions. They are close to the pinnacle (Stage 10) but not quite there. These solutions may be obvious to them yet they passively keep

them hidden. That is, their sense of themselves and their confidence melts down in the face of an authoritative, invading or challenging force.

In *Miasms and Nosodes Volume 1*,¹ I talk about Stage 9 being the Yersinia miasm, which is the bubonic plague. It is also about fighting injustice and striving for egalitarianism. The plague was spread by rats so I discuss Yersinia in that context. Remarkably, in the proving of *Acipenser*, a Esh, there are expressions of this: ‘Rat’s tail’ and ‘rat’s ass’ idioms are used. The trituration proving also has the expression, ‘haves and have nots’, something that is part of this miasm. Also the theme of injustice towards women in the Yersinia miasm, Stage 9, and fighting for the power of the feminine to be balanced with the masculine appears strongly in *Acipenser* themes as expressed by the proving participants.

Issues with authority, a Stage 9 and a ‘Yersinia quality’ is found. The *Acipenser* patient’s calmness and feeling that everything is going well can be shattered by a sudden crisis whereby someone in authority challenges their usually correct perceptions. They surrender to any strong outside force, part of the ‘soft-sided’ vulnerability we see in fish. But in this Esh, it is the perceptive confidence that alternates with surrender and acceptance. Most of the miasmatic impetus is modified by the deeper need for acceptance found in *Acipenser*.

Stage 9 and the Yersinia miasm also has a strong feeling of injustice. This can be presented by a strong desire for feminine power but as mentioned there is a modification by their desire for acceptance and surrender. One of the proving themes had to do with the balancing of inner feminine and male forces.

Early on, when prescribing *Oleum jecoris*, I discovered what has become a strong general fish dispositional quality. This quality has to do with a poor judge of character and allowing in others with harmful intentions. Patients who need *Acipenser* can clearly perceive negative motivations but then in a contradictory way accept the other person’s malignant, even criminal, attempt to harm them. It can go even further. They may delusionaly see criminals as the good guys and those wanting to harm them as benign. Or they may feel that the parasitic person is someone they can easily deal with. Even in the midst of the detrimental behavior of the other person(s), they will not necessarily speak up. Eventually, that person overwhelms them or steals away their intellectual property and takes credit.

In my teaching, I have shown a number of cases of homeopathic remedies made from the pituitary gland. These remedies, especially homeopathic *Pituitarium anterior* have issues with manifesting, particularly money and material support. In the *Acipenser* trituration proving synopsis there is: “The experience of no progress, or ‘back to square one’ — no solution — came up frequently”; these are also characteristics of pituitary remedies.

In the proving and clinically, there were physical issues with the jaw. Tension and tightness in the jaw and muscular tension was described. *Acipenser* is an important remedy for temporomandibular (TMJ) issues as is *Angustura vera*, made from Angostura bitters. Sudden jaw growth and other jaw problems can also be an indication of acromegaly caused by an overactive pituitary gland either concurrently or in the past.

There can be many hormonal problems. Therefore, like *Pituitarium anterior*, it can be a remedy to consider in overactive pituitary gland symptoms and also in children who grow quickly and physically mature early. There is also a dispositional desire for mastery over their hormones, without this being achieved. This is seen, too, in the remedy made from a master gland, *Pituitaria glandula*.

I discussed the theme in this remedy of being accepted, particularly in relation to their intellectual prowess. They can easily feel outside of the group and rejected to the point of

becoming cold and insular to avoid further rejection. But, always, there is a connection to or consciousness of the group. They don't necessarily feel a sense of their own identity. It is frequently a feeling and awareness that they cannot easily attain their individuality and thereby have to prove that they can achieve individual accomplishments.

There are similarities between this fish remedy and *Oleumjedoris* in many dispositional ways. Both have issues, positive and negative, towards food. In *Oleumjedoris*, there may be a history of starvation either in the patient or in the family, and a strong interest in preparing and sourcing food. In *Acipenser* there are also strong interests in preparing and eating food, especially delicacies. There was even a desire for caviar, the eggs of the sturgeon.

As mentioned in the introductory section, fish remedies have a lot to do with female issues and more specifically there is a remedy made from the eggs of a different species of sturgeon — *Acipenser sturio ex oviis*. An example of a Stage 9 'almost there' scenario is the cervix dilating to 8 or 9 centimetres in childbirth but not progressing any further resulting in a cesarean. This type of history can be an indication for *Acipenser transmontanus* as well as *Acipenser sturio ex oviis*.

The gaining of knowledge requires a sharp memory and less emotional interference. This is more typical of *Acipenser* patients in the healthier stage. As their memory decreases there can be great anxiety. In later stages of dementia, there is then a moment of acceptance with peace. Prior to this you may see a lot of turmoil, denial and avoidance in following instructions.

This has been an interesting commentary since there are many polarities and contradictions. You can see there are elements of deep acceptance and wisdom yet I've also included dreams that were quite violent and gory. I've listed some of these polarities in the Clinical Focus Guide and it's always good to remember that it is essential to know the various polarities, stages and phases of a remedy to get the complete picture. This gives you the ability to prescribe a particular remedy in various different types of pathology as well as diverse situations.

Clinical Focus Guide

Some of the contradictions (polarities) of *Acipenser transmontanus* are seen in the following themes:

- Toughness alternates with weakness
- Tough intellectually but weak emotionally
- Hiding - the inside and outside
- Pride in memory and concentration then suicidal if lost
- Gaining of knowledge but lacks confidence to express their knowledge if confronted
- Personal wisdom versus group authority
- Hierarchy in the group versus striving for intellectual recognition
- Matures too quickly but stops just before success
- Lack of justice versus fairness, integrity and truth
- Reproduction versus feeling of being a failed mother
- In own world whilst being part of the group

MIND AND DISPOSITION

Intellect, wisdom	Toughness
Wise perceptive	Hard hearted
Smartest one, their intellect gains them	Hard workers
acceptance	Alternates and tempered with feminine
Disruptive student	quality and awareness

Depression and anxiety

Postpartum

After intellect and ideas not accepted

Post trauma

Retreats with resentment

Irritability

Alternates with sadness

From loss of social status

Fears
Insanity
Loss of memory
Flying
Ghosts, haunted houses,
Dusk
Earthquakes, natural disasters

Memory loss
Replacing words
Hiding forgetfulness
With anxiety

Lost and difficulty with directions
Getting lost easily
Confusion
No way home

Hierarchy and cycle of life
Group reactions important
Wolf theme
'Back to square one' — never feeling ahead.
Prove your individuality - ineffective striving
for individuality
Wealthy

PHYSICAL FOCUS

Labour
History of stuck at 9 cm dilation during labour

Fatigue

Jaw
Tension and tightness
TMJ problems
Acromegaly

Pituitary dysfunction

Thyroid problems

Musculoskeletal
Pains deep in bones
Surrender, passivity and resignation
Numb to conflict

Denial

Almost there
Stage 9 — Yersinia miasm
Issues with authority or those successful

Poor judge of character
Criminals as 'good guys'

Fear of snakes, fish
Fear of the side-to-side, undulating motion
Snake in Adam and Eve - eating fruit of all
powerful knowledge

Feminine forces
Balancing feminine and masculine
Injustice to female

Difficulty bonding with child
Trauma during childbirth
Aversion to child/children
Feeling of failure over childbirth
Fear of other mothers

Awareness of bones

Foot pains
Plantar fasciitis

Heart
Downward pressure
Constriction
With difficulty breathing
Hypertension

Asthma

Stomach
Nausea and disgust of food
Heartburn
Esophageal spasm

Skin eruptions
Hives, urticaria, especially of the face
Boils, acne, pimples

Desires gourmet food
Desires caviar
Desires delicacies

Female

progress

Delayed menses
Heavy bleeding during menses
History difficult childbirth and failure to Jaw
soreness and awareness TMJ problems
Grinding teeth Mouth pain

Tinnitus

Herpes zoster
Fungal infections

SENSATIONS

Ancient
Alternation between choppy, halting, interrupted movement and smooth, fluid, easy, effortless flow

Deep water

Undulation
Group consciousness
Writhing, undulating snakes
Too large

RELATIONSHIPS

Similar homeopathic remedies
Oxytocin, Pituitarium anterior, Europium, Americium nitricum, Oleumjecoris, Oncorhynchus tshauyts-cha, Acipenser sturio ex oviis, Paracanthurus hepatus, Brucellosis, Umbilical cord

Modern Homeopathy Excerpts

Trituration proving led by Doug Brown CCH, RSHom(NA), FNP

Some key and repeated words in the proving of *Acipenser transmontanus* are:

Balance	Snakes
Surrender	Women
They	Daughter
Accepted and acceptance	Mother/mom
Hierarchy	Sad
Huge	Ten
Love	Brain
Help	Beached
Female	White
Zone	Whales
Psychic	Waters

From *Acipenser transmontanus*: The Spirit of Sturgeon

12 elements of *Acipenser* energy:

Alternation of determination and fight with giving up: 'Going for it' vs. wimping out.

Armored, prepared to fight, tough. Fear of heart-centered vulnerability.

Panic, freaking out, at the mercy of authority figures or the mob.

Surrender, passivity, numbness. Resignation, back to square one.

Treated as a slab of meat, without individuality.

Outcast: Exposed, persecuted, humiliated.

In vs. out of comfort zone.

Smart, analytical, intellectual, sophisticated vs. dumb, stupid, insular; status in the hierarchy.

Power of the feminine to create as well as destroy. Aversion to or love of women.

Fear of insanity, aliens, mobs, flying, haunted houses, earthquakes, the unknown, something will happen.

Postpartum attachment/bonding issues... averse touch, need for personal space.

Enlargement: I should be bigger than I am. Yet surrendered. A beached whale.

[Brown, 2020]

Modern Homeopathy Excerpts for Comparison

From *Miasms and Nosodes Volume 1* by

Louis Klein

STAGE 9: Yersinia Miasm

Also: Mycoplasma Miasm

Shared [with Stage 18] Core Word: RETREAT

Specific Core Theme for Stage 9: *Retreat from success when almost at the pinnacle*

Expression

We see in the Yersinia miasm, as described in Volume 1, the desire to severely test authority or those who are successful. It is as if they arrogantly say they do not need the success (of Stage 10) or to prove themselves. Therefore, they retreat from the final step and stay in the transition to this successful stage.

Being immediately to the left side of Stage 10, ironically, we find leftist politics and the desire to tear down the success of those in Stage 10 to create an egalitarian atmosphere. The retreat of Stage 9 is therefore temporary in some ways, since they are still quite engaged in the process and even actively work against the process of gaining success. Both Stage 9 and the reciprocal Stage 18 involve retreat from a transitional position or important turning point — to reach the pinnacle of Stage 10 or begin the initial impulse of Stage 1. But in Stage 18 the retreat is much firmer. There we find inertia, as in the 'inert' gases of this stage. Here in Stage 9, we find the 'wise guy' still proving they are supremely smart and even a savior for others yet not fully getting to the pinnacle.

Another way of expressing the themes of this stage is using the word 'blunder'. There is

blundering during the last upward push, while relying only on self-approval — “who cares about others’ approval?” In this stage, there is testing of those who are above them, while constandy calling things off. This creates a state of almost getting there, or not quite succeeding, along with idolatry and self-worship.

Impetus: false testing, testing upward, blundering (stumbling about blindly), incomplete retiring and retreating

Engagement: penultimate, not quite, last push, call it off just before success, only selfapproval, rest before success, sabotage (self and other)

Momentum: upward, prefix ‘up-’, almost, wise guy, savior, fighting injustice by the successful, not allowing themselves to make the last step to success

From *Homeopathy and the Elements* by Jan Scholten

The Uranium series:

Uranium series

- Magic
- Invisible power
- Old age
- World
- Universe
- Intuition
- Transition
- Free
- Confusion

All the elements in the Uranium series are radioactive, which means that they all emit certain kinds of rays. These can be alpha rays, helium nuclei, beta rays, electron or gamma rays, which is an electromagnetic type of ray. Radon or radium has been named after the word radiation. This radiation causes the elements to disintegrate and turn into a new element. So the elements only have a limited lifespan, which is expressed in terms of half lives, i.e. the amount of time it takes for the original quantity to be reduced by half.

Magic

These people are a type of magus. They know how to reach their goals using pure intention. It is the shaman or the prophet, who influences the course of history from behind the stage. They are people like Merlin or Rasputin.

Invisible power

They use invisible sources of power and they work in secret, unbeknown to most of humanity. They know how to harness the hidden knowledge and wisdom buried deep within the

subconscious.

World universe

The terrain in which they do their work is no longer limited to villages, towns or countries. They focus on the whole world, on the entire universe even.

Intuition

The sense belonging to this series is the so-called sixth sense or intuition. They are often clairvoyant, clairaudient or clairsentient.

Old age

This is the stage of real old age. These people have gradually withdrawn from the everyday processes of society.

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ACIPENSER STURIO EX OVIIS

Sturgeon caviar; Acipenseridae



Homeopathy Abbreviation: *acip-s-ov*

Keywords: *Acipenseridae*; *ancient*; *diadromous*; *temperate*; *benthic*; *solitary*; *carnivorous*

Acipenser sturio, the Atlantic or European sturgeon, also known as the baltic sturgeon or common sturgeon, is a species of sturgeon found on most coasts of Europe (except the Black Sea) and has even been known to cross the Atlantic Ocean to the coast of North America. At the beginning of the 19th century, these fish were caught extensively for caviar. They are now critically endangered and have been a protected species in Europe since 1982. No species are known to naturally occur south of the equator, though attempts at sturgeon aquaculture are being made in Uruguay, South Africa and other places.

There is strong controversy about the eating of caviar, from the point of view of animal welfare.



Natural History

European sturgeon live in coastal areas moving back and forth between river deltas, the sea and upstream in rivers where they spawn in late spring and early summer. Males are sexually mature at age 12-14 years, females at 16-18 years. Females deposit 800,000 to 2,400,000 sticky, dark-grey eggs on sand or gravel in depths of 2-10 m.

Sturgeon appeared in the fossil record approximately 200 million years ago, putting them among the most ancient fishes. They have undergone remarkably little morphological change since then, and earned informal status as 'living fossils'. Sturgeon is a slow growing fish and, known to survive to 100 years, has probably the longest lifespan of the fishes.

The sturgeon is scale-less, and has armour-like, bony plates in five longitudinal lines along the length of its body. The dorsal fins are located very far back. The belly is yellow and the back is brownish-grey. Average adult size is 1 to 2 m and 150 kg; they are known to grow to 3.5 m and 315 kg.

They stir up the soft seabed or river-bottom with their projecting wedge-shaped snout and can detect prey with their barbels (sensory organs outside the mouth). They feed on crustaceans, molluscs, polychaete worms and small fish. Having no teeth, they are unable to seize prey, though larger specimens can swallow very large prey, including whole salmon.

Parasites: *Dihemistephanus* Lss.; *sturionis*

Distinguishing Homeopathy Features

Childlike, baby quality

Acceptance by group through mothering or 'shadow' mothering (nannies and au pairs) and being baby-like

Embryonic poses and movements

Fear falling

Dementia Indications

Later and end stage Alzheimer's - 'embryonic-like' stage

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post-influenzal and viral dementia

Homeopathy Commentary

This homeopathic remedy from caviar is similar to the previous remedy, *Acipenser transmontanus*, except for two elements. First, the remedy is sourced from *Acipenser sturio* eggs. Second, this is the Baltic sturgeon, found in European and Russian areas whereas *Acipenser transmontanus* is the white sturgeon and found in North America.

The themes that run through *Acipenser transmontanus*, white sturgeon, are very similar to this remedy. But the fact that it is produced from the fish egg (caviar) adds some important indications for this remedy. In addition, remedies from eggs, generally, have loss of memory and vanishing of thoughts as symptoms, even from older, classical homeopathic sources.

There is a ‘baby-like’ quality to the patient. Adults *act* like children, similar to the Bryophyta (moss plants). They know their baby-like behavior is inappropriate but still do it as if they are a shadow of a baby. As such, they also have a fear of falling and are uncertain on their feet, like a child that is learning to walk. They can fear going up or down stairways. This is a strong symptom in older patients, especially those with some form of dementia.

Children do not effectively transition from a nursing baby or toddler to a child — they are stuck in this state. They have difficulty regulating their emotions and have easy melt downs with rage and anger at the slightest frustration. At the same time, they can have sudden weeping. When not melting down they can have a very affable disposition and are quite adorable. They are quite concerned about the welfare of their mother.

Certainly in late-stage Alzheimer’s disease, there is an embryonic-like quality to the patient. Their movements and demeanor are reminiscent of the embryonic stage of development. They remain motionless and cannot even sit up on their own. This is a remedy to consider in this late-stage state.

The history for the patient will be similar to *Acipenser transmontanus* but there will always have been a childlike quality to the patient. They also have a history of being dominated by their partner or their mother. They also like to mother others and can sacrifice themselves in the process but they are somewhat incompetent at it because of their immaturity. They may gravitate towards being a nanny or au pair.

They can have, or have a history of, severe premenstrual problems such as endometriosis and heavy bleeding during the menses. They may have pains before their menses or mid-cycle. Ovarian pains and problems may also be seen. They may have a history of excision of the ovaries or even a full hysterectomy.

Clinical Focus Guide

MIND AND DISPOSITION

Like Acipenser transmontanus

Embryonic quality

Late-stage Alzheimer's disease

Childlike quality

Did not transit from nursing toddler to older child

Dependent on mother

Adorable

Yet intellectually advanced

Premature birth

RELATIONSHIPS

Mood swings, changeable mood Sudden outburst of emotions Worse before and during menses

Sensation floating

Fear of falling

Memory loss

Vanishing of thoughts

Loss of speech or difficulty speaking

Dyslexia, dysgraphia

Chess players

PHYSICAL FOCUS

Difficult menses and ovulation

Pre-menses pain

Pain ovaries mid-menses

Hysterectomy, excision of ovaries History

ectopic pregnancy History stuck at 9 cm birth

Food desires

Craving delicacies

Desires sushi

Skin

Acne rosacea

Similar remedies

Acipenser transmontanus, Folliculinum, Oophorinum, Ovi gallinae pellicula, Oxytocin,

Matrional remedies, Mollusca

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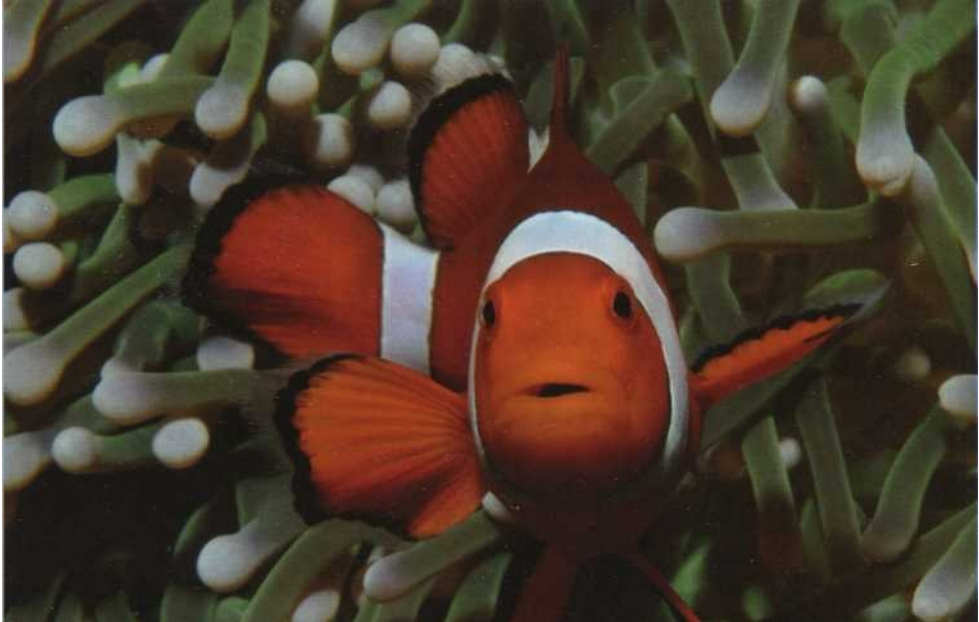
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AMPHIPRION PERCULA

Blackfinned clownfish; Pomacentridae



Keywords: *Pomacentridae*; *anemonefish*; *symbiosis*; *sea anemone*; *territorial*; *protandrous hermaphrodite*; *omnivore*; *monogamous*; *isotopic parasites*

Amphiprion percula, also known as the blackfinned clownfish, is native to the Indo-Pacific from Northern Queensland in Australia through the region of Melanesia which includes Fiji, Papua New Guinea, Vanuatu and the Solomon Islands where it is found in the shallow (1-15 m) warm water of tropical reefs. This colorful, lively little fish, about the size of a teacup, gets its name not only from the bold and distinct coloration on its head and body, like the face-paint of a clown, but also the clumsy clowning-around' that is seen as it performs its aquatic acrobatics. Since the 2003 animated film *Finding Nemo*, which prompted an increase in demand by home aquarists, most children (and adults) readily recognise the clownfish. However, *Finding Nemo* is based on the almost identical Amphiprion ocellaris (also called the false percula or ocellaris clownfish). The two may be distinguished by counting the number of dorsal-fin spines: A. percula has 10 whereas A. ocellaris has 11. In addition, A. ocellaris does not have thick black margins outlining the fins.

Natural History

Clownfish depend on the anemone for survival where they live in social structures called 'queues'. In fact the clownfish and anemone have a mutually symbiotic relationship which is

called *symbiotic mutualism*. The fish can pick up food scraps from the anemone's diet and the clownfish and their nests are protected from predators by the stinging tentacles. The anemone in turn benefits by being defended against intruders, having parasites removed and potential prey lured in close enough to be stunned or stung. Clownfish secrete a protective mucus over their bodies which prevents stings from their host anemone. Of the many species of anemone (about 1000) only 10 host clownfish, the main ones being *Heteractis magnifica*, *Stichodactyla gigantea*, and *Stichodactyla mertensii*.

All clownfish are born male but have the ability to switch gender. They only do this if they are next in line to become the dominant female in their queue and she dies or is removed. This 'gender-bending' ability is called *protandrous hermaphroditism*. The sole female in a queue ostensibly has a male harem but in fact these fish are monogamous; she breeds only with the largest male in the group, the only other fish that is sexually mature. All the others are juvenile males; by staying small until they go up high enough in the queue to change gender or take their turn to sexually mature they stay protected by the group and don't get evicted from the anemone. The female displays aggressive dominance towards the smaller males to 'keep them in line' and the largest male in turn dominates the smaller males and prevents them from spawning.

Breeding can take place almost all year round due to the warm tropical waters they inhabit. Prior to spawning, the male clears an area for the nest on rock underneath the overhanging tentacles of the anemone. On a morning at or near full moon, the male attracts the female by extending its fins, biting and then chasing the female to the nest, where she makes several passes and eventually lays between 100 and 1000 orange eggs that are 3 to 4 mm in length. She leaves and the male then fertilizes the eggs as he passes over them. Males do most of the egg care: fanning them, keeping guard and eating the infertile ones or those damaged by fungi. Generally, incubation is about 6—8 days, depending on water temperature; the cooler the water, the longer the incubation period. The fish in the larval stage (8-12 days) live near the surface and are subject to heavy predation but after this the surviving clownfish search for residence in a suitable anemone where they join the hierarchy at the bottom of the ladder. To become acclimated to their host, they gently touch the tentacles with different parts of their bodies; it is thought that the stings they get initially when very young promote the development of a mucus covering making them immune afterwards.

A typical lifespan in the wild is 6 to 10 years. They can grow to about 11 cm in length. Their diet consists of algae, plankton, crustaceans and small fish.

As adult fish, *Amphiprion percula* have very few predatory foes. They are poor swimmers and seek shelter deep within their host anemone at the first sign of danger. The eggs, however, are susceptible and are guarded by the dominant male. Wrasses and other damselfish are the most common day predators; night predators of the eggs are generally invertebrates such as brittle stars.

Parasites: *Brooklynella hostilis* and *Cyathoeca exigua*. The latter is a 'tongue eating parasite'. The isotopic parasite, which is also a protandrous hermaphrodite, is a member of the crustacean family. The juveniles wait on the ocean floor for a clownfish to swim past before shooting up and latching onto their host through the gills, where they mature into males. One of them changes sex and becomes female, then crawls into the fish's mouth and attaches to the base of its tongue, where it sucks blood from the tongue until it withers and dies, and effectively the parasite becomes a replacement 'tongue'. The female is thought to mate with the male

isopods living in the clownfish's gill chamber.

Distinguishing Homeopathy Features

Jaunty — sprightly desire to move — ADD and ADHD type, active mind

Clowning around, silly, acrobatic, cheerful mood; alternating with stillness, meditation, sitting still

Mutually symbiotic relationships, need mother or parent, protection, connection

Group cooperative efforts and movement activities - dance, aerobics, entertainment

Reluctance

Timid, bashful but wants to motivate others — greater good and group activities important

Confusion and disorientation in the moment — especially with time and how to proceed

'Gender-bending': all are born male but will change sex to become the dominant female

'Stay small' or compensate for feeling small

Prion: Creutzfeldt-Jakob disease

Dementia Indications

Alzheimer's disease

End stage: Just sits 'waiting'

Starts with confusion around time, in the moment

Disorientation and wandering

Creutzfeldt-Jakob disease

Strong indication

Short onset, intense *Hyoscyamus-like* state

Down's syndrome and Alzheimer's disease

Especially perseverating on one thing

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Homeopathy Commentary

There are two outstanding dispositional themes in this homeopathic remedy that correspond to the clownfish in their natural environment.

The first reflects the sea acrobatic movements of this fish and it is what I have termed 'jauntness' — a kind of restlessness with a desire to move joyfully which gives a sense of freedom. Jauntness is also defined as 'easy and sprightly in manner or bearing'. The jaunty restlessness causes difficulty with focus and on a mental level is seen as a profusion of thoughts even to the point of chaotic disorientation.

The second is that the clownfish, in spite of its desire for aquatic acrobatics, likes to stay still and hover within proximity of the sea anemone with which it is mutually symbiotic. This stillness manifests in various ways. These two states can alternate. I'll explain further and give

examples in this commentary.

In 2010, there was a trituration proving of this fish led by Heike Dahl, a practitioner in Germany. Along with this proving, there are other sources of clinical information that I have used. More indications can also be derived (and confirmed) from the fact that the clownfish is a highly colorful tropical fish. These additional indications give rise to a tendency to hypochondriasis and sudden anxiety, even fainting, from discussion of health and dying or in the presence of medical doctors and the presence of the *Amphiprion* patient in hospitals.

One of the other main issues in the trituration proving of *Amphiprion percula* was what I have experienced in supervising other fish provings and that is confusion arising from turbulent thoughts. Much confusion about how to proceed as well as about time, speaking, what to do next and concerns that, as a result of the confusion, proving procedures were not being done properly, i.e. with ‘purity’ and ‘accuracy’. This, like other fish provings, demonstrates a proclivity towards cognitively compromised and dementia states. In the *Amphiprion percula* trituration proving, even fundamental instructions were misunderstood or did not register:

General confusion in the dialogues. Everything has to be explained all over again.

Again explanations about the trituration and inquiries. Confusion.

And then there was much confusion about time:

Time is an issue. Confusion around the clock.

Even more serious issues around comprehension temporarily came up in the proving:

I cannot concentrate... do not follow conversations.

And these are all part of the compromised chaotic and profuse thoughts and mental state a patient needing *Amphiprion percula* can experience. There are memory issues, inability to focus and disjointed thoughts. There was difficulty with time (one of the hallmark symptoms of Alzheimer’s disease) in the beginning stage resulting in either not knowing the time or having difficulty making it to appointments. This constant mental gymnastics can prevent falling asleep and the *Amphiprion* patient has significant insomnia.

With this fish remedy, there were many different kinds of problems with cognitive functioning. Along with the confusion there may be vertigo and dizziness, which was prominent in the proving. They can even feel or look drunk along with a sense of listlessness. This can also be expressed as clumsiness.

Since the clownfish does entertaining ‘aerobatics’ in the water in its active phase, the *Amphiprion* patient has these periods of spritely restless activity like a bouncy young entertaining child. This is also part of the sensation of drunken dizziness just previously described.

The older child or adult patient can demonstrate this by wanting to do activities that creatively express it, such as recreational sports for ‘fun’ or dancing. They particularly like when these activities are part of a group class. They enjoy the cooperative spirit.

In the mind, ideas also bounce around, creating disorientation with their immediate surroundings and activities. In children, it is commonly diagnosed as Attention Deficit Hyperactivity Disorder (ADHD) or Attention Deficit Disorder (ADD). In senior patients it is diagnosed as dementia, in particular mixed dementia.

In between, there are various dispositional manifestations such as the desire to creatively move and seek freedom from the mundane, overdo entertaining activities and consequential sleeplessness. But, with the second theme of stillness, it is like the child with ADD or ADHD who can also concentrate for a long time given the right quiet circumstance or attention grabbing activity, book or video. In adults, they enjoy periods of sitting still in their home or garden.

There was a period in the trituration whereby provers felt cheerful like in *Lepomis gibbosus*. They want to cheer others up. The *Amphiprion* patient has this cheerful quality with a feeling of 'lightness' as expressed in the proving:

It puts you in a good mood.
An inner smile, not a laugh.
Carefree, bright, easy mood, cheerful mood.
In a good mood, in a cheerful mood.
Almost makes you smile.
Feel better than I have all day.
Now I'm fit and in a good mood.

Patients can have a naive, Carbon series quality, part of the general dispositional trait of tropical fish. With their cheery mood, difficulty focusing and disorientation, elderly patients wander off and get lost easily.

They can attempt to talk with just about anybody. But they can also feel easily blocked in terms of their ability to express themselves or react to circumstances. They have problems speaking, expressing thoughts or feelings. They can easily become disorientated and, as mentioned, then just halt their activities with a need to sit still. They can suffer from vertigo that is better sitting still.

The idea of stillness was something that came from the proving but is also seen with the clownfish since they are symbiotic to the sea anemone and can quietly hover above the anemone deriving food from them. We can join the themes and deduce *there is the sprightly desire to move juxtaposing with the stillness*. One prover said that the expression 'still waters are deep' "came to my head." This is expressing something broader about the *Amphiprion percula* state. There is a desire to go deeper into the stillness and there can be a strong desire to meditate, sit still.

One prover in this regard stated:

Get to know the monastery, the mystical way. Religion. Meditation.

In the proving there were conversations about Krishnamurti and other 'free spirited' spiritual practices. Yet meditation is a mixed blessing since they have trouble stilling their chaotic thoughts while meditating.

The stillness may be accompanied by an aura of indifference. They may even feel they are in a dream or an in-between state, not sure if they are awake or dreaming. In the end-state dementia there is just this sitting and staring. Prior to this they become forgetful, unorganized, confused and exhausted easily.

The proving had symptoms of this in-between state and in one clinical case by Anne Vervareke from Belgium, the patient had what she called an epileptic-type fit when anyone

discussed medical problems. It was like a kind of petit mal epileptic state, along with a feeling of and fear of fainting. She related that she would faint at doctor's offices as a child.

The aspect of stillness is seen in another theme *m Amphiprion percula* patients summed up by the word 'reluctance'. This is also a theme in the proving of the giant green sea anemone, *Anthopleura xanthogrammica*. Even though quite enthusiastic, they have a hesitancy to commit to a project and also a reluctance to communicate with a general lack of motivation. They can internally feel much doubt and self-pity with weeping in this reluctant state. Yet they can be stimulated into activity, like *Calcarea phosphoricum*, but tend to have a 'wait and see' attitude. They become active and engaged when they are pushed since they can be easily manipulated.

In this sense there is a childish and dependent quality to them (also related to the symbiosis that will be discussed). The reluctance in children can be seen as timidity and bashfulness, to use an old fashioned term. It is a remedy to be considered in Down's syndrome dementia or for healthier patients with Down's syndrome where there is dependency.

Children tend to cleave to their parents, particularly the mother. They may have a fear of leaving the home or their symptoms get worse when away from home. In one case, the child was very attached to the mother and had asthma that only appeared when the child was outside of the home.

In mutual symbiosis, there is a beneficial connection both ways. Children tend to be very concerned about doing their 'chores' and helping out, yet are dependent, particularly emotionally, on their parents. They can have a strong feeling of being lost when not in close proximity to the parent they are attached to. As well, the parents can be considerably co-dependent to their children's needs like we see in *Carcinosin* or viral nosodes. They may also require that many of their emotional needs be met by their children and so join in their child's activities. They enjoy doing entertaining playful activities with their children.

As young adults and older adults, they like to work cooperatively which is an extension of their symbiotic roots. For patients needing *Amphiprion*, the greater good of the group including team efforts can be very important. They can develop and teach whole systems of management concerning the group, the team and achieving the greater good. They can also be behind the scenes organizing entertainment and cultural events or the quiet but important person on the team.

But like in *Baryta carbonicum*, patients needing this remedy have issues of confidence especially with regards to their appearance and are fearful of criticism and people looking at them. They want to make themselves bigger, seem more useful than they are which comes from a feeling of being 'small' or unaccomplished. In the classical homeopathic texts, this was described as the rubric "Dwarfishness" as well as "Delusions he is smaller." This sense of smallness may be on a mental level where they brag or exaggerate their accomplishments to compensate or on a physical level where they may have an enthusiasm for weight lifting and other exercises to bulk up and thereby physically compensate. The quality of the *Amphiprion* patient is not so pugnacious but rather fish-like, in that they, even with the muscle building, are timid, feel vulnerable and lack the will to fight others. For the most part, they stay 'behind the scenes'.

They have concern about their body size and in men, anxiety about their penis size to the point of perseverating about these. Both male and female patients may undergo plastic surgery. In females, it is to enlarge their breasts and lips.

Their desire to expand is also reflected in other activities including eating, finances and

work. They have issues around their money whereby they can gamble and lose it easily with a great desire to be rich. Alternatively, to expand their wealth, they may invest with the wrong person (or company), especially if that person has a strong presence and is manipulative.

There can be an innocuous manipulative quality to them as well but they have the ability to wait for the right time to express it. It is less selfish and less distorted and dark than in spider remedies (which also have the restlessness). In *Amphiprion*, they want to motivate others to join their culture of enjoyable activities and cooperative efforts.

In dementia, they may ultimately sit quiefly in a corner, or away from others not saying much or stating they are 'waiting'. They may feel that others manipulate them and therefore need to move away from these influences and be on their own. It is not an easy task. If they do finally talk, a rapid flow of different ideas come out.

The legs feel heavy and the patient is exhausted easily.

Interestingly, in the trituration proving, discussions about vaccines, vaccine damage and polyarthritis came up. As well, there were discussions about serious illness.

There were dreams that they have a serious illness, and of death and blood. This reflected the *Amphiprion* patient's tremendous fears about disease, death and fainting.

Overall, energy wise, in spite of uplifting emotions at times and sprightliness, there is a general sensation of heaviness and fatigue. This idea of uplifting directions versus the weight of water is part of the active fish in its environment.

With the confusion of time there is a feeling that time is variable, going too quickly or too slowly.

They are physically better outside in fresh air even though emotionally they want to stay inside their home.

It is a remedy for the effects of mold and yeast.

When I first started practising over 40 years ago, it was rare for patients to present with confusion about gender identity or sexual orientation. In recent years these issues are much more openly discussed and there is a lot more support for anyone struggling with gender and sexuality. *Amphiprion percula* exhibits some gender bending qualities and may be helpful if the overall pattern of symptoms fits. In clownfish societies, the matriarch, the female fish that gives birth, was actually the largest male prior to the previous matriarch dying. This next in line male changes gender and then becomes the female head of a clan of male fish. Certainly, along with Butterfly remedies, we may see these features as an indication for patients who have gender issues.

I also find it rather astonishingly peculiar that in the name Amphiprion there is the word 'prion', considering how I have discussed this in relation to dementia. I am sure the naming of this fish was not to intentionally have the idea of prion conveyed. Nonetheless, I would consider this as one of the homeopathic remedies for patients with prion conditions.

Clinical Focus Guide

MIND AND DISPOSITION

Confusion and disorientation in the moment
About how to proceed

Worse on concentrating

Dazed

Chaotic bouncing thoughts

With vertigo

Inability to focus
Difficulty with time
Sensation of drunken dizziness

ADD and ADHD
Attention Deficit Disorder
Attention Deficit Hyperactivity Disorder

Jauntiness and silliness
Sprightly restless activity physically and in
mind
Bouncy and entertaining, silly activities
Alternating with stillness or periods of con-
centration
Doing 'crazy' entertaining things with
someone dependent

Creative group playfulness	Failure to accomplish
Acrobatics, dancing, movement classes	Mutually symbiotic
Reluctance	Want to do chores in family
Hesitation to commit	Dependent on parent
Avoiding communication	Want protection
Can be stimulated into activity	Parent(s) smother them
Lack motivation themselves but want to motivate others	Parents organize and participate in child's activities
Waiting	Worse outside of home
Mistakes about time	Delusion smaller
Time is variable — too slow or too fast	Dwarfishness
Time pressure	Lack of confidence
Missing appointments	Compensate mentally with bragging, joke-telling, putting others down
Forgets easily	Compensate physically with bodybuilding, exercise, plastic surgery
Dementia and prion diseases	At first shy in company
Hard to concentrate in the moment	
Stillness	Gender and sexual orientation issues
With indifference	
With desire to move	Restlessness
Balanced	Worse full moon
Meditation and religious	
Sit quietly in corner	Prion
End stage dementia; sitting silently	Exaggerated anxiety about health and death
Cheerful	Epileptic-like fits when someone discusses medical issues or when seeing medical doctor
Good mood with restlessness	Fear of fainting
Smiling	Hypochondriacal anxiety
Telling jokes, dry humor	Perseverating over health issues
Jaunty	Sudden anxieties
Alternating with heaviness	
Working for and motivating the greater good	Sleeplessness
'Cheerleading' but unmotivated themselves	From activity and rush of thoughts
Culture of the greater good	Difficulty getting to sleep
Organizing entertainment, dancing	
Cooperative efforts	Dreams
	Serious illness
Childish and dependent	Blood
Cleave to parent	Death
Naive	

Water flowing

PHYSICAL FOCUS

Vertigo and dizziness
Constant light dizziness
As if drunk
Clumsiness

Effects of mold and yeast

Better fresh air

Worse leaving home

Obesity
Overeating
Focused on diet to 'bulk up'

Easy exhaustion

Heaviness in the extremities

Mouth cancer
Oral tongue cancer
Oropharyngeal cancer

Teeth pain
Lower right molar
Pressing pain in teeth

Throat pain
Worse left side
Thick mucus in throat

Rash with fever

Acne

Pain in left shoulder

Headache
Better open air

Asthma
Worse leaving home
Better fresh air
From overprotection by mother

Restlessness
Restless leg syndrome

SENSATIONS AND EXPRESSIONS

Silly, 'craziness', clowning around, bouncing
Stillness with a breeze on them
Small, dwarfed

Gender
Water, water flowing
Grass moving
Drunken

RELATIONSHIPS

Compare

Sea anemones, *Pulsatilla niger*, *Baryta carbonicum*, *Calcarea carbonicum*, *Beryllium muriaticum*, Fungi, *Carcinosin*, *Silica*, *Phosphorus*, Viral nosodes, *Tela aranea*

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ARRIPIS TRUTTA

New Zealand Kahawai; Arripidae



Keywords *Arripidae; pelagic; brackish; neritic; subtropical; carnivorous; commercial and game fish; parasites*

Arripis trutta is named kahawai by New Zealand Maori. It is found in the waters of the Southwest Pacific Ocean of southern Australia (where it is called Australian salmon) and New Zealand. Kahawai are popular with recreational fishers, and both commercial and traditional Maori fisheries.

Natural History

There are four recognised species in the family Arripidae. They are unrelated to the Salmonidae family (salmon and trout), despite the name ‘trutta’ (Latin for trout). Other common names for this species include Eastern Australian salmon, bay trout, black back, blackback salmon, buck, buck salmon, cocky salmon, colonial salmon, newfish, and salmon trout.

Arripis trutta’s ability to swim fast is facilitated by its long, streamlined slender body and a large, powerful forked tail. The dorsum is dark bluish-green and the belly is silvery white. There is a bony ridge of bone beneath and in front of each eye which has obvious serrations in smaller individuals. The juveniles have golden bars on their upper flanks and these break up into large spots as the fish matures. The pectoral fin is vivid yellow and the caudal and spiny part of the dorsal fin both have a blackish margin. The maximum length recorded is 89 centimetres although they are commonly a total length of around 47 centimetres. The maximum recorded weight is 9.4 kilograms.

All species of this family are known to be pelagic spawners, spawning in open water in the southern hemisphere springtime. They release a large number of tiny (1 mm in diameter) eggs made buoyant by lipid droplets. The eggs and later, the larvae, become part of the zooplankton

and are moved around by the currents. Eventually the young fish are able to find sheltered coastal bays, inlets and estuaries until they sexually mature and begin to move to more open waters. *Arripis trutta* are relatively long-lived, up to 26 years, and the other species in the family between 7 and 9 years.

Arripis trutta are long-distance migratory fish, sometimes travelling thousands of kilometres. The adults congregate in very large schools of hundreds to thousands of individuals off oceanic beaches and exposed coasts, and will enter rivers. Juveniles feed on copepods (small crustaceans) and marine worms called polychaetes. Adults prey on small schooling fish such as pilchards, sprats and anchovies. Shellfish, crabs and annelid worms may also be taken from the zoobenthos.

Kahawai often swim with other fish and feed en masse by cooperatively herding baitfish up to the surface; this technique is exploited by seabirds which are quickly attracted to, and feed upon, the foaming mass of fish at the surface.

Aside from seabirds, kahawai and other members of the *Arripidae* are important in the diets of orca and dolphins, several species of large sharks, and fur seals such as the Australian sea lion.

Parasites: Five marine ectoparasitic crustacean species have been found on wild *Arripids*: *Argulus diversicolor*; *Caligus bonito*; *C. longipedis*; *C. pelamydis*; and *C. punctatus*. *Arripis trutta* is a known host for at least four species of bucephalid parasite, including *Telorhynchoides longicollis*, and *Telorhynchus arripidis*, *T. kahawai* and *T. peacheyii*.

Distinguishing Homeopathy Features

Self-restraint

Caregiving

The helpfulness of Stage 7 can be taken advantage of and/or unacknowledged Endurance

Insight into life and consciousness then difficulty making transitions

Effect of sudden death

Herpes

Deceptive

Dementia Indications

Denial of dementia and memory problems End stage Alzheimer's disease

Sundown syndrome Creutzfeldt-Jakob disease Lewy body dementia

Frontotemporal dementia Huntington's disease Mixed dementia

Normal pressure hydrocephalus **Posterior cortical atrophy** Parkinson's disease dementia

Vascular dementia Korsakoff syndrome

Post influenzal and viral dementia

Homeopathy Commentary

This fish is called Australian salmon but is not part of the salmon family. Although, it is similar to salmon in that it is an important and sacred fish for indigenous people. Like salmon is to the First Nations people of the Pacific Northwest, *Arripis* is important for Maori. They have named the fish 'kahawai' which has various meanings. New Zealand homeopath Angela Hair, who led a

trituration proving of *Arripis*, defines the word kahawai as meaning and connoting, “slippery, winding, flashy, full of vigour, dynamic, bend, soften, a beautiful strength to go with the flow of currents.” These words depict a wisdom relating to a way of dealing with life and reflects the spiritual importance of this fish to Maori.

Angela Hair’s trituration proving demonstrated much about fish remedies in general and this remedy specifically. I am going to first discuss the deeper level of spiritual causation and philosophical elements in the proving and after that, the practical clinical indications that were presented. For when we are dealing with pathological states such as dementia, found in the symptomatology of so many fish homeopathic remedies, where the whole consciousness and permanence in this lifetime is impacted, there has to be some very profound underlying causative factors. As I discussed in the introduction to this book, one of the underlying spiritual causations is the suppression of, and attempts to stop, the memories of the cycle of rebirth.

There was the recognition of this deeper issue and also healing indications for the rejection of the acceptance of the cycle of birth and death. In the proving at the C2 trituration level:

 Holding space is important while connecting up and down, being present to what is, being witness with acceptance of it. If I can do this on a conscious regular basis - that is enough for life, for now - that's all there is. For me the rhythm of breath, carving out space for presence of being, peacefulness, stability even though there is a moment when we are part of the boil - when we may be fearful, resisting, judging, struggling. It is how it is - each individual has the chance to remember to be part of the cycle of divinity, if we forget we are back in the 'boil' again. We have to be part of the school for the cycle of divinity to be realized.

The insight into life and consciousness developing was part of the proving:

 No awareness of connection—consciousness developing—emerging feeling—>awareness of being on earth—>awareness of losing connection to the earth.

And there was a healing response, a healing of a primal fear of death.

 Each of us has a choice to die. When we have a clear understanding of the right to die, we practice it on the out breath, a gentle surrender. When we accept feelings and don’t struggle against them, they don't irritate so much. We need each of us to reflect each other, and the beautiful processes we are involved in.

The C2 trituration period was about accepting life and its transitions, including the major ones of birth and death.

 Babies come from the watery world inside the uterus, through the mother, to be bom into the world. Breastfeeding helps the soul to arrive.

The proving lyrically reflected much about the ebb and flow of life like the ebb and flow of tides and this Maori song, *Tides of Aroha*, was quoted:

 My love is like water
 Continually bubbling up
 A spring that will keep flowing from within your soul

Its source is deep within
It has a soothing effect
An ebb tide
An incoming tide
A forceful tide
A long-lasting tide
A full tide
Ko te aroha and he wai
E pupu ake ana
He awa e mapuna mai ana
I roto i te whatu-manawa (x2)

Ko tona matapuna he hohonu
A ina ia ka rere and (x2)
He tai timu

He tai pari
He tai ope He tai roa He tai hui

A patient will not always articulate these deeper spiritual themes. Yet, the fact that these themes emerged in the proving could mean that the remedy is for a person who thinks deeply and philosophically, like in the Lanthanide remedies. A practical clinical approach is also always important to reveal the remedy selection for the patient. Most of these deeper elemental themes are expressed more constructively by the patient needing *Arripis* as ‘self-restraint’. Holding back emotions, irritations and frustrations. There is a struggle to allow these to flow outward and express themselves. This results in self-judgment and a sensitivity to even a slight lack of support. There is a sense that everything is ‘trapped just under the surface’. But the *Arripis* patient has much endurance both emotionally and physically. They may participate in activities and sports that require endurance and they also see themselves as survivors. At the same time, this ebb and flow can also be expressed by the patient needing *Arripis* in a more intense way and Angela Hair states it as “being the adrenal hyperactivity of the boil, versus surfing for relaxation, (i.e. out of the boil)”. She states that this key characteristic is to be compared to other homeopathic remedies such as Adrenalin, Nor adrenalin, adrenal gland where there is this intensity followed by relaxation.

In this regards, she also states that “The neurological system is very much part of Kahawai and recently a child has benefited from Kahawai after developing tics. This overstimulating of the nervous system is hardly surprising. Understanding how the brain is constantly working to build neural cells, the switched on, switched off nature of the Kahawai brain, seems to fit with brain pathology generally.”

Their main role is as a reliable and responsible caregiver and teacher, not just in a parental role but in a general way, even at work and their career. They take on too much responsibility and want to help others. They do it in a cheerful way, enjoying being part of a group or family. Their proclivity to care for others is both a strength and an Achilles heel. Their almost guileless need to care and help can be taken advantage of, especially when there is conflict. A parasitic or ambitious individual sees it as an opportunity to take over the patient needing *Arripis* since this is

the key to their 'fish' vulnerability and ultimate loss. It may be a child, a co-worker or a partner who takes advantage.

From the proving:

Looking after other people - it is unpredictable, being on call, no space for the carer, are they doing self-care? Not wanting to be their manager yet recognition that some part of me took on the 'responsibility' and feels needed, loved, honoured, cherished, respected from being a carer.

Boundaries around responsibility and caring role - feeling 'ambush' or in the 'flow'.

The desire to help and care is part of Stage 7 of the Scholten periodic table and you can see this description having such significant elements of this stage. This is also where we would find the Herpes miasm, a pathology which became apparent during and after the proving.

The theme of Stage 7 is 'help' — Being helpful. In *Miasms and Nosodes Volume 2* I also describe it as “Helpful, learn, teach from caring wisdom.” Typically they are teachers, caregivers, having wisdom and compassion. In this stage, they give compliments and there is a desire for compliments. The *Arripis* patient needs positive feedback or they suffer internally, emotionally, and lose motivation. Stage 7 also applies to fish remedies generally where these qualities are many times seen to a lesser degree but in *Arripis* they are quite accentuated.

The patient needing *Arripis* will discuss a release of their internalized emotions by saying they are trying to get 'flowing', or 'going with it' and 'transitioning'. In a clinical case of Angela Hair's, where this theme is central, a woman has challenges transitioning from her busy infant carer status to having more independent children.

It is reevaluating what is important. I am in a big transition phase - physically and on other levels as well. Huge transition with being a mum - the girls tell me what they are doing, it leaves me with a void, they have it all covered, so it is - what do I do now?

'Transition' having to do with mothering (caring) is an important aspect of *Arripis*. This goes back to the deeper meanings about the birth of the soul, discussed in the proving:

Babies come from the watery world inside the uterus, through the mother, to be born into the world.

Breastfeeding helps the soul to arrive.

Control is important in order to not be 'lost in the chaos', therefore perfectionism. There is a confusion of identity. Yet the reality of life and death is strong for a patient needing *Arripis*'.

Then there are these deaths, and life can change in a second, it is completely changed, like the whole world is.

It is to be considered after the sudden death of someone close, like remedies in the Uranium/Actinide series. This loss can also be a sudden job loss or retirement. There can therefore be a sensitivity to those suffering and experiencing sudden loss.

During the COVID-19 pandemic, social isolation was an important issue, particularly for someone needing a remedy made from a fish, where shoaling and being in the group is so

important. Even while having to practice social isolation, there is also moving towards and accepting the group energy and not isolating completely even when there is pressure to do that, like shoaling *Arripis* fish do. The importance and acceptance by the group is very important.

As well, the circular patterns seen in other fish remedies, such as *Oncorhynchus*, came through but also in a more philosophical way including a perception of stages of development.

On a physical level there were problems reflective of other fish remedies such as coryza and those having to do with the teeth. In terms of the teeth there was difficulty with erupting teeth and teething pains.

As well, issues around pregnancy and difficulty getting pregnant were prominent.

There were eruptions of boils and pimples and herpes on the top lip as well as itching of the skin. There was inflammation of the eyelids.

Clinical Focus Guide

MIND AND DISPOSITION

Caregiving

Taken advantage of as a caregiver

Teaching, caregiver, mother, father

Reliable

Stage 7

Desire positive feedback and compliments

Gives feeling of acceptance by group

Trapped emotions

Just under surface

Holding back emotions with a desire to express

Sensitive to lack of emotional support

Cheerful and affable countenance

Emotional and physical

Deep insights into life and death

Spiritual awareness and delicate understandings

Philosophical

Reality of life and death

Sadness better swimming

Aversion to disorder and uncleanness

After sudden death of someone close

Self-restraint

Struggles with goodwill under negative pressure

Irritation and frustration internalized

Self-judgments

Easy guilt

Transitions

From intense mothering or caregiving

Accepting life and its transitions

Change of job, retirement

Endurance

Hyperactivity alternating with Relaxation

Fear of fire

Fear starting a fire

Confusion of identity

Dementia on transiting or retiring from caregiving, teaching

Circular

Return

Fast driving

PHYSICAL FOCUS

Herpetic eruptions

Upper lips

Herpes 1, 2

Shingles after lack of recognition of wisdom
(cf. *Herpes zoster nosode*)

Teeth and gums

Erupting
Gum infections and cysts
Bleeding gums

Heavy menses

Pregnancy issues
Difficulty getting pregnant

Neurological, tics

Acne

Psoriasis
Itching
Scaly

Eyelids inflamed

Food cravings
Milk, ice cream
Oily fish
Salad

Hot flashes at night

Better sun

Better by ocean
Swimming in the ocean ameliorates

Desire to be in warm water, spa, shower, bath

SENSATIONS

Water, swimming
Bubbling
Loved by the group, family
Play in water

The tides
Musical
Consciousness, unconscious

RELATIONSHIPS

Compare
Stage 7 remedies, *Neptunium muriaticum*,
Graphites, *Adrenalin*, *Adrenal Gland*

;anums, *Technetium*, *Boron*, Herpes nosodes,

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BARBAE CYPRI NAE OVA (also known as *Barbus barbus*)

Roe of river barbel; Cyprinidae



Homeopathy Abbreviation (for *Barbus barbus*): *barb-b*

Keywords: *Cyprinidae*; freshwater; potamodromous; temperate; oviparous, poisonous eggs; benthopelagic; carnivorous

*In some homeopathic materia medica and repertories this remedy is named *Barbus barbus* (Barb-b), after the fish. In this book I have retained the name that reflects the origin of the remedy, the roe (egg) of the barbel.*

Barbus barbus, the common barbel, is a freshwater fish and one of 350 barbel species in the Cyprinidae family. Its range includes European rivers draining to the Atlantic Ocean, North Sea and southern Baltic Sea, drainages in the northern Black Sea basin, Mediterranean drainages of France and Italy, and rivers of England.

Natural History

Males become mature after three to four years, females after five to eight years. Spawning occurs from May to July after the fish have migrated upriver; 8,000 to 12,000 eggs are produced per kilogram of body weight. The eggs are poisonous. Larvae and juveniles stay on the bottom in very shallow shoreline habitats and leave the shores as they grow.

Adults live in the deeper, faster-flowing upper reaches of rivers with a stony or gravel

bottom. Occasionally they are found in lakes. They frequently overwinter in large groups, inactive or active in slow-flowing river habitats. Adults often form shoals, hiding under overhanging trees or bridges during the day. Adults are encountered most active during dusk and dawn while larvae and juveniles are active during both day and night.

Barbels feed chiefly on benthic invertebrates, such as small crustaceans, insect larvae, molluscs, mayfly and midge larvae and also on small fish and sometimes algae.

The common name 'barbel' refers to the pair of barbels on their mouths, with which they can detect food at the river bottom. Their body is slightly laterally compressed, and has a dark brown or grey mottled appearance. The underside is light coloured, and the fins have a reddish tinge. Adult size is up to 1.2 m and 12 kg, although it is typically found smaller (50-100 cm, 1-3 kg).

Population has declined sharply since construction of large reservoirs for river regulation, and from water pollution. They are prey for larger fish.

Barbels are often fished for food; in some locations they are of commercial significance.

As mentioned above, the roe of barbels is poisonous, however, and causes what is called barbel cholera in some people:

Barbel cholera is a self-limited gastrointestinal diarrheic syndrome that develops 2 to 4 hours after ingestion of the eggs, lasting up to 1 2-36 hours, nearly always complicated by vomiting and severe abdominal pain. The disease is usually self-limited, and the prognosis is thus benign even without hospitalization and medical treatment. Rarely, however, barbel cholera may be complicated by massive diarrhea, and the patients can develop bradycardia, oligo-anuria, and eventually hypovolemic shock.

[Cornelii 2019]

Parasites: *Aspidogaster limacoides*; *Bathybothrium rectangulum*; *Neoechinorhynchus rutili*; *Pompho- rhynchus laevis (Acanthocephala)*

Distinguishing Homeopathy Features

Prostration after dreaming

Childlike embryonic

Dominated and influenced

Panic attacks

Hypochondriacal anxiety

Chronic diarrhea

Myeloid leukemia

Hormonal problems

Dementia Indications

Later and end stage Alzheimer's and dementia - 'embryonic-like' stage

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenza and viral dementia

With panic

Homeopathy Commentary

I noticed that along with Orchids, fish remedy provings can have profuse dreaming, and the dreams are long-lasting. *Barbae cyprinae ova* has this to a great extent, and may be considered for a patient who has a profusion of dreams and complains of waking exhausted from them. It is in the rubric: "Mind; Prostration of mind; dreaming, after." They can also be very restless during sleep and during the day.

In addition to general fish themes, *Barbae cyprinae ova* (made from the roe of the barbel) also has characteristics found in egg remedies. These include:

- A childlike quality
- Not transitioning from nursing infant to toddler/child
- Dominated by mother or father the '(overbearing' parent
- Embryonic
- Ovary problems

The eggs of the barbel are poisonous and create a condition called barbel cholera, which is similar to cholera, but rarely progresses to the extreme state seen in that condition. The poisonous roe can cause massive diarrhea, abdominal pain as well as vomiting; it is usually self-limited. Since we many times use poisoning symptoms as indications for the potentized remedy, homeopaths in the 1800s knew of the poisonous impact and as a result, they potentized the roe as a remedy. As well, in homeopathy, we often see during

a proving that a potentised remedy may create initial symptoms echoing those seen in acute poisoning from the crude substance.

Over time we have used what appears to be acute symptoms in the treatment of chronic disease states. Therefore, *Barbae cyprinae ova* is a remedy to consider in chronic diarrhea, or chronic episodes of diarrhea and abdominal pain where there are some fish and egg elements in the disposition.

Barbae cyprinae ova should be especially considered for a patient with rheumatoid arthritis who also has chronic recurring diarrhea. This is where the diarrhea is not caused by the medications they are taking but part of the natural progression of the pathology.

The *Barbae cyprinae ova* patient struggles with learning and memory, and patients with autism spectrum disorder (ASD) may be helped by this remedy. It is also a remedy to consider in the end stages of Alzheimer's disease, where there is an embryonic quality to the patient's state.

Clinical Focus Guide

MIND AND DISPOSITION

Prostration of mind after dreaming
Profusion of dreams
Dreams of exertion
Dreams fainting

Searching for unconscious meaning

Childlike
Dependency on mother
Embryonic look to patient

Dominated by an overly-solicitous parent
Easily influenced and dominated by others

Male/female
High sexuality, eroticism and lewdness

Depression
Sadness after anger
During menopause
Alternating with excitement

Dementia
Alzheimer's at a younger age
Walking in circles

Panic attacks

Fear of death

Dreams
Fainting
Terrifying

Gossiping while giving compliments

Autism spectrum disorder (ASD)
Difficulty learning and poor memory

Beginning and especially final stages of dementia

Hypochondriacal anxiety
Anxiety about health

PHYSICAL FOCUS

General enlarged sensation
Enlarged sensation of head

Seminoma
Skin

Head
Pain; headache, pressing occiput

Kidney stones
Urinary blockage and poor urination

Diarrhea with abdominal pains

Hormonal and menopausal problems Hot flushes
Rheumatoid arthritis with bouts of diarrhea Fibroids
Cycle irregularities

Myeloid leukemia

Tumors

Acne rosacea

Gonads

RELATIONSHIPS

Similar remedies

Cyprinidae family, *Paracanthurus hepatus*, *Cholera nosode*, *Acipenser sturio ex oviis*,
Mercurius praecipitatus albus

Additional Homeopathy Resources and References

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Trinks CF and Muller C, 1843. *Handbuch der homoopathischen Arzneimittellehre II*. Schumann

General Resources and References

Cornelii I, Ricco M, Cervellin G, 2019. Barbel cholera, a rare but still possible food-borne poisoning. Case report and narrative
review. *Acta Biomed*. 89 (4) 590-592. DOI: 10.23750/abm.v89i4.7606

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<http://www.fishbase.org/summary/Barbus-barbus.html>

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CARASSIUS AURATUS

Red cap veiltail goldfish; Cyprinidae



Homeopathy Abbreviation: *caras*

Keywords: *Cyprinidae*; *freshwater*;
subtropical; *oviparous*; *omnivorous*;
aquarium fish

The red cap veiltail goldfish is one of several distinct breeds that have been developed since the original species was domesticated perhaps 1000 years ago. Some disagreement exists as to whether the original species was *Carassius auratus auratus* or *Carassius auratus gibelio*.

Natural History

In a natural environment, cold water temperatures during the winter months are necessary for proper ova development. Spawning takes place in shallow water among weeds, often where willow roots grow exposed in water. Spawning activity begins just before dawn to mid-afternoon. Individual fish spawn 3–10 lots of eggs at intervals of 8–10 days. Eggs are sticky and attach to water plants or submerged objects. In aquaria, breeding usually happens after a significant temperature change, often in spring. Males chase females, prompting them to release their eggs by bumping and nudging them. The eggs hatch within 48 to 72 hours. Juveniles need high temperatures to grow.

Selective breeding over centuries has produced several color variations, and different body shapes, fin and eye configurations. Some extreme versions of the goldfish live only in aquariums — they are much less hardy than varieties closer to the ‘wild’ original. The veiltail goldfish body

is egg-shaped (short and stubby), and the head is wide. It has long delicate looking fins and a double caudal (tail) fin. Colour in nature: olive brown, slate olive, olive green, with a bronze sheen, silvery, grayish, yellowish, gray-silver through gold (often with black blotches) to creamy white; and yellowish white or white below. Cultured forms vary in colour through scarlet, red-pink, silver, brown, white, black and combinations of these colors.

In nature they inhabit rivers, lakes, ponds, canals and ditches with stagnant, slow-flowing, eutrophic water. Their diet consists of crustaceans, insects, and various plants.

Their predators are birds and other fish. In aquaria they are cannibalistic if populated too heavily or food is limited.

Parasites: *Apiosoma sp.*; *Chilodonella sp.*; *Cryptobia sp.*; *Dactylogyrus sp.*; *Eimeria carpelli*; *Gyrodactylus sp.*; *Hoferellus carassii*; *Ichthyobodo sp.*; *Ichthyophthirius multifiliis*; *Lernaea cyp-rinacea*; *Myxobolus sp.*; *Myxobolus pavlovskii*; *Trichodina sp.*; *Trichodina reticulata*; *Trichodina epizootica*.

Distinguishing Homeopathy Features

Restrained, elegant

Cancer miasm

Tumors — especially of the brain

Sensitivity to all influences

Eyes bulge

Responding constantly to another's purpose, not their own

Father issues; shadow father role; 'forsaken by father' with aggressive iron-fisted mother

Silvery, flashy but not fully expressed

Creativity, art, culture

Acceptance by group through admiration

As if 'in a fishbowl'

Stunned prettiness, bewildered looking

Falling — physically and falling from social position

Dementia Indications

Alzheimer's disease

Starts with brain fog and confusion and migraine-like pains in head

Loses way

Stage 1-4

With sundown syndrome

Brain tumors

Resulting in sudden cognitive, behavioral and physical changes

Benign to cancer

Grade 1 to 4

Most types, especially:

Meningiomas

Oligodendrogliomas

Mixed gliomas

Mixed glial and neuronal tumors

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Progressive supranuclear palsy

Walking gait veers to left

Weakness left

Huntington's disease

Mixed dementia

Neurological disorders leading to dementia

Multiple sclerosis dementia

Fungal infections affecting brain and nerves

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Stroke worse left side

Korsakoff syndrome

Post influenzal and viral dementia

Restlessness with all dementias - needs to move

History of cancer, especially brain or genitourinary with subsequent dementia

Homeopathy Commentary

Carassius was first introduced and proven in 1998, then proven again in 2004. So there has subsequently been a lot of clinical experience with this remedy. It has shown to be an important remedy for patients with brain pathology and dysfunctions. Some homeopathic practitioners have used it for patients with brain tumors and other brain issues including neurodegenerative diseases. As well, even patients with severe feverish migraines accompanied by vomiting have been helped.

At the end of this commentary, I have included a case of a woman who had what she called 'cognitive dysfunction' since it also is a remedy to consider in cognitive problems and dementias with a history of the disposition I am going to describe. In addition to the symptoms of the presenting diagnosis it is also important to look at the prior evolving dispositional state or continuum that gives birth to the pathology.

We can see reflections of this dispositional state by not only working with homeopathic provings and clinical results but also by analogically looking at the various environments and stresses that actual goldfish are exposed to. Comparable to many types of birds kept in cages, goldfish are kept as pets in a small fishbowl that is named a goldfish bowl. The imagery and symbolism of being hemmed in, restrained or confined in an enclosure a fraction of the size of their natural habitat is in the dispositional symptoms of the patient needing *Carassius auratus*. This may come out in the history — either in terms of growing up in a very restrictive household or being in a personal or work relationship whereby they are restricted and even abused.

It shares these qualities with some homeopathic bird remedies made from pet and domesticated birds or those used in falconry, for example. The proving of *Carassius* even had “Dreams of birds” and “Dreams of flying.”

One of the underlying characteristics of *Carassius auratus* is the patient’s sensitivity. Repertory symptoms include “Sympathetic; Oversensitive to all external impressions,” “Weeping mood from slight emotional excitement” and “Weeping mood about trifles.” This emotional sensitivity is very strong and ultimates in sacrificing for others.

There can also be an internal irritability to outside emotional stresses and stressors like unwanted noise. As well, this is an important remedy for patients who are very sensitive to their environment. This can include air pollution, toxicity in the environment as well as a sensitivity to electromagnetic radiation, cell phone use and other forms of radiation.

Another dimension to this remedy is a strong element of candidiasis. The patient will have an overgrowth of candida. As mentioned, in general, fish struggle with both parasites, helminths and also fungus. ‘Cotton wool’ disease is a fungal condition that commonly affects goldfish in poor environments. The reason I mention this in a commentary of *Carassius* is that the dispositional state of a patient needing this remedy can reflect this. In the proving of *Carassius* there were dream themes that are shared with fungi. These include dreams of blood, pools of blood, chaos, death, surrounded by enemies (also seen in Stage 12). Clinically, the patient needing this remedy can have violent dreams. And *Carassius*, like fish in general, can be overtaken by ‘parasitic’ individuals.

I would group this remedy with Fungi remedies and also place it in the Prion and Cancer miasms. All these infective causative elements have been shown to provoke dementia and Alzheimer’s pathological changes in the brain.

On the other hand, a focus in *Carassius* is more carbon-like, such that the subject of an important dispositional theme has to do with the father:

Mind, contradict, disposition to, father, his
Dreams, father is falling
Forsaken feeling, father, by

There are a multitude of different situations in which this ‘false father’ aspect of the remedy appears; issues with the father are general fish themes but very much a focus in this remedy. The patient who needs *Carassius*, like other fish remedies, can be strongly emotionally impacted if their father became a parent at a very young age, was not able to be emotionally or physically present and/or is low on the social status scale. They want the family to be socially adept, fit in with the cultural group and may come from a family that is not. The father also could have fallen in social status at some point in their childhood or adulthood.

There is usually a history of conflict with their father or disappointment in the father. One situation in which this can present is where the parents have divorced and the father is absent or has remarried and focuses on the new family. The *Carassius* patient can feel very anxious for the father’s attention and admiration. They never feel they quite get that attention and therefore feel ‘forsaken by the father’.

Their mother may compensate for that and become overbearing, with strict rules and abusiveness. And so issues with the mother may be prominent such that they feel vulnerable and unprotected in their childhood.

Another circumstance is that the patient has had to take on the role of the father. It can be someone whose father died at an early age so that they took on that role and responsibility. This role is not something they are particularly adept at since it is not part of their true spiritual purpose in life. They become a shadow of a father instead of a real father. Another situation where this shadow of a father appears is that the child becomes a rival to the father and therefore inadequately copies the father.

And still another situation is where the father leaves and a single mother of a young difficult child has to sublimate her real desires for the sake of the father role. It becomes a strong causative factor for a cascade of problems and pathologies. I have found that the child or children they are taking care of end up taking over the household and the patient, the single mother, becomes malignantly codependent.

This idea of malignant codependency, sacrificing by taking on another's role or 'forgery' of roles, is a theme of Stage 12 on the periodic table and the Cancer miasm. It is no wonder, therefore, that historically *Carassius* has been clinically useful in cancerous situations.

A person in a *Carassius* state can be quite haughty but in a quiet, even shy way. They expect attention, adoration, social status recognition and feedback. Without it they lose confidence, thus discord and separation is created. It can be a situation whereby the patient, as a child, was highly admired by the parents but at a certain point disappointed them (or vice versa) and then there was conflict, arguments and separation. Yet, separating from the family or their relationship, or taking unprecedented action as an individual, was difficult since they were, and still are, very attached to the family or group. Even if they do separate of their own volition, they can experience great guilt about it.

The conflict is reflected in how the *Carassius* patient expresses themselves. There is a governor on their emotions or a mechanism by which they do not fully express themselves (Cancer miasm). Prior to expressing the full extent of their emotion they may start weeping instead (this remedy is in rubrics such as: "Mind, weeping with excitement" and "Mind, weeping with anger").

Like *Carcinosin*, where rubrics of strong emotions and expression may well apply but yet are not fully expressed, the *Carassius* patient does not fully realize their deeper impulses and emotions and is not fully expressive of them. You see aspects of the Cancer miasm in symptoms related to perfectionism and restraint in expressing and communicating emotions. *Carassius auratus* shares many symptoms or rubrics with *Carcinosin*. There is a history of great responsibility from a young age, fear of contagion, 'aversion to oneself', sympathy towards animals, intellectual perspectives, restrained rebelliousness as well as a desire for juicy things. From a young age, the *Carassius* patient has a desire to look perfect but is also conflicted about it.

There is a delusion and dream that they have done something wrong, and have been arrested and imprisoned. Or in reality, they may be dealing with a situation of being wrongly accused and in trouble with the police and authorities. This is part of an important theme in the Cyprinidae (carp) family and also reflective of the fish bowl they are found in *and* the Cancer miasm. Patients who need *Carassius* can also be very much in their head — intellectual and not fully emotionally engaged, again like *Carcinosin*. As well they become very "conscientious, compulsively wanting to be punctual." [Shukla]

Another way of expressing the Cancer miasm type of sacrifice is in a situation where

someone who has a career stops to take care of children and stay at home. Their own identity becomes tied to the child. Inside, though, they feel they have been abandoned there. This is a common feeling so there are many homeopathic remedies that might cover this. You want to see some corroborating symptoms of *Carrasius* in order to prescribe it.

With years of being “run over” as one patient stated it, along with a feeling of vulnerability and lacking protection, they become confused and tired, even developing chronic fatigue.

On the other hand, like *Galeocerdo* (shark), there can be a Silver series quality — flashy, a desire to creatively write or entertain and be socially prominent and admired. But these characteristics are not fully their own or fully expressed, as there is a self-restraint and a specific way they evolve. As children, they may be someone whose parent wanted them to be an entertainer or to accomplish a career in the arts that the parent themselves could not accomplish.

It is also *for* someone who has a child prodigy in some activity and as a parent they have to plan and organize constantly for them, taking them to training or rehearsals. The *Carassius* patient gives up their own sense of purpose for the sake of another person, for example, this child or children. Their child’s life and personality becomes more and more in the forefront and demanding attention. The patient needing *Carassius* lives moment to moment in response to the child, again, giving up their own individuality and life goals. This feeling of being “run over” by others can also result from demands made by their boss at work, parent or partner.

In the *Prometheus* proving of *Carassius*, the fish theme of disconnection and confusion was written about:

All provers experienced feeling disconnected: out of body or 'spaced out'.

Sleepiness; tiredness; heavy headedness. Poor concentration. Restlessness with a sense of disconnection.

The restlessness is internal and comes with the disconnection and cognitive decline. Even though there is exhaustion (chronic fatigue), tiredness and sleepiness at the same time, sleep ameliorates the patient needing *Carassius*. They can sleep long hours and during the day.

Clinically, I have also seen violent and cannibalistic types of dreams such as dreams of eating human flesh. This reflects both the prion issues and also the fungal/candida themes.

There can be a great fear of falling, of others falling or a personal sensation of falling. This can be interpreted as a fear of falling from social status but there are also literally sensations of falling. In the proving by Kittier, Shukla and Muller and the subsequent clinical application there was:

Fear of heights (VI); When crossing a river, impulse to just jump into it; Fear of injury, falling, dreams of constantly falling on stairs, bridge into emptiness.

Constantly falling, constant minor injuries; "No one else falls as much as I do!"

On a physical level, as mentioned, the focus can be the upper body and the head. There are stitching pains - in the head and back but also generally. The left side is more affected. The tongue is affected as there is inflammation and/or ulcers of the tongue, especially the base of the tongue. The patella of the left knee can be inflamed.

Even in the proving there were symptoms of neurological compromise. There was awkwardness and incoordination in the lower limbs. There was also numbness in the upper

limbs especially the left side. This is a remedy that should be considered for patients who have neurological conditions that then develop into dementia states. As well, of course, consider it for someone with brain tumors or other pathologies having to do with the brain. The falling that came out in provings can also be associated with these conditions.

The eyes are prominent; they bulge or protrude easily, but it is not simply related to exophthalmos which it can be. The patient just seems to have bulging eyes.

And then when the actual fish becomes a full grown carp, outside of the bowl or ‘cage’ they then can take over an environment. Carp, in some areas of the US, have become invasive species. The corollary is seen in the *Carassius* state where, as mentioned above, the person for whom they have sacrificed their true selves then ‘takes over’ and a role-reversal occurs with an accompanying codependency.

The patient needing *Carassius auratus* may use some key words and expressions for the remedy but also general words and images for fish remedies. These include:

“I’m in a fish bowl”

Love of aquariums — yet fear touching fish

Hot air balloon, flying, hangliding, parachuting

Flowing in water

Tremendous desire to swim

Bubble

Heavy and light

Weightless floating

Water

Water stories

Swimming pools

Luck and fortune

The patient needing *Carassius* has strong food cravings such as salt, spicy, onions, strong tea and sweets. As well, they crave fruit and fruit juices. They can also overeat, desiring comfort foods when under emotional stress, and some even experience bulimia.

They may also experience constrictions and spasms both internally as well as externally. One rubric expresses the intensity of it: “Constriction; caged in wires, twisted tighter and tighter, as of being.” In the case presented below, there was an emotional feeling of being tormented and this rubric reflects the feeling. There may also be many fluent profuse discharges, whether it is coryza, prolonged and heavy menses, frequent urination or viscid salivation.

In an unusual way in the Shukla proving, they had a desire for fish but also an “Aversion to fish and discomfort in stomach and urge to defecate at sight of fish.”

This is a case from Anke fimmermann BSc, FCAH that I was consulted on. I successfully suggested the homeopathic remedy Carassius auratus. The original description has been edited for inclusion in this commentary. All the names and identifying details have been changed.

Case notes of Ava, age 38

Insomnia, severe fatigue, and ‘cognitive dysfunction’

Case taken October 2006

Ava has large, dreamy eyes. She had come to see me regarding increasing difficulty with her sleep, concentration, memory, energy and mood. She was having trouble remembering from moment to moment, “going blank.” She described this as “cognitive dysfunction.”

She had been unwell for about five years, but was getting worse. She was the single mother of a difficult eight-year-old daughter, Melinda.

“I have had insomnia since I was a child. My parents gave me my own room because I was so sensitive to noise that I could not sleep in the same room as my siblings. I am very irritable and feel like I want to attack people for no reason. I control myself, but I know that I have those impulses. Sometimes I want to jump on people and strangle them, but mostly hitting and smashing. I do not do it, but I want to. I am afraid that I might hurt someone as the impulses are quite strong.”

“Noise is terrible for me, it makes me so irritable. I’m unusually sensitive to noise. My daughter is very stressful for me as she likes to shriek and speaks loudly. I constantly have to tell her to quiet down.”

Ava has had a lot of stress. She tells me that she has been a single parent since the birth of her child and has attempted to work full-time. She grew up in another country and has no family in Canada for support. The child’s father is no longer involved with them, but caused a lot of trouble until Melinda was five years old.

She is exhausted and describes increasing brain fatigue. “I worry about my brain function. Sometimes I don’t know what is real and what isn’t.” She has many intricate and vivid dreams. “My dreams are more real than my reality. Sometimes I am not sure if I am awake or asleep.”

Dreams

Having experienced homeopathy before, Ava keeps track of her dreams.

She has many vivid dreams about houses, water, plumbing and animals, especially animals that live in water, like fish, whales, lobsters etc. She had been keeping track of her dreams for some time as she was already familiar with homeopathy and knew that dreams could be a clue to the right remedy.

“I woke up at 2 o’clock in the morning, checking for shrimp in my hair. I dreamed I was in the ocean, washing my hair with shampoo, looking out at the horizon and seeing large ships passing by. Suddenly the tide went out and I was just standing there with shampoo in my hair. I noticed that there were several large tide pools in the area, and I decided to go into one of them to wash out the rest of the shampoo. As I looked into the pool, I noticed that there were thousands of tiny red shrimp in it. I went in anyway and washed out my hair, only the shrimp were now all over me and in my hair. It did not bother me in the least.”

“I dreamt that I was in a movie theatre, watching an adventure movie with friends. Then I had to find a bathroom, but all the bathrooms were in severe disrepair and full of animals, more like stables. There were bathtubs full of fish that looked like eels, some were dead at the bottom of the tubs. There were pigs and birds and lots of feathers, but no toilets I could use.”

“I was traveling in a car with a male driver along a very long dock on a peninsula. There was water, ocean, on both sides of the dock. We were driving to ride on an enormous roller-coaster which was located at the end of the dock way out over the water. I was feeling a bit

apprehensive about this; I did not realize we were going to this roller-coaster at the outset of the drive. At the end of the dock one had to take a small boat to reach the coaster.”

“Dreams of swimming laps in a very large, Olympic-size pool. The water was very clear and nice, the feeling of swimming very realistic.”

Ava used to be a competitive swimmer as a teen and has always loved the water. She spent her childhood in lakes, creeks and the ocean, examining the water creatures. She raised thousands of frogs from spawn, returning them to the wild when they developed legs. Ava also had many aquariums as a child and even used to breed tropical fish. She has always loved animals.

“Dream of standing on a bridge looking down into the water below. There are thousands of fish and other aquatic creatures in the water, it is thick with life. This is a recurrent theme. There are always lots and lots of animals and especially fish in the water.”

“When I moved two years ago a friend took me to see the salmon run. It was incredible, just like my dreams, so many fish, only in my dreams there were even more.”

She would dream about other animals, too:

“I dreamt I was going for a walk along a deep snowdrift. Suddenly, out of the snowdrift appeared the heads of two walruses and a polar bear. I was a bit surprised, but not scared. Somehow I ended up feeding them small bits of raw fish, like sushi.”

Sometimes her dreams include romantic or erotic components but also having to do with water:

“I dreamt of a couple swimming underwater, kissing and embracing. He was wearing scuba gear, but the woman didn’t, however, that did not seem to bother her. I figured she was sharing his air. She was almost like a mermaid, very beautiful, in a bathing suit and with legs rather than a tail. It seemed as if I was in the water with them, but then it seemed as if I was watching them on a very large screen TV which was somehow placed directly on my bed. In the dream I was wondering why the TV was sitting on my bed.”

She also dreamed about houses:

“I was about to buy a very large property in the country. The building was a bit run down. I think I had already bought the place when I discovered that there was a large, fancy restaurant on the second floor of the building. The place had a large indoor pool and my daughter Melinda, our friends and I went to swim and frolic in the pool, it was great. There were also all kinds of showers and sinks in the pool area, but many in serious disrepair and I thought that I would change all of the faucets once the building was officially ours.”

Dreams of swimming pools and plumbing issues were common. Leaking faucets, malfunctioning toilets and showers, floods.

Dream: “I am beside a body of water, looking in from a dock or something and notice an unusual fish nearby, like a big goldfish, the size of a guinea pig. It looks like a blend of guinea pig and goldfish, in fact, with a round body and large fins, in unusual colours. I reached down to pet it and it enjoyed that.”

Life challenges

Ava appeared very gentle and blushed easily. There was a certain shyness about her, but openness. Ava had a good sense of humour, which also seemed to find its way into some of her

dreams.

She continues by describing her mental foggy; she states that it is so bad that she has been unable to work much for the past two years. She is a consultant and is living off money she inherited. Her main 'job' is being a parent to her daughter who is extremely bright, precocious and demands much attention.

She is worried that she is developing Alzheimer's disease or some other kind of dementia as her memory is so poor. She is worried that she might not be able to go back to work. Sometimes she has to sleep for a few days in a row.

When Ava was pregnant she left the father of her child because he was mentally unstable. He said he did not want to be involved with the child but changed his mind after the baby was born and enforced visitation rights. "He used the child to torture me." He also sexually abused the child but convinced the authorities the problem was Ava, the mother. Over many years there were various child welfare investigations, police visits and court battles.

Eventually a therapist and child welfare examiner concluded that the father had indeed abused the child all along with the main intent of traumatizing the mother, which was extremely disturbing to the examiner. By court order, the father was prohibited from seeing the child or mother and Ava continued to single parent her daughter.

Nobody except her lawyer, the child's school and caregivers and the play therapist believed her. According to Ava, her ex was like a professional con artist, but he was also a highly educated professional and very articulate, so "he got away with a lot of things." Ava really questioned reality and truth during that time. She did a lot of research into spiritual matters to try and help herself and her daughter. Ava developed panic attacks at that time.

Ava has food cravings for fish, seafood, salty things and refreshing foods like watermelon. She loves cheese but it causes constipation. Her bowels tend to be a problem.

She has always had difficulties with her hormonal system. PMS with much irritability and breast tenderness.

Mental confusion was also evident in her dreams:

"I dreamt I was swimming in a large, warm pool. Kind of like a hot tub, with a whole bunch of men! I think they were mechanics and supposed to fix my car, but then instead of fixing it, they changed it into a different car, it looked older and kind of weird - I hardly recognized it. I was not upset about this, just bewildered as usual."

Plan: Consult with Louis Klein who suggested *Carassius auratus* 200C as needed. Remedy taken.

Analysis (by Louis Klein)

In this case, there are a number of features of fish in general but also the Cyprinidae or carp family and *Carassius* in particular.

Although the patient has strong impulses to do violence, it is not expressed since it is tempered by a mild presenting disposition which has to do with fish as well as the governor we see in the Cancer miasm.

She has some serious memory and concentration issues to the point where she is concerned she may have Alzheimer's disease; she doesn't know "what is real or not real", in other words this is a disconnected place as described in *Carassius*. This is very much part of the Alzheimer's

fish thesis and *Carassius*.

In regards to her child, she is wrongly accused and has to work to prove she is not, which is a prominent theme in the Cyprinidae family of fish.

She has been in a difficult struggle with the ex-partner who wrongly accused her. The attraction and “letting in” of a person with negative intent is part of the fish dispositional themes. She even questions her own reality and truth, which has to do with the fish lack of strength in their own identity and beliefs.

As a single parent she has taken on the role of *father* with a difficult demanding child — another strong *Carassius* theme.

Other correspondences:

Large compelling eyes right at the beginning of the case — *Carassius*.

The chronic fatigue seen in fish remedies and *Carcinosin* is present.

Her food cravings are indicative of *Carassius*: fish, salty, juicy fruit.

Profuse dreaming is an indication for fish, although not all patients who need a fish remedy have profuse dreaming. There are so many connections to fish in the dreams and even one where goldfish appear.

In the dreams:

Appearance of so many fish in dreams and even on waking

Bathtubs full of fish

Different animals but in water

Houses

Clairvoyant dreams

Water, plumbing

Washing by a pool

Swimming in a pool

Bridge looking down into water

Ships

Couple in water kissing

Half goldfish half guinea pig

And, she was a competitive swimmer and also spent much of her younger years in lakes and by the water. She even would breed tropical fish.

Follow-up December 2006

Ava starts by saying: “The remedy was amazing. Every time I took a dose of it I had intense dreams of anger towards many people from the past. It seemed that every unresolved conflict I ever had with anyone was being replayed in my dreams. Then I would wake up in the morning feeling so much better. I have not woken up refreshed in the morning for years. I feel very peaceful, as if I have no wants and no needs. I go for walks and nature is just so beautiful and I am so happy and at peace.”

This state of total peace continued for three months. She described this time as the most beautiful time of her life.

“I also had a very violent dream involving my mother. I was kicking and hitting her

repeatedly, there was a lot of conflict. Then we somehow made up. It is very unusual for me to be violent in my dreams.”

Her mother had been a suppressive force for Ava in her childhood. She would not allow her daughter to discuss anything with her. She would just leave the room if Ava wanted to discuss anything. Conflicts were never addressed in her household while she was growing up. People would just stop speaking to each other for a few days, the silent treatment was the rule of the day, except for the occasional violent outburst of the father who would chase the kids around.

Ava also dreams of other people with whom she had unresolved conflicts:

“I dreamt about some people I had shared a house with many years ago when I first came to Canada. They were a married couple with three young children. The woman was very strange, lay in bed all day and sang weird wild songs to the children at night. She was very sloppy and dirty. I am quite sure that she stole some jewellery from me which my father had given me, earrings set with small pearls and rubies. Never confronted them. In this dream I had a confrontation with the man, yelling at him. I was feeling angry and expressive.”

When I woke up I felt very surprised about this dream, I had not thought about these people in many years. Since taking this remedy I have dreamt about virtually everyone I ever had a disagreement with, especially something that was left unfinished, like the lost or rather, stolen jewellery in this case. It is usually confrontational, with me being the aggressor.”

Her bowels have been moving better as well.

The irritability is quite reduced, she rarely has the impulse to hit or smash things or people.

The cognitive dysfunction is almost completely better. Energy much better.

Follow up analysis: Dreams of quarrels and strife are also part of Carassius — a way of working through and resolving years of pent up unexpressed resentment and anger. Although there is turmoil right after the remedy there is long lasting resolution — a very good sign. We also see the patient dealing with the residual impact and suppression of her rigid and intense mother, something discussed about Carassius. And most importantly, the deeper confusion, brain and memory pathology is significantly better.

Follow-up, January 2021, many years later

The violent impulses are still gone and Ava’s brain function is normal. Once or twice a year she dreams of water and sea creatures if there has been a lot of stress in her life. Sometimes this involves sharks or crocodiles, which she just observes in the water. In the interim she has been prescribed other remedies but eventually was given *Carassius* again. After a dose of *Carassius* “all is well again.”

Long term follow up analysis: I always enjoy consulting on cases that are complex and challenging. This result demonstrates how the reliance on disposition to guide us to the deeper simillimum can have a long lasting impact on deeper problems and pathologies.

Carassius, like other fish remedies, is so important in the various pathologies described, especially head and brain pathology, cognitive problems and dementia.

Clinical Focus

MIND AND DISPOSITION

Father causative	Stirring up trouble
Forsaken by father, the father leaves	Disruptive in a simple way
Desires admiration from father but not getting it	Unaware of consequences
Taking on role of father but shadow father	Oversensitive
Immature parents especially father	Emotional
Rival to the father	To environment, radiations, EMF
Quarreling with father	To noise
	Dwelling on those who have hurt them
Dictatorial rigid abusive mother	To animals being mistreated
Suppression from their mother	
Having a mother rivaling father in judgmental discipline	Weeping
	With anger
Because of having an abusive mother, becoming the perfect mother	With slight emotion
Mother giving the 'silent treatment'	On waking in bed
	Elegant, 'cultivated' like Orchid remedies
Codependency and Cancer miasm	
Restraint — emotions or passions not fully expressed	Disconnected, spaced out
	Restlessness with a sense of disconnection
Brain tumor symptoms (see physical)	
Responding constantly to another's purpose, not their own	Dysgraphia
	Difficulty expressing through writing or typing
Perfectionism and increased responsibility	Poor memory and concentration
Wanting to be punctual, conscientious	Forgetful but remembers childhood
Governor on emotions and passions	Cannot concentrate; worse interruption
Not fully expressive	Loses way in well known streets — getting lost
Codependent to child	
	Blanking out, cognitive dysfunction
Giving up life purpose for another	"Disconnected place"
Having a child prodigy	
Children demand intense attention	
Codependent to someone who is violent	
Only sees innocence and good	
Ailments from abuse	
"Run over" by others — boss, partner, child	
Acceptance by group through admiration	
Performing for admiration	
Like a goldfish in a bowl or bird in a cage	
Fighting against oppression	
History of being abused	
Dreams or focus on encaged animals	

Anxiety and depression
Worse during menses
Panic attacks
Helpless, overwhelmed
Fear to live
Excessive sleeping and staying in bed

Feeling wronged by friends and those they trusted
People “run over me”
Too tired and confused to do anything
No protection
Suspicious
Controlled impulses to injure or hurt those who have hurt them

Ailments from sexual and physical abuse By parent, relative, partner, child

Silver series quality - arts and culture, social
Social prominence, need adoration Reading and watching romantic stories Can be showy
Achieving, jealous of colleagues

Intellectual; 'in their head'
Repress emotional expression
'Cursed by braininess'
Overactive intellect
Then intellect gives out towards dementia — memory loss
Desires free thinking

Dreams
Being in ocean, fish
Eating food, other people eating food
Flying in air balloon
Anger
Ghosts, dead people, and dead bodies

Animals

Birds, cats, bees, cows, dogs, wolves, rats, lice
Abandoned by mother or father
Cannot find car in car park
Lice on skin
Wolves
Rats and spiders
Violent
Biting
Arrested, imprisoned
Blood, pools of blood (cf. *Candida albicans*)
Water, swimming

Shouts names in sleep

Cannibalism dreams
Dreams of child's head cut off, smashing heads
Dreams of eating flesh, sucking brain out of head

Delusion he has done wrong
Dreams arrested
Dream, surrounded by enemies
Delusion they have suffered wrong
Problems with authorities or police

Fear of contagion, getting an infection

Fear of touching fish, yet likes them

Fear of falling
Dreams falling on stairs
Stairs leading into an empty abyss
Fall from social position

Impulse to jump into water

Sensation left side larger than right

Feeling touched when undressing

PHYSICAL FOCUS

Brain affected	Restlessness but does not want to move left side
Brain weakness	Alzheimer's disease
Brain tumors, glioma	Lewy body dementia
Prion disease	Multiple sclerosis
Alzheimer's disease	Parkinson's disease
Effects of EMF, cell phone radiation etc.	Parkinson's dementia
Mixed dementia	
Normal pressure hydrocephalus dementia	
	Awkwardness
Brain tumor symptoms suddenly appear	Drops things
Double vision, weakness of vision	Stumbling, falling when walking
Loss of balance	Wobbling
Aggressive, erratic behaviour	Injuries to extremities
Cognitive decline - confusion, memory loss and disorientation	Constant falling and injuries
Nausea and vomiting	Sensitive to mobile phones, electronic devices
Slurred stuttering speech, inappropriate words	
Poor hearing	Great fatigue
Infertility	General weakness
	Weakness after viral illness
Head pains	Sleep ameliorates
Migraine headache with vomiting	Chronic fatigue syndrome
Left side in afternoon, especially 5 pm	Burnout
Throbbing as if head beaten	
Worse mental exertion	Appetite increased
Headaches in school children	Desires snacks
Pain extending to eyebrows	Easy weight gain
Headache with fever	Bulimia
Overuse of pain and migraine medication	Periods of ravenous constant appetite
Stitching pains in head	Hunger on awakening at night
Eyes	Food
Twitching	Desires oil
Wide, bright, glazed over	Desires fruit, juicy things
Burning pain in the lids	Desires onions, fried onions
Worse reading, using eyes (cf. <i>Rutd</i>)	Strong desire for salt
	Desire tea
Neurodegenerative disorders leading to dementias	Urging to defecate at the sight of fish
Numbness worse left side	Desire or strong aversion fish
Incoordination	
Twitching upper body	

Periods of extreme thirst
Or desire to drink constantly without thirst

Food lodges in cardiac orifice

Pain cramping abdomen after ice cream

Mouth and teeth
Burning in mouth
Inflammation base of tongue
Plaque on teeth
Gum inflammation
Sticky saliva

Stringy, tenacious discharges

Frequent urge to urinate

Frequent bowel movements

Amenorrhea or profuse menses

Dysmenorrhea
Long painful menses

Shallow breathing
Candida fungal infections
Candida in brain, mouth, stomach, skin etc.

SENSATIONS AND EXPRESSIONS

“I’m in a fish bowl”
Flowing in water
Tremendous desire to swim
Bubble
Stuck in water bubble
Heavy and light

Psoriasis

Dandruff

Constrictions, spasms and cramping
Sensation iron wire cage around heart

Elasticity of joints with pain
Pain drawing and tearing lower limbs Pains
stitching in head and back Inflammation left
knee
Pain left elbow on awakening

Red discoloration lower limbs

Edema

Anemia
With weakness and fatigue

Chronic fatigue

Sleep
Better sleep
Sleep on abdomen

Hot air balloon, flying, floating, weightless
Timeless
Water, waves
Water stories
Something growing in head Wall of air
Circular — round and around
Iron cage
Pretty

RELATIONSHIPS

Similar remedies

Carcinosin, *Matrum muriaticum*, Brain sarcodes, *Cadmium carbonicum*, Stage 12 remedies, *Lepomis*, *Paracanthurus*, Cyprinidae fish such as *Cyprinus carpio* (carp), Orchids like *Vanilla planifolia*, Laeticum remedies, *Laeticum acidum*, Bryophyta, Algae

Modern Homeopathy Excerpts

Palmer's Meditation Proving Notes published in *Prometheus Unbound*, Number 9, December 1998

Goldfish [*cams*]

Goldfish, as a remedy, has great sensitivity on all levels. For example, psychically with clairvoyance and telepathy, physically with allergies and sensitivity to pollution, radiation, weather, sound etc. It has a great affinity for the brow and throat chakras and experience has shown it is beneficial in cases of brain tumour or strokes. There is often a sense of isolation and imprisonment with this remedy; someone trapped in their own home for example. It also works well on the fluid balance of the body and has an affinity with the eyes.

Excerpt from Prometheus Proving

Goldfish [*cams*]

All provers experienced feeling disconnected; out of body or 'spaced out'. Sleepiness; tiredness; heavy headedness. Poor concentration. Restlessness with sense of disconnection. Low energy state; poor assimilation of nutrients; easy loss of fluids through frequent urination or diarrhoea. Muscle fatigue and lack of development physically. Has a sense of energy 'leaking away'. Extreme sensitivity to pollutants; impurities in the air and water...

Musculoskeletal problems due to extraordinary elasticity of joints and ligaments. Useful support remedy for those undergoing physiotherapy sessions. Left side of the body most affected by sensations due to disordered central nervous system. Stroke; especially worse left side (and particularly where there is blindness as a result).

Numbness of the left side; feels as if anaesthetised; feels as if the left side is both numb and nauseated. No wish to move the left side.

Left side feels larger than the right and as if in a different space. Left and right sides out of proportion. Sense of being physically divided. Immobility and paralysis especially where there is fear as well — MS. Only aware of the upper half of the body. Sensation of swaying from side to side. (This is a common but underestimated symptom of fish remedies). Tickling and tingling in the joints of the right side of the body. Physical agitation and restlessness especially if alternated with torpor. CNS profoundly disturbed. Clumsy. Can relieve the suffering of Alzheimer's by helping to engender more restfulness.

Mental and emotional: strong sense of confinement or feeling trapped. This is either actual or imagined and on any level — mental, emotional or physical and whether chosen consciously or unconsciously. For those who lead a confined existence either mentally or physically and who desire to escape but who, nevertheless, are accepting of their situation either through fatalism or through an inability to see how they can help themselves.

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CARCHARODON CARCHARIAS

Great white shark; Lamnidae



Keywords: *Lamnidae; epipelagic; sexual dimorphism; ovoviviparous; oophagous; carnivorous; apex predator; mesothermic; parasites*

The white shark (*Carcharodon carcharias*), variously known as the great white shark, white pointer or great white, is a species of mackerel shark from the Lamniformes order found in coastal surface waters in all the major oceans. It makes occasional forays into cold waters and some large individuals have been seen in the tropics. The white shark has been recorded at a depth of 1,200 meters in the open ocean. As the name suggests, it is notable for its size, growing on average to 4 meters (males) and 5 meters (females), although, typical of fishing stories, there are many tales of much larger sightings and catches some of which were later found to have been exaggerated. In the 1970s the book *Jaws* and its movie adaptation depicted the white shark as a ferocious man-eater which has been perpetuated in over twenty subsequent movies. Humans are not actually the preferred prey of the white shark but despite this, it is responsible for the largest number of reported fatal and unprovoked attacks on swimmers, surfers and people in small boats, and is greatly feared. There have been several attempts over recent decades to hold white sharks in captivity; most did not end well. Their aggressiveness, their need to keep moving in a large volume of water so they can breathe, refusal to adequately feed, an unfriendly-to-audiences requirement for live prey and seeming inability to detect glass walls means they are a logistical nightmare for aquariums.

The conservation status of the white shark is considered vulnerable. Due to a number of reasons the species has declined since the 1970s although accurate numbers have been difficult to estimate. Accidental or illegal catches in recreational and commercial fisheries contribute; they are also caught in beach protection netting. Shark culling or 'shark control', despite being heavily criticised by environmentalists, is carried out in Australia and South Africa to minimise risk for boaties and swimmers. Increasing interactions with humans combined with the white shark's relatively late sexual maturity is perhaps a critical factor in declining numbers; the sharks are killed before they get the opportunity to reproduce. Shark tourism (cage diving) goes some way to protect the species, since it is far more lucrative than prized collections of shark jaws and (relatively rare) sales of shark meat.

Natural History

The dorsum of the white shark is greyish-black in color and there is a well-demarcated transition to the very pale, almost white underbelly for which it is named. They are torpedo shaped, with a triangular dorsal fin, pointed snout and crescent-shaped caudal fin. The powerful tail propels them through the water at speeds up to 40 kilometers per hour. Their ability to maintain a warmer body temperature than the surrounding water is an adaptation that allows them to hunt fast, agile prey like sea lions. It is one of the largest species of shark growing up to 6 meters in length although unconfirmed reports add an extra meter. An average sized adult weighs between 500 and 1000 kilos; the largest of the species can be almost twice as heavy. Recent research indicates the white shark may live to 70 years or more, making it one of the longest-living cartilaginous fishes.

Male white sharks are believed to reach sexual maturity at age 26 whereas females take 33 years. As in other shark species, the male grabs the female during copulation. Bite-marks observed on mature females are postulated to be mating scars. Reproduction is ovoviviparous and oophagous, which means the embryos hatch in utero and are nourished by the ingestion of unfertilized eggs until the female gives birth to the live young. The embryonic white sharks also swallow their own teeth, possibly to re-use calcium and other minerals. Gestation time is believed to be 11 months, with females giving birth to pups ranging in size between 109 and 165 cm every two or three years. Parturition, although not yet directly observed, has been noted to occur in temperate shelf waters between spring and late summer. The shark pup's powerful jaws begin to develop in its first month of life.

The white shark will attack and eat prey larger than itself. Their mouths are lined with up to 300 serrated, triangular teeth arranged in several rows (Carcharodon means 'ragged toothed'), and they have an exceptional sense of smell to detect prey. They even have organs that can sense the tiny electromagnetic fields generated by other animals.

White sharks are known to be active in the daytime, feeding on marine animals such as seals, sea lions, elephant seals, dolphins, rays and other sharks. Sometimes sea turtles are taken and the blubber from whale carcasses forms an important part of their diet, too. Injuries from shark bites found on live marine birds and sea otters appear to indicate they were not to the

shark's liking after all, or perhaps the attack was a reflection of their curious nature. They have been known to bite humans in the water but then not eat them, presumably the bite was a 'taste test' or a case of mistaken identity, since surfers and swimmers can look from below like seals, their favourite prey. Adding to the awe surrounding the white shark is the fact they can leave the water completely, breaching like whales more than 3 meters into the air, when attacking prey from beneath.

The white shark is an apex predator (top of the food chain) which means it has very few natural enemies. Killer whales, who seem to prefer their fat-rich livers, and larger sharks pose the only real threat from predation.

Blood samples taken from 43 white sharks have shown high levels of mercury, arsenic and lead, known to be harmful or fatal to other vertebrates, but there were no indications the sharks were affected by these toxins. Although they are susceptible to such diseases as cancer, perhaps an inherent physiological protective mechanism is also behind their propensity, as one scientist said, "for self-healing and avoiding age-related ailments."

Parasites: often found on the body surface particularly in the axil of the pectoral fins are *Pandarus sinuatus* and *Pandarus smithii*.

Distinguishing Homeopathy Features

- 'Top of the food chain'
- Hierarchy and ambition
- Criminality/mafia-like, criminal culture
- Cruel, violent but not fully expressed
- Aggression driven deep inside
- High blood pressure
- Sardonic grin, sarcasm
- Jagged tooth — teeth problems, erupting teeth

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia

Homeopathy Commentary

In this homeopathic remedy, *Carcharodon* (and the great white shark itself), we see the opposite polarity to most fish remedies. Unlike other fish remedies, it has aggressive predatory energies since it is one of the top successful predators in the ocean. The homeopathic proving completed in Russia, and led by Olga Fatula and Leonid Anikeev, certainly reflects this. In Cyprinidae, the carp family, and many other fish remedies, we see guilt and a conscientiousness to avoid getting into criminal activity. In this remedy, there is the theme of being a threatening presence and a criminal leader or someone strictly following orders of a not-so-benevolent criminal dictator or government, which can lead to violence.

In the *Carcharodon* proving the experience was of the “leader of a gang or criminal organization; politician; business or criminal ‘sharks’; mafia; Godfather.” Politics, governance, criminality and mafia figured prominently. I’ll leave it to the reader to decide whether, in reality, these are connected.

The great white shark is arguably the world’s largest-known extant macro-predatory fish, and is one of the primary predators of marine mammals, up to the size of large baleen whales. This shark is also known to prey upon a variety of other marine animals, including fish, and seabirds. It is the only known surviving species of its genus *Carcharodon*, and is responsible for more recorded human bite incidents than any other shark.

[\[https://en.wikipedia.org/wiki/Great_white_shark\]](https://en.wikipedia.org/wiki/Great_white_shark)

The great white shark as a powerful predator is reflected in the proving. Words and themes expressed by the provers include hunting, lightning-fast reactions, strength and surprise, pursuit, cunning and logic as well as cruelty. Even though fish have a sensitive, plant-like energy, it is crucial to see them as animal remedies. The reactivity of fish is related to the fact they are often preyed on by other animals. *Carcharodon* gives us a reminder of this predator polarity that can be seen in some animal remedies and even fish remedies.

The other aspect of fish remedies has to do with group energy and cultural development or non-development. A type of *Carcharodon* patient can be someone who is into the culture of criminality and organized crime. They may immerse themselves in the study of it and know all about these groups rather than actively pursuing a life of crime.

But one of the most significant indications is the idea of animal hierarchy and in particular, being at the top of the hierarchy. This can manifest as someone who is in a leadership role like that which was stated in the proving: “highest ranks of the civil service” or “governor of a region” or a “mafia Don”.

Clear subordination in the group according to the hierarchy. Respect for ranks.

In the proving many other fierce and hierarchical animal images came up - wolves, wolf pack, penguins, saber toothed tiger, dogs fighting and bull terrier, killer whales and crocodiles. It is important that these animals are perceived as part of the energy of the shark in the proving. It is too easy with many homeopathy prescribing methods to reflexively consider a specific animal remedy after someone dreams or discusses that particular animal. There are situations where this may be an important consideration but it also can be just a prompting to look in a particular direction for a remedy fitting the totality.

In spite of all these direct expressions of predatory instinct, there is also the element of hindered expression that can be seen in other fish remedies. In *Carcharodon* it is more the suppression of aggression and cruelty in order to ultimately win over their prey or in the case of patients, those they are in relationship with, whether personal or business. I described this in the entry for *Galeocerdo cuvier hepar*, made from the liver of the tiger shark. There is a drastic repression of the anger and aggression as well as effects of abuse and violence from others. In *Carcharodon* it leads to self-destructive behavior and destructive physical pathologies. In the proving of *Carcharodon* there was:

Aggression driven deep inside, in children, by an abusive parent, by a mother.

The provers had a sense of the self-destructive influence of this auto-aggression. The situation is of self-destruction, like that seen in malignant cancer states.

Similar to *Galeocerdo*, these mental repressions lead to associated pathologies: tumors, especially malignant, high blood pressure, kidney issues, adrenal tumors especially pheochromocytomas as well as the eyes being impacted — glaucoma and retinopathy.

The patient, dispositionally and from a symptomatic perspective, may look like the Kalis and even other fish remedies — ‘smiling’ and apparently affable with swelling and heart problems. They can also appear proper and restrained.



But you will get some violence suddenly poking through which can come across as sardonic, threatening smiles, sarcasm and antagonistic ‘gallows-like’ cruel humor and joking.

"Smiling big man. Joker, I like to joke and be known as a joker. Can joke cruelly, say cruel things with a

In the proving: smile. Threatening with a smile on his face."

Wealth and an elegant environment figures prominently, whether it is acquired through ambitious means or criminal activity. They are ‘at the top of the food chain’ and thus have an expectation of wealth. The ambition can be cutting and intense, yet there is a quiet, secret power exuded.

This is also a remedy for someone who does a lot of long distance traveling and business or

has an intense desire to travel to distant places.

The name Carcharodon literally means 'jagged tooth' which is in reference to the jagged serrations of the shark's teeth. In the proving there were many teeth problems and symptoms. Clinically it brought out incorrect tooth growth, new teeth erupting before their time and malocclusions. New teeth can grow over the old ones in two rows. There was even the idea of becoming an orthodontist as a profession in the proving.

And again, the internalized pressure is not only seen in high blood pressure but also in glaucoma as a pathology.

Clinical Focus Guide

APPEARANCE AND DEMEANOR

Quietly tough and threatening like the god-father
Sardonic grin, jokester

MIND AND DISPOSITION

Top of the hierarchy
Ambition to achieve goals
Leader
Mafia Don, leader of gang, Godfather
Governor, politician
His word is law
Highest rank of civil service
Big business

Criminality
Part of criminal organization
Body guard
Smuggling

Fraudulent
Criminal culture

Large head, face fleshy and puffy, short neck
Stiffness — turns head with torso

Evade responsibility or overly conscientious

Affectionate to children

Aggression driven deep inside
Pathologies as a result
Secret unassuming power
Obey orders

Need respect

Joker, smiling
Sardonic grin
Cruel jokes
Sarcasm
Threatening with a smile on face

Weeping from music

Helplessness with everyday tasks

Close group important

Averse newcomers

Death

Family crypts, monumental gravestones

Aggressive children

Biting

Aggression but weeping on reprimand

Worse teething

Restlessness

Desire to swim

Dementia in powerful person

Vascular dementia

With violent fits and biting, pinching Business man, criminal then loss of memory Starts from humiliation or lack of respect

High sexual desire

Unconventional

Desire prostitutes

Impotence; difficulty erections, incomplete erections

Desire long distance travel

Vacations in distant countries

PHYSICAL FOCUS

Circulatory and blood problems

High blood pressure

History of ischemic and hemorrhagic stroke

Transient Ischemic Attacks (TIAs)

Easy bleeding

Varicosities

Diseases of the blood Stagnant

Cruises, yachts

Effects of flying, long distance travel

Claustrophobia

Better in open spaces

Dreams animals

Seals

Penguins

Fish

Tiger, saber-toothed

Wolves, wolf pack

Bull terrier

Dogs fighting

Killer whales

Crocodiles

Prefer color white

Restlessness

Need to move in open spaces

Water hobbies and activities

Underwater diving and hunting

Boating

Bathing

Neptune and Pluto

Abyss and immensity

Leukemia

Polycythemia vera

Tumors

Cystic

Malignant

Large

Kidney problems

Adrenal problems

Tumors

Pheochromocytomas

Teeth problems

Teething - eruption of teeth, even in adults

Teeth grow over old ones in two rows

Malocclusion

Orthodontic problems

Serrated teeth

Eyes

Glaucoma

Retinopathy

Lateral vision good

Ears

Oversensitive to sound

Excellent hearing

Limbs

Gout

Swelling, lymphedema

Varicose veins

Reproductive

Impotence

Libido, high or decreased

Low fertility

Infertility

Late puberty

Late pregnancy

Childbirth difficult

Menses problems

Irregular cycle

Long

Heavy bleeding

Dysmenorrhea

Premenstrual tension and irritability

Liver problems

Fatty liver

SENSATIONS

Restless movement side to side Open water

RELATIONSHIPS

Viral hepatitis

Alcohol-related hepatitis

Rectum

Hemorrhoids

Bleeding

Hypersensitivity of skin

Worse temperature changes — hot or cold

Cold and hot spots on body

Acne

Pimples

Scarring

Hunger in the morning

Food

Desires

Fatty

Meat

Liver, foie gras

Fish

Broccoli Watermelon Seaweed

Worse

Eggs

Turkey

Craving alcohol

High tolerance for hard liquor

Worse heat

Easy weight gain

Obesity

Active at night

Snake like

Similar remedies

Galeocerdo cuvier, *Lac lupinum*, *Lac leoninum*, *Panthera*, Ursus bears, *Aurum metallicum*, Mercuries, Uranium series, *Radon*, *Curium nitricum*, *Electricitas*, *Ignis*, *Alcoholus*, *Medorrhinum*

Related remedies

Hemipristis serra is a remedy made from a fossil of a weasel shark native to the Atlantic. A trituration proving was done by Paul Theriault. The main features were guilt, regret and snarkiness. There was dissociation, a “blank state” and withdrawal. There was also a lasting impression of “immensity.” Physical: TMJ problems, swelling limbs, distention of abdomen, bruised skin.

Cladoselache is a remedy made from a fossil of an extinct species of protoshark. A proving was done by Martine Mercy along with clinical experience. They feel not understood. The main dispositional aspect is rigidity and perfectionism. They feel they are right most of the time. They hold grudges to the point of violence. Worse potatoes, nuts, stone fruit. Physical: dental neuralgia, dental caries, TMJ, myalgic encephalitis.

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CHELMON ROSTRATUS

Copperband butterflyfish; Chaetodontidae



Keywords: *Chaetodontidae*; marine; tropical; brackish; reef-associated; oviparous, egg-scattering, non-guarding; non-migratory; territorial; carnivorous; aquarium trade

Chelmon rostratus, the copperband butterflyfish, also commonly called the beak coralfish, is found in reefs in both the Pacific and Indian Oceans. “This butterflyfish is one of the three species in the genus *Chelmon*, all being known for having longer beaks.

Natural History

Very few details are available on the spawning and reproductive activities of the copper-band. Yet, they form monogamous pairs during breeding. They are oviparous, scatter their eggs and do not guard them.

They are carnivorous and eat small invertebrates, including parasitic forms such as *Calliactis parasitica* and common glass anemone (aiptasia).

The copperband is easily identified by its shape and colour pattern. The long, thin snout is typical of butterflyfish. The base color is silvery-white, there are several vertical orange stripes, and a dark circle (like an eye) on the dorsal fin. The body is coin-shaped, but the shape and yellow color of the dorsal and anal fins, and the small and almost transparent tail (caudal) fin give the copperband a rectangular appearance at the back. They grow to 20 cm in length.

A common and territorial species, they are usually found at depths of 1—25 meters on coral

reefs or rocky shorelines, and also in estuaries and silty inner reefs.

Copperband butterflyfish are collected and sold as aquarium fish, but are described as delicate, being highly susceptible both to injury during shipment (with low recovery) and to poor water quality. They are aggressive toward tank-mates of their own and typically not to other species except a few. Their survivability is low. No successful reproduction in captivity is reported.

Potential parasites: One study describes seven species of *Euryhaliotrematoides* n. gen. and 1 species of *Aliatrema* n. gen. (Monogenoidea; Dactylogyridae) from the gills of 15 species of butterfly fishes of a different genus (i.e. not *Chelmon rostratus*) from coral reefs of French Polynesia, Wallis and Futuna, Australia, Micronesia, and New Caledonia.

Distinguishing Homeopathy Features

Form monogamous pairs for breeding

Carnivorous

Butterfly qualities - delicate

Want safe home environment and good relationship

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia

Homeopathy Commentary

The patient needing *Chelmon rostratus* desires a safe home environment and a good relationship above all. Like the Poaceae plant family, there is a basic, simple quality to them, and they can be hard working — enduring hardship for the sake of the family. They typically have longer term good relationships but their partner may be difficult and dependent on them.

They are very supportive in a relationship, yet need to feel a sense of harmony in order to belong and stay. They can be artistically inclined and their artistry shows this harmonious and refined aspect. This artistry can come out in cooking or other activities, even work, as well.

They may develop dementia early with an aversion to eating.

Children are prominent in their lives but in a contradictory way — they feel their children need to be independent and should work from a young age like they did. They can be involved in child care and also teaching young children as a profession. And they can be sensitive to injustice, particularly when it comes to the treatment of children and teens or their own treatment as an obedient child (which may have been abusive, including sexually abusive). They could have grown up with the parental attitude of ‘children should be seen and not heard’. As a result, they can have trouble speaking up as well as voice problems. They can hold onto past traumatic events.

They are like the individual in a couple who have a stable and humble lifestyle, and quietly accumulate wealth, not spending much or going out, except to church.

They can have parotid gland problems and are sensitive to odors and perfumes. As well, they may suffer from abdominal problems and parasites in the digestive system. They catch colds and flus easily.

Clinical Focus Guide

MIND AND DISPOSITION

Safe home life and good, long lasting relationship

Childlike

Fear of new places

Misgivings

Obedient - told not to speak, to “shut up”

Quietly accumulating wealth

Protection of money and wealth

Treatment of children important

Teachers of young children

Child care worker

Enduring hardship

Abusive childhood, trauma

Hard working

Everyone should work hard

Being made fun of

Family therapist or therapy

Early onset dementia

With aversion to eating

PHYSICAL FOCUS

Parotid glands

Swelling pain

Eye inflammation

Chronic

Disorders of larynx and voice Low
voice, speaking quietly

Vocal strain

Polyps and nodules vocal cord

Stridor

Laryngeal stenosis

SENSATIONS

Fluttering

Waves, water

Stillness

Parasites

Abdominal

Giardia lamblia

Frequent colds and flus

Cramping

Cancer

Leptospirosis

Low appetite

Cramp

Tight

Fly

RELATIONSHIPS

Compare

Poaceae, Brassicaceae, *Arsenicum album*, *Causticum*, Ammoniums, *Cuprum metallicum*, *Neon*,
Butterflies, *Leptospirosis interrogans*

General Resources and References

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<http://www.fishbase.org/Summary/speciesSummary.php?ID=5483>

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CLUPEA HARENGUS

Atlantic herring; Clupeidae



Homeopathy Abbreviation: *clup-h*

Keywords: *Clupeidae*; *oceanodromous*; *temperate*; *oviparous*; *carnivorous*; *schooling*; *cannibal*; *food fish*

The Atlantic herring (*Clupea harengus*) is one of the most abundant fish species on earth. Herring congregate in massive schools in the North Atlantic Ocean off the coastlines of the northern USA, Canada, Greenland, and northern Europe. Herring schools are estimated at up to 4 cubic km in size, containing an estimated 4 billion fish. The Atlantic herring fishery has long been important.

Natural History

Schools of an individual stock generally migrate in a triangular pattern between their spawning, feeding, and nursery grounds. The various herring stocks spawn in different seasons, places, and in depths from very shallow (0-5 meters, off Greenland) to 200 meters (in the North Sea). In sexually mature herrings, the genital organs grow before spawning, reaching about one-fifth of its total weight. . The fish were darting rapidly about, and those who have seen the fish spawning in more shallow water ... state that both males and females are in constant motion, rubbing against one another and upon the bottom, apparently by pressure aiding in the discharge of the eggs and milt." [Moore at Cross Island Maine quoted in Fishes of the Gulf of Maine].

Females, depending on age and size, deposit 20,000 to 40,000 eggs. The eggs have a mucus coating and stick to any object they touch, or they'll sink to the bottom where they stick in layers or clumps to whatever they settle on. The eggs need continuous oxygen supply generally provided-by micro-turbulence from wave action or coastal currents. If the egg layers are too thick eggs will die from oxygen depletion. Survival is highest for eggs that land in crevices and behind solid structures where predators cannot feast on them. Incubation time is about 40 days at 3 °C, 15 days at 7 °C, 11 days at 10 °C. Eggs die at temperatures above 19 °C.

Herring have the classical, streamlined fish shape, with soft, rather than stiff, bony fins like many other fish. The lower jaw protrudes forward of the upper lip, and there is no visible lateral line. The body is deeper than it is wide, and the tail is deeply forked. The body colour overall is silver, with a darker blue iridescence over the upper half. Atlantic herring are in general fragile, with large, delicate gill surfaces; contact with foreign matter can strip away their large scales.

They grow to 0.5 m and 0.5 kg. Underwater recordings show herring constantly cruising at speeds up to ~4km/hr, and reaching higher escape speeds.

They feed on copepods, krill and small fish. Their natural predators are whales, seals, cod, salmon and other fish larger than themselves; also herring cannibalize their own offspring.

They have retreated from many estuaries worldwide due to excess water pollution although in some estuaries that have been cleaned up, herring have returned. The presence of their larvae indicates cleaner and more oxygenated waters.

About 90 species of parasites have been reported in herring worldwide.

Distinguishing Homeopathy Features

Adaptable and lacks resistance

Boundaries diffuse, disintegrate and disappeared

Effects of a dark person or persons invading their space: 'Demons'

Relationship with a psychopath or sociopath

Detached and lack of emotion, lack of anxiety

History of breast cancer, breast pain

Black and white

Over-mothering

Lyme disease

Dementia Indications

Alzheimer's disease

All stages

With psychosis

Dementia from being in nursing home or institution

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia

Dementia due to Lyme neuroborreliosis

Homeopathy Commentary

The question for all patients needing a shoaling fish remedy is: what happens when the individual is not part of the group or leaves the group? For individuals needing *Clupea harengus*, this question is uppermost since herring fish shoal or school in such enormous numbers; some estimates are of groups with as many as one billion fish! The individual fish

movement is dependent almost completely on the group. There is no real leader though, just the group energy which regulates movement, feeding and dealing with predators.

Yet in the introduction to the proving, done by the School of Homeopathy, England, there is an issue that is resolved about the *lack of* reference to a group:

One of the most surprising things about the proving was a lack of group issues. The herring, however, as an obligate schooler, has no choice in the matter. They are part of the school and there is no possibility of anything else. This is perhaps why the group is never mentioned as an issue in the proving.

The patient needing *Clupea* is perfectly adapted to the group. As one prover said, “there is a lack of resistance.” The group is present in the proving but there is no resistance and therefore no controversy. So in the patient who needs *Clupea*, there will be a history of good socialization and being part of group initiatives or a large family and they don’t present issues about it per se. There is a lack of anxiety about adapting and blending into the group. At times though, they find themselves “stuck with people” they don’t want to be with.

As a result of this overpowering group energy, we see in the *Clupea* proving many individual identity issues emerging. Some provers had confusion about their own identity and experienced weak and vulnerable boundaries leading to disorientation. There is a feeling as if space and time is distorted and many proving symptoms demonstrating rapid cognitive decline.

One prover said:

It was as if the boundaries of my mind had disappeared and were diffusing into the immediate vicinity... In its most extreme state I became completely disoriented and could not work out the layout of a room. This feeling was in no way unpleasant or 'anxious making'.

As this prover stated, there is no sense of panic, fear or anxiety since these states are an intrinsic part of the patient needing a fish remedy, especially this one. They, in fact, simply operate from a place of weak personal identity. Problematically, it allows in unwanted forces which I will soon discuss. These themes are in all fish remedies but in the case of *Clupea harengus* it is significantly accentuated. The focus is about identity which in the end creates the mental disintegration that can be seen in dementia as well as other mental disorders.

As much as they are part of the group they also see it as an indifferent entity. In some cases, it goes so far as to cause difficult consequences.

Dreamt had killed someone in gangland style East End pub. Indifferent to killing, just trying to work out alibi. Others were involved, it was a group thing.

05P 02 XX:XX NS

Even though they want to break free of the influences of the group, which could be simply the family or relationship, there is also a feeling as if they can’t move forward both literally and also from a will and volition perspective. They feel powerless as in the proving.

In some *Clupea* provers there was a feeling as if transforming demons invade their space and chase them resulting from the disintegration of boundaries and subsequent vulnerability. This comes from a “benevolent” and “lucky” and overwhelming loving feeling that turns off their discriminatory relationship faculties. Also there is “Dream; intimate and passionate,

kissing, with submission.”

Along with the submission and vulnerability when it comes to romantic affairs, there is a ‘demonic’ influence seemingly having an impact on the brain, in this proving dream:

Dreamt I was in a pool area. There were demons in the pool that were after me. They kept changing form and I couldn't get away from them. Brains were turning inside peoples skulls to let more blood out through the eye sockets. One of the demons was chasing me; I kept getting away from him, hiding behind curtains until he trapped me against a wall. He had been a big black bull with horns whilst he was in the pool but now he was a scary man with black hair, staring eyes and he was stabbing his finger into my chest telling me I'd had it, he was going to get me; I woke up.

01P14XX:XXNS

This demonic dream, also the ‘big black bull’, as well as the unusual issues around breasts and mothering described below, show an important distinguishing characteristic that I have clinically found in this remedy. The situation exemplifying this is seen in someone who has ‘let in’ to their life a psychopathic or sociopathic person. The patient is constantly under attack by this dangerous, dominating and ‘demonic’ person. The *Clupea* patient can be relentlessly psychically abused and manipulated. The ‘demonic abuser’ can be a spouse or partner or an ex. It may be an individual they briefly met who then becomes fixated on them. Or it can be their child who is in this extreme state. It's interesting that the dream epitomizes how someone like that can get into the head of a vulnerable person and cause brain problems: “Brains were turning inside peoples skulls to let more blood out.”

This vulnerability to parasitic forces is frequently seen in fish generally, but in this particular remedy it is elevated a few notches to include these types of individuals. The demonic possession also makes one think of Solanales remedies, particularly *Tabacum*. It has to do with a poor and confused boundary between shadow and light or dark and light which is brought up in the proving.

Eventually, the malignant energy shows up in physical pathology, particularly breast problems and breast cancer, reflected in the proving with some marked breast symptoms. This is a remedy to consider where there are fish characteristics and this egregious relationship history culminating in cancer, particularly breast cancer.

In the proving, some provers temporarily experienced pain, swelling and soreness in their breasts:

Sharp pain in left breast, feels as if originating behind nipple, sharp, stabbing and deep pain, causing whole body to freeze from the pain and feeling of being winded.

08P 11 11.20 NS

I noticed that it is very sore and tender under left armpit, can feel swelling, hard knot.

08P 29 XX:XX NS

Notice that my breasts feel full and bloated. Left breast feels fuller and slightly bruised and heavier than the right breast but both feel heavy.

09P 09 XX:XX NS

Breasts feel full and warm, left more than right and left feels larger than right but both feel generally large and my bra feels a little uncomfortable. Feel bloated like when pregnant.

09P 11 XX:XX

Breasts very swollen and sore.

10P 19XX:XXNS

Not only that, some provers had dreams about breastfeeding but they were distorted and described as “disgusting” ones, like breastfeeding their husband or breastfeeding twins.

About breastfeeding. I am breastfeeding my husband. Milk is everywhere. Recalled this dream with sense of disgust and considered not writing it down (although in the dream it was not disgusting).

07P 02 XX:XX NS

I am breastfeeding twins. I have dressed them differently so that I will be able to tell one from the other, but still I can't work out whose turn it is to be fed and I'm thinking, oh no, now I'll be feeding one of them twice.

07P 11 XX:XX NS

Eventually, there is a tendency to cancer and malignancy which can be localized in the breast. It can come about as a result of over-mothering. It may also be caused by allowing in the malignant force (a Esh dispositional characteristic) then being overprotective of the psychopath or sociopath I have previously described. This cancerous fish disposition is like *Carassius auratus* and can be compared to the sacrifice of *Carcinosin* and other Cancer miasmatic remedies. It is an overuse and dissipation from nursing and from the over-mothering like we see in many matrional remedies. Like in the Cancer miasm, there is a deep lethargy, exhaustion and energy drain but on the surface there is an appearance of energy and happiness.

The excellent proving of *Clupea* was in 2008 prior to my complete understanding as to how fish remedies could be used for patients suffering from dementia. Yet this homeopathic remedy was another prescient proving that demonstrated how fish remedies can be utilized in Alzheimer's disease and dementias. The proving is replete with sensations of confusion on many levels and problems with identity and awareness of time and place.

Ultimately, you may see patients declining and having difficulty with comprehension and thereby problems communicating and being with others. Again the proving really demonstrated this, for example:

Feel really dull, as if brain stuffed with cotton wool, thoughts take really long and a lot of effort to come into consciousness. Just want to sit and stare with mind completely blank.

08P 14 14.00 NS

There were major themes of comprehension difficulties such as distortions of time, whereby many provers had the impression of things going slowly. In the extreme, there was no time reference at all — such that there was confusion about when events took place. As well, there was confusion about communication and forgetfulness about what was said and whether something had actually been communicated. There was also difficulty in formulating words and responses.

This morning I found it very difficult to engage in a mental conversation. It's like the computer in my brain is on slow so is not computing well enough to respond to what people are saying, it is a bit disconcerting and I feel odd and tired. I found it hard to answer a man's questions at work, I could hear him talking but the words weren't really registering in a way that I could answer him. I felt a moment of panic that he was going to wait for an answer and I wouldn't be able to formulate one. I feel better when doing something physical than when doing something mental.

02P 19XX:XX NS

I feel like my brain is a computer but some of the old files are missing at the moment so I can't access the usual store of information as some of the memory is missing. When people ask me a question I feel I am waiting for my brain to throw up the right info but it often doesn't come and I feel a strange gap.

02P 20 XX:XX NS

Provers felt detached, disconnected and 'spacey', sometimes with severe disorientation and unreality. During many of these experiences the provers felt calm.

One prover said, "It was as if the physical boundary of my mind was no longer there rather than my inhibition being gone."

06P 08 XX:XX NS

As a result of this, the patient talks in a 'slow and considered' way. Not so much like the murmuring of *Thuja* but more so thinking before speaking and seemingly deliberately choosing their words. If they are rushed to speak they forget what they are about to say.

The proving also exhibited another characteristic of a patient needing *Clupea* and that is a lack of emotion for children and babies. They have some ambivalence about marriage as well. This is part of the detached dissociative state and lack of anxiety and can also be a symptom of burnout from child care.

This is also a remedy to consider in Lyme disease, with its vague dissociative quality, wandering pains and especially where the memory and concentration has been significantly impacted.

Clinical Focus Guide

MIND AND DISPOSITION

Diffuse boundaries leading to:

Adapting

Confusion of identity

Relationship with psychopath or sociopath

Disorientation, dullness

Overprotection and mothering of malignant

persons, leading to breast cancer

Lack of anxiety with diffusion

Culture of a violent group and group killing

Memory, concentration, confusion problems	Relationship with psychopath or sociopath
Dullness, as if cotton wool	Open to demons, demonic energy
Staring with blankness of mind	Dream of a demon transforming into a big black bull
Memory gap when questioned	Effects of being stalked
As if parts of memory missing	
Forgetful of what just said or about to say	Detached and distracted
Can't access information	Disconnected
Can't follow conversation	Sex without love
Forgetting appointments	Spacey
Irresolution, can't make decisions	Vague
	Transient feeling
Confusion	Indifference to children, relationship
Confusion of communication	
Confusion of boundaries	Slow deliberate speech
Confusion of reality	Thinks before speaking
Confusion of identity	Hesitates before speaking
	Forgets if pressured to speak faster
Time distortion	Hard to concentrate on conversation — averse noise and easily distracted while conversing
Passes too slowly	
No time reference	
	Dreams
Rapid onset dementia	Houses, family houses, some with secret room
Dyslexia	Butterfly
	Leader gone
Benevolence and feeling lucky	Lightning
Affectionate kissing when first meeting strangers	Water, beaches, float, sliding down
Lucky	Forgetting children at beach
	Wedding
Over-mothering; vulnerable mother	Husband nursing from her breast
Dreams is breastfeeding husband	Like chastised teenager
Dreaming of "lots of babies, babies, babies"	Travelling, moving, bicycles, cars, trains
	Pregnant
Calmness	Hair on feet
Calm and flowing	Gang of friends
Calm and confident	
Calm and content	
Calm and "can't be bothered"	Desire to travel

PHYSICAL FOCUS

Breasts

Sharp, stabbing pain left breast

Swollen, full and warm

Worse left breast

Breast cancer

Vertigo

As if swaying

Headaches, pain

Throbbing

Shooting, as if 'shot in head'

Excruciating pain

Worse coffee

Ears

Tinnitus

High pitched ringing both ears Acute hearing in public places

Eyes

Dry and burning

Eczema

Right eyelid

Oversensitive to noise and smell

Pain jaw

Mouth

Tongue swollen

Metallic taste

Sore throat

With hoarseness

Worse left

Worse swallowing

Pharynx

With itching

Catarrh

Coughing up phlegm

Food

Appetite increased, constantly thinking about food

Gnawing hunger

Desire sweets, desserts

Desires anchovies

Worse coffee

Nausea

With hunger

Eruclatations

With diarrhea

Pain left abdomen

Pain aching left kidney

Pain left ovary

Menses stops and starts

Infertility

Metallic smelling vaginal discharge

Strong sexual desire

Without emotion

Constriction and tightness in chest

Recurrent pleurisy and chest infections

Cough

Dry, irritating

Worse deep breath

With crackling, rattling

Spasmodic cough

Soreness; tender under left armpit

Hives armpits

Neck pain and cramping

Tightening pains in back

Clicking
Desire to massage
 Extending to shoulders
One sided stiffness and pain in neck

Wandering pains
Shooting, electric shock-like pains extremities
Right knee pains
Left hip
Cramping

Aching right side of body
Right shoulder blade

Swelling on toes
Gout

Numbness extremities

Hands and finger joints
Numbness
Pain joints
Sudden pains in thumb

Weakness lower limbs
Heaviness

SENSATIONS AND EXPRESSIONS

Circular motion sensation, head spinning
Swelling
Water, flooding, wet carpet, pools
Underwater
Water is supportive

RELATIONSHIPS

Incoordination

Skin pricking sensation
Hives

Skin eruptions
Fine rash or boils
Boils on toes
Itching on skin, scratching then hives and
 wheals
 As if bugs all over body

Sudden sleepiness
Energetic with underlying exhaustion
Energetic alternating with sleepiness

Coldness
Shivers, with

Sudden heat

Chilblains

Lyme disease
With memory loss

Buoyant
Flying Sea
Waves, of
Floating

Compare

Carassius auratus, Tabacum, Kalmia latifolia, Phosphorus, Borrelia burgdorferi

Modern Homeopathy Sources

Mind themes of *Clupea harengus* (From
School of Homeopathy Proving)

Distortion of space and size Distortion of time
Confusion of communication
Confusion of boundaries
Confusion of reality

Confusion of identity
General confusion
Calm and flowing
Calm and confident
Calm and can't be bothered
Energized
Sex
Hysteria
Loving; lucky; happy Order
Sensitive and irritable
Alone
Vulnerable
Dark
Exhausted, can't move

Dream examples from this proving:

Dreamt I was in a pool area. There were demons in the pool that were after me. They kept changing form and I couldn't get away from them. Brains were turning inside people's skulls to let more blood out through the eye sockets. One of the demons was chasing me. I kept getting away from him, hiding behind curtains until he trapped me against a wall. He had been a big black bull with horns whilst he was in the pool but now he was a scary man with black hair, staring eyes and he was stabbing his finger into my chest telling me I'd had it, he was going to get me; I woke up. 01P 14 XX:XX NS About a group of people with bikes — they were all wearing white space age helmets, really hard white plastic. Then there was a group of Japanese girls in yellow racing cars, same shape as the white plastic helmets and all in a group. 01P 02 XX:XX NS

The hostel is full and people are forlorn that can't find a bed. I find some people to stay with no problem. 03P 06 XX:XX NS

In some oceanside community. One house from another dream that had been underwater or something. I went down to the water's edge and there was this house, swamped by a wave and sand, totally under water/sand. The sea has risen. This massive whale came up to me. I was a bit scared but said hello. When I had gone back into this protected rock area the whale swam off and I was able to see that it was a baby. There were other sea creatures and I was a bit scared. 03P 08 XX:XX NS

A butterfly landed on my right hand, but I brushed it off before I realised it was a butterfly. That was a nice feeling though I was sorry I had brushed it off. 04P 07 XX:XX NS [like a butterfly!] - Had extremely disturbing dream about going to the beach where we used to go as children on holiday and leaving my youngest 2 children there to play, telling them I would pick them up later. I then went to meet my first boyfriend and forgot them. I was always aware that there was something that I needed to do. I kept delaying even though I knew that it was important to retrieve them. I knew that they would be cold and that the tide might come in. When I woke up in the morning in my dream, it took me ages to get dressed and find the right clothes. I got a lift to the coast in a camper van and as soon as I saw the sea I became really panicky and upset

because I knew that they might not have survived the night. The overall feeling of the dream was knowledge with powerlessness to do anything about it and then an overwhelming sense of guilt and regret. 06P 31 XX:XX NS

General confusion

I feel unclear in my thinking; I feel a bit dopey. I am confused as to how I am, am finding it difficult to decide whether my symptoms are old, new or recent. 02P 18 XXrXX NS

Difficulty deciding on shopping and feeling very spaced out in the shop. It took me ages, and time felt slowed down. Almost wanted assistance just to help me get out the door. 03P 05 XX:XX NS

Also very unlike me I completely forgot that we were having some friends for lunch. It was a real shock when she phoned up and asked if we were still expecting them. I managed to stretch lunch for 6 to lunch for 11 so I wasn't particularly fazed by it, just very unlike me to forget. 06P 37 XX:XX NS

A couple stop and ask for directions and I feel very vague and although I know exactly where they want to go, I seem to answer quite slowly and have to think. I feel slightly surprised that they are speaking to me. 07P 05 XX:XX NS

I can't make my mind up about anything. Where shall I park? What shall I buy? What shall I do first? 07P 05 XX:XX NS

I struggled to do simple tasks for preparing supper, felt as if high and simple movements like chopping took tremendous concentration to carry out. 08P 01 XX:XX NS

Confusion of identity

Had a strange experience when I got back to my room. I was sitting in bed and noticed there was a hair dryer on the wall, I hadn't noticed it before because there was one in the drawer that I'd been using. Suddenly thought I wasn't the right person and I was in another room, that I was someone else and had to look at a birthmark to check it was me! 01P 10 23.00 NS

A couple of times I have been standing in a queue and an individual has just not seen me and barged in front of me to the counter, much to my quiet amusement. It is as though I am invisible! Which is ok! 10P 07 XX:XX NS

Confusion of boundaries

The thrust of the proving for me was a soporific sensation that was 'spacey' in nature. The episodes that I had over the course of about a month were similar in nature but varying in intensity. The feeling was of being outside my own head in terms of what was going on around me. It was as if the boundaries of my mind had disappeared and were diffusing into the immediate vicinity. The sensation was of detachment and looking at the situation from the outside rather than experiencing it with involvement. This manifested itself as having a very acute sense of hearing and often a slightly undulating feeling within my mind and body. I did not in any way feel off balance; it was more like the sensation one feels after being on a boat for a few days and then stepping out onto dry land. Your body still feels the sense of movement. In my experience this often happened in places where there were a lot of people. Supermarkets, swimming pools, restaurants and schools were the most common location for this 'spacey' sensation. In the public places my hearing would become very acute; knives and forks would

sound very loud, background noise and chatter would become deafening and I found it very difficult to focus on the person I was talking to. It was almost as if my ears were scanning the surrounding noise and picking up on everything rather than the particular conversation I was having. Rather like the boundaries of my mind everything was diffused and not focused on the matter in hand. In its most extreme state I became completely disorientated and could not work out the layout of a room. This feeling was in no way unpleasant or 'anxious making'. 06P 00 XX:XX NS

As the remedy was being prepared I felt a spacey disconnected feeling and was acutely aware of peripheral noise. The sensation was as if the boundary of my head had disappeared and my mind was floating around in the immediate vicinity. There was also a sensation of movement within that resembled a rocking or undulating sensation. It was as if I had been on a boat for 3 days and still had the feeling of movement. I, in no way, felt unstable. This came in waves until I went to bed. The feeling was pleasant but I felt slow. It was a bit like being drunk. 06P 01 XX:XX NS

Introduction to the proving of *Clupea harengus* by the School of Homeopathy

The herring is a fish found through most of the North Atlantic. It has been a major food source in Europe and North America for many centuries. It is the most numerous of all the fish in the ocean. It is an obligate schooler, which means it can only survive as part of a large school. These schools are very large and can be enormous. There are records of schools being 4 cubic kilometres in size and containing several billion individuals. The schools move at considerable speed, up to 4km/hour. They feed by capturing plankton in their gill rakers as they swim through the water with their mouth open. They form a major part of the diet of many ocean fish and cetaceans. The proving was conducted with the third year students at The School of Homeopathy. It was the last proving at Yondercott in Devon before the School moved.

The remedy is a basic one and the proving was straightforward. The picture is clear and reasonably easy to perceive.

One of the most surprising things about the proving was a lack of group issues. Modern provings, animal remedies and provings conducted by an established group all tend to have important symptoms about being part of the group or being rejected by the group. The herring however, as an obligate schooler has no choice in the matter. They are part of the school and there is no possibility of anything else. This is perhaps why the group is never mentioned as an issue in the proving.

The remedy has distortions of space, particularly feeling taller, and especially distortions of time, time tends to stretch into whatever is needed. This is part of the main issue for the remedy of being able to go with the flow of time and circumstance and everything will work out. This results in a feeling of calmness and contentment. There were also feelings of being lucky and happy with concomitant gratitude and benevolence. These feelings become more pathological in a feeling of lethargy and can't be bothered. Physically there is great heaviness, exhaustion and sleepiness. Provers just wanted to curl up and go to sleep. They felt they couldn't move. There was a polarity to this of being energised and able to do many things at the same time.

There was also considerable confusion. This could be of space and time and of identity and personal boundaries but was most often expressed as confusion in communication. They were unable to connect brain and mouth to speak effectively but could also not follow conversations and were easily distracted.

Provers got colds that affected the nose, the ears and the eyes with, often, severe headaches and an irritating cough. These were the symptoms of a cold rather than a flu.

There were many symptoms of the limbs including heaviness, numbness and pain, which was sometimes severe and prevented walking.

The dreams have not been themed as they did not produce any strong themes or powerful imagery. There were some echoes of the physical symptoms such as the vulnerability, the swelling or the importance of the breasts.

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CYPRINUS CARPIO

Carp; Cyprinidae



Keywords: *Cyprinidae*; *freshwater*; *temperate*; *oviparous*; *omnivorous*; *benthic*; *schooling*; *food fish*; *parasites*

Wild stocks of *Cyprinus carpio*, the common carp, are only present in European and Asian lakes and rivers that drain to the Black, Caspian and Aral Sea. Wild populations are now considered vulnerable to extinction. Carp was the first fish to be domesticated - it was farmed by the Chinese and Japanese as early as 300 BC, then by the Romans, then in the monasteries of Europe - and is now introduced throughout the world. It is considered one of the world's 100 worst invasive species. Very popular with anglers, carp are also produced commercially; aquaculture production has exceeded 2.8 million tons annually since 2000 - more than all the other commercially grown fish - and it is eaten in many countries. *Cyprinus carpio* is most closely related to the goldfish (*Carassius auratus*) with which it can interbreed. Koi is a domesticated ornamental variety that originated in China but became known to the Western world through Japan.

Natural History

Carp typically spawn in the spring but can spawn multiple times in a season. Adults may migrate a considerable distance to spawn in suitable backwaters and flooded meadows. Larvae survive only in very warm water among shallow submerged vegetation. A single carp can lay over a million eggs in a year, but the eggs and young have a low survival rate because of bacteria, fungi, and an array of tiny predators that can exist in the carp's spawning environment.

Juvenile carp are preyed upon by other fish such as the northern pike and largemouth bass, and a number of birds (including cormorants, herons, goosander and osprey) and mammals (including otter and mink). Common carp are omnivorous; they eat water plants and scavenge the bottom for insects, crustaceans (including zooplankton), crawfish, benthic worms, and eggs of other fish.

Common carp can grow to a maximum length of 1.5 meters and a maximum weight of over 37 kg. The largest recorded carp was 40 kg, caught by an angler in France and the oldest recorded age is at least 65 years. The wild, non-domesticated carp average around one fifth to one third the maximum size.

Although they are very tolerant of a wide variety of conditions, common carp prefer large bodies of slow or standing water and soft, vegetative sediments. A schooling fish, they prefer to be in groups of 5 or more. They naturally live in a temperate climate in fresh or slightly brackish water; they will readily survive winter in a frozen-over pond, as long as some free water remains below the ice. Carp are able to tolerate water with very low oxygen levels by gulping air at the surface.

They are notorious for altering their environment. In feeding, they may destroy, uproot, disturb and eat submerged vegetation causing serious damage to native duck and fish populations. The vegetation they consume is not completely digested and rots, raising the nutritional level of the water and causing excessive algae growth. Their scavenging destroys the nests of other fish. To control carp, especially in places where they disturb river ecosystems, spoil water quality and diminish native fish and wildlife species, deliberate exposure to the common carp-specific Koi Herpes Virus with its high mortality rate has been proposed, but this is regarded as environmentally questionable.

Commercial aquaculture operations artificially induce reproduction with carp-derived and hormonal analogues to counter problems with spawning in hatchery fish where the environmental factors that regulate natural reproduction may be absent.

Parasites: A substantial number of almost all major taxa of parasites have been found in wild and domestic carp. The most complete checklist of carp parasites records a total of 310 parasite species.

Distinguishing Homeopathy Features

Father's values: Carbon series; naive

Tight morality, ethical

Punishment and guilt

Benevolence, charity work and taken advantage for it Hero of the dark side

Constriction

Need to shine and be adored - art, singing

Weakness and strains

Smelly

Oily

Sinuses

Voice issues

Carbon series, Silver series, Stage 11, Stage 15

Dementia Indications

Parkinson's dementia

Stupefaction

Childlike

All stages of dementia

Especially Stages 6-7

Loss of personal hygiene early on

Embryonic-like

With history of cancerous tumors

Childlike

Alzheimer's disease

Dementia of multiple sclerosis

Vascular dementia

History of thrombosis and atherosclerosis

Homeopathy Commentary

There are quite a few fish in the carp or Cyprinidae family in this volume. You could say this is the primary one and this remedy would therefore furnish many indications for the whole family. *Carassius* (goldfish) is in the carp family and closely related to this remedy. It has some similar themes to *Cyprinus* such as the prominence of the father and the values of the father, as in the Carbon series. My indications for *Cyprinus* primarily come from clinical experience, a small proving and using it successfully. Some of the constituents of this fish also provide substantiating indications for application in dementia states.

The themes have contradictions like other fish remedies as well as polarities. Within these are the fish quality of not expressing fully and also being part of the culture of the group.

One of the dispositional themes in *Cyprinus* is about punishment and guilt particularly if they do something that is ethically not quite right. It is an overarching feeling that God, or a higher power, is a punishing one. Therefore, for many patients being in control of their actions is very important to them. They find jobs that help others in an altruistic way — it may include raising money for charitable causes or this could be an additional activity they devote themselves to. On the one hand, they want to expand material wealth and the influence of their group (family or otherwise); but they can also develop a kind of rigidity which I will describe. So it can be termed a 'rigid expansion'. The words imply a contradiction which is somewhat like the state of the *Cyprinus* patient.

The patient is empathetic and altruistic but also tends to be earthy and materialistic. Most of the time they live up to high moral standards received from their family, particularly the father (Carbon series). People tend to trust them. The problem, like in other fish remedies, is that they are a poor judge of character or even have an inexplicable attraction to those who do criminal actions and are parasitic. Typically, it is some sort of marginal mistake caused by naively trusting in the wrong person that then creates a feeling of having done something terribly wrong. This gets them into a knot of anxiety and guilt leading either to a state of being over-particular about their actions or to one of paralysis, loss and dependency. These states have some similarities to ones in the cod remedies, *Oleum jecoris* and *Gadus*. Here, too, the patient can take on and trust a business partner who is parasitic and whose intentions are dubious and self-

interested. Consequently, the *Cyprinus* patient experiences loss as well as anxiety and stress.

There are similarities to *Bromium* and Bromium salts particularly with Carbon or Gold (Lanthanide) series remedies, including their salts since they are very worried about being arrested, accused of a crime or doing something wrong. At the same time, expansion is important to them so they have a desire to expand their financial and social base. They want to expand their social contacts but may struggle to do it ethically and end up getting involved with disreputable characters. To achieve their financial aspirations they may become gamblers. They also have a charitable and altruistic motivation that can be called benevolence. This benevolence can grow too strong and be overwhelming for others. For themselves, they have difficulty accepting any accolades for their accomplishments but at the same time are needy of support.

Because of their strong concerns they may end up in a confined mental place, wanting to control the outcome of situations. One of the repertory rubrics that may apply is “Conscientious about trifles.” Control becomes important but it is done in a way which is non-threatening unlike other more intense remedies such as those made from snakes. They believe if they do not control themselves and others, staying scrupulous, that there will be terrible consequences. It is a similar feeling to *Carassius* which has the rubric: “Delusion is caught in wires.” Yet at the same time, being a fish remedy, they don’t trust themselves and are not aggressive.

They can also experience a similar feeling in the context of their family — where they are the ‘sane’ integral one in a dysfunctional family particularly when the parents are having affairs or accused of a crime or something ‘immoral’. They can feel attached to the family yet alone in their own sense of integrity. Eventually they need to leave the inner group. They may become a therapist to deal with their personal contradictions or those in others.

Rather than confront others, especially in intimate relationships, they hold it in and ruminate about it, childishly fantasizing error-free outcomes. They may jump to radical conclusions about family members who do not live a moral life like themselves. They will consider these individuals morally ‘rotten’ but not necessarily express these inner critical feelings and thoughts. Or the patient needing *Cyprinus* may sympathetically get impacted and concerned about the possibility of criminal activity around other family members.

One patient who did well from *Cyprinus* recorded a dream and the feeling after it: “Friend of mine engaged in stealing. I won’t lie, I’m upset.” This feeling remained for a long time even though it was only a dream.

Frequently, their children may also partake of this attitude particularly if they are following a conservative or orthodox church or religion (Stage 11). But also because of their constricted moral sensibility, their children may rebel and have alternative lifestyles, even developing drug addictions. So, they may be dealing with this contra situation or the *Cyprinus* patient themselves may demonstrate the opposite polarity. A person needing *Cyprinus* can go to the other extreme whereby they contest the values of the ‘father’ (parent, religious figure or other moral authority) and become more critical, complaining and even slovenly.

Again, their denunciation or ‘carping’ may not be expressed. And the patient who needs *Cyprinus*, although morally upright, may, as a compensation, have lascivious dreams such as seeing naked women and being sexually attractive in the dreams. As well, there can be many dreams that are reminiscent of the Solanaceae plant order. I have discussed many remedies in this plant order where the person is the ‘hero of the dark side’. (The hero idea being related to the Carbon series). They may dream of witches and dark topics; these are also found in remedies

made from fungus and yeast as much as the Solanaceae.

One patient had a dream which combined the theme of the hero of the dark side, weakness of an oily remedy (which I will discuss below) and the uncompensated sexuality, as such:

A woman gets into bed and kisses me and asks me for pain medication and I say I don't have any. Wife is in pain, she disappears. Man eating a rotten apple which allows him to enter a dark dimension where he can repel darkness. Running, legs thin but strengthening. Feel guilty about confronting him.

Also, at the same interview he expressed one with similar themes but also the idea of underwater and fish:

Woman I saw on a plane commits suicide. Scuba diving through a house underwater I saw the ghost of a woman. Catatonic man leads me to a ghost place. I slide down a snowy hill. I have to carry the ghost woman and another man diving.

And another:

A witch that is painted like a tiger. I can throw fire like a magician. I use a drill then I burn her.

I would ascribe the burning of witches to Stage 11 which has religious orthodoxy and control, like that seen in *Cuprum metallicum*, for example. This patient though, was not a particularly religious or uptight person but did have personalized rigid ideas that were more in the subconscious realm.

When I interviewed this patient, who was a therapist, I got the feeling he was quite weak, timid and non-expressive of deeper emotions and desires. Yet, antithetically, he also said that he dreamed of being a policeman.

This constriction from guilt and shame with a desire for control results in a feeling of a lack of ease and a mistrust in their own intuitive powers. They feel, as the expression goes, 'in a tight spot'. It manifests physically as constriction and stiffness. It may simply be, in the beginning stages, a fibromyalgic reaction, rheumatism or pains and cramps after exerting single parts. Eventually, it can even be the constriction and problems of Parkinson's disease or paralytic conditions; one area affected is the voice (Silver series).

A patient who has Parkinson's disease can move into serious physical limitations but also a challenging pathological mental state that includes hallucinations and delusional thinking. Of course, in homeopathy, we always look to the mind state as having some of the most important indications but also there can be 'interference' from the conventional drugs that are given for Parkinson's disease. This is always something that has to be considered so that the true state may be uncovered and the fitting simillimum given.

Cyprinus patients are quite showy like *Carassius* and can be singers or public speakers or have this as a hobby. They can have voice problems and *Cyprinus* is a remedy to consider in individuals whose voice has deteriorated and become weak. Even so, they will push forward and speak and attempt to sing.

Typically, they are robust but can then fall ill suddenly after stresses and situations that I describe in this commentary. As more symptoms come on they isolate and attempt to control their health through rigid diets and health regimes. Their life becomes more narrow and at the

same time they have a fear of narrow places. There is easy exhaustion, causing their life and lifestyle to dwindle and fade. When the remedy started working for one patient he said “I’m starting to come alive.”

The father, as mentioned, figures prominently — either through emulation of the father or attempts to separate from the father. As well, children figure prominently - the *Cyprinus* patient may obsessively care for them in a similar manner to that seen in homeopathic remedies made from butterflies.

Physically, they have problems with their voice. It may be a significant weakness in their voice or continuous throat infections causing loss of voice. It is reflective of the trouble they have giving voice to their feelings and desires.

The nasopharyngeal area is particularly problematic. There may be recurrent sinus infections and a lot of mucus and scraping in the throat and loss of vocal strength as a result. They constantly smell something fetid and rotting. They even have delusions there are cat feces or rat feces around them - they can smell them. This is also part of the miasm and nosode *Flavus* which is made from a benign bacteria in the nasopharyngeal area. I discuss this in Volume 2 of *Miasms and Nosodes*. As seen in *Flavus*, symptoms experienced by people in the *Cyprinus* state are exaggerated in their intensity.

There are different aspects of this remedy, physically, that remind me of a remedy made from oil or one that contains a high amount of oil. One aspect is that injuries linger and get progressively worse — it usually takes some time for the injury to improve. They can suffer from overexertion and eventually smaller and smaller amounts of exertion create strains that last a long time. There is also weakness and exhaustion that I associate with an oil or oily remedy.

There are also many different aspects of this remedy that make it rather complex. This reflects the fact that koi carp can be quite colorful. The color is made by the pigment astaxanthin. This is produced naturally in the freshwater microalgae *Haematococcus pluvialis* and the yeast fungus *Xanthophyllum dendrorhous*.

These two catalyzing elements, the yeast and algae, are reflected in and part of the disposition of colorful koi fish, a variant of the remedy known as *Cyprinus*. Jan Scholten in Qjure.com describes algae as being good for the homeopathic treatment of Alzheimer’s disease. In Volume 2 of this book, I will specifically discuss algae in the context of dementia and Alzheimer’s disease. Scholten describes the overarching theme in algae:

“A theme that is strong is that of dementia and Alzheimer’s. It is like a return to a childlike state or an even earlier fetal state. It is as if one becomes younger and less developed. It is like being dependent on others for energy and substance, as having no separate and individual life.”

You see this quality in the final stages of Alzheimer’s disease - Stages 6 and 7. This remedy is indicated for those stages and prior, as well as in Parkinson’s dementia.

This childlike, algae quality can also be seen in *Cyprinus* and their soft-sided, naive quality can trigger a series of events that will be problematic for them. Algae, in their provings, have a quality of benevolence and yet a parasitic facet, too. The yeast quality is seen in some dreams of patients who need *Cyprinus*, that have to do with killing and blood, dark elements as in the dreams above which are part of the fungi family dispositional state.

An example of the dispositional state of *Cyprinus* is given by the following case, of a 60-year-old man. He worked raising money for a charity that supported schools for children. He would travel extensively and was very successful in raising funds for the organization. He is

very connected to his family — he has many children and grandchildren. He was diagnosed with Parkinson's disease and says that it started with weakness and now he can't walk in the street since he starts to tremble and his right knee down to his inner ankle is shaking. He can hardly go upstairs and as a result he doesn't go to many places. His wife says that he says when he goes upstairs he "cannot lift his body." If someone presses against him while walking he will fall over - he has poor balance.

He was also a singer but his voice is now very weak, so he doesn't sing at all. He feels his tongue trembling when he breathes deeply or tries to walk. He has a lot of very 'oily' saliva and says he has an oily sensation in the mouth all the time.

In the interview his wife does most of the talking. He sits and looks dully at his wife and does not seem to follow the conversation; he reacts usually after the question is repeated. His wife says he does not understand what you are saying and he seems to think and speak slowly. He doesn't express much emotion. By the end of the interview he is completely silent and seems stupefied.

He was very active for many years and used to be more spontaneous. He was very well known and people liked him. Six years prior he suddenly developed severe anxiety and fears. His medical doctor prescribed conventional medications for anxiety. The anxiety started as a result of a situation that occurred while he was visiting another country, fundraising. He gave the non-profit money he raised in that country to an individual to hold onto and send back to his organization. This person and their business came under investigation and the money halted. He became tremendously anxious and sleepless because he thought he was involved in an illegal business. He felt the other country's government was going to come after him.

Eventually it worked out but the wait took its toll on him. His father (now deceased) had had a similar problem where he was holding a large sum of money for a company and then was embezzled out of it. His father wanted to sell his house to pay it back. After this his father's health deteriorated with severe vertigo - "he was defeated."

In the past he had cortisone injections for his knee and other areas of his body that would get strained easily. He has knee pains after exertion but says it's not the pain that prevents him from walking but the trembling and weakness. He has trembling in the left hand too.

He is currently on a strict diet yet has suffered from constipation. Taking psyllium improved his bowel movements. He lost a significant amount of weight on the diet. The diet consists of Esh and meat with salads but no eggs, fat, sweets or bread. He used to like sweets and cookies but does not eat them now. He stopped artificial sweeteners, especially Sucralose, that he used in his coffee but which he doesn't drink any longer. He eats fish almost daily.

Analysis

In a case like this the history from the patient and the family is of utmost importance. When you look only at the actual current symptoms it could be misleading. Just looking at the patient in the present there is the stoppage of movement and stupefaction which will not give you much else to prescribe on. Looking into the history, even the recent one, there were many indications for a colourfully pigmented fish remedy. The benevolent quality, working for the greater good, the anxiety and guilt after inviting in a potentially criminal person were all leading dispositional indicators. I knew in the past there were many different remedies for someone with Parkinson's disease but also knew that fish remedies could be useful.

The other aspect of this case is the ‘sensation of oil’ in the mouth. I found this to be peculiar relative to the rest of the case since he appeared so ‘dry’ and the expectation would be that, with the symptoms he had, including the constipation, that he would complain of dryness in the mouth and eyes. I felt that he needed a remedy having a tremendous amount of oil in it or an oil itself. These include remedies like *Oleum animale* (Dippie’s oil), *Petroleum* and also *Oleumjecoris*.

I thought about and looked at *Oleumjecoris*, since it was made from a rendered oil and there were many symptoms of an oily type of fish remedy but did not feel it fit precisely. I came upon carp because it is considered a fish with the most oil in its muscle mass. I asked if he ate carp and his wife replied he ate more carp than any other fish. The tremendous anxiety about the potential for doing something criminal with resultant rigidity leads significantly to *Cyprinus*.

He was given *Cyprinus carpio* 200C.

After one month his balance started to return and he could walk in the street again. He was much more receptive and active in the follow up interview. His energy was much better. Since he was on various medications, it was a long haul to get him to a continuous level of good health and improvement.

In this case, collecting monies for a charity is representative of the benevolent idea but also the fish desire to be part of a group. Yet, by traveling, he attains some autonomy and the desire to travel can be in the Tubercular miasm. There is also an ambitious desire in *Cyprinus* for their group, such as the private schools, to achieve the highest status.

All fish have qualities of Stage 7 — a desire to help others (*Neptunium* is in this stage). And as I’ve explained in Volume 2 of *Miasms and Nosodes*, Stage 7 has the reciprocal stage of 16. But the desire to expand their financial base and be prolific is an aspect of the remedy *Nitrogen* which is in Stage 15. This stage of the periodic table is the Tubercular miasm. The desire to travel seen in this patient, and also in other cases, is further confirmation of this miasm.

One of the aspects or themes in Stage 15 (*Arsenicum* is in this stage) has to do with ‘bankruptcy’. And this is the sense: “If I make a mistake, I will lose everything.” There is also, in the Tubercular miasm, the desire to re-ignite integrity.

You can also see in this case that there is a familial father issue having to do with integrity. There is a strong link to generations.

Speaking of generations, in the brief trituration proving of *Cyprinus* issues of reincarnation came up — “Memories of the 17th century, of past life.” Another patient who did well with *Cyprinus* discussed dreams of seeing himself in other lifetimes particularly in Saxony. The desire to block vivid memories of past lives is what I discuss in the introductory chapter as a deeper issue leading to dementia and fish remedies.

Patients needing *Cyprinus* can also have digestive problems particularly with the stomach and there is a relationship between Parkinson’s disease and *Helicobacter pylori*. In the remedy picture of *Helicobacter pylori*, there is an inability to integrate differing ideas and motivations and so a confusion develops which is only relieved by simplifying and rigid-ifying, setting the stage, dispositionally, for the development of Parkinson’s disease. This nosode, like *Flavus*, may follow the homeopathic prescription of *Cyprinus*. Interestingly, conventional research makes the connection between *Helicobacter* and tuberculosis and I have placed *Helicobacter* in Stage 15, the same as the Tubercular miasm.

As well, *Cyprinus*, like *Carassius*, is important in patients with cancer and has many

qualities of *Carcinosin*. But in particular there can be Lewis lung carcinoma, general tumors and tumors in the brain like *Carassius*.

The dementia in *Cyprinus* is one of stupefaction, rigid body poses and early on there is a loss of personal hygiene. Their movements are slow even in the healthier state but by the later stages of dementia, very slow. A confusion of identity, mistaking right for left etc, and difficulty comprehending and thinking are seen in the early stages. They can go into a state where they are a child again or develop a focus on their childhood and the people in it, whereas they lose cognizance of those currently in their life including their spouse and their own children. It is also an important remedy in vascular dementia.

Clinical Focus Guide

MIND AND DISPOSITION

Father issues and the connection to carbon	Primitive; simple
Be like father	Elements of algae
Rigid moral father or immoral father	Early onset Alzheimer's disease
Father who had moral trauma	Asperger's
Hero	
Naive	Benevolence
	Fundraising
Generations	Yet desire help from others
Connection to family, father	Luring others with the expectation that they
Many children	give them money
Concern for children	
Parental abuse	Rigid expansion
	Expanding group finances
Control, ethics, scruples	Expanding social influence
Punishment and guilt	
'Conscientious about trifles'	Flashy but humble
Rigidity	Ambitious; desire to be the best Want their
Morality — internally critical of others' moral	group to be the best Annihilating the
breaches	competition Cultural supporter and fundraiser
Constrictions	
'In a tight spot'	Guilt and punishment
Tremendous anxiety from accusation of	Small discrepancy creates tremendous guilt and
potential criminal activity	rumination
Oil remedy themes	Something is rotten Delusion rotting smell
Weakness	Immorality of others Loss of personal hygiene
Conscientious about trifles	

Benevolence	Herpes
But desires to expand financial wealth	Periodic table Stages 11,15 and 16
Working for charity but parasitic begging strategies	Synchronicity
Luring others to give	Dreams
Dependent on others	Curly hair
Exaggerated internal responses	Waves
Hypochondriacal anxiety about health	Friend stealing
Internal constant complaining	Sexual, lurid
Delusions about their nose	Hero eliminating the dark side
Nose is broken or dislocated	Dark places, witches, magicians
Incorrect size of nose	Carrying ghosts
Pen around nose	Suicide, killing, being cut deeply
Constant focus on the nose	Having candida, yeast infections
Reincarnation and seeing past lives	Rotten cat feces
Vision that they are born through the nose of mother	Fish meatballs became a rat
Parasitic partner	Stupefaction
Family member, business partner, acquaintance takes from them	Confusion
Parkinson's dementia	Slow or lack of response
Constricted in expression	Difficulty speaking, can't say words
Stupefaction and lack of movement	Muffled speech
'Worshipping' children	Voice problems
Children know best	Weak voice
Many children	Loss of facial movement
Dreams of boys and girls	Difficulty handwriting
Charities for children, boys and girls	Dysgraphia
Dementia — child again, childishness, focus on childhood	Confusion right and left
PHYSICAL FOCUS	Thought was left-handed
Nasopharyngeal problems	Hallucinations
Acute sense of smell	Seeing or hearing things that are not there
Rotten smell	Misinterpreting
Extreme coryza	Mucus build up
After injury to the nose	Difficulty swallowing especially mucus
	Miscarriage at 5-6 weeks of pregnancy
	Child or adult whose mother had trauma at the 5—6 week point of their pregnancy

Strains, fibromyalgia, rheumatic disorders
Aching pain and weakness after exertion
of individual muscle groups
Difficulty exercising
Long recovery time after strain
Hamstring
Knee

General weakness
With tremors
Inability to walk or climb stairs

Parkinson's disease
Tremor, trembling uncontrolled
Weakness
Constriction, rigidity
Slow movement
Stiffness
Balance problems
Dependent on others for physical assistance

Difficulty walking
Rigid muscles
Bradykinesia

Cancerous tumors
Lewis lung carcinoma
Metastasized tumors
Brain tumors

Oily saliva
Underlying dryness, Sjogren's syndrome

Loss of voice
Hoarseness
Singers losing voice

Eye fatigue

Digestion
Food is difficult to digest
Avoids mixing foods
Rigid diets
Heartburn
Stomach ulcers
Bloating
Worse wheat
Worse sugar
Liver, gallbladder problems
Diarrhea
Worse smoked food

Food
Desire cheese
Desire rye bread
Rigid diets

Herpes
Facial
Genital

Yeast infections
Candida

Sleep problems
Frequent waking
Continuous dreaming
Sleepy during the day

Circulation and heart

Hyperlipidemia
Arteriosclerosis
Thrombosis history
Vascular dementia

Edema
Swelling under the eyes

Frequent urination
Involuntary urination

SENSATIONS

'Fallen through the cracks'

Water

Dead smelly fish

Collecting fish

Oily sensation in dry membranes

Constricted, wire

Tn a tight spot'

RELATIONSHIPS

Related remedies

Pistachios, Algae, Yeasts, Insects, *Candida albicans*, *Graphites*, Stages 15 and 16 remedies, Nitrogen remedies, *Plumbum*, *Cicuta virosa*, *Pinus sylvestris*, *Mycobactmaceae*

Followed by

Flavus, *Helicobacter pylori*, Tubercular and Mycobacteriaceae Nosodes, *Carcinosin*

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DANIO RERIO

Zebrafish; Cyprinidae



Keywords: *Cyprinidae*; omnivorous; scientific research model; cannibalize eggs

The zebrafish, *Danio rerio*, gets its name from the horizontal stripes, reminiscent of a zebra, running the length of its body. These active little fish are popular in home aquariums; they have been described as 'playful'.

Danio rerio has been a useful scientific model for vertebrate development and gene function since the 1970s.

Research with zebrafish has led to new approaches in many fields such as oncology, teratology, regenerative medicine and neurobiology to name a few. They have been used in opioid addiction research, in the testing of novel therapeutic agents and also to compare sleep patterns in humans. An amazing feature of this species is its ability to regenerate certain types of cells (in the heart or lateral line) if they are damaged during development.

Zebrafish have been genetically engineered to create the GloFish™ which has pink, red, yellow, purple, green orange and blue fluorescent coloration.

Natural History

Zebrafish are native to freshwater habitats in South Asia, namely India, Nepal, Bangladesh, Bhutan and Pakistan. It has been introduced to several places in the United States; also to Colombia and Malaysia.

Zebrafish typically inhabit canals, ponds, ditches, streams and rice paddies where the water is relatively shallow, moderately flowing to stagnant and clear. They prefer locations with submerged or overhanging vegetation, with pebbly, muddy or sandy bottoms. They have been found living in a wide range of water temperatures (12–38 °C); lifespan research studies have shown that zebrafish raised in colder water live 71 % longer.

The differences in coloration between the male and female fish make them readily distinguishable: the male has gold stripes between the blue stripes and the female, with a larger, whitish belly full of eggs, has silver stripes instead of gold. In the wild they grow 2–4 cm in length and survive around one year; in captivity they grow larger, 4–5 cm, and in ideal conditions the lifespan may be up to five years.

Zebrafish rapidly reach maturity in just 3 months, which means that over their lifetimes they generate many thousands of offspring. Spawning occurs more often in the mornings due to their circadian rhythms. Male fish choose a suitable spawning location and guard it from other males. By chasing the females and providing olfactory cues the spawning of eggs is stimulated; sperm are then released into the water. Females will breed with several different males, and vice versa. Females are capable of laying eggs at intervals of just 2–3 days, and there may be hundreds in each clutch. Neither parent provides any protection for the eggs or young; given the opportunity hungry adult zebrafish may, in fact, eat the eggs or hatchlings.

Immediately after fertilization the eggs become transparent; this characteristic, combined with the embryo size, robustness, and rapid development outside the mother, and the fact the genome has been fully sequenced all make *Danio rerio* a convenient species for research.

In the wild and in the home aquarium, zebrafish live in shoals of 6 or more in which a dominance hierarchy exists, achieved by chasing and biting one another. The dominant animals are able to obtain access to the best food and breeding territories. They are omnivorous and in the wild feed on small insects, insect larvae and eggs, zooplankton, phytoplankton and algae. Adult zebrafish, in turn, are preyed on by snakehead fish, knifefish and catfish, birds such as kingfishers and herons, and even dragonfly larvae. A great many species probably eat zebrafish eggs and larvae.

Parasites: Zebrafish are susceptible to ‘velvet disease’ caused by *Amyloodinium ocellatum*, microsporidia (*Pseudoloma neurophilid*), and *Mycobacterium* species.

Distinguishing Homeopathy Features

Cheerful, affable, playful in spite of difficult and abusive history

Delusion crime, jail

God’s wrath

History of many medical procedures

Dazed

Easy enchantment

Parasite, fungus

Neuromuscular problems and diseases

Adrenal

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia

Post injection dementia

Homeopathy Commentary

Zebrafish are considered a 'model biological system'. Since these fish have such a similar genetic code and internal physical structure to humans they are one of the most scrutinized and experimented on animals. Zebrafish are able to regenerate their heart and lateral line hair cells during their larval stages, thus giving hope to the possibility of regeneration in humans and therefore researchers of this fish receive much funding for study.

So, in the name of science, the zebrafish is sliced, diced, maimed, eviscerated, stabbed, electrocuted, electrically prodded, paralyzed, intensively frightened, as well as drugged with all sorts of conventional psychotropic and prescription drugs. They are plied with alcohol, made obese, exposed to toxic chemicals, pesticides and other poisonous substances. Not to forget, they are infected with various types of infectious agents and given diseases, such as various malignant cancers.

When prescribing remedies from the Animal kingdom I always see a patient's dispositional symptomatology as a reflection, or energetic imprint of the environment and happenstance of the particular creature. What is the imprint here? And what is the miasm? In the case of *Danio*, I thought of the Mycobacterium paratuberculosis miasm. As I discussed in Volume 1 of *Miasms and Nosodes*, I led a proving of the nosode *Johneinum* from this miasm. One prover felt that the Nazis were going to get them, had to hide in her attic, like Anne Frank. The provers also felt persecuted, tormented, and suffered very much and had the feeling they were going to be attacked or killed. This idea of being inhumanely experimented on, is, I have found, part of the disposition of patients needing *Johneinum* (Mycobacterium paratuberculosis) or other remedies in the miasm. This includes transgeneration traumas related to these situations and stresses.

A difference though, is that the *Danio rerio* patient is more cheerful, even playful, in spite of all sorts of serious and challenging experiences. These may include a personal history of many surgeries and painful medical treatments. There are other miasmatic influences for patients needing *Danio rerio*, particularly viral and thereby more neurological complaints and of course, Alzheimer's and Parkinson's dementia.

The medical experimentation procedures also mimic parasitic processes, such as those with microsporidia. *Pseudoloma neurophilia* infect zebrafish even in research facilities. This parasitic fungus infects the central nervous system and muscles causing emaciation and skeletal deformities. The patient needing the remedy *Danio* may exhibit some of these physical issues. And from a dispositional point of view, Esh remedies including *Danio* are vulnerable to fungi and parasitic external darker forces and can have dreams and fears reflecting those circumstances.

For Orchid homeopathic remedies, I write about how the orchid needs fungus to germinate (mycorrhizae) and that Orchids, dispositionally, are redeemers of the dark fungi energy. I have included a list of the dispositional themes of Fungi remedies below. Although the colourful quality of Orchids is similar to many fish such as tropical fish, the reaction in fish is different - it is not so much that they are in the midst of the fungus energy and attempting to redeem it like in Orchids, but rather, Erst they give into it and then resent the impingement of the energy. In other words, patients needing *Danio* are victims of the fungal and parasitic energies.

And intentional experimentadon and drugging can also be associated with spider venom dispositional energy. So there may be a quality of injury from that in the *Danio* case as well.

Some of the prior medical interventions may have been for muscular ailments or spinal realignments. The *Danio rerio* patient can have all sorts of neurological, spinal and muscular problems, particularly genetic. It is a remedy to be thought of in various kinds of spinal problems as well as muscular dystrophy such as Duchenne muscular dystrophy. As well, this remedy should be considered for patients with Charcot-Marie-Tooth disease where there is motor and sensory neuropathies. It may also suit someone who has a chronic disease, particularly neurological, like multiple sclerosis, but manages to generally stay positive and upbeat.

The other important dispositional element in this homeopathic remedy is a similar, but more intense theme as seen in the Cyprinidae (carp family). In spite of a superficial cheery demeanor, there is the underlying feeling of having committed a crime. This feeling may come simply from having made a mistake at work or something that is not so earth shattering. Yet, in *Danio rerio*, the feeling is intensified and they feel that they are experiencing the judgement of God - it is their belief that bad things continuously happen to them. So there is the delusion that God's wrath is upon them, similar to *Kali bromatum*. They can also have a great fear of being judged or censured. As well, they fear they will be arrested or confined. Some *Danio rerio* patients may have experienced difficult, even extreme, emotional traumas, including torture and enslavement.

The guilt feeling is not so much constricting but generates a dazed and confused feeling - "how did I get here?" In dementia, the patient may have a delusion that they have committed a terrible crime or that there are criminals around them.

They may have this feeling of having committed wrongdoing as a result of a disability that keeps them confined and dependent, even though they strive for freedom. The struggles and abuse they experience in life may fortify their beliefs. They may feel trapped or confined as a result of their disability.

The healthier patient though, can be, like other remedies in the carp family, quite robust and adaptable. Like *Carassius auratus* (goldfish), they are likeable, even adorable, and they have a charismatic ability to attract, inspire or fascinate others. There may be many issues with the parents, especially the father. Although, when under pressure, they can become more irritable, even fighting back. These strong emotions are primarily hidden, not easily expressed. Generally,

they are compliant with others, especially those in authority.

In spite of the challenges, *Danio rerio* patients can accomplish much. They may be teachers and move forward in their held of expertise. Yet they, like other fish, are held back by a feeling of childish lack of confidence and a need to depend on others who present themselves strongly. Another theme for patients needing *Danio rerio* is 'easy enchantment', described in the repertory as "Mind; magnetized, easily" or "Mind; desires to be magnetized." In spite of being practically and pragmatically orientated, they are easily seduced by others who are forceful with new or strange ideas and ways of living. Thus they can easily get involved with someone who will overwhelm them, control and dictate to them. They may have grown up in this kind of household.

As I mentioned, there are many different types of pathology that the *Danio rerio* patient may present with. These are primarily neurological diseases. It is an important remedy for patients with neurological problems and subsequent cognitive impairment.

But the patient needing *Danio rerio* may also have other autoimmune, genetic, miasmatic and chronic conditions.

Johne's disease or Mycobacterium paratuberculosis is an underlying bacteria that can cause Crohn's disease. Pertinent to this discussion, zebrafish are used in experiments involving IBS and Crohn's. The *Danio rerio* patient can experience digestive and intestinal problems, even Crohn's disease.

A focus of pathology is the brain of course, but also the adrenal glands. This may lead to many different kinds of chronic disease and tumors, both benign and malignant may be present.

They may also have heart problems including atrial fibrillation and blood pressure issues. They may have severe eczema with itching and copper discoloration.

Because of its history of use in conventional medicine, I encouraged Robert Muntz of Remedia pharmacy to potentize the zebrafish. He was kind enough to do that and it is available from <https://www.remedia-homeopathy.com/>.

Clinical Focus Guide

MIND AND DISPOSITION

History of persecution and torment
History of many medical procedures
History torture and enslavement
Hiding

Transgenerational trauma

Cheerful and playful

Positive and upbeat under challenging circumstances particularly with neurological diseases

Laughing easily

Exaggerated movements

Likeable

Ambition

Frustrated ambition

Feeling held back

Sympathetic

Cooperative

Delusion committed a crime

Dazed and confused about it

Delusion prompts descent into dementia

Committed wrongdoing

PHYSICAL FOCUS

Adrenal dysfunction

Tumors

Benign and malignant

Pheochromocytoma

Cushing's syndrome

Conn's disease

Cortisol deficiency (?)

Adrenaline rushes

Sudden episodic restlessness

Conscientious about trifles

Judgment of God upon them

God's wrath is on them

Fear of being judged

Committed wrongdoing

Sudden panic attacks

Water sports - surfing, swimming

Teachers

Technical expertise

Electrical engineer

Easy enchantment

Controlled by others

Cults

Suffer from effects of parasitic person

Timidity

Lack of confidence

Dependent

Childlike

Down's syndrome

Dwarfish

Failure to grow

Muscular dystrophies

Muscle wasting

Neurological conditions

With loss of muscular strength and control

Multiple sclerosis, Amyotrophic Lateral

Sclerosis

Effects of and sensitive to electromagnetic radiation

History of electric shock

Inflammatory and irritable bowel diseases

Chronic diarrhea

Crohn's disease

Heart palpitations

Hypertension

Excessive hair growth

Food

Overeating

Desire junk food, salt, sweets

SENSATIONS

Wasting

Water

Large waves

Electric

Sudden strength

RELATIONSHIPS

Fungi remedies, *Johneinum*, Tubercular remedies, *Lathyrus sativus*, *Bromium*, *Kali bromatum*, *Agaricus*

Modern Homeopathy Sources

From Zhomeo Webinar 3 Louis Klein FSHom

Dispositional Themes of Fungi Remedies:

- Death, war, battle, destruction
- Over-courageous/timid
- Invasion
- Netherworld
- Hell, heaven
- Furious delirium
- Dwarfish, dependent
- Fermentation
- Swell and puff

Counting

Unsuccessful trying Covert, underworld, dark

Empty, hollow

Blood circulation

Neurological

Movement

Impulsive sexuality

Debilitation and weakness

Necrosis and cancer Uranium series

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ELECTROPHORUS ELECTRICUS

Electric Eel; Gymnotidae



Keywords: Gymnotidae; demersal; tropical freshwater; carnivorous; oviparous; seasonal breeder; fractional spawner; male parental care; nocturnal

Electrophorus electricus, the electric eel, is not actually an eel, despite the name and appearance; it is more closely related to the catfish and is classified as a knifefish. They are found mainly in coastal swamps, creeks and small rivers in the Amazon and Orinoco river basins in South America. They inhabit the muddy bottom in calm or stagnant water, feeding on fish, amphibians, birds and small mammals which are sucked into their mouths after being electrically stunned.

Natural History

Electric eels are named for the electrical charge (up to 600 volts) they can generate to stun prey and dissuade predators. This feature has been a focus of study by the scientific community for many years. The bodies of these fish contain electric organs with about 6,000 specialized cells called electrocytes that store power. (In 1799, scientists used electric eels as the inspiration behind the first battery design). When threatened or attacking prey, these cells will discharge simultaneously and the shock can be even felt underwater some distance from the fish, which is a hazard for researchers and anyone attempting to handle the fish.

Research has shown that the shock they generate when leaping from the water to repel an animal perceived as a threat is more powerful than when they are underwater. Human deaths are

extremely rare but multiple shocks can cause respiratory or heart failure, and people have been known to drown in shallow water after a stunning jolt. The shock has also been known to knock a horse off its feet. The ability to vary the intensity of the electrical discharge allows them to use low voltage discharges for electrolocation to sense the surrounding environment, compensating somewhat for their poor eyesight and the limited visibility in their habitat. They do, however, have enhanced hearing due to an adaptation of their swim bladder which is connected to the inner ear. The electric eel is able to avoid most predators and can even generate shocks up to eight hours after death; despite this they are occasionally eaten by local people in the Amazon area.

The electric eel has an elongated, cylindrical body, typically growing to about 2 m in length, and 20 kg in weight. The average lifespan in the wild is 15 years and up to 22 years in captivity. A thick, slimy protective skin, without scales, covers the entire body and is a defence against their own electrical current. The coloration is dark gray-brown or purplish on the back and yellow or orange on the belly. Mature females have a darker color on the belly. The mouth is square, and positioned at the end of the snout. They lack caudal, dorsal or pelvic fins but the anal fin extends the length of the body to the tip of the tail. Males outnumber females 3:1 and grow about 35 cm longer than females. They are obligate air-breathers and must rise to the surface for oxygen every 10 minutes, but this does allow them to thrive in low-oxygen environments.

Electric eels are usually solitary but when they do mass together it is called a 'swarm'. Breeding occurs in the dry season, during which three successive batches of eggs are laid, producing as many as 3000 young each time. Males construct foam nests from their saliva into which the female lays her eggs. Once the larvae are born, males guard the nests until mid-January when the first seasonal rains flood the breeding sites causing the young eels, by then about 10 cm in length, to disperse. Initially, the fry eat unhatched eggs from subsequent clutches.

Two new species of electric eel have recently (2019) been identified by researchers at the Smithsonian National Museum of Natural History. One of the new species, *Electrophorus voltai*, can discharge up to 860 volts of electricity, significantly more than the 650 volts generated by *Electrophorus electricus*.

Distinguishing Homeopathy Features

Absentminded professor' (compare *Sulphur*)

Eccentric; foolish

Decline in cognition starts with reading difficulties

Despair about their health

'Angelic' appearance with hidden aggression

Confusion about identity, especially sexual identity

Religious or spiritual in order to establish an identity
Hypersensitive to environmental energies and toxicides
Neurological and autoimmune diseases

Harnessing, controlling his/her energies

Dementia Indications

Parkinson's dementia

Vascular dementia

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Korsakoff syndrome

Post influenzal and viral dementia

Homeopathy Commentary

This interesting and dangerous creature has some complex dispositional indications for use in homeopathic therapeutics. Even though it is called electric eel, it is a remedy that should be compared primarily to carp (*Cyprinus carpio*) or catfish since it is classified in the knifefish family and close to those fish family classifications. But interestingly, even though it is not an eel, it is called electric eel and has some resemblance to eel, including a lack of scales.

This fish has two other features that become characteristics in the patient needing the remedy — that is, it can grow to become very large and long. They can achieve 2.5 meters in length and over 40 lbs in weight. The patient needing this remedy may be very tall and overweight. The electric quality seen in the homeopathic remedy *Electricitas* includes foolish and eccentric behaviour which you can see in a toned down and controlled version in the dispositional features of the patient needing *Electrophorus electricus*. Together, they bring forth the idea of the 'absentminded professor' with fish-type memory problems and personality.

Many of the memory problems start to show with being unable to read effectively. Since they are easily reactive, they readily fall into despair about their health and especially about their memory deficits. They may hunt for words since they forget words easily. In the end stage there are severe memory problems.

In homeopathy we talk about 'imponderable remedies' (e.g. *Electricitas*, derived from electricity), pertaining to intrinsic invisible forces and radiations. *Electrophorus*, as I mentioned, has these 'electric' qualities since the fish can create and harness such a strong electric current. In imponderable remedies you can see unique sensitivities that create a sense of helplessness, which may alternate with powerfulness. In *Electrophorus electricus* both are seen.

Aggression is a feature, particularly in children toward their siblings. They may constantly be in pursuit of them to abuse them. They are provocative and can even have a desire to kill others. They can be resdess, argumentative and have an air of being in command. They may resist any pressure to do things a certain way. But this aggression and resistance can be hidden, and to adults they may seem like angels. The aggression can alternate with 'good' behavior and with any authority figures, they seem quite cooperative. They shun public embarrassment.

As the patient matures they feel the need to harness their aggressive impulses. Thereby, they become more controlled and their anger is sublimated into the unconscious, provoking more dreams and fears. It also creates more confusion and the patient needing this remedy can have confusion about their identity, particularly sexual identity. They experiment with different names

and different orientations. They can also feel guilty about their aggression and become quite spiritual or religious as a compensation which also seems to help with their identity crisis. As well, they may feel a strong need to protect females in the family including the mother. Their mother becomes very important.

They may need to find a religious identity or guru to give them a sense of identity. In this process, they become the person behind the guru or teacher. Or they may become, uncomfortably, the humble spiritual leader provoking others to higher levels of religiousness and higher consciousness. They can also be more of an eccentric teacher of general subjects, stimulating their students.

They do not do well with stress and their sensitivities are strong. These include sensitivity to electromagnetic frequencies, radiative energies and environmental toxicities. Yet, they are fascinated by and very involved in computers and electrical devices; even being part of the development of them. They can be involved in the tech industry or graphic arts using computers. They may invent new ways of doing something but others will take credit for it. And in this case, they can become quite internally resentful but not express it so easily.

They also, like imponderable remedies, suffer from severe fatigue or chronic fatigue syndrome which limits their activities. They feel they need to watch how much energy they put out in any activity. They are very concerned about how much energy they expend, what time they go to bed or nap to refresh their energies etc.

Their hypersensitivity extends to hearing and sounds but also other senses can be heightened.

On a physical level, their immune system is affected. In a healthier state, they can be easily impacted and get frequent colds and acute chest problems. But then they can suffer from more severe autoimmune disorders, the recurring chest problems can develop into idiopathic pulmonary fibrosis (IPF). They can develop other autoimmune conditions on the skin where they may have vitiligo or scleroderma. They can also suffer from more severe conditions such as idiopathic membranous nephropathy, or problematic chronic lymphatic swellings. Other autoimmune ailments may include vasculitis causing dementia.

It is a remedy to consider especially for patients with neurological diseases that include loss of muscular control or excitability of the nervous system where you may see twitching and cramping with dementia or memory problems. It is a remedy to consider in Parkinson's dementia where there is excitability of muscles and lack of muscle control. As well, consider this remedy for patients with multiple sclerosis and myasthenia gravis.

Another indication is multifocal motor neuropathy (MMN), in which the motor nerves are affected whereby the electrical signals that move muscles are faulty. In this condition patients suffer from weakness in the hands and arms. Other symptoms include muscle wasting, cramping and involuntary contractions or twitching of leg muscles.

The muscles of the eyes can be impacted and thereby you can see the rare condition of oculopharyngeal muscular dystrophy and other conditions of the eyes and lids.

Clinical Focus Guide

MIND AND DISPOSITION

Eccentric person and teacher

Unconventional teacher

Absentminded professor' The Nutty Professor

Eccentricity; quirky, toned down

Fear loss of control

Involved in tech industry, military

Fascination with, and works with computers and electrical equipment

Eccentric, novel ideas

Develop new ideas for which others take the credit

Religious follower or leader

Uncontrolled laughing, emotions

Foolish statements and expressiveness

Breakdown from overwork

Need frequent breaks

Memory problems

Difficulty reading and retaining what is read

Forgetful of words while speaking

Difficulty articulating

Mistakes in time

Confusion about what time it is or how much time has passed

Dementia

Descent with exhaustion

Parkinsonian dementia

Vascular dementia

Huntington's dementia

Despair about health and memory

Hidden aggression especially in children

Aggression towards male sibling

Desire to kill, stab

Angel with adults and those in authority	Worse before and during thunderstorm
Hidden provocations	
Repressed anger for others who have taken advantage of them	Considers many loves and griefs from past lives
	Sighing with weeping
Harness impulses and aggression	
	Dreams
Protect the female, the mother	Confusing
Anger towards men	Provokes anxiety
	Worms
Shun public embarrassment	Water
	Electric shock in water
Guilt leading to religiousness	
	Fears
Confusion of identity	Cancer
Religious group gives sense of identity	Spiders
Force behind the guru, priest	Thunderstorms
Humble religious leader	
Eccentric	

PHYSICAL FOCUS

	With loss of muscular control
Oversensitive to electromagnetic fields (EMF)	With dementia
	Parkinson's
Chronic fatigue syndrome	Multifocal motor neuropathy
Over-concern about how much energy they put out	Multiple sclerosis
	Myasthenia gravis with voice paralysis
	Huntington's disease
Long standing sleeplessness	Limbs
Frequent yawning	Stiffness
	Dragging
Autoimmune conditions	Paralysis
Skin, kidneys and other organs	Trembling
	Shocks
Recurring colds and lung problems	Drawing pains
Idiopathic pulmonary fibrosis	Painful spasms
Lung cancers	Numbness
Feeble respiration	Neuropathies
Asthma with palpitations and oppression of chest	Back
	Stiffness between shoulder blades
Plug sensation	Epilepsy, convulsive
	Tourette syndrome
Neurological problems	Sydenham's chorea
	Syncope
Fear loss of control	Eyes

Blepharospasm
Muscles of the eyes
 Falling of lids
Oculopharyngeal muscular dystrophy
Blepharitis
Trichiasis
Tumors on the eyelid
Strictures of lacrimal duct
Conjunctivitis

Heart problems
History myocardial infarction (MI)
Tachycardia
Atrial fibrillation
Palpitation thunderstorm

Kidney and lymphatic

SENSATIONS AND EXPRESSIONS

Buzz
Vibrating
Electrical

RELATIONSHIPS

Idiopathic membranous nephropathy
Chronic lymphatic swellings

Remedies similar

Lithium salts, Lanthanides, Imponderable remedies, *Hyoscyamus*, *Electricitas*, *Lamprohiza splendidula*

Exophthalmic goitre

Frequent urination
Involuntary urination

Menses
Black and thick
Profuse
Breasts swollen, sore during menses

Food
Desire shrimp
Desire meat
Desire junk food

High thirst alternating with having to force self to drink

Can be tall and overweight

Water
Like a nut or plug sensation
Harness

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ERYTHRINUS

Red wolf fish; Erythrinidae



Homeopathy Abbreviation: *eryth*

Keywords: *Erythrinidae; freshwater; tropical; demersal; predatory, aggressive mimic; aquarium fish; parasites*

The red wolffish (*Erythrinus erythrinus*), is a freshwater fish native to Central and South America (including Brazil, Peru, French Guiana, Venezuela, Trinidad and Tobago) in the Amazon and Orinoco River basins and similar river systems.

Natural History

Known among aquarists since 1910, its culture is reputedly difficult and its reproduction in captivity has not been reported to date. Despite a lack of information available on spawning and reproduction in the red wolf fish, data from at least one research study of this fish suggests further studies conducted in fish models could lead to better understanding of the process of vertebrate sex chromosome evolution.

The red wolf fish lives in small tributaries, creeks, swamps, marshes, pools, ditches and the margins of forest lakes where it can survive in water with low oxygen levels due to some anatomical modification of its swim bladder which serves as a respiratory appendage. It stays both- on the bottom, and among floating vegetation at the surface.

It feeds on small fishes and insects. The young wolf fish has a particular predatory adaptation: it mimics the colour pattern of the female of its specific prey, the cyprinodont fish *Rivulus agilae*. The male *Rivulus* is thus attracted by the young wolf fish, and, when performing a sexual display in front of it, is caught by the tail and swallowed. Various experiments in captivity confirm the constancy of this behavioral pattern. The colour pattern of the young red wolf fish disappears completely when the fish becomes subadult and leaves the highly specialized habitat of the *Rivulus agilae*, to settle in deeper water. Adults grow to a length of about 25 cm.

Parasites: *Procamallanus paraensis*; *Paraseuratium albidum*

Distinguishing Homeopathy Features

Hierarchy

Ambition, desire social position and respect

Conflict of deep emotions and grief versus ambition

Cover-up: presenting as someone who they are not

Deep grief of unknown cause

History of sexual predation

Family history of syphilis, leprosy

Confusion, talking ameliorates

Dementia Indications

Alzheimer's disease — Stages 1—6

With censoriousness and 'stopped' thinking

With hopelessness and suicidal depression

With sundown syndrome

Parkinson's dementia

Dementia of end stage syphilis

Homeopathy Commentary

This is a homeopathic remedy that has been used classically for many years. It was introduced by James Compton Burnett (1840—1901) who also introduced *Bacillinum*. He noticed that sailors who ate the fish developed a red rash that looked a lot like syphilis. He then went on to use homeopathically prepared *Erythrinus* for patients who suffered from pityriasis rubra (pilaris) which is a skin condition in which the skin can 'shed' from large patches of red eruptions. Dr. Burnett believed this to be a miasmatic and genetic manifestation of syphilis. He saw a case whereby the father had syphilis and the child developed this skin condition, which was cured with homeopathic *Erythrinus*.

Then in 2006, Joy Lucas, an English homeopath, initiated and completed a proving of this remedy. Interestingly, some of the data of the proving was lost — somehow fitting for a fish remedy. Also reported was the general fish theme of inability to concentrate and this resulted in feeling helpless and vulnerable, like the concept of fish remedy 'soft-sidedness'.

As described in the introductory proving document the fish-like theme of negativity and anxiety with confusion and difficulty concentrating was strong:

"The main theme experienced was that of NEGATIVITY that took the form of ANXIOUS NERVOUSNESS; of being DISSATISFIED AND UNSETTLED; INDIFFERENT; VULNERABLE and HELPLESS; CONFUSED and INABILITY TO CONCENTRATE."

One of the other strong themes, also a general fish theme, had to do with connection and separation from friends or the group:

The overall description of these feelings came through as being SEPARATED or DISCONNECTED, sometimes centering on the IDENTITY, NEGATIVE FEELINGS that cannot be identified (like the difficulty in accurately naming the fish); sometimes feeling SEPARATED FROM FRIENDS, sometimes WANTING TO BE SEPARATED and NOT COMMUNICATE, even ARGUING with people on purpose so as to form a distance/separation.

There were strong internal feelings in regards to these separation issues such as anger as above, but also depression, sadness and grief.

Wendy Howard, in her article *Tales from the Red Fish*, which is on her experience proving *Erythrinus*, describes the connection and separation issue as part of a connection to what she calls 'unity consciousness', which is a good term to describe this fish and others with their innate sense of being part of a group:

The fish's strong connection to unity consciousness is less obviously grounded in its lifestyle and behaviour, though could easily be seen as a polarity of its separation and potential isolation within its habitat and/or a function of its primitive nature. While I find unity consciousness is generally heightened in many provings, it was particularly strong in this one.

And again, like many of the fish remedies, issues around not being able to cognitively function and also distortions of time and losing track of time:

A number of provers also described a peculiar sense of TIME DISTORTION - SENSATION AS IF AHEAD OF TIME; SENSATION AS IF LOSING TRACK OF TIME; chores taking a long time and getting very behind in work duties; also a sense of not having done something that should have been done; making PLANS for the future.

These issues are also found in many Actinide remedies such as *Neptunium muriaticum* and *Americium nitricum* which have as a general theme ancient identity and manifesting an old soul. There is this quality in *Erythrinus*.

There are also the rubrics "Delusion, everything has changed" and "Does not recognize his relatives" which of course is part of the Alzheimer's issue.

We can look deeper to grasp what is peculiar or particular to this fish remedy. It is called the wolf fish and for wolves, in the natural world, hierarchical structures are very strong. Although hierarchy is an animal quality generally translating to remedies derived from animals, in fish remedies it is not so prominent. But in *Erythrinus* it is noticeable. They want to be

respected and ambitiously attempt to fit into the hierarchy even going after those or the person that is at the top of the hierarchy. They attempt to cover up their weaknesses or dissemble in mortifying situations so as to not get seen or caught and thereby lose their social status.

They may go into politics or get very political at work or home, yet fundamentally they are not made for it. Being affable, like fish remedies generally, they are easily betrayed and taken advantage of. They then feel resentful about the betrayal but it is for the most part internalized and there is much perseveration.

Many of these aggressive expressions and the perseverative thinking are part of the Syphilitic miasm which is Stage 17 of the periodic table and can have the idea of 'erasure' of others. Therefore there are many rubric symptoms similar to *Arsenicum*, *Mercurius* and other syphilitic remedies. Such as:

- Censorious
- Anxiety about salvation
- Compulsive disorders
- Suspiciousness, mistrustfulness
- Irritability about trifles
- Dreams, killing

These thoughts of killing, attacking others or very angry thoughts or dreams in order to get revenge are not so readily expressed except in bursts of emotional negativity. Most of the time they are quite friendly, thoughtful and good-natured but they are also, as mentioned, weighed down by grief; sometimes a grief of which they have difficulty knowing the cause. So it is this contradiction of emotional feeling and expression: grief versus ambition, violent thoughts versus amiability.

Joy Lucas in the introduction to the proving talks of the syphilitic quality including physical symptoms brought out in the proving:

As if to reinforce the syphilitic influence there were throat infections leading to eruptive states (some more pronounced than others) ...overall there was a distinctive passage from one stage [of syphilis] to another, within the proving.

The destructive dark ulcerative quality of the Syphilitic miasm comes through in the sexuality of the patient needing *Erythrinus*. As the young red wolf fish mimics the female of another species to sexually lure the male of that species, then eats it, we can see this dispositionally in what one prover called "aggressive mimicry."

When you add this luring quality to the 'belong to a group' and hierarchical fish quality you can see how it would fit a seemingly altruistic-looking priest who is a sexual predator to young people in their charge. As well, you may see the polarity of this — someone who has been the victim of this type of sexual predation. Some provers felt uncomfortable in the presence of the opposite gender and "an aversion to men".

Sexual predation can also be seen in spiders and snakes and is reflected in their animalistic remedy dispositional aspects. In *Erythrinus*, there are even dreams of spiders and dreams of squashing spiders. There is also a related rubric to this sphere of activity: "Mind; dreams, watched, being."

As well, the fish can travel on land or in very shallow water and this is reflected in the symptoms and themes described by Wendy Howard:

For an aquatic creature, this was a very earthy' proving, which later made some sense in terms of the fish being able to survive and move on land, and earth being the 'mediator' between members of the species separated in individual pools. I had a dream in which I lost the use of my legs completely and had to drag myself along on my arms, dreaming that I was awake at the time.

Overall, there were many general syphilitic modalities — worse night etc. As an example for this, under Generalities, Joy Lucas writes in the proving:

The most pronounced symptoms were a general WEAKNESS, HEAVINESS, DESIRES AIR, < NIGHT and EARLY MORNING.

There is also, along with the syphilitic miasmatic tendencies, a quality of the Leprosy miasm, Stage 16 in the sets of symptoms of *Erythrinus*.

The dementia dimension came forward in the proving and there were many relevant rubrics:

Confusion of identity
Fear of her condition being observed
Indifference, apathy with boredom
Indifference apathy, everything seems to him dead, nothing makes a vivid impression upon his mind
Irresolution
Mistakes of perception
Mistakes in writing
Mistakes in talking
Time, loss of conception of
Time passes too quickly
Will; loss of
Will, weakness of

In the dementia state there is also a feeling they had committed a crime or there are criminals around them.

Clinical Focus Guide

MIND AND DISPOSITION

Anger and irritability

With quick remorse

During sleep

About trifles

Censorious

Conflict of deep emotions and grief versus ambition

Hierarchy

Wants respect, social position important

Ambition to be high up in hierarchy

Mortification aggravates

Aversion to being bullied and bullies

Cover-up: presenting as someone who they are not

Member of religious group

Violent thoughts, desire to attack others

Preying on others

Dreams of squashing spiders

Sexual predator

Effects of sexual predation

Confusion of mind, talking ameliorates

As if forgotten something

Worse afternoon

Better talking to someone

Confusion as to identity

Mistakes

Writing

Talking

Perception

As if forgotten something

Loss of conception of time

Delusion everything has changed

Does not recognize his relatives

Grief, pent up

Over long past offences

Depression, lost affection of friends

Weeping at night

Anxiety at night

Dreams

Being caught and arrested

Birds of prey

Brother in danger, trapped

Dead animals

Driving

Face translucent glass

Hiding, may get caught

Insects

Lice

Spiders

Old friends

Sexual

Trains

Dragging paralyzed legs

Urination, defecating, stools

Emotions controlled by intellect

Fears

Eating too much, of

Expressing himself, of

Ennui

Delusion alone

Estranged

Sleeplessness
With sleepiness
From restlessness, uneasiness, confusion,
negative feelings
Overpowering sleepiness daytime

Color red

PHYSICAL FOCUS

Generals

Heaviness, weakness, desires air
Worse night and early morning
Better warm applications
Better lying on affected side
Sudden acute inflammations
Generally worse evening and night (Syphilitic
miasm)

Throat infections
Inflammation

Tonsils
Inflamed and swollen
Worse left side
Extends to ear
Better warm drinks

Difficulty breathing
Better yawning

Acrid discharges
Offensive

Stomach
Sudden nausea with stomach pain in
evening

Eyes

Lachrymation worse morning
Heaviness worse morning
Burning left eye
Desire to close the eyes

Abdomen
Flatulence
Noises and pains

Food

Increased appetite in the afternoon
Desires carbonated drinks
Desires buttermilk
Desires ice
Desires salt, spicy, sweets
Desires fried onions

Cystitis
With cloudy, green and frothy urine

Menses
Generally worse after
Thirst before

Extreme thirst

Worse before sleep

Leucorrhea
Offensive - like spoiled fish or cadaverous

Vertigo

Leaning back ameliorates

Skin
Itching spots, elevated, on abdomen and
extremities
Worse night
Desquamating
Inflamed
Undressing aggravates

Mouth

Dryness

Skin
Eruptions dark, purple
Pityriasis, pityriasis lichenoides or rubra
Scratching ameliorates
Small syphilitic-like eruptions
Cracking orifices

Clenching teeth

Unrefreshing sleep

Ears
Eruptions boils
Pain left ear

Trembling and twitching
Contraction of muscles and tendons
Streptococcal infections

SENSATIONS

Sudden acceleration and momentum
Flying
Neuropathy
Tingling and prickling with extreme tension

Dragging
By arms
Legs paralyzed

Parkinson's symptoms

RELATIONSHIPS

Similar remedies

Syphilinum, *Streptococcinum*, *Mercurius* salts, *Lac lupinum*, *Lac caprinum*, Actinide remedies such as *Neptunium muriaticum*, *Americium nitricum*

Modern Homeopathy Excerpts

Wendy Howard, a proving participant, discusses the proving in the context of astrology and mythology in *Tails from a Red Fish* published on <http://www.smeddum.net/articles/erythrinus.htm>

“In terms of mythological archetypes, Triton, the merman son of Poseidon (Neptune), is suggested. Triton started off in the singular and later became plural, much as the singular Erythrinid species are now being called ‘species complexes’. The singular Triton was best known for his musical skill on the conch shell which he once blew on Poseidon’s command to calm the seas and order the waters to retreat at the end of the Great Flood. He played a role in the story of the Argonauts, appearing to them when they had been washed far inland (to Lake Tritonis in Libya) by a tidal wave, and were desperately trying to find an outlet to the sea. He disguised himself as a local king and presented the Argonauts with a clod of earth as a gift of friendship, receiving a golden tripod in return. He then reverted to his true form and led them back to the sea, where they dropped the clod of earth in the Mediterranean and it became the volcanic island of Thera (Santorini — whose massive eruption in c1500 BCE is credited with the destruction of the Minoan civilisation in Crete). In plural form, Tritons were troublemakers, known for the sudden attacks they made on humans, catde raiding and general plundering.

There is much here to echo *Erythrinus* — becoming stranded in pools surrounded by land, the earth emphasis, the mimicry, names being merely nominal, the predatory eruptive Martian-style behaviour with its-Neptunian undertones. Conch shells are traditionally symbols of power, authority and sovereignty and were used to command spirits, so in a sense relate to the governing principles of the whole as well as the whole Neptunian relationship to universality, and bring in a Saturnine flavoring.

From the Proving of Erythrinus, Joy Lucas:

DREAMS

Dreams not remembered

Dreams of old friend and myself — gives a nice feeling

Dreams of being pursued and attacked

Dreamt that brother was in danger and had been trapped and imprisoned

Dreams of being trapped in a castle during medieval times while it was being laid siege by some menace — made me feel unsettled.

Dreams of driving in a van and see a bird ripping apart a dead animal. A child in the van calls it a bald eagle.

Dreams of disciplining the son of a friend (in a not very nice manner) because of terrible table manners — hope he doesn't tell his mom.

Dreams of a face made of translucent glass and a giant louse crawling over it which becomes arachnoid - then I squash it.

Dreams of lying half asleep in bed at night but not in own home, the front door opens and a neighbour walks into the bedroom. He has been wanting to have sex and I vaguely remember this but pretend to be asleep. I fall asleep again and awake to find him reading paper in no light. He's wearing an old fashioned nightgown and cap and climbs into bed. Physical contact is wonderful and I can't get enough of it. We have sex but it is not emotional. He says he has to get up early to check the electric wiring that are faulty in the attic.

Dreams of conversations regarding the fragmentation going on in the world and what was happening to heal it - vivid and intense consciousness focussed on the unity of life on earth rather than beyond.

Dreams during skin itching — each itch represents a link on a website but one where the html is not quite correct, if I can correct that then this will relieve the itch. But it doesn't work and the itch returns.

Dreams of typesetting and performing universal treatment on boundaries of graphics - expanding and merging into other elements.

Dreams of losing the use of legs and had to drag self along with arms, thought I was awake during the dream and had to ask for help — I was at university and about to take a biology exam but I was late and unprepared so had to hurry (this dream occurred when the rash first appeared).

Dream of being at a sleepover with a friend and friend tells me about her sleep bra which she showed me, it is made of special material to help maintain shape. I made one instantly but had to hide this fact from my friend — felt guilty about this and pretended to want to buy one so we both walked through various store departments to find one.

Dreams of trains — recurring.

Dreams of someone offering tea and coffee and food but had to refuse because I was a prover (this dream became a reality at noon).

Dreams of being with relatives standing on a railway platform. The train arrived and we get on, relations sit at one place and I at another. My father and uncle are crying because they have lost a friend — they were on one train going in one direction and I was on another going in a different direction. I didn't have a ticket so I was frightened and ran away to escape. I was being watched and had to hide so I wasn't observed but another ticket checker arrived and I was caught, then I woke up needing water

Dreams of a colleague in a location who in reality does not live there. His mother was in the house. I go on a bike and pass other friends along a rail track and meet other friends on bikes, then ask friend how to get to location. I explained that new zones exist which require 3 or 4 trains to reach location. I leave station and go up to a terrace of a high rise building to see railway station and it's name "Turke" — does it exist.

Dreams of urinating (had actually done so).

Dreams of defecating and stool.

From *Miasms and Nosodes Volume 2*

STAGE 17: Syphilitic Miasm

Also: Mycobacterium Paratuberculosis (Johne's Disease) Miasm

Shared [Stage 8] Core Word: PERSEVERE

Specific Core Theme for Stage 18: Perseveration with destructive condemnation

Miasms and Stages on the Periodic Table

Expression:

The word 'perseverate' shares its etymology with 'persevere' (with the sense 'continue, persist, endure') but goes towards a much different polarity. While Stage 8 in the left half displays tough, steadfast persistence, by Stage 17 in the right half, this has degenerated to devoid inner ruminations, continuing regardless of changing stimuli or circumstances. Perseverative cognition refers to constant inner worry or brooding. This starts at the beginning of the right side of the periodic table but culminates in this stage. Here the individual is so bogged down in negative thoughts that they lose the capacity to maintain effective action.

Such obsessive, negative, nihilistic thinking may go hand in hand with a persistent desire to erase and destroy, directed against oneself, and others, as in the Syphilitic miasm. In the Syphilitic miasm, there is no hope, therefore destructive behavior and pathologies are exhibited.

On the periodic table in this stage we have halogens (such as chlorine, bromine, iodine etc.) which are used for disinfection and sterilization, a theme that runs through the Syphilitic miasm (with fear of contagions, xenophobia, exiled etc.).

In this volume of *Miasms and Nosodes*, I talk extensively about the Syphilitic miasm generally and also the qualities that are specifically present in Stage 17.

Impetus: The end, betrayal, erase, erosion, condemned, sterilizing, exiled, banned, persecuted, fear contagion, deep guilt.

Engagement: letting go, fleeing, lack of persistence, erased, twisted, rejected, unwanted

Momentum: climax, criminal, hard, cold, cheat, lie, war, desperation, perseverative thinking, nihilism, uncontrolled, obsessive compulsive, complete outsider, outcast

Scholten from Qjure:

“Final end: it won’t make any difference.”

“Letting go is often accompanied by feelings of pain, disappointment, sadness, guilt.”

“Aggression and criminal acts.”

“It is the end of the story.”

“Exiled from the group.”

“Condemned because they have been banned from the group.”

“Unconditional and final.”

Syphilinum Nosode from *Miasms and Nosodes Volume 2*: Ulcerated joy:

Absence of hope

Fear of contagion

Tormented, tortured, twisted

Erosive, erasing personality

Indifferent to pleasure

Johneinum Nosode from *Miasms and Nosodes Volume 1*: Persecuted:

Part of a large group that is persecuted

Prison

Isolated feeling yet compelled to take control of others

Conscientiousness

Stool problems

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ESOX LUCIUS

Pike; Esocidae



Keywords: *Esocidae*; *potamodromous*; *freshwater*; *brackish*; *demersal*; *oviparous*; *cannibal*; *parasites*; *sport fish*

Scientific name: *Esox lucius* (Linnaeus 1758). Common names (English): Northern pike, great northern pike, jack, jackfish, pickerel, pike, great northern pickerel, American pike, common pike, Great Lakes pike.

Esox lucius, the northern pike, is a carnivorous freshwater fish found throughout northern rivers and lakes of the northern hemisphere, including Russia, Europe and North America. It is also found in brackish water of the Baltic Sea. Northern pike has been widely introduced as a sport fish; several countries report adverse ecological impact.

Natural History

Pike spawn in spring; males get to the spawning grounds a few weeks before the females. When a male and female pair starts slowing down the male will put his tail under the female's body. They release spawn and eggs as they continue moving their tails. The spawning consists of a great number of these moves several times a minute and goes on for a few hours a day. Between 5 and 60 eggs are laid with each move. A female can continue the mating for three days. After mating the males tend to stay in the area for a few extra weeks. The eggs are sticky and yellow-orange. After hatching, the fry can swim and stay on the bottom 5 to 16 days, depending on water temperature. Under natural circumstances the survival from free swimming larva to 75 mm pike is around 5 percent. Pike can be sexually mature in a year.

Eggs and young are preyed upon by fishes, aquatic insect larvae, birds, and aquatic mammals.

Northern pike are most often olive green, with light spots, and shading from yellow to white along the belly. It is distinguished by its long, flat, 'duck-bill' snout and its large mouth with

many large, sharp teeth. Pike are among the largest freshwater fish, growing to 1.5 meters and 25 kilograms.

Pike are found in sluggish streams and shallow, weedy places in lakes, as well as in cold, clear, rocky waters. Pike are typical ambush predators; they lie in wait for prey, holding perfectly still for long periods and then exhibit remarkable acceleration as they strike.

Pike are very aggressive and need space since they are strongly territorial. The larger the pike the more space they take up or territory they need. Adults feed mainly on fishes, but at times feed heavily on frogs and crayfish and are known on occasion to eat water voles and ducklings.

Cannibalism is common, both in juveniles and adult pike. In arctic lakes it is sometimes the only species present. In such cases, juveniles feed on invertebrates and terrestrial vertebrates; large individuals are mainly cannibals. The fish has a distinctive habit of catching its prey sideways in the mouth, immobilizing it with its sharp backward pointing teeth, and then turning the prey head first to swallow it.

Feces of pike are avoided by other fish because they contain alarm pheromones. Pike deposit feces at specific locations, distant from their foraging area.

Pike can be heavily infested with parasites, including the broad tapeworm *Diphyllobothrium latum* which can infect humans if not killed by thorough cooking. Pike is also an intermediate host to a cestode parasite which can create large fosses to usable catches of commercially fished lake whitefish in some areas; pike also hosts a trematode which causes unsightly cysts on the skin.

Common parasites include the trematode worm *Uvulifer ambloplitis*, which forms external cysts, and the nematode *Raphidascaris acus* in the gastrointestinal tract and liver (Poole & Dick 1986). The common bacterium *Pseudomonas hydrophila* causes muscle necrosis (Scott & Crossman 1973). [Harvey, B. 2009]

Distinguishing Homeopathy Features

Early ambition, aggression and rivalries

Routinised behaviors to control inner violent tendencies; OCPD

Rituals compensate for cognitive decline

Bureaucrats hide behind the facade of formality

Long contemplation and reflection ends paradoxically in impulsiveness

Stage 14 - distanced; indifferent; uninvolved; 'empty' bureaucracy

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia

Homeopathy Commentary

The northern pike is a very strong and aggressive predator. They have the capacity to lie in wait, in the reeds, for long periods and then strike with remarkable speed. These qualities came out in a proving by Olga Fatula and also is confirmed by my own experiences. In the beginning phases, the patient needing *Esox* is ambitious, exhibiting strength, cunning and speed. They can be intensely aggressive, competitive and maintain rivalries. This can be a reflection of growing up in a household that maintained these characteristics.

But secretly they suffer from challenges which impact their self-confidence and turn them inward. All their anger, aggression and envy goes inward, like in other fish remedies. There are specific mitigations that patients needing *Esox* utilize to deal with the angry impulses. These include inward reflection, rituals and scoffing wit or humor.

They have the ability to contact a deep stillness within and contemplate or analyze a situation for long periods. But then this is interrupted or finished by making an impetuous decision or taking impulsive action. The deeper contemplation and self-control versus the impetuous and impulsive side is constantly in play.

Another way they modify these impulses and hard feelings is through wit and humor. They can be quite witty and express their feelings and perceptive ideas in a humorous way thus dispelling the tension, all the while maintaining a disparaging attitude towards others they feel are rivals or competitors.

The impulses extend to physical violence and there is a desire to strike out which in children or teens may be a significant problem. But this is tempered by formality and rituals and the carrying on of traditions in a more rigid way. They or their parents can develop the belief that the ideal place is in the military, particularly the navy, or even a monastery, all of which have a formal training environment with traditions they can follow. They may start this training early, going to military boarding school or following strong traditions in the family. The family may uphold distancing from parents and from a young age they may rival or compete with one of their parents.

Otherwise, they get into martial arts where there is a vent for their impulses with an emphasis of control of the violence. Martial arts provide parameters that require a deeper, even philosophical understanding of fighting and life, thus satisfying a number of aspects of the *Esox* patient.

They, therefore, may have internal persistent ideas about war and fighting. They may study naval activities and have a history or have a job that is part of the production of naval equipment as much as being a member of the military and navy.

Their desire for formality and rituals may become obsessive and in the end they can suffer from obsessive compulsive personality disorders (OCPD). Their obsessions may include violent thoughts and images.

As well, the formality can be a compensation for memory and cognitive problems. They can become confused while writing or speaking, in addition to having confusion about their location, getting easily lost. As a result, they create routines and rules for themselves to avoid this type of situation or problem. Gradually, the routines become uppermost such that they inhibit spontaneity. They become overly cautious and avoid social situations. Occasionally, they will

have flare ups of violent actions. This is also why they can fit into the military or bureaucracy so well.

They can make mistakes easily in communicating and reading. There are mistakes in spelling, talking, writing and they say the wrong words. In their confusion and mistakes they will impulsively make decisions, usually misguided. There are many indications for *Esox* in patients, particularly children, with dyslexia and dysgraphia and the first stages of Alzheimer's disease. They may also be diagnosed with ADD or ADHD.

Other types of work they may pursue have details and formalities, such as engineering (especially in developing weaponry) or even fine woodworking that requires exactness but less mentation.

They are remarkably better during or after a thunderstorm or in stormy weather. They feel a deep sense of peace and even their focus improves.

They desire fresh air and are intolerant of stuffy rooms. They are worse in the heat and desire cool temperatures. They can sweat easily with an unpleasant pungent odor. They are constantly hungry but do not suffer the obesity that is seen in catfish remedies.

The teeth are impacted. They have a history of many dental issues. They can suffer from many malocclusion problems, especially an open bite. Children are worse during and after dentition.

Of course their dreams include dreams of water, particularly sitting in water and also dreams of high waves, tidal waves. They also have unusual dreams such as kissing a camel face as well as vases of flowers.

The quality seen in this remedy is part of Stage 14 but there are also elements of Stage 11.

The first stages of Alzheimer's and dementia appear by virtue of having confusion of direction and difficulties reading and talking, hunting for words. They feel the pressure of these failings but keep it internalized and eventually avoid conversation. Ultimately, a general paralysis of thinking and speaking takes over moving into the final stages of dementia.

Clinical Focus Guide

MIND AND DISPOSITION

Ambition	Obsessive Compulsive Personality Disorder (OCPD)
Strength and speed	About water
Sets up rivalry with others	With violent ideation
Impulse for violence	Confusion and mistakes
Poor impulse control	Mistakes in communicating, says wrong words
Children strike impulsively	Forgetting words while speaking, word hunting
General desire to strike out	Mistakes in letters and numbers
Mitigation of strong expressions of violence and impulses	Omitting letters
Sensitive to criticism and judgments	Transposing words and numbers
Internalized and inward reflection Wit and humor to deflect tension	Mistakes in reading and writing, spelling
Rituals and formality to control impulses	Reading difficulties
Ritual formality	Dyslexia
Perfection	Dysgraphia
Joins or interest in military especially the navy	ADD and ADHD
Work with details — engineering	Time passes too slowly
To compensate for poor memory and confusion	Dreams
Bureaucrat	Water, swimming in water
Military	Tidal wave or large wave going over them
Being part of navy or naval engineering	Violence, fighting, killing
Priesthood, monastery with rituals	Camel licking their face
Eventually cautious	Delusion animal faces
Avoiding criticism	Flower vases
Avoid social situations	Reckless driving
Humor to deal with social discomfiture	Body is hollow
Lack of spontaneity	Better thunderstorm, stormy weather

PHYSICAL FOCUS

Worse stuffy room, heat

Better cool fresh air

Ravenous appetite Eating large quantities Swallowing food whole

High thirst

Constipation

Bowel obstructions

Sweating

Unpleasant odor

Jaw and teeth

Open bite Malocclusion

Decay, gum problems

Abscess

Worse dentition

Pituitary

Sudden or lack of growth

Acromegaly

Menses

Delayed

Premenstrual tension

Ovarian cysts

Heavy bleeding during menses

Sudden high fever

Acute with rapid onset

Neurological problems

Paralytic disorders

Multiple sclerosis

Guillain Barre syndrome

Post polio syndrome

Wandering joint pains

SENSATIONS

Waves, tidal waves Floating in water

Peacefulness

Undulating

Tickling

RELATIONSHIPS

Compare

Oncorhynchus tshawytscha, *Galeocerdo cuvier hepar*, Stage 14 remedies, *Germanium*, *Cuprum metallicum*, *Dendroaspis polylepis*, *Alligator Mis sissippiensis*, *Polio nosode*

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GADUS- The Atlantic Cod Remedies

Both *Gadus morhua* and *Oleum jecoris*



Gadus morhua Atlantic cod; Gadidae

Homeopathy Abbreviation: *gad*

Oleum jecoris aselli Oil from the liver of the Atlantic cod; Gadidae

Homeopathy Abbreviation: *ol-j*

Keywords: *Cadidae*; *oceanodromous*; *benthopelagic*; *oviparous*; *carnivorous*; *cannibal*; *schooling*; *food fish*; *parasites*, *cod worm*

The Atlantic cod (*Gadus morhua*) inhabits colder waters and deeper sea regions of the North Atlantic, on the west from Cape Hatteras to Greenland, and on the east from the Bay of Biscay to the Barents Sea.

Natural History

Some cod stocks migrate to warmer coastal water in winter to spawn; other stocks are stationary their whole life. Spawning occurs December to June depending on the stock. The male inverts himself beneath the female, and the pair swims in circles while spawning. A large female lays up to five million eggs in mid-ocean, a very small number of which survive. The eggs are planktonic and hatch after about two weeks. The larvae prey on various zooplankton. After a few months the juveniles become more benthic and start schooling. Juvenile and adult cod feed on molluscs, crabs, starfish, worms, squid, and small fish. Adult cod will eat smaller cod.

Atlantic cod can change color at certain water depths and they have two distinct color

phases: gray-green and reddish brown. Average weight is 5-12 kg but specimens up to 100 kg have been recorded. Cod occupy varied habitat in depths from 6 to 600 metres.

Cod tend to migrate in large schools along trenches in the continental shelf. These trenches are favoured because the water is 2-3 °C warmer than the shelf. During migration, the fish spread out to the limit of their visibility so that they maintain contact with the group but also maximize the area searched for prey. Juvenile fish join the migrating adults and in this way they may learn the migration routes (Rose, 1993; Fisheries and Oceans, 1995). The cod follow the trenches inshore where they spread out to feed during the summer. By autumn they have moved northward and then back offshore, following a circular route.

[Koine]

A commercially important food fish for centuries, Atlantic cod is now a WWF endangered species; cod stocks could disappear in 15 years.

Northern cod fishing shaped Canada's eastern coast socio-cultural structure, particularly in what are called the Maritime islands. For 500 years it was an important economic and cultural part of eastern Canada. In the 1960s, as a result of modern technological advances and new equipment, modern fishing trawlers quickly depleted the cod stocks. The government agencies allowed the overfishing. Thereby, a significant part of the economy of the maritimes collapsed and communities were severely impacted.

In 1968 the cod catch peaked at 810,000 tons, approximately three times more than the maximum yearly catch achieved before the super-trawlers. Around eight million tons of cod were caught between 1647 and 1750(103 years), encompassing 25 to 40 cod generations. The factory trawlers took the same amount in 15 years.

[Myers, 1997]

Cod are plagued by parasites. One study lists 107 named species of protozoan and metazoan parasites, plus many identified only to generic or higher taxonomic levels. One fascinating parasite is the cod worm, *Lernaeocera branchialis*, which starts life as a copepod, a small free-swimming crustacean larva. The first host used by the cod worm is a flatfish or lumpsucker; the cod worm grasps the fish with hooks and penetrates the fish with a thin filament through which it sucks the fish's blood.

Nourished cod worms then mate on the lumpsucker. The female worm, with her now fertilized eggs, then finds a cod and clings to the cod's gills while metamorphosing into a plump, sinusoidal, wormlike body with a coiled mass of egg strings at the rear. The front part of the worm's body penetrates the cod's body until it enters the cod's heart. There, firmly rooted in the cod's circulatory system, the front part of the parasite develops like the branches of a tree, reaching into the main artery. The worm extracts nutrients from the cod's blood and releases a new generation of offspring into the water.

Homeopathy Commentary for both Cod Remedies

There are two classic homeopathic remedies made from cod. One is *Gadus morhua*, which is made from the first cervical vertebrae of a cod fish and the other is *Oleum jecoris aselli*, made

from cod liver oil. Cod liver oil is a supplement that has been used for centuries especially for chest issues, and the crushed bones of cod were used to treat children with problems of emaciation, rickets and malnutrition. Both were made into homeopathic remedies, and have dispositional similarities, sharing the fish and cod quality. Cod is a basic fish and both remedies have the qualities of dwarfishness and needing protection. Although they both have a carbon quality, the oil has more of it.

Many years ago I wrote about *Oleumjecoris* in the *Clinical Focus Guide* as an important remedy. It has a tubercular quality to it, being a remedy that is followed by *Bacillinum*. The elements in *Bacillinum*, as discussed in *Miasms and Nosodes Volume 1* also inform the understanding of *Oleumjecoris*.

Gadus was also a remedy that has been used in a similar fashion but the distinction for me was more formulated from the rubrics or repertorization as well as the work and clinical information of Italian homeopath and teacher Massimo Mangialavori.

From the rubrics themselves, *Gadus* is much more suited to those with Stage 2 or 3 dementia and Alzheimer's. I'll discuss below.

OLEUMJECORIS ASELLI

Homeopathy Abbreviation *Ol-j.*

Scientific Name *Oleum jecoris aselli*

Common Name and Meaning Cod liver oil

Original word 'cod' means a small bag or pillow

Source Notes'

Cod liver oil is a pale, yellow-colored oil obtained from the liver of the Atlantic cod, *Gadus morhua*. Like other marine animal oils, it is high in polyunsaturated fatty acids which are valuable nutritionally, but are easily oxidized in air with resultant rancidification and destruction of vitamins. Initially cod liver oil was a folk remedy for numerous wasting diseases, and extensively used well before its nutritive components, vitamins A and D, were identified, and before their function in calcium and phosphorus metabolism were understood. Now cod livers are processed to make cod liver oil, an important source of vitamin A, vitamin D, vitamin E and omega-3 fatty acids (EPA and DHA).

As mentioned in the general source notes on cod remedies, the Atlantic cod is a member of the cod family, Gadidae. Most species of this family are known to be extremely fertile, with the female *Gadus morhua* being capable of producing 6–9 million eggs each winter spawning season (with 2~3 million being the norm). At such times, coastal waters were so prolific with cod that fishermen could literally scoop them aboard with buckets. For decades the Atlantic cod has withstood heavy fishing, but echo sounding devices and modern netting systems have enabled high catches in areas where adult cod typically found refuge.

The recent collapse of the cod fishery in eastern North America has devastated marine communities and economies, and demonstrated that even 9 million eggs per fish is not enough to maintain commercial populations. A cod's coloring varies to suit its habitat; in deeper water it tends to have a mottled gray back with pale belly, but when living in shallow waters and among seaweed, it can be more mottled brown or yellowish green. They have large heads and a fleshy barbel hanging from the chin, which is the chief sensory organ used to locate food.

The early life of an Atlantic cod is spent in coastal waters, but most of the life of an adult fish is spent in the open ocean, where it is a voracious bottom feeder, consuming all manner of marine life, especially herring.



Distinguishing Homeopathy Features

- Culture of business

- Easily taken advantage of by parasitic partner

 - Business stolen from them

- Culture of social justice: re-igniting justice for those downtrodden

- Chest, lungs focus

- Thick mucus

- Tubercular miasm

- Starvation, malnutrition

- Pockets of infection

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia

Homeopathy Commentary for *Oleum jecoris*

I had extensive experience with *Oleumjecoris* but mainly for younger patients and those suffering from various lung problems. But the remedy reflected some significant issues in regards to cognitive function. It has a number of rubrics demonstrating this:

Confusion of mind

Confusion of mind; identity, as to his

Delusions, imaginations; identity, errors of personal

Delusions, imaginations; mind, he is going out of his

Like other fish remedies, people needing *Oleumjecoris* have poor boundaries, thus errors of personal identity are seen in regards to others and especially in business dealings.

And here is a fuller picture, primarily what I wrote in the *Clinical Focus Guide* in 2003:

Cod liver oil has two important themes in this remedy summed up in rubrics concerning dwarfism and malnutrition. The issues for this patient have to do with an inability to set boundaries or even to be aware that their boundaries have been aggressed. Cod liver oil, in its unrefined form, is actually a complex substance that has many mineral constituents that make it similar to, and mistaken for, many remedies. Yet it has its own characteristic quality which manifests as a type of lack of character development along with a physical dwarfism of individual parts (it is in the rubric, "Generalities; dwarfism").

It has a large quantity of phosphorus as a constituent, and cod liver oil is important in calcium and phosphorus metabolism. From the perspective of homeopathic indications, we see thirst during chill and an open, suggestible disposition with a sympathetic quality. Being a sea remedy, this substance also contains many halogens, and therefore exhibits characteristic symptoms of *Bromium*, *Muriaticum* and *Iodium*. Since it contains *Bromium* and *Iodium*, we can see hard swelling of the glands.

Of course, cod liver oil also has been traditionally used as a vitamin supplement, particularly for vitamins A and D. Traditionally it was used for malnutrition and malabsorptive conditions

such as rickets, osteomalacia and atrophies related to starvation on a physical level. The homeopathic texts describe it as a 'pre-tubercular state' therefore, we see recurring fevers and chills and colds that go easily into the chest.

On a mental/emotional level, the main characteristic of this patient is that they, in spite of being full of light and virtue, invite in unwanted (parasitic) influences and then suffer, particularly materially, as a result. This is because there is a lack of development and they lack assertiveness. In spite of this, these individuals are usually hardworking and creative (the 'tubercular' quality). Like other fish remedies there is a quiet ambitious quality and high sexuality.

They are pathologically affable and generous emotionally in the right circumstance. They attract individuals who have strong personalities (even with criminal tendencies) either as business partners or as an intimate partner or spouse.

They perceive themselves as 'small'. They don't stand up for their rights, and ultimately become intimidated and in various ways hand over what is rightfully theirs (like *Silica*). They can even sign over their successful business that they built to the other person.

In this way, we see the idea of 'malnutrition' extending through all of the levels of the patient. Once they lose what is theirs, they continually blame themselves for what has happened or 'spiritually' try to justify the actions of the other person to the extent of continuing to support them in their criminal or nasty behavior. At the same time, they have a lot of internalized resentment that is not expressed.

To deal with their sense of vulnerability they may prefer to live alone but with an active social network, many times marrying late in life. Like other remedies made from fish, they can focus on their childhood and do a lot of therapy (this is more intense in the remedy *Oncorhynchus*). Much of this vulnerability can come from growing up where one or both of the parents are holocaust survivors or have been in situations of sudden starvation and loss of all belongings. Or the patient can personally have this history, or as in the case of babies, it should be considered in 'failure to thrive', like *Magnesium carbonicum*.

In the Clinical Focus Guide below I have listed much new information from extensive clinical experience with this remedy.

Over the years, even subsequent to writing the above materia medica, I have prescribed this remedy very successfully. The consistent dispositional theme in adult cases is that the person has essentially lost their business to an unscrupulous and parasitic business partner. Typically, the patient needing *Oleumjecoris* has built the business through their own talent and hard work. Then the partner is allowed into the business and somehow parasitically manages to take complete control and ultimately reaps the financial benefit. In some cases, they have taken complete ownership of the business. It may also be a situation where the patient needing *Oleumjecoris* works hard and the partner does not or even not at all, but again, reaps the benefits of the business.

As well, most of these patients had issues with their lungs and generally, easy infections. They may have repeated lung infections, pneumonias with much rattling mucus. This may develop into serious chronic lung issues like chronic obstructive pulmonary disease (COPD). And as I have mentioned, this is a remedy for a pre- or post-tubercular situation. In the old texts, such as Boericke's *Pocket Materia Medica* it is described as 'tuberculosis in the beginning' or 'scrofula' (an old term referring to tuberculosis) remedy. I've included a number of cases of this in the Traditional Homeopathy Sources section below.

I have found that *Bacillinum* follows this remedy many times. It can also have the rattling cough and lung problems with a kind of dwarfishness and anxiety that is seen in *Oleum jecoris* patients. This tubercular quality intersects with the desire to altruistically serve the group and the tubercular desire to repair and re-establish the integrity of the group that is also found in fish remedies in general and specifically in *Oleum jecoris*.

I would like to describe a number of cases that highlight features of *Oleum jecoris*:

Case 1

This was a woman in her thirties. She initially came to see me for a crushing headache as if a helmet was tightening on her head, better lying down. She also had double vision and lack of balance and was falling a lot. She had no depth perception. After scans and tests, the sudden recent onset of these problems were diagnosed as being caused by a spontaneous leak in the spine with 6th optic nerve damage. After this developed, she became anxious especially about her health and life because she recently gave birth to a child. She also developed anxiety before attending any important meetings. This all happened 3 months prior to seeing me for the first time. It came within days of getting an influenza vaccine. Prior to this she had many chronic problems which I will discuss below. I noted in my case notes that she was “smiling, laughs at times and is easy to talk to, friendly.”

I took a full case at this time, and prescribed *Gelsemium* 30C, a single dose, with very good results. The headaches and the double vision problems both stopped completely within days of taking the remedy and generally she was better.

Six months after taking the *Gelsemium* I saw her again, as her chronic problems, unrelated to the most recent neurological episode, were getting worse. She had had considerable problems with her chest for many years. She had asthma and was taking Ventolin® along with self-prescribed homeopathic remedies. Now her chest is significantly problematic with a long standing diagnosis of bronchiectasis. She says she is ‘chestier’ in wet weather. She has been hospitalized a number of times because of asthma. Medical doctors have told her the damage in her lungs is extensive with scar tissue and mucus. She had a number of scans and twice has had dye injected into her lungs.

She has a chronic cough which is worse when she is nervous, worse change of position and worse stooping. She coughs up thick, brownish mucus which is sometimes greenish in colour. It can be a quarter cup per day.

Her energy is low. As a teenager she had double pneumonia and a diagnosis of bronchiectasis. The asthma started after that. The asthma comes on after a cold and she usually has a heavy chest, like a cement block is in her chest. It is worse in the winter. She has an allergic sensitivity to cats and had allergy shots as a teenager.

The lung specialist mentioned that her lungs are too small and never completely grew.

She is stable emotionally. She says she has “an issue with a student who started working for me and then took over my company.”

She has vivid dreams with rooms that lead into rooms and she gets lost in them. The dreams are long complex stories; she remembers fragments but they disappear quickly. Other dreams are about human entanglements; recurring locations that are scenic and even many times outdoor swimming pools. Labyrinthine architectural structures. The people live in these large expansive spaces with buildings.

She had another vivid dream which was about a robbery going on in her home.

Even though I was being robbed in the dream, I turned the robber into a good person; he robbed me while I was in the house and he was going to take my daughter and I turned it around. The robber was on my bed lying beside my daughter and I turned him into a nice person and it wasn't a dangerous situation really. Then in the dream there was another incident in the living room like this one and I turned it around. I woke feeling happy.

Her pregnancy and labor (7 months previously) was normal and it was a natural childbirth without drugs. The child is healthy. Since the birth of her daughter she has had significant outbreaks of genital herpes. She is nursing, and started work 3 months ago. Her energy is low, worse late afternoon and she feels sleepy. Currently she has a low sex drive; she fears getting pregnant. She has had a history of facial acne.

Analysis

Traditionally in homeopathy, starting with Hahnemann, we are asked to look for 'strange, rare and peculiar' symptoms. Many homeopaths interpret this in a flat earth style by looking for some strange expression or descriptor of a single symptom without realising that a perception from a larger totality is vitally important. In this case, I could perceive two strange and peculiar aspects that were revealed in her dispositional state. The first was noticed in my initial observation of her — despite having serious conditions, she smiled and was easy to talk with. Although she experienced anxiety, she seemed unusually friendly and happy. This part of her state, in a sense, is reiterated in the final dream she had - a robber enters her home in the dream and is lying beside her newborn daughter. The reaction you would expect would be tremendous fear, a fight or flight response, but instead it's a feeling that the robber is actually benign. She even wakes from the dream feeling happy rather than seeing it as a nightmarish frightening situation. Prior to this case, I had already had quite a few *Oleumjecoris* cases and knew, as mentioned above, "the issues have to do with an inability to set boundaries or even to be aware that their boundaries have been aggressed."

The second unusual aspect in this case is the theme of dwarfishness and even the rubric dwarfish in Kent's repertory. This is not only relative to brain function but in *Oleum jecoris* can relate to physical organs. This particular young woman had been informed that her lungs had not fully developed and were small, which is a kind of dwarfishness.

The lungs as the focus of pathology is strongly characteristic of *Oleumjecoris* as, in this case, is the history of business troubles and the particular way she reacted to a potentially frightening situation in her dream. As a result, I prescribed *Oleum jecoris* 200C.

She improved on all levels and the dose was repeated as necessary. Years later I prescribed *Bacillinum*.

Case 2

I had another similar case that I consulted on. A 65-year-old businessman had a thriving successful business but then it was "destroyed" by the partner he took on who "took over" his business. He had a difficult marriage and left his wife — she could be cutting and aggressive and at one point threatened to kill him.

He also had a dream similar to the patient in Case 1, above. He said:

In the dream, someone is going to kill me, one or more men, threatening, but all I had to do is turn on them and they were destroyed. The second step was to give them a gift and you defeat them.

He also talks about his disposition: "I am easy to get along with, good natured - don't get angry easily — but not as patient as I used to be." He travels a lot for work and enjoys it (Tubercular miasm). He has dreams of flying. He also has tremors, high cholesterol, and tinnitus. He has a poor memory and forgets words easily.

He has had frequent pneumonias and coughs over many years, at one point pneumonitis. He can get episodes of coughing and sneezing with the cough mostly in the morning. He will cough out mucus at that time.

I was contacted by his homeopathic practitioner after he was suddenly hospitalized on a business trip. He had pneumonia but then his condition disintegrated quickly where he was diagnosed with a severe case of pulmonary fibrosis with weakness and trouble breathing.

After studying all the information, I suggested *Oleumjcoris*. His affable disposition, dream of being able to overcome aggressive criminal activity through benign actions and the focus on the lungs suggested this choice.

According to the practitioner, very soon after starting the remedy he was released from the hospital as his lung condition improved dramatically.

Patients who need *Oleumjcoris* have a tendency to infections in the form of abscesses.

As another patient put it, "I have had pockets of pus throughout my life." This patient had severe cystic acne and gum infections with many root canal procedures and numerous courses of antibiotics. Interestingly, this patient said that he always felt like he was starving for most of his childhood, even though he was fed well. Yet his father, a holocaust survivor, had been in a concentration camp and had had miliary tuberculosis. During the interview, this patient, who experienced significant anxiety, frequently repeated the phrase, "It drives me crazy." I interpreted this in the repertory as "Mind; delusions, insane, become, that one will" or "Mind; fear, insanity, of losing his reason." All these issues are part of *Oleumjcoris* which helped him dramatically on all levels for over 4 years. Later he got *Bacillinum* which continued his good response.

Patients needing *Oleumjcoris* can experience internalized anger and resentment at the person who 'rips them off but the anger creates a convoluted reaction of self-loathing and difficulty in fully confronting the offending person.

In *Oleumjcoris* patients there is poor ability to withstand infection so there can be these pockets of infections in different areas of the body. Another patient had continuous pockets of infection in the intestines which even surgery could not fully deal with. They can also be susceptible to yeast infections, external and internal fungi such as ringworm, as well as various kinds of bacteria.

Early homeopaths, in the classic texts, talk about the scrofulous disposition but also mention frequently an antiquated term, tabes mesenterica; Hering also calls it atrophica mesenterica:

Atrophica mesenterica.

Tabes mesenterica, child pale, cachectic, greatly emaciated, with large, tumid abdomen, enlarged liver and swollen mesenteric glands.

These are old terms for what is currently termed tuberculous mesenteric lymphadenitis or tuberculosis of the mesenteric and retroperitoneal lymph nodes. Certainly, in the 1800s and early 1900s, there was no conventional treatment of tuberculosis and yet it was endemic, particularly in England. And so this homeopathic remedy was recommended for children who had severe asthma or showed signs of miliary tuberculosis or tubercular infection outside of the chest area, and were wasting.

It is useful in the MARASMUS of children, who are emaciated, restless and feverish at night.

[Blackwood, *A Manual of Materia Medica, Therapeutics and Pharmacology*] In a related fashion, there are many other areas of the body impacted, like the spleen: “Jerking, drawing pains in region of spleen” as Clarke writes in *Dictionary of Materia Medica*.

And as I’ve mentioned, oils in general and this one specifically are good for what is currently termed fibromyalgia which had different terms in the past:

Chronic rheumatism, with rigid muscles and tendons. BURNING IN PALMS.

[Boericke’s Pocket Materia Medica]

The *Oleumjecoris* tendency to easy infection, pockets of infections and thereby toxicity also gives them a low threshold for eating or drinking anything that causes the liver to go even slightly toxic. So Clarke says that pain in the liver is very characteristic of *Okum jecoris*. In my clinical experience, the *Oleumjecoris* patient is sensitive to alcohol and strong spicy foods. They can feel ill for days after eating or drinking the foodstuffs they are sensitive to. Typically it is pain in the liver and soreness throughout the whole body along with weakness, paleness and nausea. They can also have sensitivity to perfumes, deodorants, chemicals and pesticides.

Contemporary Indications

Homeopathy groupings and miasms

- Oil group
- Halogen group
- Soft-sided creature group
- Prehistoric group
- Sycotic miasm
- Ringworm miasm
- Psoric miasm
- Tubercular miasm mainly

Clinical Focus Guide to *Oleum jecoris*

APPEARANCE AND DEMEANOR

Fat, obese, double chin or emaciated looking Smiling and pleasant May have acne or acne scarring

MIND AND DISPOSITION

Dwarfishness

Mild and friendly

Lacks character

Needs reassurance

Delusion small

Does not stand up for own rights — wants
others to stand up for them

Avoids confrontation

Undeveloped parts of body

Quiet ambition	deep emotional commitments
Hard and creative worker	Desperately loyal if they do commit
Successful at work but then others take credit for it	Easy fears
Gambling	Panic attacks
	Fear of dark, being attacked
Vulnerable with poor boundaries	Hypochondriacal anxiety and fears
Inability to set boundaries	Fear of insanity: "I'm going crazy"; "It drives me crazy"
Delayed reaction to injurious influences	
Needs strong partners	Earthy
Fear of confrontation	Chef, preparation of food important
	Overeating, gourmand
Gives away the business	Business focus
Does not stand up for rights, in business, especially	Helpful teacher
Can pick and support 'criminals' as partners	Leads to helplessness
Allows criminals or others to take advantage of them	Alternation of mental states
Ripped off by partners or others, then experiences internalized resentment alternating with self-blame	Depression, sadness followed by euphoria
	Worse daytime, better evening
Loss of all belongings	Anxiety and panic states with sadness
Fear of insanity, or delusion insane	High sexual desire
	Multiple partners or over-focused on one partner
Delusions, imaginations; identity, errors of personal	Guilt over sexual thoughts, actions
Cult follower, superficially member of group	
Conflict of self-blame versus aggression	Disneyland and amusement parks
Not to stand out	Desire to go to Disneyland and amusement parks
Confusion leading to loss of contact with reality	Dreams of candy, Disneyland, amusement parks
	Childish pursuits
Dreams	
Lost in room	
Outdoor swimming pools	
Labyrinthine architectural structures	
Allowing criminal activity	
PHYSICAL FOCUS	History of malnutrition in family (parents in concentration camp etc.), holocaust survivors
Imperfect or defective assimilation	
	History of overeating, without chewing food
Weak father, absent mother	Injury to digestive organs
Self-pity	Anemia from defective assimilation
Focuses on childhood and therefore avoids	

B12 deficiency	Poor growth and development of lungs
Vitamin A poisoning or deficiency	
Effects of too much vitamin A	Fever and chill
Toxic reaction to vitamin A	Thirst during chill
Atrophy, especially in children	Hectic fever — worse evening
Failure to thrive	Chill before fever
Organs fail to develop — lungs, liver, penis, etc.	Feels much better before chill and fever start (<i>Psorinum</i>)
Soreness and fibromyalgia	Heat and cold
Hardening of tendons	Sensitive to drafts, cold air, fan blowing
Tension in muscles	Hot hands and/or feet
Wandering pains, soreness	
Easy sprains	Chronic cough
Sprains, injuries that don't heal	Asthmatic
Pulling pains	Moist then dry
Delayed reaction — pains come on two days after injury	Worse laughing
	Worse 3 a.m.
	With hoarseness
Pain in liver	
Waking 4 a.m.	Ringworm
Easy toxicity	Eruptions
	'Trying' (theme of Ringworm miasm)
Pulsating sensation	
In various parts	Easy infection, abscesses
	Pockets of infection
'Dwarfishness'	Cellulitis
Lack of development of specific organs	Gum abscesses
	Acne — cystic, rosacea
'Pre-tubercular' condition	Sinusitis; thick, yellow discharge turning to green
Tuberculosis of the mesenteric and retro- peritoneal lymph nodes	
Lung affections	Allergies
Frequent colds that go to chest	Food allergies
Thick yellow mucus	Toxic reaction to vitamins, particularly vitamin A
Pulmonary fibrosis	Sensitive to odors, olfactory allergies
Bronchiectasis	Hay fever
Chronic obstructive pulmonary disease (COPD)	Yellow discharges
Pneumonitis; frequent pneumonias	Diarrhea
Asthma	Instantly after eating certain foods especially garlic and raw onions
Worse cats and animals	Pancreatic origin
Worse dust, grass	

Food cravings
Craves orange juice, especially during chill
Craves chicken, bread, fried food
Worse fat

Large amounts of food
Eats 'as if starving'

Chemical sensitivities and easy toxicity
Sensitive to alcohol
Sensitive to fragrances and odors
Sensitive to artificial food
Sensitive to chemicals, pesticides

SENSATIONS AND EXPRESSIONS

I'm going crazy, insane; that's crazy
Muddy the waters
Don't know who I am
Swimming pools
Sand, rock and water

Sensitive to drafts

RELATIONSHIPS

Seaweed Worms Fluttering
Creeping

Remedies mistaken for *Gadus* and *Oleum jecoris*

Barytas, Iodiums, Muriaticums, Bromiums, *Phosphorus*, *Silica*, *Natrum muriaticum*, *Medorrhinum*, *Graphites* and other carbons, *Calcarea*, *Oncorhynchus* (Salmon), *Phosphorus*

Remedies related

Petroleum, *Oleum animalis*, *Lecithin*

Remedies that follow well

Bacillinum, mainly; *Tuberculinum* (especially *Tuberculinum marmoreli*), *Medorrhinum*, *Ringworm nosode*, *Cuprum aceticum*

Selections from Traditional Homeopathy Sources

From Choudhuri's *Study of Materia Medica*

We will now discuss a few characteristic indications. One is a very decided pain in the liver. The second is a general soreness, not only in the liver, but all over the body, such as throat, chest, abdomen, kidneys, ovaries, etc. The third keynote symptom is the occurrence of palpitation of heart in association with the other symptoms. The fourth and a very important one is a great burning in palms of hands. The last characteristic symptom is yellowness of expectoration, of the leucorrhoeal discharge and other secretions of the body. Even the tongue has a coating of yellow on it. The remedy needs a more extensive proving and further verification of all of its symptoms.

It has been found to be useful in atrophy of infants with hot hands and head and a great tendency to catarrhs, rickets, and bone affections. It has also been found to be useful in diseases of joints in pale, thin, cachectic subjects, that is, people who are tubercular and scrofulous in their temperament. Scrofulous abscesses, ulceration of glands and cold abscesses in similar subjects, hectic fever, night sweats, and chronic persistent diarrhoea with marked emaciation, cough and haemoptysis, have been helped with *Jecoris*. *Tabes mesenterica* in pale emaciated children has also given way under its persistent use. It is thus seen to be a tubercular remedy par excellence.

From Boericke's *Materia Medica*

Internally, a nutrient and a hepatic and pancreatic remedy (Burnett). Emaciation, lassitude, scrofulous diseases, rheumatic affections.

ATROPHY OF INFANTS; emaciation with hot hands and head; restless and feverish at night. PAINS IN LIVER REGION. Tuberculosis in the beginning.

From Clarke's *Dictionary of Materia Medica*

Very decided pains in the liver and liver region with great soreness were noted in Neidhard's provings, and these symptoms give one of the keynotes of the remedy - soreness. Not only the liver, but the throat, chest, abdomen, kidneys, ovaries, joints, and back are all sore, the spine is sore as in spinal irritation. Another keynote is the occurrence of palpitation of the heart as a concomitant of other symptoms, with cough, with short breath. Allied to this is a "sense of fluttering, like the movements of a watch, commencing in region of sacrum, gradually rising to occiput, and in its ascent affecting abdomen and chest, so that the patient is transfixed, unable to move hand or foot", also "creeping sensation all over with a rush of blood to heart." The reputation of *Ol-j* as a remedy for phthisis and scrofulous affections is shown by the provings to be specific, whatever food value the oil may possess in addition. "Dry, hacking cough, night cough, cough with tough expectoration, yellow or white, soreness of chest, especially on coughing, sharp stitches here and there, through chest, burning through to back, burning in spots", are among the symptoms experienced. The fever symptoms are strongly marked, both hectic and intermittent. One very characteristic feature is: "Fever worse towards evening with burning in palms." Chills running down the back. Feet constantly cold. *Ol-j* is a chilly medicine: sensitive to drafts, feels as if continually taking cold. The cough is worse from exposure to cold, worse in damp weather. The sensitiveness to chill and damp is part of the intermittent fever action of the remedy, and along with it is affection of the spleen, which is the seat of several symptoms. During the chill and before it there is thirst. When the fever came on the cough was better. The yellowness of *Ol-j* appears not only in the expectoration, but in the coating of the

tongue, yellow mucus from sore throat, and a yellow leucorrhoea. On the female sexual organs *Ol-j* has a powerful action, increasing the menstrual flow and restoring it when in abeyance. Burnett has shown that ringworm generally has its constitutional basis in a consumptive habit...

Cases from Traditional Sources

Brefeld Allgemeine Homöopathische Zeitung, 1827

In a scrofulous boy, aged 3 years - open, fistulous ulcers with raised edges on the left hand, on the right ankle. Very pale and cachectic appearance, deranged digestion, bloated and hard abdomen, emaciation, fever. Later, similar swellings appeared on the upper maxillary below the left eye and on the right lower jaw; these swellings gradually came to a head, broke, and became fistulous ulcers, with copious and continuous discharge of bad-looking pus. The swelling on the lower jaw had two fistulous openings, one opening internally into the mouth, the other externally. The child was in danger of death from the violent hectic fever. A swelling on the hip, just ready to break, disappeared at once; the fistulous boils soon lost their angry, spongy appearance and lost in size. Discharge of small bits of bone, especially from the lower maxillary. General improvement and recuperation. Complete cure in something less than a year.

Brefeld Allgemeine Homöopathische Zeitung, 1827

A scrofulous girl, aged 3 years. The phalanges of the right index finger were immensely enlarged, looking an olive, fiery red; at both sides of this spongy enlargement were fistulous openings, extending inward. Caries of the bones of one foot, on the tibia, on the forearm, and superficial scrofulous ulceration and boils on the right thigh. Hectic fever. Under the use of cod liver oil the boils disappeared, the ulcers healed, the finger lost all swelling, pain and redness; all this was accomplished in a few months. The fistulous swellings seemed to have collapsed, and a very small, scarcely noticeable opening was covered with a thin, small scab.

Cate Philadelphia Journal of Homeopathy, 1853

Mrs. B, age 25. Four days ago some hoarseness came on towards night. Next night it returned more severely, accompanied with a dry, frequent, hacking cough. In the morning raised some thick mucus that seemed to come from the bifurcation of the trachea. The cough came on with increased force the next afternoon, and was worse after lying down. With the cough some dry coryza and sneezing. Some oppression of the chest towards night. *Oleumjecoris* (crud.), 1 drop two or three times a day. Cured in the course of a week.

GADUS MORHUA

Homeopathy Abbreviation *Gad.*

Scientific Name *Gadus morhua*

Common Name and Meaning Original word 'cod' means a small bag or pillow

Source Notes This homeopathic remedy is made by trituration of the first cervical vertebra of the fish.

The spine on top of the first vertebra is tightly connected to a narrow crest at the rear of the skull; transverse processes of vertebrae are not swollen at the tip; there is a single hypural bone attached to the last vertebra.

Distinguishing Homeopathy Features

- Autism, Asperger's
- Early onset dementia
- Torpid thinking
- Cognitive dysfunction, dementia, Alzheimer's
- Fear of Alzheimer's
- Hopelessness, despair
- Helpless withdrawal
- Spinal problems — head cannot turn
- Diabetes
- Burning pains
- Dissociative disorders

Dementia Indications

Vascular dementia

Primary

Indications from young age

With diabetes

With fear

With dissociation

Alzheimer's disease

As in vascular dementia

Down's syndrome and Alzheimer's disease

Immaturity

Creutzfeldt-Jakob disease

Sudden onset

Lewy body dementia

Frontotemporal dementia

Mixed dementia

Autism spectrum disorders

Homeopathy Commentary for *Gadus morhua*

Massimo Mangialavori, a modern Italian homeopathy teacher and writer, describes this remedy, and cod in general, as possibly good for autism. He also gives a case, described below, for a patient with the beginning of dementia who has a fear that he will end up like other family members who had later stage dementia and Alzheimer's.

But even in the early appreciation of this remedy, based on a proving in the *Encyclopedia of Pure Materia Medica*, written by TF Allen in the early 1870s, there is:

The intellectual faculties are torpid (twelfth day).

Absence of ideas (twelfth day).

The word 'torpid' is a good dementia word having its etymology from 'benumbed and stupefied'. But it also means 'stiff which is reminiscent of the overall state of the patient in Stage 3 of Alzheimer's. The definition and etymology of the word 'stupor' is:

1610s, 'benumbed, without feeling or power', from Latin torpidus 'benumbed, stupefied' from torpere 'be numb or stiff (from PIE root *ster- (1) 'stiff). Figurative sense of

'sluggish, dull, apathetic' is from 1650s.

[\[https://www.etymonline.com/\]](https://www.etymonline.com/)

Eventually a broader homeopathic understanding of the cognitive dysfunctional mind state became apparent. Thus many rubrics have been developed in Alien's *Index of Encyclopedia* 1876 as well as Clarke's *Dictionary of Practical Materia Medica* 1900:

Express oneself: difficult
Forgetfulness
Forgetfulness: express oneself, to
Forgetfulness: words, for
Forgetfulness: words, for: to speak, word hunting
Helplessness
Helplessness: paroxysmal
Slowness
Thought: vanishing, unable to think

I would therefore consider this remedy over *Oleumjecoris* in cases of Alzheimer's and in particular vascular dementia.

A strong focus in *Gadus* is diabetic pathologies and problems related to diabetes. These include a tendency to infections, cellulitis and sensations of warmth in various parts of the body. Like *Oleumjecoris*, the remedy was used to treat 'pre-tu-bercular' chest problems but it is also in the Cholera miasm, having been used as a remedy for children suffering from cholera infantum. As well, there is more of a self-absorbed despair and feelings of being overwhelmed in *Gadus* as first introduced in the proving:

Deep melancholy, paroxysms of hopelessness, for forty-eight hours, during which the desire for death is hardly controlled (twelfth day).

The patient needing *Gadus* can withdraw with a high level of self-reproach in response to criticism or stress. They can become very depressed and despairing from either criticism or a slight health setback. They feel they will not recover and die. There is a marked anxious immaturity in this attitude. They have continual "thoughts of death with sadness" as is stated in the repertory. This state can lead to a more mentally compromised state where there is dissociation. Massimo Mangialavori describes it as "withdrawal." It can even be more than that. They may have difficulty waking and confuse the dream state with the awake state. Jonathan Hardy describes it as a "hypnotic" state.

Their lack of maturity and also the fish lack of ability to experience true intimacy means that they either avoid relationships or get into one in which their partner offers protection for them. They are awkward in showing physical affection. The *Gadus* patient shows less creativity and drive than the *Oleumjecoris* patient.

Massimo Mangialavori gives some themes for *Gadus* which have similarities to *Oleumjecoris*.

Themes for *Gadus*

- Distance
- Immaturity
- Safe environment
- Weakness
- WITHDRAWAL
- Breakdown
- MALABSORPTION
- BURNING PAINS
- Chilliness
- Milk
- Water
- (Allergy/intolerance)
- (Loss of weight)

Massimo Mangialavori inadvertently supports the fish dementia thesis by describing a successful case of a man whose parents had Alzheimer's disease (mother) and senile dementia (father). The patient was having similar issues with his memory and was worried about having the same fate as his parents.

He is a 56-year-old man with a wife who is much older (10 years) than him. She is being very protective and mothering towards him. Before the consultation, she explained to Massimo that he had to be patient with her husband. The doctor wanted him to have a neurological examination. The examination showed nothing evident. His mother died of Alzheimer's and his father had problems with senile dementia. Massimo felt that this man was scared that his destiny would be something like this.

He had a serious skin allergy and had suffered with this since childhood. There was an eczema, which changed in locality. Dry, producing large pieces of skin that were falling off in scales.

He has problems concentrating. He is tremendously scared of losing his concentration and memory. His wife would have liked him to talk more about his mind problems. He felt ashamed to confess these things, so the main focus for him was his skin.

The scan shows that he's very allergic to any kind of fish, and to dust. He has problems with many kinds of foods and can't tolerate lots of things. He gets bellyache from eating almost anything.

The day after eating a new kind of fish, he was rowing on a lake with his wife in the sun (which he couldn't tolerate), and he started to scratch with such a tremendous itching that he was almost bleeding. They had to run to the hospital where he had some swelling of the epiglottis and he was covered in urticaria on his whole body. The skin is very, very, very dry.

"The itching is so strong that it burns as if I have a fire that is burning my skin."

Since then, he can't stay at all in the sun, even with sun protection.

Whenever he eats, he has such a strong burning pain under the sternum, as if he's eaten a piece of wood from a fire. "After that, I become so chilly that I have to put a blanket on my stomach and on my back."

He has two areas of protrusion between the vertebrae - one in the lumbar and one in the cervical region. So pronounced that he cannot easily move his head. Whenever it's too cold,

he is kept in bed due to the pain.

He's suffered from a serious headache since he was a child. He has had so much medicine because he cannot tolerate any suffering. He has a feeling that this headache is in some way consuming his brain. He becomes unable to think and unable to perform. It is as if each episode cuts out a piece of brain. He just stays home in bed and his wife has to take care of him completely.

He said nothing about the difficulty in thinking. Massimo asked if he had problems remembering what he has to do.

"I am losing my mind. I cannot remember anything, almost. Since I was a child, I was obliged to write down everything that was important. Now, I'm even losing the piece of paper where I write what I have to do. I am completely lost. If I don't write everything every morning and every night before going to sleep, I don't know what to do."

In his pocket, he had about 20 different pieces of paper, each with a number to show the order to do the things.

The main problem now is that he is so anxious and unable to think that because of this, he feels like the situation is getting worse.

"I am even unable to read when I am so anxious because I start to tremble. I can recognise what I read, but I cannot collect one letter after another. Words are a kind of picture. I can see them but I can't give them any sense."

For a long time, he's had a metabolic problem. He has a high level of cholesterol and triglycerides.

He used to work in a factory as a common worker and the problem was that one day his factory had to close because they ran out of money.

"I was so anxious because I was losing the only security in my life. I did not know what to do. I had such a sense of envy for my colleague because he was able to close his mind completely when leaving this factory, not thinking anymore about this problem. I was unable to close my mind completely. Every time I have a little problem, I imagine that in my mind there is a kind of gate so that I don't have to think anymore about what disturbs me. If I am not able to do this, I am in panic."

Dream: "I see my mother who is trying to eat something. At the end, I realise that she doesn't want me to watch her because she is eating into the brain out of the head of another person. The only thing I could do is to take this head and throw it into the water. I could not stand this picture. The head was floating and it wouldn't sink. I was so scared that I had to run away."

[Second Three Year Postgraduate Course of Massimo Mangialavori]

The dream of the mother eating the brain of another person, in this case, has a strange and powerful significance. This is in light of the beginning of this book where I describe cannibalism as a causative factor in the development of Creutzfeldt-Jakob disease, as well as the pathological organic prion-like brain changes in Alzheimer's disease. In the South Pacific, ritual endocannibalism was practiced, whereby New Guinea Fore tribe members ate the brains of dead tribe members. They subsequently developed the prion disease of kuru, a transmissible spongiform encephalopathy.

This cured case is so replete with dementia symptoms and worries, it plainly shows the

significant impact that *Gadus* can have on dementia.

And it's not surprising that the patient had severe spinal problems given that this remedy is sourced from the cervical bone of cod. In *Gadus* there can be serious problems with the spine even to the point where the head cannot be turned easily or the head is drawn forward. As a result, there can also be tinnitus and noises in the ear, and there can be ticking sounds with sensitive hearing.

The pains for the *Gadus* patient are burning and they can be experienced as quite severe in one area of the body, like the sternum or in the upper extremities. There can also be a bruised pain in the hips and thighs extending to the patella. They may need hip and knee replacements early in life. In comparison, the pain for the *Oleumjedoris* patient is more of a soreness and experienced throughout the body.

As well, the *Gadus* patient can have heart problems and is frequently on cholesterol lowering medication as their cholesterol and triglycerides can register quite high. They can have tachycardia, atrial fibrillation and 'congestion of blood'.

Clinical Focus Guide to *Cadus morhua*

MIND AND DISPOSITION

Alzheimer's
Fear getting dementia, losing mind

Forgetful
For words.; word hunting
Expressing oneself
Vanishing of thoughts
Writes down everything
Cannot recognize what is reading

Torpor
Sadness and despair
Despair of recovery
 With thoughts of death
Melancholic

Immaturity
Small world

PHYSICAL FOCUS

Sudden violent physical manifestations

Pain head worse night
Migraines prevent thinking
Hearing
Tinnitus
Ticking sound
Impaired

Low appetite
Weight loss

Allergies
Severe fish allergy with swelling and ana-
 phylaxis
Milk

Chilled easily

Sensitive to cold with burning in the palms

Helplessness
Wants to be taken care of

Withdrawal
With self-reproach
With anxiety of health
Wants protection
Dissociation
Confusing dream state with awake state
Hypnotic state

Protection important
Need a good home
Conserve resources

Uninspired
Since Gadus shares many similarities, see also
 Oleumjecoris Clinical Focus Guide above

Burning palms of hand

Burning pains
 All over but especially in the chest and
 right lung

Cholera miasm
Diarrhea
 During summer

Cramping

Cellulitis

Weakness and malaise
Desire to stay in bed

Sleeplessness

Waking choking

Swelling mucus membranes
 Chest complaints
 Stitching pains in chest, lungs

Voice
 Loss of
 Weakness
 Indistinct speech

Diabetes
 Complications of diabetes

Pain vertebrae
 With swelling

SENSATIONS AND EXPRESSIONS

Head floating in water
 Head heavy
 Coldness in hips
 Can't move head
 Averse turning head
 Lancing pains in back

Eczema
 Large flakes of skin

High cholesterol and triglycerides

Soft nails

History tuberculosis and/or cholera

COMPARISON CHART

Two remedies from Cod compared: *Gadus morhua* and *Oleum jecoris*

Both remedies can have qualities in either side of the chart but the emphasis for each is listed.

<i>Gadus morhua</i>	<i>Oleum jecoris</i>
Prepared from cervical bone	Prepared from oil in liver
Diabetes	Tuberculosis; 'pre-tubercular'
Bones	Lungs
Helpless	Helpful
Pessimistic	Optimistic
Sees death, fears death	Religious
Fearful follower	Altruistic leadership
Cholera miasm	Tubercular miasm
Stage 11	Stage 15
Worker	Business man; leader in business
Withdrawal from reality to protect boundaries	Poor boundaries, lets in criminals
Immaturity	'Dwarfishness'
Anxiety about trifles, worries	Anxiety about trifles, worries
Fear of Alzheimer's, dementia	Fear of insanity, delusion insane

<i>Gadus morhua</i>	<i>Oleum jecoris</i>
Forgetfulness, memory loss, dissociation	Confusion of identity
Heat, burning palms of hands	Heat, burning palms of hands
Chest pain, worse motion	Chest pain, worse motion
Pain and protrusion of dorsal and cervical spine, neck stiffness	Fibromyalgia
Burning pains	Soreness
Pancreas - diabetes	Liver - toxicity
Malabsorption	History starvation
Cholera miasm and tubercular	Tubercular miasm mainly

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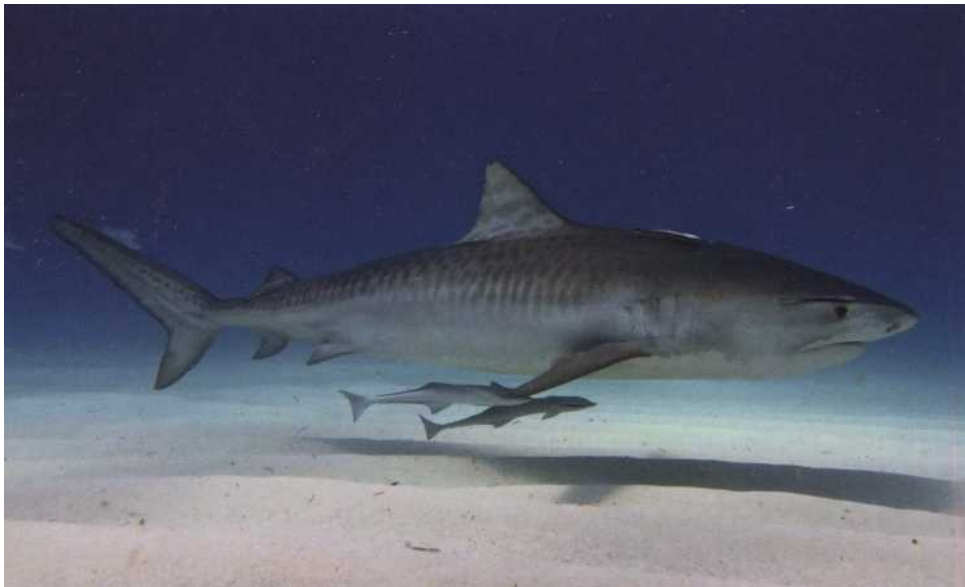
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GALEOCERDO CUVIER HEPAR

Tiger shark liver; Carcharhinidae



Keywords: *Carcharhinidae*; *oceanodromous*; *tropical, temperate*; *migratory*; *ovoviviparous, live-bearing*; *carnivorous*; *solitary*; *apex predator*; *hunter*; *food fish*; *parasites*

The tiger shark, *Galeocerdo cuvier*, is the largest member of the Carcharhinidae family and is often colloquially called the man-eater shark. It is found almost worldwide in tropical and moderate coastal regions including the Gulf of Mexico, North America, South America, Caribbean, Africa, China, Hong Kong, India, Australia, New Zealand and Eastern Europe. They also frequent mid-Pacific island groups such as the Marshall Islands, Hawaii, Tahiti and the Galapagos.

Natural History

Males reach sexual maturity at 2.3 to 2.9 meters and females at 2.5 to 3.5 meters. Mating generally occurs March to August in the northern hemisphere, and November to early January in the southern hemisphere. The male uses its teeth to hold the female and inserts one of his claspers into the female's genital opening, acting as a guide for the sperm. The tiger shark is ovoviviparous; the eggs hatch and then develop fully inside the female's body over a period of up to 16 months when they are born live. Litters range from 10 to 80 pups.

The tiger shark's skin can range from blue to light green with a white or light yellow underbelly. Dark spots and stripes are most visible in young sharks and fade as the shark matures. Adult length is up to 7.5 meters. A tiger shark generally has long fins that provide lift as the shark moves through water; the long upper tail provides bursts of speed. The broad, heavily calcified jaws and nearly terminal mouth, combined with robust, serrated teeth, enable the tiger shark to take on large prey. Its teeth are specialized to slice and saw through flesh, bone

and other tough substances and are continually replaced by rows of new teeth.

The tiger shark is an apex predator (top of the food chain; has no predators). Its diet includes fish, crustaceans, molluscs, seabirds, sea snakes, seals, squid, dolphins, dugongs, sea turtles and smaller sharks. It has a reputation for eating anything, and is known to mistakenly eat inedible objects such as automobile license plates, oil cans, tires, and baseballs.

The tiger shark has highly developed sensory organs which allow it to detect visible light, electromagnetic fields, mechanical vibrations, and smells, all at very low levels. The tapetum lucidum, nictitating membrane, ampullae of Lorenzini and lateral line, combined with an acute sense of smell, large size, big mouth and renewing teeth, make the shark the ultimate marine predator.

The tiger shark is captured and killed for its fins, flesh, cartilage and liver; shark liver has a high concentration of vitamin A which is used in the production of vitamin oils.

Parasites: *Pandanae*, *Euphoridae*, *Eudactylinidae*, *Kroyeridae* and *Caligidae*.

Distinguishing Homeopathy Features

Repressed strong feelings

Sarcasm

Sardonic humor

Left side

Distance from surroundings sensation

Need to move

Ailments from loss of movement, being stuck

Dementia Indications

Dementias after falls and fractures

Capgras syndrome or delusion

Another person is an imposter, a criminal

They are a criminal, another person

Alzheimer's dementia

With sleep issues

Desire constant movement

Beginning stages dysgraphia

Disintegration of identity

In wrong home

Surroundings unreal (see below)

Creutzfeldt-Jakob disease

With sudden violent outbursts

Lewy body dementia

Visual hallucinations especially when sleepy

Frontotemporal dementia

Huntington's disease

Need movement

Mixed dementia

Normal pressure hydrocephalus

Parkinson's disease dementia

Vascular dementia

After malignant blood pressure event

Homeopathy Commentary

There are two streams of strong homeopathic indications for this remedy that meet. One is from the shark in its environment and the other is from the proving and medicinal indications. And I remember when this remedy was first proven in 2000 with Melanie Grimes as the master prover. The tiger shark liver was chosen because, as Melanie Grimes says:

Shark liver has been used for centuries in healing. The liver comprises 80 % of a shark's abdominal cavity. Recently, much research has been done on shark cartilage and cancer. The use of sharks and shark liver oil for health benefits is not new, but has been widely practiced throughout the world.

Medical claims for shark liver oil include:

- Lowers LDL cholesterol and blood triglycerides and raises HDL cholesterol
- Decreases platelet aggregation, thus inhibiting blood clot formation
- Contributes in lowering blood pressure (hypertension) by promoting vasodilatation
- Useful in arthritis because of anti-inflammatory effects
- Beneficial in treating psoriasis and skin problems
- Contributes to elasticity of arterial walls
- Maintains healthy mucous membranes, healthy skin, and reduces build up of plaque
- As an aid to asthma sufferers

But remarkably enough, the shark proving gave many extracted rubrics corroborating the fish remedy hypothesis for dementia:

Memory: weakness, loss of

Memory: weakness, loss of: do, for what he was about to

Memory: weakness, loss of: number for

Memory: weakness, loss of: thought, for what he just
Memory weakness, loss of: write, for what is about to
Time: loss of conception of time
Emptiness of mind, sensation of

Some of the provers commented:

Forgetful of everything: what I am about to do, write, what I just thought of.

01. 30C, 01:20:30

Wanted to do yoga tonight but forgot.

01.30C, 03:11:30

See myself driving off the road, into a car, off a cliff, weaving. Must pay attention to driving more than usual.

01. 30C, 01:20:30

Some confusion of thought. Lack of mental clarity in writing out checks and getting check numbers correct.

02. 30C, 02:07:30

Confusion around time. Like an alien abduction, where you lose time. You go off the time space continuum and lose no time during the experience.
There were a couple of hours in which I was thinking the clock said some other time than it was.

04. 6C, 270:XX:XX

This describes an easy fragmentation of identity with difficulty connecting to one's identity. Many 'animal' identities come up which can create problems for homeopaths utilising the sensation method. The identity typically fragments after some emotional upheaval or trauma. It can range from the effects of violence to someone being moved into a care home and losing independence like the remedy *Ginkgo*. From the proving:

I will find my identity. All the different identities will be exposed. Identities are sides of myself. The feeling is that I would be exposed to different sides of myself. Learn about different sides of myself.

04. 6C, 09:03:23

Dream the same way but with different me.

This multiple identity sensation can prompt a search for themselves in a healthier state; in more serious situations we have dementia, Capgras syndrome or dissociative disorders.

The proving also had many symptoms and dreams of houses. But they were not the prover's own home, but rather, dreams of a grandmother's house or of being in someone else's house. ("Mind; dreams, house, houses, grandmother's"). In the dreams, their own house is being inspected and is dirty. The *Galeocerdo* patient has the feeling that they are being observed and judged and presents a different persona, a different home as a result.

This fragmentation develops from an initial detachment of emotions in spite of the *Galeocerdo* patient having strong and sudden impulsive emotional reactions and instinctual initial thoughts and actions. Over the years I developed a grasp of the patient who needs this remedy. In some ways, it is summed up by the repertory rubric: "Mind; fear, self-control, losing." The healthier patients (Stage 1) needing *Galeocerdo* have underlying strong anger and feelings that they can be afraid of expressing, having a fear of their own power and strong instinctual emotions. These underlying feelings lead to anger, even violent impulses which are repressed by the patient's self-control. They also want to hide any weakness and can feel easy embarrassment. So these patients can express their anger as sarcasm or dark humour but awkwardly. They may have a 'gallows' type of humour. They may also suffer from high blood pressure because the anger and intensity is not fully expressed except in short outbursts.

This is also characteristic of their strong sexuality and high sexual desire. Even though they have a very strong underlying sexuality and obsessive sexual thoughts they attempt to suppress it. The way they suppress it varies; it may be through exercise, over-working or shifting the obsession to some other type. They then suffer from anxiety and frustration.

The patient needing *Galeocerdo* eventually becomes detached from their feelings, just observing instead. This is particularly related to a detached 'amusement' at watching violent acts or shows which they can be obsessed with. A number of the provers had violent dreams, about chainsaws or table saws inflicting torture yet there was either an indifference, amusement or pride in it, in these dreams. I have seen this quality clinically, as well.

Like other patients who need fish remedies there may be an affinity for the ocean and in particular for this remedy, a fear of the power of the ocean, as expressed in the proving:

Fear the power of the ocean and fear of being taken over.

04. 6C, 270:XX:XX

Fear of the power of the ocean. It feels harsh to me.

04. 6C, 270:XX:XX

Depth of ocean is a void and it's scary and petrifying.

I prefer to live on a lake. Not on the ocean.

04. 6C, 270:XX:XX

Have just sold my house and am desperate to live on the water...

04. 6C, 270:XX:XX

Also *Galeocерdo* patients may want to ‘perform’. Unlike other more basic fish remedies, you may consider this remedy more in the Silver series.

One of the main physical symptoms in the proving had to do with itching on most parts of the body, with pains in small spots and left sidedness. In the proving there were a number of conditions and symptoms that improved for some of the provers, including fibromyalgia, chronic constipation, hot flushes and pains in the joints and left back.

Because of the amount of itching that the provers experienced, the master prover, Melanie Grimes, thought that this remedy is in the Psoric miasm. The itch was present in “almost every part of the body.” But her perception was also that there was “a sense of urgency and immediacy” which is not so much part of the Psoric miasm. In spite of the detachment, fragmentation and descent into dementia-like thinking the patient needing *Galeocерdo* is quick to react both on a physical level as well as a mental/emotional level. There was less of the doubt of the Psoric miasm and more of an impulsive reactivity that is seen in what has been called the Acute miasm or Stage 1.

Provers experienced sudden sharp pains and the pains would mount to severe very quickly. This is also on the dispositional level where the anger arises quickly and then there is a hasty suppression for fear of losing self-control which creates the fragmentation and detachment I have described. Yet, there is a very primitive quality to this and the patient can pursue primitive or very basic urges, whether sexual or materialistic, like in the other shark remedy, *Carcharodon carcharias*. It is also why you can see criminality and predatory actions in both. This initial excessive anger and irritability is accentuated because the liver of the tiger shark is used — from the perspective of Traditional Chinese Medicine (TCM), these expressions are part of the liver system.

There were only food cravings and no aversions — sharks will eat anything. Sharks are scavengers and patients who need this remedy crave all sorts of foods.

There is another important theme for this homeopathic remedy that is seen with sharks in their natural environment. And that is that there is a need for fluid movement which is a reflection of sharks being in constant motion. The patient needing this remedy has a great desire to energetically move, walk, run and is very restless. They need to have a sense both physically *and* emotionally that they are moving forward. As a result of not being able to move, they can become aggressive or deeply depressed and feel desperately “stuck”. Under these circumstances, they may even move into a mentally compromised or a dementia state.

This lack of movement can come from injuries to the extremities or other physical conditions which prevent movement. And patients needing *Galeocерdo* tend towards injuries, even broken bones, torn ligaments and cartilage quite easily. During the period of recovery from the injury and immobility they feel “held back,” and repressed by the injury or the poorly functioning body part. They can feel they are in a “dark pool” and fall apart such that they can have a complete emotional and mental breakdown or, in older patients, as mentioned, go into a dementia state.

Jonathan Hardy, a homeopathic teacher in the United Kingdom, states that in this situation they express a feeling or sensation of being “held back”, “static”, “stagnant.” One of his patients, who was recovering from multiple fractures, said: “I’m just falling apart, degenerating. I’m a stagnant pool.” With injuries they typically don’t allow full healing because they have to prove to themselves and others they can move.

This same state can be caused by impossible barriers to their work or personal life whereby they experience a figurative lack of movement similar to the idea of repression discussed in this commentary.

Another important aspect of this remedy is squalene.

Squalene is a natural organic compound originally obtained for commercial purposes primarily from shark liver oil (hence its name, as *Squalus* is a genus of sharks). All plants and animals produce squalene as a biochemical intermediate, including in the liver of humans.

[Wikipedia]

Squalene is a controversial substance that is used as a vaccine adjuvant. Because of the environmental toll of harvesting this substance on the shark population, there are now some plant based adjuvants.

Adjuvants are used to boost the immune response, in different ways, and supposedly create longer lasting immunity. And in a similar fashion, you can see in patients needing *Galeocerdo* that they have a very reactive immune system and can get **sudden** complaints. These may be allergic reactions and the physical complaints, such as blood pressure, can suddenly get quite severe.

A known side effect of squalene is narcolepsy. In *Gakocerdo*, there are **many rubrics** having to do with sleep and even the peculiar one of “Sleep; sleeplessness, sleepiness, with.” There is also sleepiness with headache but the sleepiness both with headache and generally is better moving, walking, in open air. (“Sleep; sleepiness, air, open, ameliorates”). All aspects of sleep are affected and in the proving there were narcoleptic-like symptoms such as feeling sleepy and wanting fresh air to help stay awake. But there were also rubrics of waking up at night and having difficulty getting back to sleep.

Clinical Focus Guide

MIND AND DISPOSITION

Sarcastic and dark humor

Sudden outbursts of anger, aggression and violence

Repressed aggressive impulses leading to fragmentation

Violent dreams and images of saws, knives, torture etc.

Anger from noise

Yet repressing strong instinctual emotions
Violent impulses
Sexual impulses
Criminal impulses
Hypertension as a result of suppressed anger
Fear of losing self-control
Pinching

Fluid movement and suffer when lack of
mobility
Need for movement, restless, to go forward
Fluidity in body and mind important
Hurried
restlessness
Loss of mobility creates:
 Feeling of stagnation
 Stuckness
 Being held back
 Repressed
 Falling apart
 Dementia

Lack remorse
Dreams of a saw out of control
 In dream crushing someone's bones
Sadistic
Fear of lack of remorse

Weakness of memory
Forgetful of everything
 For what about to write — dysgraphia
 For what about to do
Lacks visual memory

Easy fragmented identity and detachment
Confusion identity
Two different people - sweet or violent etc.
Delusion animal
Everything unreal
Dementia
Schizophrenia with violent psychosis
Sociopathic

Feeling distant from surroundings
Dullness of mind

Delusions his thoughts penetrate walls and
influence rats and mice

Detached from feelings and observer

Anxiety about health

Love of sharks

Fears
Dark, of
Destination, unable to reach
Ocean, of
Observed, of being
Losing self-control

Hurried with restlessness
Desire to move

Obsessive sexual thoughts
High sexuality
Suppressing sexual desire

Desire to live on the water

Excitable emotions

Dreams and dream themes
Belonging
 Fitting in, lonely
 Disconnection

Children, taking care of
Cold
Danger

Easy embarrassment
 Dreams of

Food
Frustration
Groups of people, schools, community,
 gatherings (connections)

Hammering on hands

Judgment

 Tests

 Criticism
Mothers

Looking for birth mother
Finding birth mother
Movement
Basketball
 Playing basketball in water (sports in
water)
Biking
Walking
Other people's homes, houses, rooms
Performance
Power
 Food chain
 Control
Pride
Responsibility
Relatives
 Long dead

Better walking in open air
Rods, fence posts, bars, fingers
 Causing injuries
Sacred things
 Church
 Drums
Sex and sexual ambiguity
 Guilt
 Doing wrong
 Being unprepared
Travel
Water
 Leaking or running
White
 Snow
 Light
Women
 Widows
 Single women

PHYSICAL FOCUS

Injuries and mobility problems
Broken bones, fractures
Cartilage injuries and inflammation Arthritic
joints
Rheumatoid arthritis

Sleep
Sleeplessness with sleepiness
Restless when lies down to sleep
Narcoleptic — sudden sleepiness
 Walking open air ameliorates
Difficulty getting back to sleep
Sleepiness with headache
 Better walking open air
Seeing images before sleep
Left sided symptoms

Vertigo

Driving aggravates Dizziness

Eyes
Red eyes on waking Itching inner canthus
Sensitive to artificial light Itching left eye

Tinnitus
Humming in ears

Teeth
Grinding teeth

Vision
Worse artificial light

^{^acc}
Pain sinuses, better pressure

Skin, itching

Itching over parts of whole body Psoriasis
Moist eruptions on head
Pimples, face, especially around mouth

Tingling in body

Leucorrhoea
Offensive
Smelling like old cheese
Purulent at night

Appetite and thirst
Thirst after dinner
Thirstless, afternoon
Bananas ameliorate
Desire all sorts of foods, few aversions

Chronic constipation

Frequent urination at night

Heart
Fluttering

SENSATIONS AND EXPRESSIONS

Fluid
Water
Swimming
Elephant
Buzz off
Constant movement
Tingling

Palpitation
Lying aggravates
Hypertension

Hot flushes

Premenstrual tension
Swelling of the breast before menses

Back
Pain, burning dorsal area
Pain, coccyx
Worse sitting
Worse lying
Stiffness, cervical region
Worse left
Better exercise

Pain upper extremities
Worse writing

Worse 5 a.m. and 5 p.m.

Ailments after vaccination

Outside of self, outside of body
Control rats
Held back
Repression
Static
Stagnant; a stagnant pool
Falling apart

RELATIONSHIPS

Similar remedies

Carcharodon carcharias, Ursus bears, *Aurum metallicum*, Iodine salts, Mercuries, Uranium series, *Medorrhinum*, Naja, Solanaceae — *Belladonna*, *Stramonium*; *Anacardium orientale*

Related remedies

Hemipristis serra and *Cladoselache* described under *Carcharodon*.

Modern Homeopathy Excerpts

From *American Homeopath* 2001, Homeopathic Proving of Shark Liver: *Galeocerdo cuvier*

hepar by Melanie Grimes:

“I think about hammering on an oriental woman’s fingers. The feeling is similar to that of Chinese foot bindings. She was a friend. I had to hammer her fingers hard enough to break them on first blow (into position). If I did it right, hard enough, it would be less hard for her to endure the loss of her fingers. She had to go through it. There was the hardness required to crush them completely so she didn’t have to go through the torture of having them continually rebroken. If I did it hard the first time they would be ruined immediately so I wouldn’t have to do it over and over again. You hammer their fingers from bottom up if you want them to break. The feeling was that if the fingers are hammered correctly, it just makes it easier for the woman. No question of the act. No exceptions, valid. No feelings of remorse. The thought was that I could take great pride out of being able to do it right; to crush the bones so thoroughly with the hammer. It was powerful. There was no doubt it had to be done, and I knew how to do it with the right angle. There was an internal drive to hammer, to smash the finger. If I could do it right I felt I was doing my job. I was superior at what I was trying to do. Somehow I felt I was servicing her by doing it right. Female oppression issue again.”

“I was doing some woodworking in our basement using the bench saw when the saw blade, which was about half the diameter of the usual 10 inch blade, escaped from the saw and started up the cement wall. I needed to control it and started to chase it. Then I realize I just needed to shut off the power to the saw, so I did. Then the same thing happened when my husband was down in the cellar and I just shut off the power again to stop it. We both agreed it wasn’t a great idea to let the blade get out of control like that. The feeling at first was that I let something get out of control and had to control it, but there was also a sense of intrigue and amusement that this could happen. For the most part it was an enjoyable and entertaining dream.”

Strange rare and peculiar

Rats: “Had the idea, and have had this idea twice in the last few days, that my thoughts could penetrate the wall and influence the rats or the mice — to make them be quiet or make them die.”

Ocean: “I feel I am in the middle of an ocean, not knowing what direction to swim in. It is the same distance to any shore. And they all seem far away. It makes most sense to flow and see what direction I go naturally. But there are some doubts that I should exert some effort in some direction. I just want to lie still and let the sun fill me with warmth and light. But then the night comes; it’s cold and lonely. I want to be somewhere other than where I am. This sensation was very clear, very definite. I remember it clearly. It happened three times.’

Pain better for movement: “Back pain is resolved even after carrying old heavy backpack all day. I feel more solid, matter-of-fact in body. I feel my bone structure more firmly.”

Hum: “The feeling of my body tingling, removed from itself, outside itself, beside itself was intense, subtle. On several occasions I would try to describe the sensation to others but met great difficulty. I felt different — extended, solid but unstable. This alternated with feeling my bones,

my structure quite firmly. Still have some of the humming I had at start of proving. The pitch feels like it's a high pitched hum, more on the right side. It feels like my whole body is humming and it feels like a real clear distinction between where my body is and where the chair is. A feeling of fullness in the body. And in that sense, there is a feeling of being beside my body. More aware of the perimeters of my body than outside of it. Like I can be objective about the edges of my body. You're actually aware that you're present. Not a density but more of a different presence.”

Additional Homeopathy Resources and References

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http://Zwww.sharkinfo.chZS14_99eZgcuvier.html http://en.wikipedia.org/wiki/Tiger_shark

<http://www.fishbase.org> http://en.wikipedia.org/wiki/Ampullae_of_Lorenzini

HIPPOCAMPUS KUDA

Spotted seahorse; Syngnathidae



Homeopathy Abbreviation: *hippo-k*

Keywords: *Syngnathidae; ocean- odromous; tropical; oviparous; male brood pouch; camouflage; carnivorous; ambush predator; prey*

Hippocampus kuda, the seahorse, inhabits shallow coastal waters throughout the Indo-Pacific oceans and is a member of the family Syngnathidae of the order Syngnathiformes.

Natural History

Male seahorses lead a solitary existence in the same location and do not school with other seahorses. But the female seahorse does arrive each day, like clockwork, and eventually mates with one male seahorse. Seahorses and the whole Syngnathidae family (which includes seahorses as well as pipefishes and seadragons) use a unique system where males, not females, carry the pregnancy.

It starts with a complex mating system that is characterized by a unique courtship ritual. The male begins by changing its colour patterns as it dances around the female. It also produces clicking sounds with its coronet. The pair proceeds with the ritual by entwining their tails

together and floating across the ocean floor. Eventually the male and female face each other belly-to-belly at which time the female deposits her eggs into the male's brooding pouch. This courtship ritual is modified and repeated daily even after the male has become 'pregnant' and then can allow the young to grow in his pouch.

Each morning the pair comes together to dance, change colors, and entwine tails. The incubation period is generally four to five weeks. Most males go into labor at night during a full moon. Males engage in vigorous pumping and thrusting motions for several hours to release the young as independent, miniature adults. The average length of *Hippocampus kuda* at birth is 7 mm.

Seahorses maintain a faithful association with only one partner. A new mate is sought only when a partner dies.

The seahorse's swimming position is vertical, with slight forward or backward inclinations, in the direction of travel. The body is covered with armored plates rather than scales. An equine-like head, set at right angles to the body, ends in a long tubular snout. A bony 'coronet' may develop on the head. Seahorses can have an all black, grainy textured body pattern or a creamy, pale yellow body spotted with large, dark circles. These colors and patterns can be changed temporarily to match their immediate surroundings and act as a camouflage to avoid predators.

Seahorses live mainly among coral reefs and shallow estuaries. They are poor swimmers and use their tails to anchor themselves to coral branches; from there they utilize their thick snouts and specialized jaws to suck in their prey. Seahorse fish do not have teeth or even a stomach like other marine species. Digestion is rapid so they constantly eat small crustaceans and larval fish. Seahorses can consume up to 3,000 crustaceans such as brine shrimp in a single day, sucking them up through their trumpet-like snouts.

The seahorse is prey for crabs, angler fish, tuna, rays and penguins but their bony body prevents easy digestion for predators.

The Chinese in particular have valued the seahorse medicinally for thousands of years as a cure for many problems, including baldness, asthma, arthritis and heart disease to impotence and infertility. The seahorse is used as an aphrodisiac. Apparently, they use as many as 20 million seahorses a year. Seahorse trade is legal and unregulated, and if this practice continues at this rate, we could push this amazing creature into extinction. To this end, conservation projects set up in recent years have established sanctuaries and fish farms in order to ensure the continued existence of these mysterious and fragile creatures of the sea. [Proving notes]

In Greek mythology, seahorses pull the chariot of Poseidon, one of the 12 Greek Olympians. Poseidon is the god of the sea, god of storms, god of earthquakes and god of horses.

Parasites, fungi and bacteria: both wild and cultured *Hippocampus kuda* are susceptible to *Costia* (*Ichthyobodo necatrix*), a protozoan parasite, microsporidia, *Cryptosporidium*, types of mycobacteria, vibrio bacteria.

Distinguishing Homeopathy Features

- Father takes on mother's usual role
- Solitude required for creative impulses
- Isolating to escape harsh world
- Physical and mental symptoms come in 'waves'
- Horse
- Floating, swimmer

Dragon
Monkey tail
Quirky; cartoon-like
Culture of style, colour, change

Dementia Indications

Alzheimer's disease

With sundown syndrome

Creutzfeldt-Jakob disease

Lewy body dementia

Frontotemporal dementia

Huntington's disease

Parkinson's disease dementia

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Vascular dementia

Hippocampus impacted

Korsakoff syndrome

Post influenzal and viral dementia

Homeopathy Commentary

What an unusual looking fish or animal. Even though it is classified as fish, it hardly looks like it. *Hippocampus kuda* appears as a colour-changing, bony, dragon-like horse with a long monkey-like tail and a very small fin for locomotion. And its behavior, especially the monogamy, male mothering and gestation as described in the source notes, is also so unusual. The homeopathic provings and subsequent clinical results verified many characteristic symptoms and themes related to the appearance and behavior of this fish. These themes of the remedy *Hippocampus* can be, like the appearance and behavior of the seahorse fish, seem contradictory and incongruent.

There have been two provings of *Hippocampus kuda*. One led by Chetna Shukla, in Mumbai, India and one by Susan Sonz and Sonam Kushner in New York.

It turns out that *Hippocampus kuda* is a useful remedy for the impact of one of the most significant historical events of our lifetime — the COVID-19 pandemic. It is an important remedy for the effects of isolation as many people experienced during government mandated lockdowns. Prior to this cataclysm, I used it for many individuals, particularly artists, who chose to work primarily from home and had a lifestyle of solitude. Patients who need the remedy *Hippocampus kuda* find solitude encourages their creativity.

The 2003 proving by Susan Sonz and Sonam Kushner, the master provers, describe this desire for solitude in the introductory synopsis of the proving:

This strong theme seemed to be part of a larger picture that included an aggravation in and aversion to company, a desire for solitude, sadness, gloom, and a feeling of being disconnected from the world. It's difficult to know if the feeling of being isolated causes

the sadness and other feelings, and/or if an over-sensitivity in public drives one to isolation, but isolation does seem to be the prominent emotional symptom of the proving. In fact, in the wild, the male seahorse leads a solitary existence, perhaps giving rise to this strong theme of isolation, coupled with a need or desire for solitude, and therefore, an aversion to company.

...We came to the conclusion that although *Hippocampus* does feel isolated, perhaps this is a desired isolation, not unlike the natural solitude of the seahorse itself. (It is possible that being alone is conducive to the spiritual insights and mystical realizations that are mentioned in this proving). This may indeed be the distinguishing feature of this remedy: a kind of proactive aloneness, a positive, colorful relationship with solitude.

One patient described it as 'delicious solitude' and so they don't always complain about solitude. The isolation brings or is the source of creativity and colour to their lives. They can be quite dependent on others to represent them in the world and help translate the world for them. Their dependency can provoke grief if the person leaves. They can also be like *Sepia*, where they have an aversion to interacting with their children and welcome solitude. On the other hand, they can also be playful with their children and caring. The theme of caring, loss of caring is strong in this remedy.

A major aspect of the proving and my clinical experience had to do with all the senses being impacted, either increased or muffled as this prover describes it:

Feels like a blanket has covered the day. Muffled sensation, sound, light - everything far away. I felt cut off, inward, trapped, disassociated. I felt like I was under water. It was distressing, I was inward focused.

#1, day 00

What that underwater' feeling represents is a 'cut-offness'. A friend kept asking me yesterday if I was OK. I guess I was acting disconnected.

As well, there was more about the hearing and noises in the New York proving; in the same way, there was a similar sensation related to vision. The master prover describes it:

There were various noises in the ears; a roaring, a wumping, a ringing, and a vibration. Sounds outside the head were muted or muffled, while sounds inside the head were intensified. One strong prover felt light and colors were muted at the same time as sound, which led her to specifically feel as though she was underwater.

Besides the muffled sensation and process you can also see more acuteness in the senses. There is oversensitivity to smell, and the hearing and taste are more acute. They can also have a poor filter to the senses whereby they experience input too strongly; they don't easily filter what they say or put out. This leads to the desire to muffle the senses. The acuteness is primarily when in public places and so there is more reason to isolate.

As described in the source notes, the male seahorse has a pouch and gestates the fertilized eggs and then actually gives birth to a fully formed young one. Characteristically, you can see a male who has the role of the stay-at-home mother or is the mothering principle in a family dynamic.

Also in this remedy are really high and then low ‘waves’ of emotions. There are also severe depressive states and sadness which they can describe as “intolerable”:

I feel a bit down and discouraged today. I don't seem to be able to accomplish anything, which makes me even more depressed.

#8, day 19

These ups and downs can be related to the menses. There is anger and irritability before menses yet elation after menses. Again it was described by a patient as waves of emotions during the menses. From the proving: “Joy alternating with sadness, sadness, depression alternating with exalted states.”

This theme of waves or sensations of waves extends into the physical realm, like vertigo with a wave-like sensation or pains that have a wave-like sensation.

They can also feel stuck. It is like in the Ringworm miasm — a miasm of ‘trying unsuccessfully’. It is in the rubric: “Mind; dreams; efforts, unsuccessful; reach a place, to.” There can be a feeling of despair and hopelessness and futility. They don’t want their freedom restricted yet there is an element of fish-type compliance. It is also a remedy for the effects of antidepressants like Paxil® or Prozac® where the senses and emotions are muffled.

Another situation is for a prodigy who never fitted in or was stopped from fulfilling their destiny; their self-esteem destroyed and profoundly discouraged, they therefore seek solitude. Their spark of brilliance and light is squashed by outside dark forces and they can have a delusion that they are being spied on or constantly observed, like *Aqua marina*. There is a feeling as if they are an alien and don’t fit into society, thereby shunning unknown people. When in public they need support so they will surround themselves with known friends or family when not isolating.

I had a 60-year-old patient who responded very well to this remedy with the chief complaint of a chronic earache that made sounds very loud and painful. She had been in the creative arts and graphic arts for most of her life, but now was working from home, semi-retired. She also suffered, in waves, from low energy and depression. She was involved in a lawsuit and it was costing a lot of money and her lawyer’s legal challenges were unsuccessful for the moment (Ringworm miasm).

In her apartment, she was acutely hypersensitive to the neighbor’s movements and sounds. She also experienced headaches that were in the back of the head and came with soreness of the scalp. They came every day at the same time, 2 pm. She was taking antidepressants. After the remedy, *Hippocampus kuda* 200C, her mood, sensitivities, energy and pains were all much better. She felt she had renewed strength to deal with the lawsuit problem.

I have also given it to very creative people; artists who work at home and enjoy that. They also, in their art, could be quite quirky with sometimes odd juxtapositions. For example, I had two patients who were classically trained string players and decided to write and record, in their home, pop-like renditions of classical songs. Their recordings of their singing and the instrumentation had an offbeat sound yet was done with an oddly serious carefulness. I tried to listen with a similar solemnity but like homeopathic remedies made from the monkey, there was the quality of ‘smart people who do foolish things’.

Although it was not the reason I prescribed *Hippocampus*, in hindsight, I noticed that in the

proving there were dreams of stringed instruments and in one dream the music was being played at an amusement park.

There were also many dreams where it was as if the prover was in a movie or had dreams with cartoon-like characters. This is also what I have seen described by patients needing this remedy. They can even have a cartoon-like, Silver series, caricature quality having the same characteristic as in the remedy *Tellurium*.

One of the above patients I mentioned developed a severe sciatica that was paralyzing. He experienced almost instant and significant improvement from *Hippocampus kuda*. The remedy worked because the general situation agreed. Not only did he have the odd solitary creative impulses I described but he was also the main caregiver and homemaker for his daughter, since his wife had a busy full time job outside of the home whereby she would travel frequently.

Typically with *Hippocampus kuda* the back pains are worse from breathing and can be both in the sacral area and the sciatic area with stiffness in the cervical area. In the proving there were strong back pains with heaviness in the back and stiffness in the neck area, as well as a heavy, aching, tired feeling in the extremities. Three provers had major improvements with their back pain.

Another physical problem is severe headaches which can come on suddenly and are recurrent. They tend to be one-sided, alternating sides and come with waves of nausea. There can also be heavy, full headed sensations alternating with light-headedness accompanied by a 'wave like' sensation.

Many provers and patients experience an urgent need to pass a 'soft, mushy' stool and in some, an involuntary stool (the seahorse digests its food and eliminates very quickly as it has no stomach). There was also an urgent desire to urinate.

Color features prominently in this remedy. The dreams reflect this:

Dreams, colorful

Dreams, colorful, exaggerated colors and proportions

Dreams, colorful, neon

Dreams, colorful, black and white

Dreams, clothes, brightly colored dresses

This relates to the seahorse's attempt to camouflage itself by changing color. It also changes color during courtship. Many of the dreams contained changing colors and had a oddly transformative content:

.. transformative dreams, that is, people being transformed from one state to another - hair changing color, women changing dresses, old people being young, and even a little blond child turning into a glowing black-skinned boy with a 3-foot-wide afro. Many of the dreams went from a dark scene to a brightly colored, altered reality, described by one prover as "like in the movie Truman."

.. .Most of the dreams were described vividly in color - there was green grass, blue sky or colorful flowers, bright dresses, and red, bright blonde, or platinum-colored hair; a white sink, white snow, and a huge creamy white dessert were mentioned; the 'color' neon came up repeatedly.

There is, though, a darker side to this remedy which is more reflective of the forces the patient who needs this remedy has around them. There were dreams of robbers, dreams of dead people, dreams of zombies and ‘otherworldly images’. It is like other fish remedies but there is some individuality to the picture:

Night fell, we never did arrive at our destination. Accosted by a group of roughnecks with knives. We went around in circles. The feeling was of being stuck and hopeless, no way out - we kept passing by the same place over and over again.

#5,06

Also there were dreams of escaping from danger; knives, and being knifed. The dreams can have an element of the bizarre with a deadly edge.

Many of these dreams reflected dispositional states from the Fungi kingdom. And again, in this bright coloured fish remedy, there are similarities to orchid remedies where fungus is important to their initial growth. You can see a watered down version of a parasitic fungal state in which the patient needing *Hippocampus* exhibits dependent, self-indulgent and frivolous behaviour. The patient can also be in a state whereby they feel these darker forces are around them, that they may be killed because of their unique ideas. This can also give another reason for seeking solitude and hiding.

What is also interesting in the proving is that in many dreams issues with the mother came up frequently (the word mother is repeated 19 times in the New York proving), whereas not so much for father (repeated 3 times). This seems contradictory, since the father seahorse has a prominent role, being the one who is responsible for gestation and giving birth. But the real issue is about the value of mothering and caring in the family rather than specifically the female mother. Mothering and caring is also, interestingly, a feature of the remedies made from chlorine (*Muriaticum*), an important element in the sea.

As in other fish remedies, there is a desire to know the mother, to go to the source, even — especially when the mother has died. So in some of the *Hippocampus* dreams there is the ‘dead mother’ in a dark place, who doesn’t really protect, know or accept the prover as a person:

Dream: Of my dead mother in a labyrinth-like building, grim and dark. Worried if she would accept and welcome me, and remember who I was. I wanted her to know who I was as a person. I see my mother as a two year old, but with an eighty year old face. She was giggling and giddy. I was very distressed at her behavior.

Dream: My mother, sister and I were in our old, big station wagon, sort of like a tank, having braking problems. I had to take over, and navigate the car through the flood waters and up the hills.

[Proving]

Other fish themes come up particularly relative to memory and the sea. There is a loss of memory for names and a general experience of loss of memory, even in healthier patients.

Being a little forgetful, blanking on names.

#7, 06

Tired and lost, forgetful.

Even though provers did not know what remedy they were proving, they expressed symptoms of water, the sea, floating, and even fish. I have observed this in patients needing this remedy or other fish remedies.

Dreams of water
Dreams of silver, sea, ocean, water

Dreams of swimming in water
Delusion he is under water
Dreams, fish
Dreams, fish, people who are fish

A 'cartoonish' brawny man is there with big, bulging eyes, and a mouth open like a fish's, and a fine chain joining his inner cheek to the roof of his mouth (palate).

[Proving]

Again the cartoon theme comes up in that dream.

On the upper right hand corner was a window cut out. Somehow I floated up and sat on the edge...

[Proving]

There is, in fish remedies, an ambitiousness but this is amplified by the horse quality in *Hippocampus*. It is seen as a part of the artistic quality. They work hard and want recognition as in this dream of a prover:

Soon after I was creating and winning awards for pastel drawings that were favorites of Kirk Douglas, Lauren Bacall and others. I was very excited about my talent - and my newly-won celebrity. #2, 019

[Proving]

Yet at the same time they can have recognition taken from them by parasitic people around them. They may choose someone to represent them in the outside world who takes the credit and also the monetary reward they deserved.

Chetna Shukla's proving in India of *Hippocampus* had a different emphasis but some similar themes. The provers felt a kind of loss of control both physically and mentally. And they expressed it as part of their destiny - "Mind, reconciled to destiny." They laughed immoderately, spent money, drove fast. Yet they had little embarrassment about it, were unaffected by emotions, yet could easily feel insulted and offended.

No control over others behavior or events. Moods not under my control. It is bound to happen, what to do!

In one of her cases, a young adult aged 20, Dr. Shukla describes a patient with a quirky almost child-like quality similar to many of the cases I described. His chief complaint was alopecia. He just wanted to "enjoy life" and did not work at his studies much. He was protected by his family yet he was argumentative, particularly with his father. He liked challenges and imagined himself

near water in nature — mountains, waterfalls and being on water. He said:

I love the water and I often dream of the water - you will laugh, but I often dream of swimming underwater (actually I don't know swimming in reality) and exploring the underwater world. I dream I am swimming underwater like a fish, talking to the mermaid, surrounded by unique small fishes, exploring the underwater treasures... All unique fishes, you know those, that horse-like fish, that seahorse, it's funny. I love the horse and this seahorse, funny isn't it?

Dr. Shukla prescribed repeated doses of *Hippocampus* 30C, and when he came back for a follow up his patches of alopecia were covered in hair. After one year, this improvement continued. Prior to the remedy, he could not focus on his studies but that improved to the extent that he did exceptionally well in the exams he had just written. The memory problems of *Hippocampus* and all fish remedies — by virtue of the nature of forgetfulness - are not always initially expressed but in follow up the remarkable improvement is confirmed.

The different themes in the Shukla proving are:

- Not inclined to work, impatient with working too long
- Responsibility
- Fun/giggling/spending money
- Embarrassment/no embarrassment
- Joint pains, fear of arthritis
- Anxiety about health of the father
- Control/I can't help it
- Destiny - "get what you deserve"
- Unaffected, not shocked
- Sensitive to life and nature; averse hurting others
- Hurt ego
- Speaking directly
- Different style of dressing, wanting to look different
- No anxiety even after an accident
- Desire to smoke and drink
- Dullness of mind, listless

So in *Hippocampus* we can see how both provings and clinical results confirm the themes represented by the seahorse in its watery environment. There are many general fish themes, but then also themes that are related to other animal remedies including primates. In addition, horse dispositional themes, including the idea of the harnessed horse biting at the bit, are dispositionally seen as a kind of restrained, watered down ambitiousness.

As well, the brightly colored eccentric look of the seahorse is reflected in dispositional themes having to do with the Silver series, art, culture, unusual clothing and transformation. Many dreams reflect water and even difficulty swimming. Isolation and caretaking

roles are also in the proving and in my clinical experience. Both the Sycotic miasm and Stage 10 as well as the Ringworm miasm and Stage 3 are found in this remedy.

Clinical Focus Guide

APPEARANCE

Bony, horsey appearance - some, not all Thin
bony face with long thin nose Delicate

MIND AND DISPOSITION

Desire for solitude
Disconnected from world
Or opposite polarity — desire to party,
socialize
Artist who seeks solitude
Isolation brings more creativity
Concerns about privacy

Family important
Desire contact with family, those close Family
accepts their quiriness Responsibility or
dependency Argumentative with family
members who protect them

Caring
Responsibility for family
Sensitive but holds onto resentments
Need family caring
Father taking on role of caretaker

Grief
Sadness, depression
Desires to be alone
Forsaken feeling
Hurt ego, credit taken from them

Intolerable sadness
Chronic depression

Quirky looking
Voice doesn't project well

Company ameliorates but isolates
With sleepiness

Irritable before and during menses
Elated after menses

Hiding
Desire to blend in when socializing

Senses increased or muffled
Muffled sensation — muted senses — vision,
smell, sound, etc.
As if underwater
Hyperacute senses: sound, taste, smell
Effects of antidepressants — muffled emotions
Unaffected

Waves
Of emotions and states
Little filter on expression and emotions
Joy alternating with sadness
Sadness alternating with exalted states
Wave-like vertigo
Cyclothymic
Worse menses
Dreams of waves

Restrained, stuck: Ringworm miasm

Unsuccessful efforts including dreams of
Despair, futility, depression
Not inclined to work
Destiny — you get what you deserve
Restrained ambitiousness

Prodigy thwarted from fulfilling destiny
Isolates as a result
Needing support from those close
Fear being murdered for their ideas

Quirky; cartoon-like
Frivolous, foolish behaviour
Desire for fun
Cartoon characters in dream
Dreams of clowns, amusement parks, circus
Expressive
“I can’t help it”
Silver series
Different style of dressing

Colorful
Exaggerated various types of bright colors in
dreams
Desires color
Colourful, artistic clothing
Neon colors
Muted color
Juxtaposed with desire to blend in

Transformative
Dreams of a child transforming into demon
Dreams of animals transforming into other
animals
Transforming one genre to another
Frequent changing of clothing
Spirituality and gratitude

Creative
Pioneering ideas
Originality
But others take credit
Better when alone

'Parasitic', 'fungal' forces around them

Dreams of danger, threatened
Dreams of death
Knives and stabbing are prominent
Dream of witnessing a killing; I am to be
murdered next
Dream that people are planning to kill me
Recognition, ideas, business appropriated by
others
Dreams of excrement
Dreams of tunnels
Hatred and revenge
They can be somewhat parasitic, wanting to be
taken care of and supported financially
despite a frivolous and irresponsible attitude

Mother issues
Dreams of dead mother
Grief over death of mother

Forgetful, memory poor, mistakes
Of names
For what is about to write
Mistakes in writing
Feels lost
Memory loss
Time passes too slowly or quickly
Mistakes in talking; wrong words and names

Time passes too quickly or too slowly
Loss of conception of time

Dullness
Unaffected

Water, fish, swimming
Dreams being under water
Dreams swimming in water
Swimming
Dreams of fish
Floating

Award-winning
But awards and recognition taken by others
Hurt ego, lack of recognition

Other dreams		Talking in sleep
Of animals		
Rifles Zombies		Sycotic miasm
Glass doors		Desire for fun
Gemstones		Exaggerated appearance
Witnesses	PHYSICAL FOCUS	
Tunnels	Walking ameliorates	Acute
		Offensive, bad
Better open air		Salty
Headaches, migraines		Throat
Pain one-sided or side to side		Lump sensation, one side
Stooping aggravates		
Temples		Stomach
Waves — increasing gradually, decreasing gradually		Waves of nausea
With waves of nausea		Worse odors
Knife-like, pressing, dull, boring		Vomiting during menses
		Heartburn
Ears		Eating ameliorates
Obstructed		Desire juicy foods
Sounds muffled or very acute		Melon, fruit
Chronic earache		Desire spicy
Noises in ear		Desire tea
Roaring vibration		Abdomen
Muffled hearing and/or loud tinnitus		Rumbling and gurgling
		Distention after eating
Vision		Sudden urgent need to pass stool
Blurred		Watery stools
Slow accommodation		Mucus in stools
Distorted		Involuntary stool
		Cryptosporidium infection
Nose		
Epistaxis		Dysmenorrhea
Obstruction		
		Ovary problems and pain
Face redness		
One-sided		Pain burning sternum
Taste		

Back
Sciatica, acute
Stiffness of the neck
Pain dorsal region
Paralysing, dull pain
Pain breathing aggravates

Extremities
Easy sprains
Itching
Sleeplessness with pain

SENSATIONS

Horse
Water, motionless in water
Swimming

Waves
Insomnia
Desire to nap in afternoon
Short sleep ameliorates

Alopecia
Starts in spots

Recurring bacterial infections
Necrotic tissue as a result

Microsporidia infection

COLOUR CHOICE

18AB, 19 AB

Muffled
Through thick glass
Monkey
Delicate

RELATIONSHIPS

Compare

Acridotheres tristis, Tellurium salts, *Antimonium tartaricum*, *Baryta carbonica*, *Lanthanum carbonicum*, *Sol*, *Sepia*, *Asarum europaeum*, *Medorrhinum*, *Ringworm nosode*

Modern Homeopathy Excerpts

Selection of dreams from the New York proving of *Hippocampus kuda*:

Note: after each symptom is documented we classify that symptom by writing the number of the prover, followed by the day it was experienced, ie., #1,018, means prover #1 on day 18. The first day of taking the remedy is called day 00. RS = returned symptom; CS = cured symptom.

Dream: Standing at **white** bathroom **sink**. There's something congealed blackish, stuck in the sink. When I turn the water on hard, it doesn't wash down. The image alone recalls a vague sense of horror. #1,13

Dream: Staying in a house with my friend, who is staying in a room upstairs. Suddenly there is a **swimming pool** and people are **swimming**, I want to be swimming too, but for some reason I am not. Then I am in the pool. A “**cartoonish**” **brawny man** is there with big, bulging eyes, and a mouth open like a fish’s, and a fine chain joining his inner cheek to the roof of his mouth (palate). Vocalizing a particular drum pattern for a certain type of **music**, but a piece of the pattern is missing. I know what the missing piece is and I provide it. My friend is swimming away to the other side of the pool, followed by a child, a girl, who is swimming behind her, just like a **fish**. Like **ducks** following the mother. Near me, and the “**fishy**” **man**, a woman and her daughter are doing a perfect demonstration of the Charleston in the bottom of the pool, **under the water**. #1,15

Dream: **Green**, quiet, peaceful open space. Of old man becoming young. #2,00

Dream: The cast included S, L, and R, a cameraman and me. I was in the back seat of a **car** with S, despairing about the lack of improvement in my life in spite of homeopathy and healings. S urged me to “give it a chance.” I saw a whole bunch of bagels that had been painted **different colors** and mounted in frames. They had little arms and legs and were made to look like little characters — one was a kind of song and dance man with a walking stick and top hat. I said “Oh no, look at all this stuff for sale.” Suddenly we were back out on the road with R trying to convince someone to let us film them. R, a thin blond guy in his 20s was acting a little hyper and goofy and he had dyed his dirty blond hair to **platinum**.

Dream: I was sleeping outside with my **cat** Charlie where a rugged-looking man in a kilt was noticing me. He came over to the side of the bed to say he recognized me from when he used to look in my window. This made me feel uncomfortable — as if he knew me. I was then in the backyard of an exclusive Scottish club, where all the men were dressed in green tartan kilts. I was sitting around at a table outside with the black (African-American) help who were complaining about their treatment — no respect, no regular hours. One of the help worked at a graveyard (and had the logo of a mortuary on his shirt) and was complaining about his hours which made no sense considering his job. There was anger by the Scottish members that the help got to sit at such a nice table in the **garden**. There was pressure on me to move indoors and select a regular table — something I was resisting. I went inside where a couple of Scotsmen got really close to me and urged me to pick a table where I’d sit all the time. I said “I’d rather move about freely,” which met with disapproval. #2,03

Dream: Eighty-five-year-old cousin whose face was distorted on a **circus** poster. #2,06

Dream: Vacation spot with large, dark decrepit cabins. 2,07

Dream: Being given a new **vision** by **God**. I was in a dark place, like a theatre. I was facing a large gray wall, like a curtain on a stage. On the upper right hand corner was a window cut out. Somehow **I floated** up and sat on the edge. We were sitting on the edge of a window into this **new world — colors, lights**, movement, objects were star- ding, **gorgeous, kind of like an animated film**. When I went into it, it was almost as if I were on a ferris wheel, or some kind of **carnival** ride, and I was with a girl. It was as if I knew as a **child who was now an adult**. A mechanical device came over with verbal instructions to look into it, like it was going

to record or download all of our thoughts. I made a repeated ‘crossing’ motion with my hands and arms, and said “Deny, deny”, to protect us. I took away with me the feeling of a new way of seeing. So many of my previous dreams had been about trying to get somewhere. This dream was a little alarming, it had a malevolent side to it, but I had the presence of mind to use techniques to protect us. I came away with the feeling that **God has given me a new way of seeing the world.** #2, 07

Dream: I was in an office and a **dog** had peed all over the carpet. Someone attempted to clean it leaving big, wet soapy circles on the rug. An actor showed up looking for his art sampler. It was up to me to find them for him. As he looked through them, I could see the work — swirling, masses of oils, photographed and printed on glossy paper and then cut out. The **colors were oddly muted**, and I asked if this was intentional and he said yes. My **long deceased dog** Pete made an appearance. Lying on his back, balanced on the upper ridge of the couch. I found this quite amusing. Pete in this position was approached by a coterie of other dogs and cats. #2,012

Dream: Of Betty, my dinner companion, who was **piloting a plane** and we **almost crashed** as we were coming into Washington DC but Betty got control of the plane and we landed safely. #2,012

Dream: My neighbor Carlita was having a **party** and she threw her keys — big old fashioned **keys on a big ring** — out the window and I caught them though they were intended for someone behind me. I was forced to explain in a humorous way why I’d been so eager to catch them — I thought they were intended for me. #2,012

Dream: I was in a museum of broadcasting. There were lots of rooms but absolutely no broadcasting information. Lots of **floral patterns**, overdone curtains, vases, ornate lamp shades etc. #2,012

Dream: A tiny little Indian girl about 4 years old comes running down the street in an urban decrepit city, wearing a sari and scarves. She grabs a stranger in a panic. I’m looking for an adult and I see an Indian woman about 100 feet away looking concerned but not reacting. The child runs into traffic, and I’m horrified and worried. **Cars** are slamming on brakes, screeching tires etc. She makes it across, me running behind her, trying to catch her, and she grabs another stranger around the legs. #2,012

Dream: I was at a Turner Classic Movies **Theme Park** with friends from college, one of whom was **transformed** into a scruffy, muscular, disheveled long haired guy. The park was very interesting - lots of cookie cutter type stores all in a row, each one dedicated to a different movie star. And there were **big lavish stage shows** with **cartoon characters**. Elaborate banks of TV screens with different movie clips, all intercut and relating to or commenting on each other. #2, 015

Dream: I was back in the **mythical city** of my dream (day 07) — this time with Jerry Seinfeld and Jennifer Lopez. We were hanging out and I was trying to park one of Jerry’s big old **cars**. During J-Lo’s concert I could see it was a very **lavish show** with dancers with veils and a full

orchestra, and I was going through a **gift** package for me and eating all the baked goods — big single layer **cakes** with chocolate icing — one after another — sheer gluttony. Each was wrapped in see-through plastic with **decorative** elements. #2,018

Dream: My mother, sister and I were in our old, **big station wagon**, sort of like a tank, having braking problems. I had to take over, and navigate the **car** through the **flood waters** and up the hills. Soon after I was creating and winning awards for pastel drawings that were favorites of Kirk Douglas, Lauren Bacall and others. I was very excited about my talent — and my newly-won celebrity. #2, 019

Dream: I was working very hard in a busy hotel to administer healing remedies to Milton Berle but in all the confusion, someone packed my remedies away and I wasn't able to help Milton. #2,019

Dream: I was in some exciting international city and had mastered the ability to mentally rise up a small platform (bigger than a surfboard and thicker than a **flying** carpet) and 'surf' over the city. I loved the excitement of what I was doing as well as the attention. (This dream is a companion to a series of dreams I've had repeatedly, and which on some level I believe to be true — that through 'mind over matter' I can **raise my body off the ground**, or **breathe under water**. In all cases, I am thrilled with my accomplishments). #2,019

Dream: Of broken concrete buildings. #3,01

Dream: Of ruins. #3,02

Dream: Of **gardens**. #3, 01,02, 03,04, 05

Dream: Of a **party**. #3,04

Dream: Of being asked to get married in a parking lot while a bookstore was being **robbed**. The owner of the bookstore threw money at us to shut us up, then the **police** came and took them away. During the proposal, the suitor broke the **ring**, like it was a comedy show. #3,04

Dreams: Of **being young again**, of when she was young — in her 20s. #3,04,06

Dream: Of **magic**. #3,03

Dreams: Unremembered. #4, 01 and continuing

Dream: A very stiff, tall **policeman**. #5,01

Dream: **Soldier** with a green beret, like an icon, or cardboard cut-out figure, very tall, like a statue. #5,01

Dream: Of my dead mother in a labyrinth-like building, grim and dark. Worried if she would accept and welcome me, and remember who I was. I wanted her to know who I was as a person. I see my mother as **a two year old, but with an eighty-year-old face**. She was giggling and giddy. I was very distressed at her behavior. I was deeply saddened that we were unable to

make contact. I had the feeling as if my heart was breaking. #5,01

Dream: Belfast for a visit, with my daughter. I had an appointment in an unfamiliar part of town. Night fell, we never did arrive at our destination. Accosted by a group of **roughnecks with knives**. We went around in circles. The feeling was of being **stuck and hopeless, no way out** - we kept passing by the same place over and over again. #5, 06

Dream (half waking state): I dreamt I couldn't breathe, I was gasping and heaving in my own bed. No matter how deeply I inhaled the air wasn't getting through. My mind was in a panic, my body was paralyzed. It was like my mother laboring to breathe before dying. #5,07

Dreams: Of **robbers**. #5,14

Dream: Of a **stone submarine**. #6,00

Dream: I dreamt of an ex-girlfriend who pursued me. She wanted to be with me, kiss me. My wife appeared and I refused the ex-girlfriend. #7,03

Dream: Of my husband and I being threatened by 2 **gunmen with guns** being pointed directly at our heads through windows. I screamed "get down!" but there was no place to hide. #8,02

Dream: Of a lost **dog** that came to me and sat at my feet. Very well behaved. And I said "I want to take it home." My husband said "OK." Normally he would have said "It's me or the dog." #8,04

Dream: Of **dog** (that was lost and found in real life). The dog greeted me and there was a lady in a car with 2 other dogs. She confirmed that this was her dog. In another scene, I was discussing with another woman that I wanted to take the dog home, but she told me it had parasites and would be deadly to **pregnant women**. (My step-daughter is pregnant). #8, 09

Dream: At a **party, nursed a baby boy** at my breast. Went to clean his soiled diaper. The **excrement** fell out and landed on the floor near the sink. It seemed that shit was all over. #8,017

Dream: I went to Canada to visit people in mourning. There I found swatches of **paint** on a wall covering and I was discussing **colors** with a woman when my husband said it was not polite to talk business while paying a shiva call. So I went into the kitchen and saw a little **dog** and got on the floor to play with him. #8,019

Dream: In house watching TV, with a young man that I know, pleading for his father to return. In the next room I opened every closet and **cats** came out. Then in another room I saw a beautiful **dog** with long red hair and tail. A very mean guy tied the dog's tail up. I screamed at him angrily and chased him away. I untied the dog's tail. #8,020

Dream: Of my **dog** this time. #8 day 027

Dream: Of a Remington **rifle**. #9,02

Dream: Being **driven** around in a yellow school **bus** from place to place. They ask how many of us are in recovery. Hundreds of my co-workers raise their hands, and so my previous guilt and shame was gone, and I **felt empowered and emboldened**. #10,00

Dream: Outdoors on a bench and sidewalk playing with 3 **dogs**, one a small white dog, maybe a toy poodle, and 2 medium brown dogs. I'm petting and hugging them and they love the attention and want to return it. #10 day 00

Dream: Indoors at night in a **ballroom setting**. Important people conducting shady business. I and a friend are **eating dessert** out of a very **large glass bowl** that we are sharing. It's **white and creamy**, and then I realise that I love the little **purple** match box cars that I am eating, though I think that plastic might be hard to digest and I stop eating them. #10,00

Dream: Very strange **beach** setting. Sky is strange. Perpetual sunset, very different **colors**. Feel almost as though I am on another planet. Like the Truman Story. There's a house-like structure with lots of windows built right into the ocean. I look in and see a large **fish**, dolphin-like, but the head and body are all one shape. She is partly buried in the sand. I pet her and talk to her and look for signs of Efe. Then the water and sand shift and she falls apart like a shell. I take her top off, and inside are snake-like babies. They seem happy to be birthed and swim away and out all around me. They are **neon orange**. One of the windows is aquarium-like, and all the fish I can see are Hghted with neon strips along various portions of their body. AU **colors** — it's beautiful... #10,00

Dream: Of **numbers**. #10,09

Dreams: Of **zombies**. #10,09

Dream: Of a large building with lots of people. A working environment yet seems to be nighttime. I overhear plans for an attack and now have information I shouldn't. I want to warn people. Somehow others know I have this information and try to stop me. A sense of moving up past people all going the other way. As though **swimming upstream**. Feels futile, hopeless. #10,13

Dream: Of a work environment with an elaborate setting. Lots of people. High tech equipment — security cameras and cellphones. Suddenly wants to leave, can't find her way out, it's like a **maze**. I see steps below and **glass doors** and **water** over the driveway. I don't want to get trapped between the doors. I **can't breathe**. I turn back and try to call for help on the cellphone. It doesn't work, I panic. A woman touches my shoulder through a curtain, leads me to my friend R. who is in a large closet, changing into a **uniform** - his **true colors**. Cameras everywhere. We must hurry to get out. **Gemstones** all over the floor. Women are making **bracelets** and **necklaces** for a special charity. #10,16

Dream: Of reaching and pulling up from deep **water** an old **treasure**. Artifacts and **decorated** pieces. Whole unbroken china dishes. Only one bigger bowl is damaged. I was very excited. Then I was putting a **ring** on my left ring finger which was part of the treasure. It was very old, and made from a dark, shiny material like hematite. Suddenly, I heard **music** coming

from the wall in front of me, such a **beautiful sound** - beyond description, **not from this world**. Every time I pulled the ring off my finger, the music stopped, and would start immediately when I put the ring back on. This happened three or four times. The wall in front of me didn't have any devices on it, but there was some specific design on the wall. Mostly in a dark, metallic color. People around me had been witnessing the ring phenomenon and wanted to try the ring on, but it didn't work for them. At one point my ring started to disintegrate into three pieces, and I tried to hold it together. I was in a **lively green outfit**. I put an apron on, and the **dress** and the apron didn't match. The main feeling of this dream was the awesome feeling of the **gift of the music - 'angelic'**. I felt I had received an incredible **spiritual gift**. #12,02

Dreams: **Colorful**. #12 (many dreams)

Dream: A group of people had a plan to **kill** me. No way to escape. Observed and hunted. **Feeling hopeless**. I had the freedom to go outside, but in a controlled environment. #12, 07

Dream: Of selecting **dresses** for a fancy occasion. Told I should have a long **glittery dress**. Instead I was wearing a leopard dress, so I went outside, found a different dress. While I was changing, a light came on and I was seen by one or two males standing across the street. I was deprived of privacy — I felt exposed. #12,08

Dream: Of father. **He was much younger**. He was a minister going to marry someone. He was flirting with someone. I felt bad for my mother, but it validated why she divorced him. #13,00

Dream: Of mother showing me her skin rash. #13,00

Dream: **Of amusement park with band on the stage**. Lots of string instruments, mandolin, fiddle, cello. The **music was melodic and 'other-worldly'**, and I was moved by it. I was cradling a blonde toddler while watching the band. The little **baby I was holding became a disruptive little boy with a demon quality**. My ex-husband came over to him and said in a booming voice three things which I cannot remember. I wish I could remember those three things because they were important. Then another little blonde child, a beautiful calm child, turned to my husband and said "Are you —?" Then someone in the bandstand said "Cheeky little bastard isn't he?" Another said "He really is a bastard, you know." He said his name was Neil. I asked him "Do you have a Mom and a Pop?" and he slapped my face. It was a gentle reprimand. "You know I don't." **He turned into a glowing black skinned boy with a three foot wide afro**. His eyes were lit like **neon**. "No, I really didn't know, I said. I would not have been so cruel to ask you if I had known." #13,04

Dream: Of witnessing a **killing**. The **murderer** calmly turned to me and told me that I would be next. I ran to an elevator to be safe and ended up in a pile of rubble with my head sticking up. The murderer said he would be back later to pour cement over me, but I wasn't anxious about it. #13,04

Dream: I dreamt I was in a 'dorm-like' setting with many people in a room, and I was concerned about bathroom privacy. #13,04

Dreams: Of needing to take care of people, but not succeeding very well. (RS) #13,04

Dream: Wanted to sell my Chinese red cabinet. Went to the neighbors for help, instead they showed me some art they wanted to sell. Large oil painting, very **blue, of the ocean**. They wanted to cut it up, re-mount it and sell it as three separate paintings. #13,05

Dream: Of the **beach**. #13,07

Dream: Of **dead mother** in a hot tub with five fat old men. She was being very familiar with them, and she was in full view of everyone. My brother was very upset and said he had a **stomach ache**. I said to Mom "Don't you ever think of the kids?" She got furious, and started hitting me back. I woke up, breathing really hard, with a stomach ache. #13, 08

Dream: Of being **unable to reach my destination** in a car. Every turn or exit got me further away from where I wanted to go. The **little boy** with me was a troublemaker. #13,08

Dream: Family members, ex-husband, mom. A lot of commotion, not a lot of good cheer. Went to a man's apartment on the beach. No furniture, just a lot of **brightly colored** bathroom rugs, and a small straggly looking **dog**. I asked him the dog's name and he couldn't remember. I was being playfully catty and said "So what do you say to him when you want to call him, here dog, here dog." And I suggested he feed him raw meat to help his hair loss. #13,15

Dreams: Of friends and **relatives appearing younger** than they are. #13 (RS)

Dreams: Of **mystical elements. Children with neon eyes and psychic abilities**. Being able to pluck a **bird** out of the sky. **Flying cats** and a benevolent woman. **Other-worldly images. Of bright colors**, particularly reds and blues. #13 (throughout the proving)

Dream: Of **tunnels**, on a hiking trail. On my belly going through tunnels. I was afraid **I wouldn't be able to breathe**. Steep hill of birch steps and a big spike hammered into the end of each step. It was too steep and scary. I felt like crying, I was so scared. A friendly old guy came with a tractor and said, "That was the wrong way to go, the other way was much easier." I went in a building with some people, they left and I realised some of the doors were still open. Only one needed to be locked. I went over to it and turned the handle to lock it, and the old guy said, "Yes, just keep turning the knob and it will lock, and I did." #17,04

Dream: **Mother duck** or goose was with her young. One young one got bigger and showed its tail at me to scare me away. Another duck did it, but looked different. **The mother duck started to look like a wild cat**. It started after me, I threw water at it and hit its face. It kept coming and I got a needle in my lower leg. #17,12

Dream: A female neighbor heard our family was in trouble and sent a **clown** who arrived in a Volkswagen. #17,12

Sadness and despair in the proving:

Woke up crying, remembering mother's death. My boyfriend held me as I sobbed through the pain and story of those days. I cried for nearly an hour. I thought most of that grief had been cleared so was very surprised at the intensity of it. We made love, I needed that connection. #10, 04

Feels raw, exposed and vulnerable on the edge of tears. #10,04

Feeling sad, wish I could cancel tomorrow's picnic. #10,06

Sadness, despair, "Why bother, this is too much trouble." These thoughts scare me. They are 'give-up/don't care' thoughts. #10, 08

Suicidal thoughts. #10, 09

I am not calling my proving supervisor on a regular basis. It's too personal and I want to censor stuff. A reluctance to share information or make the effort to call. Feel a distance with boyfriend. Things getting too real, too hard. He's expecting me to do things, be around his kids more. I value my time and independence. The four of us around the dinner table as a family doesn't sit well with me. #10,15

I feel the remedy has turned me upside down. I am no longer calm. I have been angry and depressed. The last two days I have been hiding in my cave, avoiding everyone. I feel exposed. #10, 35

Positive experience in proving:

Noticed an intensification of synchronicity throughout proving. #12,10

Overall experience positive. I tend to see more spiritual experiences. I felt very much in my own power and sense of expanded capacities and creativity. #12,25

Deep inside, I have a feeling of joy, gratitude and peace. #12, 35

A feeling of being blissed out and lighthearted. Feel like connecting with people. #13,00

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Blackwing flying fish; Exocoetidae



Keywords: *Exocoetidae*; *pelagic*; *oceanodromous*; *tropical and subtropical*; *omnivorous*; *parasites*

There are 40 different species of flying fish, so called because they can make powerful, self-propelled leaps out of the water where their long wing-like fins enable gliding for considerable distances above the water's surface. They are found near the surface in the tropical and subtropical waters of the Atlantic, Pacific and Indian oceans. Flying fish are especially abundant in the Caribbean Sea region; the island of Barbados is known as 'the land of flying fish'.

In May 2008, a Japanese television crew filmed a flying fish (dubbed 'Icarfish') off the coast of Yakushima Island, Japan. The fish spent 45 seconds in flight. (The previous record was 42 seconds).

The flights of flying fish are typically around 50 meters though they can use updrafts at the leading edge of waves to cover distances up to 400 meters. They can travel at speeds of more than 70 km/h. Maximum altitude is 6 meters above the surface of the sea.

Flying fish often accidentally land on the decks of smaller vessels. They are fished commercially in Japan, China, Vietnam, Indonesia and India.

Natural History

Hirundichthys rondeletii have a streamlined, torpedo-shaped body that helps them gather enough underwater speed to break the surface, and their large, wing-like pectoral fins get them airborne. It is believed that they do this to escape from underwater predators, which include swordfish, mackerel, tuna, and marlin, dolphins, porpoises and octopuses, though their periods of flight expose them to attack by avian predators such as frigate birds.

This species has a short, blunt snout with a small mouth in which the jaws are nearly equal in length and are equipped with conspicuous teeth but there are no palatine teeth present. Dorsally their bodies are dark, iridescent blue and the ventral surface is pale and silvery. The dorsal and caudal fins are greyish, the anal fin is transparent, the pectoral fins are black with a thin, pale

outer margin; pelvic fins normally have a black spot.

Flying fish generally live in large schools and their number can exceed a million individuals during the mating season. Spawning takes place when the ocean currents are the weakest; it can be during spring or autumn, depending on the ocean, and occurs in the open ocean among seaweed and other aquatic plants. Females deposit a large number of eggs near the surface of the water. The eggs attach to floating debris and are demersal, that is, they sink almost to the bottom. The barbless juveniles are less than 50 mm in length and are marked with a few dark vertical bands on the body while the dorsal, pectoral, and pelvic fins are mottled with dark spots and bands. Some other species of young flying fish have whiskers (barbels) near their mouths which makes them look like the underwater plants. This appearance ensures survival during the first few days of life, when the youngsters are the most vulnerable.

Hirundichthys rondeletii feed on zooplankton and are considered omnivorous as they also eat plants. Their average lifespan is around 5 years.

Parasites: The helminth fauna of flying fishes is fairly varied — in one report from 1980 seventeen helminth species were found on 70 Exocoetidae specimens in the Pacific Ocean — but the intensities of infection are usually low due to the feeding habit of these fish and to the balanced host-parasitic relationships achieved during evolution.

Distinguishing Homeopathy Features

Vitality	Loss of time consciousness
Speed and going fast	Harmony, Fibromyalgia, neuropathy
balance Persistence	Self-sabotage Pecking sensation, tingling and tickling on skin
Amaze	
Great waves	Visual acuity, pain eyes
Dullness	
Sudden confusion	

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenza and viral dementia

Homeopathy Commentary

Is it a fish or is it a bird? While we can safely conclude this is a fish, it astonishingly ‘flies’ out of and on top of the water for up to 400 meters to escape predators. It has wing-like appendages that aid in this feat. It is remarkable to watch.

This act of ‘flying’ requires strength, agility and balance which is reflected in the dispositional and proving symptoms.

In a trituration proving in Germany, led by homeopathic practitioner Heike Dahl, there were many specific themes or descriptors like the symptoms expressed above; fish themes but, conspicuously, some ‘bird-like’ expressions.

In this proving one of the most repeated symptoms had to do with a sensation on the skin and orifices described as ‘tickling’ and ‘tingling’. One prover said it is “like a spider web, like a tickle from the outside.” Even in the hair and inside the ear there was this tingling and tickling sensations.

In conjunction, interestingly, a bird-like sensation on the skin came up. A prover used the German word ‘pecken’ which can be translated as ‘pecking’. This is a peculiar word to use in a fish proving.

I would have also expected dispositional expressions from the provers having to do with vitality, speed and going fast, like the flying fish itself. And this is definitely part of the proving. The provers felt an ‘invigorating’ sense of ‘awakeness’ which they describe:

It makes me fast, so fast!

It’s also invigorating, not only annoying, it also makes me restless, not at all sluggish, as usual.

I also feel more awake. It has more depth than coffee.

The energy surges are positive:

It also seems like a surge in the mind, joy, dynamism.

A form of attention, little things it comes to consciousness, as if these things radiate something like that. Nice, nice. It's nice to look at.

And speed and restlessness became quite strong:

I want to get faster now.

There is a balance that was also expressed with the energetic quality required for this fish to ‘fly’. It also makes you think of a patient who is at the pinnacle of their fitness or accomplishment:

Full of energy, self-sufficient, needless, except hunger.

I saw a movie made by a yogi (that reminds me of the remedy).

A man, wiry, extremely fit and balanced, he has always been out in the mountains.

Harmony also came through:

Serenity, contentment, joy in small things, beautiful nice women, positive, not tenacious and tedious. Harmonizing agent.

So we can see the qualities of balance and strength required by the flying fish in the patient needing this remedy, *Hirundichthys rondeletii*. In this healthy state the picture is of someone who is quite self-sufficient, works hard, is fast and accomplishes.

Persistence, needless, balanced, no depth.

The newly acquired 'awakeness' is very much like Stage 4 on the periodic table schema which includes the remedy *Zirconium*. In Volume 2 *Miasms and Nosodes* I describe this stage as:

Specific Gore Theme for Stage 4: Amaze during inception and starting

The definition of 'amaze' is: 'Overwhelm or confound with sudden surprise or wonder.' [Online Etymology Dictionary]

In this stage, there is uncertainty with a feeling of amazement whereas in the reciprocal Stage 13 there is confusion and the actual desire to confuse or create a maze. Both aspects involve uncertain fronts.

Unlike projects and actions in prior stages, in this stage there begin to arise projects with longer term momentum. As a reaction to the underestimation in Stage 3, the individual pushes forward, with a sense of amazement at the world, especially the natural world and its 'treasures'.

It is the time of initiation into societal achievement which requires developmental leaps for a child and thus the dispositional substrate for the Measles miasm. The eyes are wide open (in amazement) as we see in *Cerium metallicum*, in this stage.

I have found patients in this stage can be interested in esoteric subjects that 'amaze' one.

As well, the number 4 (!) in the praying had importance:

...the four seems to have a meaning... Four people coming... I divided the milk sugar into four parts, which I've never had... think 4 turned on me but didn't...

As well, being 'on top of your game' can be Stage 10 which is the center of the periodic table.

The patient who needs a fish remedy is always conflicted and confounded by too much ambition or moving forward. In a sense, they ultimately have to somehow sabotage their ambitions or peak experiences and thereby, even though excited in the beginning, can have a history of calamitous events and interactions.

This is like things happening in waves, forward and back, which was a theme in the proving.

It comes in great waves... Again and again from the beginning, a coming and going, waves.

One prover even made a wave movement with his hand, which is a good indication from patients needing this remedy and other fish remedies.

This remedy has qualities similar to *Thunnus albacares* and both fish move quickly and rapidly. Both have Stage 4 in their dispositional symptomatology and dispositional themes. There is more self-satisfaction in *Hirundichthys rondeletii*.

Yet there was a hitch in the proving that lends itself to the concept of eventual crippling dementia developing. The provers, although experiencing all these uplifting sensations and energies state that there is a dullness:

I feel relaxed but dull.

Also a bit dull.

Dull relaxed harmonious, serene mood.

It's as if this dullness creates a lack of depth as described and then a state of not needing anything and tediousness. There is a void-like state that can develop. In the beginning, dynamic but in the end, troublesome. This dullness is characteristic of frontotemporal dementia and therefore *Hirundichthys rondeletii* is one of the first remedies to consider. As well, the dullness can be part of the end stages of various dementias.

There is a loss of consciousness of time, which is a general fish theme but it also is part of the movement towards dementia. There is also 'ailments from boredom':

All the time goes by quickly, pleasantly but not very eventfully.

This dementia-related end stage quality of uneventful passage of time is reminiscent of a trituration of *Smart meter*, the remote electrical meter. Other electrical and light-derived homeopathic remedies (so-called imponderable remedies) also have this quality. Flying fish are very much attracted to light.

There was also a desire for stimulating drinks like coffee and black tea. A need to keep going faster.

At the same time, like other fish remedies, there is easy muscle strain and fibromyalgia, including eye strain along with a pressure behind the right eye. The eyes hurt as if from exhaustion. The provers 'noticed' their muscles more than usual. So, for example, there was tension in the jaw.

I also mention in Volume 2 of *Miasms and Nosodes* that there is an interrelationship between some stages. Stage 4 is related to its reciprocal Stage 13, which I believe is an important stage in Creutzfeldt-Jakob disease and other prion diseases. In this remedy we see a rapid decline into this disease. It should be considered in cases with Stage 13 themes as well.

Clinical Focus Guide

MIND AND DISPOSITION

Strength, agility and balance
 Persistence
 Ambition with self-sabotage and boredom
 At times invigorated
 Joyful and dynamic
 Self-sufficient

Speed
 Fast, feels fast
 Busy
 Restlessness

'Awakeness'
 As if on stimulants such as coffee
 Amazed - Stage 4 (also Stage 13)
 Joy
 Harmony
 Alternates with dullness

Heightened senses
 Sounds more intense
 Visual acuity

PHYSICAL FOCUS

Tingling and tickling sensation
 On skin, hair and in orifices
 Constant itching

Then sudden loss of senses

Waves
 Events change in waves
 Wave-like motions
 Surges

Dullness
 Boredom
 Leading to frontotemporal dementia
 End stage Alzheimer's

Time
 Loss of sense of time
 Time goes too slow

Sudden confusion, loss of memory
 Loss of focus
 Creutzfeldt-Jakob disease

Bird-like homeopathic indications and expressions

Tingling between shoulder blades

Pecking sensation

Fibromyalgia and muscle strains

Pulling behind right ear

Eye strain
Eye problems

Herpes

Eyes bulging and prominent

Food
Desire black tea and coffee
Snacking

Jaw pain

Oily

SENSATIONS

Flying
Bird
Waves, wave-like motions
On top, pinnacle
Tingling
Tickling

Pecking
Claw
Pulling
Water
Above water

RELATIONSHIPS

Compare

Thunnus albacares, Nux vomica, Herpes nosodes, Zirconium, Cerium, Platina

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ICTALURUS PUNCTATUS

Channel catfish; Ictaluridae



Keywords: *Ictaluridae*; *sub-tropical freshwater*; *omnivorous*; *demersal*; *foodfish*

The channel catfish (*Ictalurus punctatus*), informally called the 'channel cat', is the most numerous catfish species in North America where it inhabits reservoirs, lakes and deep pools and areas over sand or rocks in small to large rivers. In the United States it is the most fished catfish species with an estimated 8 million anglers targeting them annually; it is the official fish of 5 states. This popularity has come about doubtless due to their delicious flavor when cooked and contributed to the expansion of channel catfish aquaculture in the US. *Ictalurus punctatus* has been widely introduced in Europe, Asia and South America, but it is legally considered an invasive species in many countries.

Natural History

Ictalurus punctatus can grow up to 18–23 kg, although the average size found in most waterways is only 1–2 kg. Channel catfish often coexist with its close relative, the blue catfish, which is less common and grows much larger (up to 45 kg).

Sexual maturity is reached at 2–3 years. Spawning occurs between April and July when

temperatures are between 27—28 °C. In swift currents channel cats are cavity nesters, laying their eggs in crevices or hollows so they don't get swept away. Alternatively, in calmer waters the male and female channel catfish together make a depression in the sandy lake or river bed where a golden-yellow gelatinous egg mass is deposited. The nest is guarded by the male, although he will eat the eggs if disturbed. Depending on the temperature, and if the eggs are not devoured, incubation lasts from 3—8 days. Larval development takes 12 to 16 days, during which time the fry remain in the nest under the protection of the male.

Channel catfish less than 10 cm in length feed primarily on small insects. Adults are largely omnivorous, feeding on insects, molluscs, crustaceans, fish, and even some plant material.

Channel catfish are adapted to limited light conditions and possess a very keen sense of smell and taste. At the pits of their nostrils are sensitive odor sensing organs with a very high concentration of olfactory receptors. In addition, channel catfish have taste buds distributed over the surface of their entire body; they are especially concentrated on four pairs of barbels (whiskers) surrounding the mouth. This combination of exceptional senses of taste and smell allows the channel catfish to find food in dark, stained, or muddy water with relative ease.

Catfish follow a dominance ranking system and communicate with one another by releasing pheromones enabling them to detect the age, sex, size, reproductive and hierarchical status of other catfish. They also can change color, indicating territoriality, and communicate sound through stridulation and drumming to assert dominance and when predators are present, to either warn them off or alert other catfish.

Parasites: *Aurantiactinomyxon ictaluri*

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenza and viral dementia

Homeopathy Commentary

When I initially perceived that a patient needed this remedy, I had a friend and colleague who lived in the south east of the United States catch and then triturate this fish home- opathically. I have prescribed it a number of times since. *Silurus glanis* is a very similar catfish from Europe and that trituration, also described in this book, was more detailed. I believe both are very similar in their indications, so both commentaries of *Silurus* and *Ictalurus* should be referenced and studied together.

In this trituration of *Ictalurus* the person who triturated said:

On trituration I felt like someone in an old folks home - wanting to eat hurriedly and then hide.

This actually indicates a number of the elements of this remedy. Firstly, patients who need *Ictalurus* can have an enormous appetite. *Ictalurus* and the desire to hide, stay hidden, particularly after eating, is part of the Leprosy miasm that we see in *Py rar ar a*, another catfish. The *Ictalurus* patient simply enjoys food, but some patients can also have food addictions with obesity, particularly hiding food and then eating alone in a hidden fashion. They can accomplish this best at night, and there is increased hunger at night. Also you could interpret this symptom in another way, that they just want to be alone and solitary which is also found in patients needing *Ictalurus*. Although, I have found that they typically are in a relationship.

The feeling of being in an 'old folks home' or elder care facility is how one of my patients felt — lumbering, indolent, sedentary and aged. It was accentuated by another trituration experience:

Great desire to be still, kind of hibernate and lie in a lounge chair.

Again, very characteristic of patients needing *Ictalurus* is the desire to lounge around, not do much since they can have an aversion to work.

Another way this appeared in a patient was that he needed the structure of appointments otherwise he would not work. Unless an assistant of his booked an appointment or place for him to be, he would not do anything and get bogged down in television watching, diversions or minimal activity. It was hard for him to be self-motivated in work or to add to his minimal work load. If it did not have to do with work, he would get engaged but if it had to do with work he would avoid it and could come late or not at all.

At the same time, patients needing *Ictalurus* can be very sensitive to criticism or others judging them. Although they can have strong anger inside towards someone who has criticized them they will appear friendly and sweet.

There was and is much about sinus issues. Another trituration symptom was a strong metallic taste in the mouth. As well, there was discomfort in the left neck and left scapula area.

My clinical experience also shows that this is a good remedy for patients with memory issues and difficulty in keeping thoughts retained. There is word searching and forgetting words. Dyslexic patterns.

See *Silurus glanis*, although this fish is less violent, more sedentary than *Ictalurus*.

Clinical Focus Guide

MIND AND DISPOSITION

Leprosy miasm

Worse night

Hide

Stay hidden

'Hibernate'

Enjoyment of food

Overeating

Obesity

Increased hunger at night

Indolent and sedentary

Desire to be still and sit

PHYSICAL FOCUS

Skin eruptions

Sinus problems

Thick yellow mucus

Metallic taste in mouth

RELATIONSHIPS

Similar remedies

See other Catfish remedies, Leprosy

phosphoricum

Aversion to work

Constantly watching television or video streams

Lumbering

Cognitive problems

Memory problems

Dyslexia

Thoughts disappear

Word searching

Less violent

Discomfort left neck and left scapula

Diabetes

Morbid obesity

∴, Sulphur salts, Oxygen remedies, *Codeinum*

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LEPOMIS GIBBOSUS

Pumpkinseed sunfish; Centrarchidae



Homeopathy Abbreviation: *lepo-g*

Keywords: *Centrarchidae; freshwater; oviparous; males make nest; aggressively territorial; guard offspring; carnivorous; pharyngeal teeth; cannibalistic; sharp spines; parasites*

The pumpkinseed sunfish (*Lepomis gibbosus*), is a freshwater fish native to northeastern North America, from New Brunswick to South Carolina and is the most widely distributed and abundant sunfish in New York. It has been introduced elsewhere in North America, in particular the Great Lakes region as well as throughout much of Europe where it is considered an invasive species. It was introduced to Europe mainly by aquarists who considered the pumpkinseed an ornamental fish due to their beautiful coloring. The name 'pumpkinseed' was accorded because of their resemblance in shape to pumpkin seeds. Other common names are: yellow sunfish, common sunfish, round sunfish, bream, sun bass, punky, pond perch, and simply sunfish or 'sunny'.

Natural History

Spawning occurs in late spring or early summer when water temperatures reach 55~63 °F. Male pumpkinseeds are the nest builders; they use their tail fins to sweep out shallow, oval-shaped nesting holes about twice the length of their body and remove debris and rocks with their mouths. Nests are arranged in colonies of 3" 15 nests in shallow water on sand or gravel lake bottoms. Females arrive from deeper waters after the nests are completed. The male then releases milt and the females release eggs. Males are aggressively territorial during spawning, at times even toward females. A female may spawn in several nests, and more than one female will spawn with a male in one nest simultaneously. Females produce 1,500 to 1,700 eggs. Eggs stick to gravel, sand, or other debris in the nest and hatch in

as little as three days.

Females leave the nesting colony immediately after spawning. Males remain and guard the eggs and offspring for about the first 11 days, returning them to the nest in their mouths if they stray from the nesting site. The young fish stay on or near the shallow breeding area and grow to about 5 cm in their first year. Sexual maturity is usually reached by age two. Pumpkinseeds have lived to be 12 years old in captivity, but in nature most do not exceed 6-8 years old.

They eat a variety of insects, including mosquito larvae, along with small molluscs and crustaceans; pumpkinseed have both upper and lower pharyngeal teeth for crushing mollusc shells. They also feed on smaller fish and are cannibalistic, feeding on smaller pumpkinseeds. In the shallow areas of which they are typical, the fish exploit the entire water column from the bottom to surface. In turn, they provide food for birds and mammals (including humans). The pumpkinseed sunfish has adapted in many ways to its surroundings. The pattern on its skin allows it to be camouflaged within vegetation and resembles the sunlight patterns that reflect on the ponds, lakes and river beds. Along the dorsal fin are ten to eleven sharp spines, and three more on the anal fin; these help protect against predators.

"Defense: The pumpkinseed sunfish has adapted in many ways to the surroundings that it lives in. The pattern on its skin allows them to be camouflaged within the vegetation and resemble the sunlight patterns that reflect on the ponds, lakes and river beds. This clever fish has also developed a specific method of protection. Along the dorsal fin, there are ten to eleven spines, and three on the anal fin. All of these are very sharp which help against predators.

Another adaptation is the pumpkinseed's ability to anticipate approaching predators (or prey) by detecting changes or movements in the water using different mechanical receptors.

The bright colored gills also serve as a method of protection and dominance. When a pumpkinseed feels threatened by predators, the pumpkinseed will flare their gills to make them seem larger in size, but also to emphasize the red coloration."

[From the Great Lakes Proving]

Parasites: A study of *Lepomis gibbosus* in Ryan Lake, Algonquin Park, Ontario for 7 years reported 21 species of parasites including: *Myxosporidea*, *Urocleidus dispar*, *U similis*, *Tetracotyle* sp., *Uvulifer ambloplitis*, *Posthodiplostomum minimum*, *Clinostomum marginatum*, *Diplostomulum scheuringi*, *D. huronense*, *Aphallus brevis*, metacercariae, *Dilepididae*, *Spiroxys* sp., *Eustrongylides* sp., *Glochidia*, *M. osburni*, *M. uvuliferis*, *M. magnaspherus*, *M. dechtiari*, *M. ohioensis*

Distinguishing Homeopathy Features

Two phases: first phase ambitious, second phase sunny with cognitive impairment

Sunny and sun

Hidden cruelty, mother indifferent to children but appears OK, then excessively ambitious and over-responsible for family

Intolerance - integrity of culture

Ambitious team work, takes on too much with inner resentment

Cognitive disintegration and dementia after grief

Death of child, parent or spouse

Non aggressive in dementia

Separation from parent

Dementia Indications

Alzheimer's disease

Important remedy

Dementia of Down's syndrome

Sundown syndrome

Creutzfeldt-Jakob disease

Lewy body dementia

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia



Homeopathy Commentary

The disposition of the patient needing *Lepomis gibbosus* has the hallmark dichotomy of fish remedies. Although *Lepomis* is called the pumpkinseed sunfish there are a number of aspects of the disposition that are incongruent with the idea of 'sunny.' The reason for this is that similar to *Paracanthurus*, the blue tang fish, there are two phases to the dispositional elements. In the second phase, where serious cognitive decline is present such as Alzheimer's and dementia, we see the patient (typically older) displaying a significantly sunnier aspect where the more aggressive qualities are almost completely gone.

Yet in a younger healthier person who is in the first dispositional phase, there is more ambition, intolerance and even cruelty. In this phase, they may, but not always, present a sunny superficial front. Therefore, in this beginning phase there is still the element of 'sunny' but it can be obscured to the practitioner. Both phases came out in the proving led by Sally Williams and Patricia Maher, done by the Great Lakes Proving Group in the USA.

Yet the 'sunnier' phase, as well as both together, also was exhibited in the proving and in cases I have seen. In the introductory commentary of the published proving, the dichotomy of violence, aggression versus cheerful merriment, is discussed:

During the trituration proving the group was very giddy, laughing and joking. Even though provers expressed some violent tendencies and intolerance of each other, as the trituration continued, the group laughed and was light-hearted about it. One prover punched another impulsively and both broke out in laughter. The conversations and drawings were of stabbing, punching, fish with large teeth, an octopus destroying a submarine, fights, and battles, but the general mood around it was light. Though the provers seemed intolerant of each other at times, everyone reportedly had 'sunny' dispositions.

Even with all these violent impulses discussed, they are hard to see, since the patient needing this remedy likes to camouflage their deeper feelings. In a *Lepomis* case of a 70 year old woman with Alzheimer's symptoms presented by Sally Williams from New York (see below), the daughter of the patient describes the mother as having currently a sunny and kind disposition. But then, the daughter also says that when she was a child, her mother could be 'cruel'. This dichotomy is part of the biphasic quality and the concealing of the darker thoughts and impulses that is found in this fish remedy and also many other fish remedies.

Female sunfish release the young, then move on and the male sunfish, the nest builders, guard the eggs and also the young right after they are born. Typically the patient needing this remedy can have strong protective instincts about their children. They can also have a phase where they are indifferent or even have resentment towards them. They may have suffered from abuse in their childhood; emotional, physical or sexual.

What I see predominantly in the *Lepomis* patient though is a feeling of responsibility for a group such as family members or some kind of 'entourage' around them. They may have disabled children, a disabled or dysfunctional husband and/or a harsh family background whereby they did get care since the parents or one of the parents was detached, dysfunctional or not present. Many of the dreams in the proving were with the prover being with their family — spouse and children. Taking responsibility as a leader of the group for both male and female patients is important.

And the idea of teamwork and separation from the 'team' or group was very important, but that could also alternate with indifference to the group.

"Group solidarity: 'the whole is greater than the sum of its parts'."

"Dreams of working together with my boys. Accomplishing things together."

Tasks could only be done by a group or the patient has a feeling they are 'doing it alone' even though the group is present. They have poor boundaries with others who demand much of their time and energy. As with all fish remedies, much of the pathology starts with a type of separation from the

group. From the proving introductory commentary there is:

The proving also reflected a strong dynamic of connection and disconnection within the group of provers. There was a strong desire to be connected to a group and work as a group, and, conversely, a feeling of being disconnected or left out. This theme is borne out in the full two weeks of the proving and especially in the dreams. During the trituration one prover had the sensation of being in another room separated from the rest. The feeling of being disconnected because of distortions in hearing and an inability to communicate well or understand what others were saying was quite pronounced.

They want the team, or even the family, to work harmoniously, and can be quite ruthless in the way they push them together. They also show a kind of creativity in their desire, since it is the culture of the group and family that is of the utmost importance for them. That can include their social and ethnic background. Their ambition is strong - they can strive to get to the top — but typically it is tied to the performance of the team or group. This can be for the family or at their work with their management directives.

They may totally immerse themselves in tasks, avoiding interaction with their group, but underlying this is an intrinsic desire to do it for the team. As I mentioned, they take on responsibility for the group effort or team effort to the point of exhaustion, brain congestion and blankness. Eventually, with the onset of dementia, you can also see a strong and large family support network around them.

And the fact they work so hard without seeing or hearing clearly, so they can be manipulated or parasitized by someone unscrupulous at work or in relationship with them.

The pumpkinseed sunfish males are quite protective of and build the nest and take care of the young after they are born. In male *Lepomis* cases we see this responsibility extend to taking care of the family. Whereas the female lays the eggs and moves on. In this case, in the female patient needing *Lepomis*, we see a more hidden detachment to their children in the healthier phase and even cruelty as discussed.

You can see then, with such strong connections to the idea of the closed culture of their family or work culture, how the concept of intolerance and impatience came out in many different instances as expressed by provers:

- Intolerance of the other provers. Irritation during the trituration.
- Feeling intolerant of my husband. He is asking me questions and I said “Don’t ask me questions. Shut up!!!”
- Really intolerant of clients.
- I am also Ending myself intolerant of people, and it is becoming a pattern of people who are self-centered martyrs!
- My patience is kind of short too, but not in a get mad, blow up kind of way, I just don’t want to hear it... Intolerance has turned to impatience. Not explosive impatience. Impatience like no one is doing anything right and I will just do it by myself to get it done right.

Separation from parents in childhood can be traumatic for the patient needing *Lepomis*. This can even start in utero and where there is a history of premature birth. As well, this is a remedy during the process of artificial insemination. Complaints can start after a miscarriage, the death of a child or death

of a parent or long time spouse. They like the protection and connection of the plain nuclear family group.

While healthier, the *Lepomis* patient's cognitive abilities start to precipitously decrease and a sadness overtakes them with a major disappointment, family or friend's death or major stress. In the proving there was an unusual word which expresses the beginning of this cognitive decline — 'discombobulated' (meaning confounded and confused):

Discombobulated - have to consciously think about what I need to do at work.

Very scattered, delayed reaction with jobs that I do recurrently... my brain is blank, not much going on in there!

In the first stages of memory loss there is a scattered disconnection as well as absent-mindedness with a dazed and 'spacey' feeling. There is difficulty articulating what they are thinking. This is the precursor to dementia, the second phase.

In the proving there were a remarkable number of indications that this remedy would prove to be an important remedy for dementia and serious memory issues:

- Trouble with articulation.
- Head like an empty bubble — was going to say something but can't remember what.
- People are talking to me and I know the words, but I don't understand what they are saying, I have to ask anyone talking to me to repeat themselves.
- Having trouble remembering what I am doing... start something and drift off to do something else, staying on task is difficult.
- Small things like alphabetizing files are a chore and take a lot of focus.
- Head feels like it's 'swimming'
- I am asking people to repeat themselves a lot, I hear the words but they are totally different from what is being said. I am finding it hard to explain things as well... get thoughts out... I go to say something and I stop because I can't end the words even though I have a loose grip of what I want to say.
- Work is busy and that is good, but I am very distracted. I feel like my articulation is off. I speak and the other person is asking what?? What?? I get kind of annoyed and just say forget it.
- Forgetful - left my work keys at home (I never do that)!! Walked into the office to get a book I needed and walked back out without it. Oblivious.
- Forgetful — can't remember things from minute to minute.
- Very scattered 'air head' feeling. NOON: Feel like there is a delayed reaction with everything — it takes a minute for things to register in my brain!!
- Head like an empty bubble.

Along with these cognitive decline issues is vertigo - wave sensations and dizziness as if being on the water or in a boat. The patient can have a sensation of swaying, like they have motion sickness - an unbalanced feeling. Provers also had a sensation of incoordination and clumsiness. Accompanying the vertigo or appearing on its own, is difficult proprioception, with slow and delayed reactions, yet a feeling of needing to rush around and accomplish. This can end in easy injuries, even head injuries and subsequent cerebral events which give rise to future cognitive decline, Alzheimer's, vascular dementia and mixed dementia.

The head was a location of problems in the proving. There were headaches, especially in the forehead or like a line:

- Headache like a skunk stripe down center of head
- Headache in front of and on top of head
- Headache across forehead, frontal
- Sharp pain in forehead, stuffy feeling
- Headache after dinner, like a skunk stripe up my forehead starting at my nose
- Pressure headache frontal and on top of head.

For some provers, headaches were like pressure, constriction or vice-like.

The heart can be a seat of problems - tachycardia and palpitations. As well, the tips of the fingers and toes are painful and sore. The hearing is impaired and there is difficulty in distinguishing sounds. It is a remedy to consider for someone who has had a hearing problem for many years but has not taken care of it. As a result, their speech can be difficult to understand and they may mumble.

As well in the proving there were periods of tiredness, fatigue and difficulty with motivation to get things done. They feel they are dragging. And in the proving there was both sleeping very soundly and sleeping very poorly. In general, in cases, sleeplessness is more of an issue.

In cases treated with *Lepomis*, the physical pathology had been superseded by serious mental decline. And the sunny disposition was not always apparent, although overall, it was important from the perspective of the sensation and expressions of the patient. If you don't perceive a sunny disposition (as there was in Sally William's case, where the

patient was nicknamed 'Sunny'), the *Lepomis* patient will typically say something about the sun. They may mention a history of sunstroke or sensitivity to the sun. They can also suffer from a lack of sunlight and discuss that in the interview.

As well, like in other fish cases, the ambition and intolerance will not always be apparent but it will have been there in the first phase. In some cases, the intolerance is of noise or strange environments and therefore, this particular Alzheimer's patient will not want to leave their living space. *Lepomis* is a remedy for an advanced dementia patient who is overall cooperative, non aggressive and agreeable, yet has nervous sensitivities, is weepy, avoiding stress by staying surrounded by familiar people, especially family members. They can also have an awareness of their progressive decline with sadness and anxiety rather than anger.

Modern Homeopathy Sources

Case from Sally Williams

FEMALE AGED 70

She is tall and thin with a beautiful face. She has bright blue eyes and her complexion glows. She has a bit of a blank look. Both the patient (P) and her daughter (D) are in the interview and talking.

Patient]: I am starting with my father. He had .Alzheimer's and he was in assisted living. He went out the door and got lost. He ended up by the water. He was naked

and he was going to the water to wash and he died. I am in the beginning stages. I am forgetting things and I cry a lot. Things have to be quiet and in order and I do not want to be in a group of people. I am not sure of myself. I do not want to say anything wrong. I do not want to repeat myself.

D[daughter]: From what I see she feels lost. She stays next to my dad.

P: He gives me assurance. He will be with me whatever comes.

D: She lives beside me and the boys. The family is support. It is good to have.

P: Anything makes me cry. I can see and feel what is happening to me.

D: She will not leave the house and she is down and crying. I will hug her and she will be good. She gets very down and depressed.

P: It is hard on my husband. This has been happening over the last 2 years and I am not the same. I am getting more and more nervous.

D: She will go to the mall and that sort of thing. The other day she was going to watch the boys, watch them play baseball and she could not remember how to get to the field.

P: I cannot bring it to the front of my mind. I get sad. There is nothing I can do. We have a wonderful church I go to. I should know what I am doing.

D: She is just really sad. She is not frustrated or irritated, she just gets sad, very sad. I want her to be happy.

P: My life has been wonderful. We are born again Christians. The lord has blessed us. My daughter had a brain tumor when she was 10. It was very sad but no anger. We travel a lot. We visit our family. We have gone to a mission in Peru many times.

D: She loves to garden... that is my therapy. I like to garden so much I will do it for my sister.

P: When I talk my mouth gets mumbled and I cannot get the word out. It will feel hard to articulate.

I have always taken care of myself. I never drank or smoked. Our church is our life. We are married 50 years. I used to water ski.

D: She is a good sport. She loves to be in the water. She lives in the pool and the lake and she loves to swim.

P: I am in the water all the time. When I was growing up I used to be in the creek all the time.

I eat but I have never gained weight.

Nothing stressed me out when I lived with my parents. I grew up Mennonite. They were really plain. My dad wanted me to wear stuff like the other girls and my mom wanted it to be more plain. So, I was not fitting in any group, but everyone was good to me.

We had a daughter that died when she was 10. She started to see double and she would lean to one side. She died of a brain tumor. The lord would help us through it. I do not cry easy with sentimentality.

D: She is strong there.

P: Inside I cry, but the tears did not come. Then my son had epilepsy. That was years of medication and brain surgery.

Diagnosed Alzheimer's.

Lumpectomy when I was in my 50s.
I have had gallbladder surgery.
Regular colds and stuff.

My mother died and I had to bring my mother home on an airplane. Then my father could not remember because he had Alzheimer's. I had to take care of the whole thing.

- D: She held it together and when she got home she was exhausted. That was horrible.
- P: I cried when my father died. It was very hard when we found out he died. I was sick about that. He was by the water.
- D: They are always by the water.
- P: There is confusion. I do not know what direction to go. At times I will lose my way. I used to love to go out with friends after church, but I don't any more. I feel like I am not part of the group when I am with them. I feel so nervous and strange. I do not like a lot of noise and I get confused. I just want to be at home with my husband.
- D: She is sweet and trusting. She always had a sunny disposition. Her nickname is 'sunny'!
I went back to work two years ago.
- P: Yes, and I missed her a lot. My grandsons come over a lot and it is nice to be around.
I love being in the water, by the water. I love to look for shells. We spend the month of April in Florida. I am so much better. I love the pool right out the door and then the beach all the time. But I would like to be on a lake instead of the ocean. I love to play in the waves with the boys. I like it when it is secluded.

Likes to play cards.

Prescription: *Lepomis gibbosus* 3C plussed daily for 4 weeks

Follow-up after four weeks

- P: I am much less weeping. I am happier and not so down. I am much more willing to go out and take a ride with my husband and to be with friends again. I walk up and see my daughter. I was in the pool all day with her. I like being in the cool water.
- D: My husband has noticed that she is not repeating as much. She repeats once in a while, but before, in half an hour, she would bring something up ten times if it was on her mind.
- P: I went out Sunday night with all my friends and I was fine. Engaging in conversation; not feeling like I was in a bubble. My husband is cutting out my meds. He has cut the meds in half to this point.
I have seen such a change in a month. I get goosebumps when you read to me what I said last time. I am going out and not losing my way. I have taken my grandsons to the mall to shop for school clothes. I take them one at a time. I do not have the confusion I had. I do not feel down and I feel like I am a part of things again.

Plan: continue daily dosing.

Clinical Focus Guide

MIND AND DISPOSITION

Sunny on surface

More compliant after cognitive decline

Smiles, laughs, giggling

Playful

“Team efforts can be fun”

“Hidden cruelty masked by a ‘sunny’ disposition”

Ambitious for team/group

Hides in team/group

Groups efforts important
Culture of the family and work group

Total work immersion
Excluding everything else
The person to go to if you want something done
Lazy spouse
Intense working then collapse and aversion to work

Connection and protection by the family group
Complaints after death of family member

Codependency
Intolerance and irritability
Frustration

Cognitive decline
Slowness of comprehension
Blunting of senses
After grief — loss of loved one
Discombobulated

Poor concentration
Spacey
Drifting off
Wandering
Drugged feeling
Drunk feeling

Unorganized, scattered, 'discombobulated'
Fuzzy
Forgetfulness
Absentminded
Not knowing what is going on around them
Mistakes with time
Time is longer, too slow
Separation by time

Distracted and forgetful

Forgetting and losing important belongings
Scattered
No sense of direction, lost easily

Oversensitive, weeping with memory loss
Clinging to caregivers

Hearing and speech impaired
Cannot comprehend what is heard
Difficulty articulating right word; words come out wrong
Mumbled and garbled speech

"Head like an empty bubble"

Tired, unmotivated after mental exertion and ambitious activities
Yawning
Deep tiredness
'Don't care' moods, lack motivation alternates with family motivations

Sea creatures
Octopus; fish with large teeth

Water
Love to be by or on water
Water sports, boating, kayaking, paddle boards
Dream/sensation water
Waterfalls

Easily insulted
Suppressed anger felt in stomach
Anger from not being respected, mistreated or abused

Poor personal boundaries
Pushing self for the group
Resentful of demands of family — internalized

Delusions
Stabbing
Backstabbed
Punched

Aliens

Sleeplessness

Waking frequently

Dreams

Violent yet incongruous with patient's apparent nature

Fist fight

Suffocating in quicksand

Children young again and with them

Lacking sensation of cold

PHYSICAL FOCUS

Brain injury

Physical injury

Vascular injury

Dizziness; wooziness Vertigo

Incoordination

Clumsy

Accident prone

Walking on tiptoes

Soreness in body

Tingling numbness, burning in extremities

Neuropathy

Tingling toes in right foot

Headaches

Like stripe down center of head

Pressure, vice-like

Sharp pain in forehead

Vertigo

Throat prickling

Thickness in throat

Constriction in throat with racing heart

Something stuck in throat

Food

Crave raw dough

Craves sweets, sugar, Overeats candy

Sick to stomach

Nausea

Worse after breakfast

Heavy stomach

Slow digestion

Heartburn at night

Gallstones

Celiac disease

Dysmenorrhea

Severe cramping during menses

Pain ovulation

In utero

Premature birth

Problems with and after artificial insemination

Prostate enlarged

Hypertrophy

SENSATIONS AND EXPRESSIONS

Discombobulated

Intolerable

Irritated

Empty bubble

Water, pool, swim, by the water
Team
Sunny, sun
Intolerance

Sea creatures
Stab
Skunk
Spacey

RELATIONSHIPS

Similar remedies

Helleborus niger, Paracanthurus, Krypton

Modern Homeopathy Excerpts

The following is an extract from the proving of Lepomis Gibbosus. The proving followed the Great Lakes Protocol and uses a trituration method. There are also Great Lakes provings that use a hybrid of both trituration and the full Hahnemannian proving methodology, establishing new and clear guidelines for proving methodologies.

From the Great Lakes Proving website: "In order to meet the demands of homeopathic treatment in the 21st century it is essential to develop and prove as many homeopathic remedies as possible. As homeopaths, we have conducted both full Hahnemannian and trituration provings. In August of 2009 under the guidance of Louis Klein, we debated with a group of longstanding colleagues about the value of trituration provings. "

Extract from Great Lakes Proving:

Five provers ages 20 to 55. Three females and two males.

Proving code: Prover, trituration potency (Cl, 2 or 3). Prover, day.

MIND

Frustration/intolerance/irritability

4:C2 Intolerance of the other provers. Irritation during the trituration.

4:C3 Intolerant of one of the provers, when she talks about anything serious all I can think is "just shut the fuck up."

3:1 I have lots of meetings and errands and I just want to rest and watch a movie. Feeling intolerant of my husband. He is asking me questions and I said "Don't ask me questions. Shut up!!!"

1:2 Normal routine in the morning, but I went to the NFTA for 2 hours before work. Got everything I needed for work, but when I came back to get my bike I had to wait outside the store because it wasn't open yet. The bike was fixed, but the inner tube that I got was punctured when I got it. I got another and that one exploded. It was really frustrating because I just want my bike running again.

3:2 Really intolerant of clients. My assistant told me that one of my clients said she was doing well and should she cancel her appointment and I said "I do not give a fuck - she can do what she wants." REALLY unusual for me!

- 3:2 Really intolerant of questions. Don't want to be disturbed.
- 4:2 I am also finding myself intolerant of people, and it is becoming a pattern of people who are self-centered martyrs! My patience is kind of short too, but not in a get mad, blow up kind of way, I just don't want to hear it, I End myself thinking a lot, oooo shut up already! Or jeeeeezuz Christ are you serious?
- 2:3 I have a kink in my neck and I feel irritable and mildly emotionless, with no real motivation to do anything let alone something productive. The mere act of writing this journal has made me irritable.
- 4:3 I am more intolerant today, and a little more emotional about it but not vocal still. I do not want to talk to anyone, I will sit with them in the room but to engage in conversation is hard, I just don't want to hear it and it is hard to fake it! I feel emotionless, unless it is intolerance, I can feel the emotion inside but I feel like it won't come out.
- 3:4 This morning while I was taking a shower I was thinking about how these provings are such a group effort. How if one person does not carry his weight it affects the whole proving. I am feeling angry that J may not be doing the work it takes to make this successful. Then I thought about how intolerant I was of D and how she was the weakest link and how she could not put her stuff aside to make this successful.
- 4:4 I do not want to be social with anyone and it is hard to fake a smile. We are leaving for vacation tomorrow and I am ready to go! I am ready to get out of my surroundings. For the past 4 days I have not really been emotional at all, even with the intolerance. I don't want to hear it, I don't have anything to say, but on the inside all I have been thinking when I do get intolerant is SHUT UP! Or I get very fed up and just do what I need to do and not talk. I feel lackadaisical about everything.
- 1:6 The day was pretty brutal. It was extremely hot and I was working on very little sleep, so I was tired and cranky at work.
- 1:7 I went to a party tonight for the fourth of July, but showed up really late because the car I was in got in a fender bender at a gas station. This was pretty annoying because the guy whose car was hit refused to just get the information and insisted on calling the police. We waited for about two hours, but because it was the fourth of July, they never came.
- 1:8 The night was all right, I was in a bad mood by the end of it, not positive why, I just may have been tired and a little ready to go to bed.
- 4:8 Intolerance has turned to impatience. Not explosive impatience. Impatience like no one is doing anything right and I will just do it by myself to get it done right.
- 1:14 Some friends joined us for the movie, but generally we all just chilled around the house. I was a little annoyed when everyone else started hanging around us and watching the movie.
- Accepting/relaxed/indifferent
- 5:C2 Sitting back, taking in whole group and conversation.
- 5:C2 Went from very silly, laughing to really laid back, relaxed.
- 1:2 Pretty bored at work due to all the filing. I ended up smoking a little bit of weed and worked out. Afterward I hung out with J and some friends. We called it a night and went to bed.
- 4:2 I am really feeling like I just don't care... and I don't want to even express anything. .. my partner and I were driving home from the meeting and she was stating her concerns

about some stuff that was said at the meeting and I didn't even care to respond, I was silent, just sat there. I feel like I can't find my emotions... any other time I woulda been all worked up and talking and bitching about what she was saying and this time, I just can't even find that. So we drove in silence.

- 4:3 I am zoney still, very spacey, very blase about pretty much everything... I am normally a laid back person/personality, but I feel extremely laid back all the time.
- 1:4 I started to house-sit today. I am going to take care of two dogs and two cats while staying in the house. So, I stayed there and everything was nice. Quiet household and I spent the night just hanging around the house relaxed.
- 3:4 Really good day at work. Really busy, but took my time and did not feel pressure. I thought, you know, if I do not get the remedy I can just chill out and it will come to me. In fact I was so relaxed I let a client go over by a half hour while another client was waiting. Felt like things were easy and flowing... one client into the next.
- 5:4 Overall calmness where I'm not racing to get jobs done.
- 3:6 It is a very beautiful day and I am feeling so relaxed and appreciative. My life, my home, the weather, my kids, my friends...
- 1:7 I woke up and did the normal with the dogs, then went back to sleep until about noon. I barbecued with some friends at three and just hung out in the hot tub and back porch all day until I had to take care of the dogs. A nice relaxing day!
- 5:10 Mild tempered — not too much bothering me — feel pretty at ease.
- 5:10 Feel shaky hurried when things get busy at work — nervous feeling, but more relaxed in the sense that I don't worry if things don't get done.
- 5:11 Lacking determination — hard to get moving at anything - not even sure what I want to get started with.

Communication/comprehension/concentration

- 4:C1 Trouble with articulation.
- 2:C2 Head like an empty bubble — was going to say something but can't remember what.
- 4:1 People are talking to me and I know the words, but I don't understand what they are saying, I have to ask anyone talking to me to repeat themselves.
- 4:1 Having trouble remembering what I am doing... start something and drift off to do something else, staying on task is difficult.
- 4:1 Small things like alphabetizing files are a chore and take a lot of focus.
- 5:1 Head feels like it's 'swimming'
- 5:1 Feel scattered and unorganized.
- 5:2 Noon - absentminded — pressing the unlock button on my car keys when I was actually going to be riding in someone else's car!!
- 4:2 I am asking people to repeat themselves a lot, I hear the words but they are totally different from what is being said. I am finding it hard to explain things as well... get thoughts out... I go to say something and I stop because I can't find the words even though I have a loose grip of what I want to say.
- 4:2 I am not big on conversation or engaging anyone in conversation, I would much rather sit in silence, and my brain is blank, not much going on in there!
- 5:3 Discombobulated — have to consciously think about what I need to do at work.

- 5:3 Very scattered, delayed reaction with jobs that I do recurrently.
- 5:3 Still thirsty, tongue thick, seems like I mix up words when speaking (thinking of two different ways to say something and it inevitably comes out wrong!!)
- 4:4 We went shopping and I couldn't really stay on track of what we needed to do. While we were at the store I felt like I was wandering aimlessly and L had to keep me on track.
- 4:4 I am very unorganized. It isn't until these past couple days, but especially today that I realized how organized I am because I have been such a scatterbrain and unorganized that I am driving myself crazy! Tasks are still a challenge.
- 4:6 We spent the day getting our stuff together and getting to the beach house. We went grocery shopping and even though I was wandering around I could focus on what the task was.
- 5:5 Mixing up letters of words so that statements come out wrong!! (embarrassing).
- 3:7 Woke up great. It was the 4th of July and my husband and I went to Ellicottville for the day. I was having a hard time understanding him all day. When we were at brunch I asked him if he wanted anything to drink he said "Yes, a vodka." When the waitress came by I said "I would like a mimosa and he would like a vodka." My husband said "What?? I wanted ice water!" Then later we were at a store and I said "What ya looking at"... I thought he said "toasters", but he said "posters"! It was like that all day. I was constantly not hearing him and saying WHAT?? And when I did hear him, I heard him wrong.
- 3:9 Work is busy and that is good, but I am very distracted. I feel like my articulation is off. I speak and the other person is asking what?? What?? I get kind of annoyed and just say forget it.
- 5:10 Forgetful - left my work keys at home (I never do that!!) Walked into the office to get a book I needed and walked back out without it. Oblivious.
- 4.00 More absentmindedness — caught myself putting my turning signal on in the car just to go around a curve; driving along in 4th gear — not even thinking to put it in 5th when it should be.
- 5:11 Forgetful — can't remember things from minute to minute.
- 5:11 Very scattered 'air head' feeling. NOON: Feel like there is a delayed reaction with everything — it takes a minute for things to register in my brain!!
- 5:12 Scattered — can't manage things the way I usually do. Have to think about which direction I'm headed in the grocery store. Less worried about time or being late for things.
- 5:14 Hard to focus and pay attention — my thoughts are scattered and jumping from one thing to the next.

Group/connection/separation

- 5:C1 Feel removed from the crowd though here and part of it, like an outsider looking in, like looking through a window.
- 1 :C2 Singing The Wall by Pink Floyd (all in all you're just another brick in the wall).
- 1 :C2 Group solidarity.
- 1 :C2 How groups function, the whole is greater than the sum of its parts. $4-1=3$ but by working together it = 6. Working in a group some tasks can only be done by a group. Example, passing buckets to put out a fire instead of running back and forth to the river.
- 1 :C2 Getting an urge to play rugby right now.

1 :C2 The whole is greater than the sum of its parts.

3:C2 All in all we're just another brick in the wall.

4:1 I feel very disconnected from my body, like it is functioning on pure instinct of how to do things, how to walk, how to use a computer, how to pick up keys, how to do daily routine things.

4:2 I had to go to a meeting last night and found myself sitting in the middle of the room but not really caring what was going on around me... I didn't want to be talked to or have to talk... this is a group of women I am usually very outgoing with... I laughed when someone was funny but kind of felt like I wasn't really there.

3:3 I slept well, dreamt that my children were very young and my husband took them to run errands. They were only supposed to be gone for a little while, but they were gone all day. There was a festival going on outside our home and I was waiting and waiting for the boys to return. They did not get back until the festival was over. I was disappointed and was yelling at my husband "Where were you all day! Why didn't you come home! I have been waiting all day!" I turn and look at my son whose eyes were filling with tears and I say "Awwwww do not cry I am not mad." But I felt left out.

3:4 This morning while I was taking a shower I was thinking about how these provings are such a group effort. How if one person does not carry his weight it affects the whole proving. I am feeling angry that J may not be doing the work it takes to make this successful. Then I thought about how intolerant I was of D and how she was the weakest link and how she could not put her stuff aside to make this successful.

3:4 I came home and asked my son to mow the lawn. He gave me crap "Now??.....
Do I HAVE to???" I said no problem I'll do it. I wasn't mad or upset. I just went out and did it. I felt like, wow too bad he feels like that, he is missing out, missing out on helping to get this thing done. It is SO much fun to do things together.

3:4 I slept well last night and dreamt that I was talking to my family via Skype but instead of a computer it was an old fashioned TV with rabbit ears and the image was in black and white. I had a feeling of being separated from them not just by space, but by time as well.

3:5 Got home and sat on the porch with friends and ate and drank until 9. I had a lot of fun. I am feeling like my life is really good. That I am part of this neighborhood. As long as I do not talk about anything that means anything to me, everyone is ok!

4:4 I noticed tonight as well that I am very clingy, I want to have my arms wrapped around her and her arms wrapped around me all the time. I just want to nestle into her chest. When I get 'wandery' and drift off, I found myself looking for her and wanting to cling to her.

4:6 Now that I think about it, I am still not feeling very social. I am not being unsocial, but I am not going out of my way to engage anyone.

5:6 Not feeling very social — making conversation is an effort — feel disconnected.

3:8 Today is the holiday and we just worked on the house. I have been loving working together with my husband on projects. It is a great way to spend time together. The weather has been wonderful.

3:10 I am having lots of fun dreams. Dreams of working together with my husband and the boys. Accomplishing things together.

3:12 Nothing much today. Except there is a box in the foyer that has TEAM on the side spelled out like this:

T: Together

E: Each

A: Accomplishes

M: More

I have been drawn to it. That is how I have felt at times during this proving, like together we can accomplish more, with a sense of happiness and joy.

But also there is a feeling of being separated and left out. Feeling outside of things that I want to be a part of.

Spacey/druggy/slowness/poor comprehension

1 :C1 A lot of laughing/giggling, everyone acting is acting high.

1:C1 Trippy, lots of laughter.

3:C1 Slowness, comprehension is slow.

3:C1 Feeling slow, like I have a slowness comprehending. Then it's like 'whatever - I don't care'. Spacey, fuzzy

4:C1 Clarity though a spacey feeling.

4:C1 Taking lots of concentration.

4:C1 Feel like I am tripping in acid.

4:C1 Slowness to comprehend, very drug-like state, like coming down from a 'high' or 'trip'.

5:C1 Here but not here, not catching it [the discussion]; not seeing clearly.

4:C1 Trouble with articulating speech, words coming out empty like a cartoon bubble. 'Ditzy'.

5:C1 Spacey feeling, like not catching everything.

5:C1 Hard to pinpoint anything.

5:C1 Spacey — hear what's going on but hard to comprehend. Hearing background, but kind of like an outside observer.

5:C1 Feel I have to concentrate hard to do something simple.

5:C1 Feel oblivious, drugged, things happening around you.

5:C1 Moving in slow motion.

5:C1 Comprehension difficulties — has to be focused on grinding but can't really hear what is going on, as if in a different room. Hard to focus on doing one thing. Feels oblivious, drugged. Like coming down off of a high.

2:C2 Head like an empty bubble — was going to say something but can't remember what.

3:C2 Language and communication from pronunciation.

4:C2 Sensation of blank cartoon bubble again. Enough in my mind to keep my mind busy but not enough of significance to be able to be formed into words by my mouth.

5:C2 Everything feels like an effort.

5:C2 Staring.

5:C2 Delayed reaction.

5:C2 Zoney, hard to focus and concentrate.

5:C2 Slow reactions.

5:C2 Drunken feeling.
5:C2 Hard to navigate.
1 :C3 Feeling kind of dazed now.
1 :C3 Story of a roommate that has no depth perception.
1:C3 3-DTV
2:C3 Auditory processing is off, misunderstanding words.
3:C3 Nicole - hajaka? What did she say? That is how I am hearing words.
4:C3 Everything feels very drug related, like from mushrooms, coming down from a mushroom high.
4:C3 Nausea, like coming off of mushrooms. I wonder if the remedy is coke?
4:C3 Focusing is a bit easier, but then not. J is talking to me and he says when I was a kid. And I say what? When you were a kitten??
5:C3 Drunken feeling, hard to do what you're doing.
5:C3 Drunken stupor.
4:T PM: Felt like I shouldn't be driving. Everything felt disconnected. As much as it all felt fuzzy, at the same time it was very clear. Felt like I was tripping on acid - it was all crisp around the edges, but beyond my focus was blurry. I could hear every sound very acutely — my senses were all very acute.
Tired but not like I wanted to sleep, just like I wanted to sit still. Even though it was an effort to concentrate much, I could focus on playing a video game - the visuals and sounds combined were very appealing.

Tired/unmotivated

4:C1 Feels very tedious.
4:C1 Tired, starry, zoned, sleepy.
4:C1 Very yawny, starry.
3:1 Exhausted. I have lots of meetings and errands and I just want to rest and watch a movie.
4:1 After I took the remedy I immediately felt spacey and out of it.
4:1 Not much going on as far as thoughts, my mind is very blank, not clear, but blank.
4:1 Very tired but not sleepy, I just want to lay down and put my feet up, turn on the TV and watch mindless crap.
4:1 I feel like I am sleepwalking through the day.
4:2 I am still very out of it and very tired. I did not want to get up this morning. All day I was very spacey, very weary too. Little tasks were hard to stay focused on, phone will ring and if I am doing something else I forget about it.
4:2 I am soooo tired, my limbs are tired and I am finding myself sighing a lot.
2:3 I have a kink in my neck and I feel irritable and mildly emotionless, with no real motivation to do anything let alone something productive. The mere act of writing this journal has made me irritable.
3:3 I am not very motivated to get things done.
4:3 All day I was extremely tired, fatigued, and at one point it was hard to even keep my eyes open.
2:4 Tired today and a little bit of a headache. Good otherwise, work is a distraction from the headache.

4:4 Still spacey.

4:5 Today seemed to drag even though it went by fast... I don't know if it was because I am excited to be driving to go on vacation for 5 days or if because I am still so out of it that I can't concentrate much which is making things feel like they are dragging out.

2:6 I went to the gym today for the first time in a year and I am very tired. I guarantee I will be sore tomorrow but other than that I am fine.

4:6 We spent the afternoon and evening on the beach and I was pretty good today... not very spacey but I am still fatigued.

4:6 I got to sleep in today! Yay! The fatigue has been the worst thing...

5:6 Not a lot of energy.

5:8 Feel tired this morning (a lot of strenuous activity yesterday).

4:11 Today being back in the office and having to be organized, the 'out of it' is still lingering a little! Maybe I didn't notice a lot because I was on vacation?

5:14 Less driven/determined than I usually am.

Water

:6 I didn't want to go in the water and usually I like the water. I didn't want to get wet. 4:7 I didn't journal today... from what I can remember my feet still hurt, and I am tired. Still not crazy about the water even though I went in because it was so hot.

Dreams

3:3 I slept well, dreamt that my children were very young and my husband took them to run errands. They were only supposed to be gone for a little while, but they were gone all day. There was a festival going on outside our home and I was waiting and waiting for the boys to return. They did not get back until the festival was over. I was disappointed and was yelling at my husband "Where were you all day! Why didn't you come home! I have been waiting all day!" I turn and look at my son whose eyes were filling with tears and I say "Awwwww do not cry I am not mad." But I felt left out.

4:3 I was very tired when I was going to bed, but I tossed and turned... had a dream I somewhat remember... it was in black and white and it was about ghosts... I kept seeing them flying through the room... but not like figures, like the old drawings of ghosts flying through a room on Halloween, like someone with a sheet on.

3:4 I slept well last night and dreamt that I was talking to my family via Skype, but instead of a computer it was an old fashioned TV with rabbit ears and the image was in black and white. I had a feeling of being separated from them not just by space, but by time as well.

1:5 I had a dream last night, but I can barely remember it. I know it had something violent in it. I think I was in a car and got into a fistfight with someone outside the window or next to me, but I don't know who it was or anything else that happened.

2:8 I had a dream last night that I was on a road trip with H and L and a friend from school. We were driving and smoking a lot of pot and I said "It is too much", but I continued to smoke anyway and then woke up. Weird!!

4:8 I remember dreaming about quicksand. The thought of suffocating was terrifying! 3:10 I am having lots of fun dreams. Dreams of working together with my husband and the boys. Accomplishing things together.

3:11 I had a funny dream last night. My husband and the boys and I were hiking up this mountain. It was beautiful and sunny and when we got to the top the whole countryside was covered in snow and it was very steep to get down. My husband and the boys took off like they were skiing and sped down the mountain and over this ridge to the right and went out of sight. I was trying to catch them, but I was running instead of skiing. I fell and landed face first in the snow. I said... "This is strange, the snow is not cold." I laid there and fell asleep. I woke up and looked around and it was still very snowy everywhere. I said again... "This is weird, I am not cold and the snow does not feel cold." I got up and found the ridge they had gone over and there they were at the bottom. I called to them and my husband motioned for me to come down. I slid down on my butt and when I got there we all laughed and hugged each other. Then my husband said... "Now we have to go back up!!" They sped up to the top easily and I was trudging up on my knees because it was so steep. I kept asking for them to wait for me.

Violence/fighting

- 1 :C1 Drawing of a huge octopus with a submarine in its grasp.
- 1 :C1 Drawing of a guy with a full beard and bloodshot eyes asking, "Did I shoot the sheriff?"
- 1 :C1 This battle of sea animals is a little weird.
- 3:C1 Punched N, then N says "Let's move scissors so she doesn't stab me."
- 3:C2 J punched me in the stomach.
- 3:C2 Nicole stabs her finger with the pen. What eh?
- 2:C3 Tells story of chef stabbing student in leg.
- 2:C3 Story of H stabbing him with a compass in the leg.
- 2:C3 Story of stabbing someone with fork; stabbing on the leg with a compass. Hitting each other.

Sea creatures

- 1 :C1 Drawing of a huge octopus with a submarine in its grasp.
- 1 :C1 Drawing of a walrus with a cooking apron on holding a spatula.
- 1 :C1 "My crazy Russian drinks your beluga whale under the table."
- 2:C1 All drawings of a fish with large sharp teeth.
- 2:C1 Conversation about giant squid, mermaids, seikies, 20,000 leagues under the sea, creating an army of water beasts.

PHYSICALS

Head pain

- :C1 Headache from nose to top of head.
- 4:C1 Headache like a skunk stripe down center of head.
- 5:C1 Headache in front of and on top of head.
- 5:C1 Headache across forehead, frontal.
- 5:C3 Sharp pain in forehead, stuffy feeling.
- 4:1 Headache after dinner, like a skunk stripe up my forehead starting at my nose.
- 5:1 Pressure headache frontal and on top of head.

4:2 Headaches again! The skunk stripe on and off all day. Woke up with the same headache, it has not gone away since it started. It doesn't get any worse but is a constant. For the past few days I have just learned to live with it.

5:2 Frontal headache — pressure.

5:3 Head feels constricted, vice-like pain around forehead, passed within 15—20 minutes.

2:4 Tired today and a little bit of a headache. Good otherwise, work is a distraction from the headache.

4:4 Woke up with the same headache, it has not gone away since it started. It doesn't get any worse but is a constant. For the past few days I have just learned to live with it.

4:5 Woke up with the headache still, it is less than it has been.

5:6 Headache frontal and top of head.

5:9 Frontal headache — pressure.

5:12 Frontal headache. Headache — frontal and top of head.

Vertigo

:C1 Fuzziness, spacey feeling, feeling of not seeing clearly.

3:C1 Dizziness, wooziness, then in stomach.

3:C1 Swaying — dizzy, like motion sickness.

3:C1 Whoa, whoa, whoa a spinning.

3:C1 Stomach not feeling well. Sick to stomach. Dizzy and woozy and sick to my stomach. Like I am on a boat seasick. Swaying dizzy like I have motion sickness. Like I have a dough ball just lying in my belly. Whoa, whoa, whoa. Spinning.

3:C1 Vertigo, not spinning but swaying, motion sickness. Wave sensation, seasickness. Woo-woo feeling, unsteady.

4:1 Vertigo, slight, comes and goes.

3:2 Feeling woozy.

5:11 Dizzy feeling only for a few seconds.

5:13 Dizzy — unbalanced feeling.

Hearing

:C2 Sounds distorted.

3:C2 H is speaking to me and I hold my hand to my ear and say “What? Eh??”

4:C2 Hearing distorted. Not hearing well. A feeling of being woozy still. Language and communication. Like I am not part of the group or understanding the group.

5:C2 Hearing impaired, can't make distinction of sounds.

Smell

4:C1 Metallic smell.

Face

:C1 Teeth feel ok but rest of face feels distorted; lip piercing feels as though protruding.

4:1 Twinges in my jaw on right side.

4:4 I noticed today that my jaw has been very tense.

Mouth

3:C1 Tingling and prickling in the tongue.

3:C2 Roof of mouth sore.

Teeth

3:C1 Can't wrap lips around teeth.

3:C1 Sensation of having buck teeth, that my lips won't close around teeth. Face feels distorted, feels like lip piercing is protruding.

C2 Talking about teeth, old people and teeth.

Taste

4:C1 Metallic taste back of nose/throat area.

4:C1 Smell, taste on tip of tongue, doesn't taste good.

Throat

3:C1 Heavy throat, pressure base of throat, fullness.

3:C1 Sharp prickly feeling in back of throat.

3:C1 Feels like I swallowed something that is prickly in the back of my throat.

3:C1 Heavy pressure at the base of my throat with fullness.

3:C1 Sharp prickly feeling in the back of my throat like I swallowed a hook.

4:C1 Weird stuff in back of throat.

5:C2 Thickness in throat as soon as trituration began.

5:C3 Constriction in throat with heart racing.

3:C1 When I eat at times it is like there is something stuck in my throat.

Stomach

1 :C1 "Cookie dough and sugar sound delicious."

2:C1 Heavy feeling, like eating a dough-ball.

3:C1 Stomach — not feeling so great.

3:C1 Sick to stomach.

3:C1 Stomach — just ate a huge dough ball, sitting in stomach.

3:C1 Dizziness, wooziness, then in stomach.

3:C1 Stomach not feeling well. Sick to stomach. Dizzy and woozy and sick to my stomach. Like I am on a boat sea sick. Swaying dizzy like I have motion sickness. Like I have a dough ball just lying in my belly. Whoa — whoa — whoa. Spinning.

4:C1 Heavy stomach.

4:C1 Nauseous, burpy.

5:C1 Nauseous feeling stomach and up to throat.

5:C1 Definite wave of nausea.

5:C1 Feeling in stomach just moved up to throat.

5:C1 Wave sensation, seasick.

4:C2 Headache and nausea coming back.

3:C3 Not liking the spicy food.

3:C3 Food doesn't taste good; appetite is off.

4:C3 Meat is very appealing but everything else is 'meh'.

4:C3 Sweet tooth.

4:C3 Hunger is back, munchy.

4:C3 Nausea, like coming off of mushrooms. "I wonder if the remedy is coke?"

5:C3 Drunken feeling. Seasickness, feeling of swaying as if in a boat.

4:1 Nauseous, it comes and goes throughout the day.

4:1 Ravenous appetite out of the blue, I ate 2 pieces of pizza when I can only usually eat one, craving meat.

3:2 My stomach is very off. I could not eat dinner. I had terrible indigestion, which I do not think I have ever had. Lots of belching. I wanted fruit and ate a bowl of peaches, pineapple, strawberries and blueberries with yogurt and cinnamon. Which is really weird because I am not much of a fruit eater especially with yogurt! But it tasted good and made my stomach feel better.

4:2 I have been very burpy too... I felt soooo full and gassy after I ate dinner and had a little indigestion.

5:2 7:00 am — small wave of nausea after arising.

5:2 Slightly upset stomach after breakfast (scrambled eggs).

5:3 Slight nauseous feeling right after getting up, but it passed quickly.

3:3 I had an appetite tonight. We had fish and it tasted amazing. I wolfed it down!

4:3 Woke up in the middle of the night with heartburn and took a Turns.

5:4 Nauseous feeling after breakfast (scrambled eggs again).

5:5 Upset stomach. Nausea.

6:6 8:00 am — Woke up — wave of nausea. More nausea after breakfast.

4:6 My appetite is kind of gone, and when I eat I get very bloated and gassy and burpy.

5:7 Nausea after breakfast.

4:8 I am still getting bloated when I eat and still a little gassy.

5:10 Nausea.

5:13 7:30 am — woke up — nausea.

Male

2:C3 Discussion of a South Park episode. A man has huge testicles due to testicular cancer. He is bouncing on his balls... hippidy hop. His testicles are so huge he has to carry them in a wheelbarrow.

Female

2:1 Got pretty bad menstrual cramps, lasted about 3 hours but then went away completely.

Chest

4:C2 Heart palpitations.

5:C2 Palpitations, heart racing feeling.

5:C2 Heart palpitations.

5:C3 Heart is racy again, sick feeling in throat.

Back

:3 I realize that my cervical spine aches. It was aching during the proving and yesterday as

well.

Extremities

- :C1 Lack of coordination, spilling water on oneself.
- 4:C1 Can't decide between right or left handed.
- 4:C1 Clumsy, don't really know my body.
- 2:C2 I spill water on myself.
- 4:C2 Feel like I should be walking on my toes.
- 4:C3 Very clumsy, stubbed my toe while sitting down.

Extremities - pain

- :C2 Fingertips very sensitive.
- 4:1 Hands and feet are very tired, my limbs feel weak too, sweeping was making my arms tired.
- 3:3 My right hip is stiff and sore. I do not want to work out.
- 4:4 My feet have been achy. The outside of them, it is the area if you were to trace your finger down from the base of your little toe to just below your ankle bone.
- 5:4 Burning in both feet up into shins.
- 5:4 Tingling/numbness toes right foot.
- 4:6 My feet are really hurting today, we were on the beach but not long enough and I didn't walk long enough in the sand for it to have been the reason why... they hurt when I walk and ache when I am still.
- 2:7 As I suspected I am very very sore today and I cannot really move my arms. I have to go to work today and that is going to suck. Oh well...
- 2:8 Still really sore. I feel like every tendon in my body is sore and tight and it is really hard to extend my arms.
- 2:9 I feel like I am going to be sore for the rest of my life, even though I know I will be fine at some point. I really do not want to go to work today.
- 2:10 I do not have work today so I slept until 2 and I am still sore.

Sleep

- 3:2 Slept really soundly and did not dream. Unusual for me.
- 4:1 I slept really well, very deep sleep, 8 hours, I didn't want to wake up or get up, it took me a long time to feel like I was 'awake'.
- 4:2 I have been sleeping so soundly that I don't remember any of my dreams.
- 4:3 Slept like shit... I was very tired when I was going to bed but I tossed and turned...
- 4:4 Slept really well, I do not remember dreaming at all because I slept so soundly.
- 4:5 It is a little easier to wake up today.
- 4:8 Slept in again today. Slept like shit last night. I was very hot and couldn't get comfortable. I remember dreaming about quicksand. The thought of suffocating was terrifying! I woke myself up because it was very uncomfortable.

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MURAENA MELANOTIS

Honeycomb moray eel; Muraenidae



Keywords: *Muraenidae*; *oceanodromous*; *tropical, subtropical temperate*; *demersal*; *oviparous*, *possible hermaphrodite*; *solitary*; *carnivore*; *ambush predator*; *parasites*

Muraena melanotis, the honeycomb moray, is one member of a large eel family found in tropical and temperate waters around the world. Despite their snake-like appearance, moray eels along with other eel species are fish, not reptiles.

Natural History

Reproductive characteristics vary in different moray eels. Some are gonochorists — born either male or female, with only one set of sex organs, and cannot change sex. Other morays are simultaneous hermaphrodites, possessing both sex organs and able to reproduce with either sex. Still other hermaphroditic morays are either protogynous — starting life as a female and then changing to male; or protandrous - starting life as male then changing to female. The reproductive category *Muraena melanotis* comes under is unclear from published information.

Spawning occurs in summer months when the water is warmest. A male and female open

their mouths very wide at each other at the start of this process. The morays will then wrap their bodies 'around each other for hours. Once the female lays her eggs and the male fertilizes them, the pair separates and the fertilized eggs are left to drift. Hatched larvae, shaped like small, thin, transparent leaves, float in the open ocean near the surface for over eight months. After a metamorphosis they swim down to the reefs and ocean floor.

Moray eels are found in both deep and shallow waters in tropical and subtropical regions. It is reported that there are 200 different species of moray eel ranging in size from 10 cm to 4 meters in length. The moray eel is secretive, spending much of its time hiding in holes and crevices amongst the rocks and coral on the ocean floor. In their hiding places, moray eels remain out of sight both from unsuspecting prey that passes close by, and from predators.

The moray eel is a carnivore. Fish, molluscs including squid and cuttlefish and crustaceans such as crabs are the main source of food for the moray eel.

Moray eels are hunted by large fish like grouper and barracuda, sharks and also by humans.

Parasites: *Anopsilana* sp., has been found on a different species of moray eel, *Thyr-soidea macrura*.

Distinguishing Homeopathy Features

Like snake but hidden control, intellectual ambition, need attention

'Community, slander and intrigue'

In charge of fish, aquariums

History of trauma to brain, meningitis

Fear of natural disasters, death

Amenorrhea

Dementia Indications

General

Hiding memory problems

Cognitive decline after traumatic brain injury

Especially in soldiers and military trauma

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Strongly consider for

Starts with sleeplessness

Over-use of the brain

Quick-witted to dull

Frontotemporal dementia

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Issues of balance

Vascular dementia

Since history chronic migraines, heart issues, cerebral accidents

Korsakoff syndrome

Homeopathy Commentary

This remedy is similar to *Serum anguillae* since both are eels. But *Serum anguillae* is made from the actual toxin from a freshwater eel in the Anguillidae family whereas *Muraena melanotis* inhabits brackish water and the remedy is made from the whole fish in the Muraenidae family. They share many symptoms and states, particularly their similarity to snake remedies.

Olga Fatula, a homeopath and teacher from Russia has done a proving and had clinical experience with this remedy. There were a number of important themes and sensations in that proving. They had to do with general fish themes I have described, as well as a strong element of snake. The main theme Olga Fatula describes, though, is “community, slander and intrigue.”

First is the idea of ‘community’, a strong element of fish general themes. In this context, it is the desire to be part of the group and an altruistic desire to develop the group into a cohesive whole. They are talented at bringing partners and workers together. They are part of creating a community, many times an exclusionary type of community or group. In this remedy, there is ambition and desire to move to the top. In business, it means they may start or develop a company, or they may manage a non-profit business. They can also hide their ambition, have contradictory feelings about it since they have the affable quality of fish remedies. Problems start when they start to lose their peak status and attention within their group. Similar to the remedy *Sycotic compound*, they can have a ‘fear of obscurity’. They become worried that others are going to ‘ambush’ them and they become overly concerned about what others think of them.

Like other fish, in the early stages they can be quite intellectual and the brain is a central way they can accomplish their ambitions. They may have a number of college or university degrees, striving for intellectual excellence and accomplishment. In *Muraena*, the brain is overworked and in the healthy state it is as if the brain is on fire. There are many thoughts and ideas, and they are quick-minded, have good clarity and are expressive. They can be quite witty and charged up thus can be the center of a conversation with their own witticisms. They also want to control their environment and use their intellect and quick-wittedness to do it. This may lead to chronic migraines.

This segues into the other main themes of the proving: ‘snake-like’, slander and desire for intrigue’. Patients needing *Muraena*, like snake venom remedies, are very perceptive and ‘see’ clearly the weaknesses of others. Yet instead of directly confronting them they either use sarcasm or go behind the back of the person they are in competition with and slander them. They don’t directly express themselves even when they feel threatened. This aura of ‘intrigue’ along with slander is something I usually associate with patients who need snake venoms. Here though, the intensity is not as much as seen in a snake venom remedy. But there is the egotism we might see in snake venoms, but again, ‘watered down’ and many times hidden. They want to cooperate with the group and so their feelings are not directly expressed.

The intensity of the brain’s functioning and the overactivity can lead to brain inflammation even to the extent of meningitis. In the sycotic miasmatic nosode, *Meningo-coccinum*, I describe how students, as an epidemiological group, more frequently contract meningitis. *Muraena* is a remedy to consider post-meningitis.

There is also a spirochetes quality in *Muraena*: bone pains at night (*Syphilinurri*) and pains wandering from one joint to another (*Borrelia burgdorferi* Nosode). The Spirochaetales order is described in *Miasms and Nosodes Volume 2*. As well, the proving seems to indicate that there could be underlying heart problems in the patient needing *Muraena*.

With the overactivity of the brain, there is difficulty sleeping which becomes a chronic problem.

The brain overactivity in patients needing *Muraena* can decline dramatically later in life. Their good memory and quick-wittedness diminish, particularly when they do not get the attention they seek. This combination of significant deterioration and sleeplessness is indicative of Lewy body dementia. *Muraena* is one of the main remedies to consider in this type of dementia and also in vascular dementia, where cerebrovascular accidents and circulatory problems have diminished mental capacity.

It is also a remedy for the long-term effects of traumatic injury to the brain, often seen in ex-military personnel. Normal pressure hydrocephalus (NPH) dementia may be seen concomitantly. *Muraena melanotis* is called the **honeycomb** moray eel and according to John Hopkins University researchers:

The brains of some Iraq and Afghanistan combat veterans who survived blasts from improvised explosive devices (IEDs) and died later of other causes show a distinctive honeycomb pattern of broken and swollen nerve fibers throughout critical brain regions, including those that control executive function. The pattern is different from brain damage caused by car crashes, drug overdoses or collision sports, and may be the never-before-reported signature of blast injuries suffered by soldiers as far back as World War I.

In the homeopathic proving there were symptoms about the military including “Dreams of tanks and submarines.” As well, there was a misapprehension of imminent ambush and attack.

The patient needing *Muraena* is typically persistent, ambitious and wants to overcome obstacles. They even become suicidal when faced with an obstacle they cannot overcome or when they are no longer the center of attention. As I mentioned, this is particularly marked with a concomitant loss of memory as in the beginning of dementia.

I have taught for many years that patients who need snake venoms usually have a feeling that they are god-like and are in charge or creators of one particular area of expertise. For example, *Bothrops atrox* patients consider themselves the source of all things medical — forcefully giving medical advice. There is an element of that in this remedy, since it is snake-like but not fully realized. In the case of a patient needing *Muraena*, there is the feeling that they are the ONE who is in charge of fish. They may have significant aquariums in their home or actually fish for a profession or take care of fish in some way.

They fear sudden shocks, like natural disasters and at the same time, for most of their life, they can have a fear of dead people and ghosts. It is a fear of the afterlife and confusion as to spiritually or religiously what the afterlife holds.

There is some mystery surrounding sexuality in eels in this family. They can be male changing to female, female changing to male and also some are hermaphroditic. Certainly, it should be a remedy considered in the rubric “Confusion of sexual identity.” For the most part, the patient gives off no clues as to their sexual proclivities. Their desire for sex or even relationships does not figure prominently for them. They can have an aversion to those of the opposite sex and be ‘flat’ or indifferent sexually.

On a physical level, we see many of the issues found in *Serum anguillae* but less of a focus on the kidneys. As well, there is less of a toxic state, less stupefaction and not the same issues of

sexuality that are in *Serum anguillae*. In *Muraena* there can be circulatory and heart problems with episodic atrial fibrillation. As mentioned, the brain is a seat of problems including migraines, with inflammations in healthier patients and various types of dementias, including vascular dementias, in more advanced patients.

Many body sensations were experienced by the provers and there are wandering joint pains and muscular pains, as delineated in the Focus Guide below. There can be severe eye pathologies, including retinopathies with great sensitivity to light. They may experience flashes of color, sepia-like colors and a sensation of dryness like sand in the eyes.

Clinical Focus Guide

MIND AND DISPOSITION

Ambition to make a name for themselves
Management, head of companies
For-profit and nonprofit
Persistent
Ailments from loss of recognition

Silver series
Performance and teaching
Quick-witted entertainers

Expressive
Love of fine clothing, new clothing
Bright colors in clothing
Art of cooking

Snake-like
But milder
'Slander and intrigue'
Sarcasm

Control

As if going to be attacked

Strong intellectual development

Overactive brain

Inflammation of the brain

Quick-witted j esting

Creative

Suicidal with loss of intellectual prowess

Sleep issues

Sleeplessness

With drowsiness

With overactive thoughts and thinking about
plans and projects

Sleepiness in the evening

Dream about water, lakes, rivers, swimming

Knowledgeable about and protecting fish

Dreams about friends and relatives Dreams

food, restaurants

Dream travel

Dream theft, expensive autos

Dream animals

Camels, donkeys, bees, wasps, fish

Dream military

Dreams tanks, submarines

PHYSICAL FOCUS

Headache

Post-meningitis

Migraines

Inflammation brain; pain deep in brain Pressing
pain better eating

Worse 12 noon

Cheerful after short sleep

Delight swimming in water

Loyal to their detriment

In charge of fish

Home hobbyist or professional aquarist

Fishing as an occupation

Hiding in plain sight

Hiding memory problems

Egotism but not expressed fully

Homesickness

Memory problems

Brilliant memory but then suddenly memory
poor

Memory poor for what about to say Suicidal
with start of memory problems

Forgetful of what about to express

Romantic love

Desire to adopt children

Locked up

As if locked up

Walking in circles

Relationships on hold

Aversion to sex

Indifference to relationships and opposite sex

Indifferent to appearance

Worse before menses, better after 1 pm

Burning pain

Severe eye pain, inflammation and pathologies

Retinopathy

Averse light
Desire sunglasses
Dryness eyes
As if sand in eyes
Flashes of color, sepia-like color

Menstrual problems
Menses delayed,
Amenorrhea
PMS — with abdominal bloating

Body heavy
Compressed sensation

General swelling and edema
But not as intense as *Serum anguillae*

Sinusitis
Profuse mucus
Severe inflammation

Ear pain

Heart
Atrial fibrillation
Sensation as if turning

Chest

SENSATIONS AND EXPRESSIONS

Compressing
Like a fish scale
Like a shoal of fish
Movement of hands right to left

Pierced sensation
Heaviness
Pain worse motion

Extremities
Pain left shoulder
Burning pains
Extending to elbow and wrist
Throat and joint symptoms
Pains move from one joint to the other
Hip joint, left, pain, boring
Muscular pains in lower extremities
Bone pains at night

Body sensations
Left side more fragile and sensitive
Left side smaller than right
Heaviness, pulling down of whole body

Chronic or acute diarrhea

Alopecia

Food
Desire fish

Sticking together
Waves
Delight swimming in water
Pierce, spear

RELATIONSHIPS

Compare
Serum anguillae, *Meningococcinum*, Stage 10 and Stage 17 remedies, Snake venoms

Remedies that follow
Meningococcinum, *Sycotic co.*, *Borrelia*, *Syphilinum*

Excerpt from the Proving

Proving by Olga Fatula, Russia, 2011-2012

Conclusion

Me and the group. I'm against the group. Conflict: the desire to be left without society, to be alone, the feeling 'everyone is tired' (I may not go to the conference, not wish me a happy birthday, or try to go unnoticed). At the same time, there is an opposite feeling (or the same, but in relation to oneself) — society avoids me, crosses out, does not consider me (hides information from me, hypocrites, intrigues). Therefore, I have to call colleagues and turn to clairvoyants in order to find out everything and keep abreast of events. When forced to communicate, I do not want to look like a fury, I hold back negative emotions.

Historical fiction television series: *The Tudors* and *The Magnificent Century*. It is interesting that in both series the events take place in the same years 1520 1530. In both series, the themes of power and relationships — love, jealousy, passions, the Sultan's harem, the polygamy of the English king Henry VIII.

- Link to source. Source energy.
- "I do not feel that someone sits in an ambush, then will attack."
- "Everything is calm. It will take time and everything will change — need to be hidden, to monitor, to not fall into the trap; someone is waiting for you in ambush, to deceive and attack".
- "I rented an apartment on the embankment of the river, I want and like to be by the water."
- "All last week I swam for 1.5-2 hours in fins. When I breathed out the air under water, and the wave passed through the body, I fell into indescribable delight, looking like some kind of sea animal!"
- "In the morning after waking up, when the eyes are opened, an image of a round fish with metal scales appears."
- "Until I plunge headlong into it, I don't need theory. Strong, powerful energy. There is a lot of me, it carries me."
- "I couldn't look at the fish floating in the aquarium 'for slaughter' in the store — I turned away, my heart somehow sank."
- "I watched films about the inhabitants of the world's oceans, I would not have watched them before. It caused tenderness and pacification."
- "SLEEP; Dream: The aquarium has crashed, I'm collecting fish on the floor."
- "Suddenly I wanted fresh fish - which I haven't eaten for a long time."
- "I bought different fish that I found in the shop: flounder, trout (I'm not sure if it's a trout) and herring. I brought it home and I no longer want to eat it."
- "SLEEP; Dream: In the cafe there is a variety of frozen and fresh fish: fillets, wrapped and twisted into some shapes."

Physical symptoms

Symptoms correspond to the period of the prodrome — weakness, chills, sweating, body aches,

low-grade fever. Many throat and joint symptoms.

- “In the evening, a state of exhaustion, terrible sleepiness, temperature 37.1.”
- “In the morning I barely got up, the temperature was subfebrile, I was chilled all day.”
- “I worked during the day, although the state of sleepiness and chills persisted.”
- “Today by lunchtime it became hard, my arms ached, my legs ached, chills, fatigue, profuse sweating, no temperature, by evening it passed, my head is dizzy by night.”

Head

- Pain deep in the brain
- Pain, pressing, better after eating
- Pain, at 12 noon
- Migraine before menses, worse morning, better after 1 pm
- Itching of the scalp, although the skin is clear, without eruptions — healed with prescriptions

Throat

- Pain on swallowing, more on the left
- The mucous membrane is simply hyperemic and nothing more
- Feeling of pressure

Chest

- Feeling of ‘gurgling’ in the rib cage on the left
- The chest seems to be heavy downward and the body feels heavy
- Sensation in the left side of the chest, as if pierced, planted on a spear, it sticks out through the body, passing through it in the region of the heart and outward in the region of the left shoulder blade
- Pain, with a feeling of helplessness. Worse from motion, as if the spear had severed all muscles, broken bones
- As if gravity, directed downwards, the body feels heavy

Heart

- Feeling of turning in the heart, all day, more towards evening
- Sensations of turning, in the evening only
- Aching pain that at times penetrates the body through and through
- Heart, arrhythmia, extrasystoles

Stomach and abdomen

- At 23.00, lying down, feeling as of a small balloon in the stomach
- Left groin, groin fold, short-term pain

Female organs

- Menstruation, delay
- Menstruation, absence
- Amenorrhea
- Amenorrhea, menses delay 2~4 months
- Amenorrhea, cure
- PMS, abdomen, distension
- PMS, worse in the morning, better after 1 pm
- In the morning my stomach and head ached as usual before menstruation, but, surprisingly, then everything went away

Extremities

- Shoulder joint, left, burning
- Shin, right, gastrocnemius muscle, spasm
- In the morning, 7.30, lower leg, right, calf muscle, pain, sharp
- Bones, pain
- Bones, pains, at night
- The pain, deep, as if in the bone itself, did not change on standing up and walking
- Joints, pains moving from one joint to another
- Shoulder, left, joint, pain
- Left shoulder joint, pain, after 24 h
- Shoulder joint, left, burning
- Left shoulder joint, burning pain that gradually moved to the left elbow joint and further to the left wrist joint
- Left shoulder joint, pain, then pain appeared in the right elbow joint, and left the left shoulder
- Hip joint, left, pain; Hip joint, left, pain, boring
- Hip joint, left, pain, boring, radiating down to the calcaneus
- Lower leg, right, and crown muscle spasm
- In the morning, 07.30. Lower leg, right, and calf muscle, pain, sharp
- Lower legs, feeling weak, worse lying down
- Sensation in the legs of being clenched, and because of this, weakness appeared in them
- Shins, constriction, weakness, during the day
- Calves, constriction, cramps, weakness, lying in bed
- Lower legs, constriction, cramps, weakness, at night

General

- Left side of the body feels better than the right side
- Left side of the body is more fragile and sensitive than the right, feeling as if
- Left half of the body is smaller than the right, sensation as if
- Body, heaviness, sensation as if
- Body, heaviness, pulling down, feeling as if

Additional Homeopathy Resources and References

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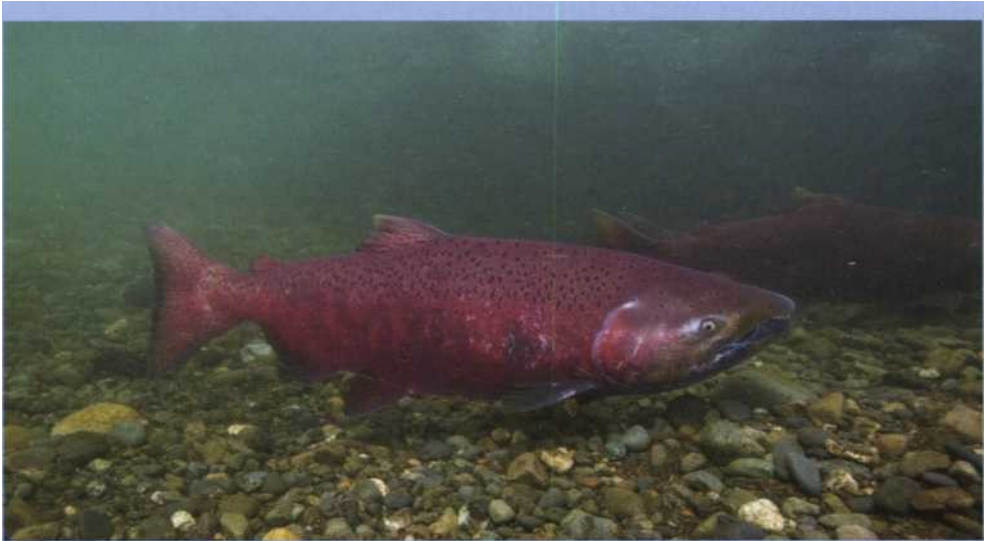
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~~ ONCORHYNCHUS TSHAWYTSCHA

Pacific salmon; Salmonidae



Homeopathy Abbreviation: *onc-t*

Keywords: *Salmonidae; anadromous; temperate; marine; freshwater; brackish; epipelagic; migratory; egg cannibalism; carnivorous; prey; food fish; parasites*

Chinook salmon, *Oncorhynchus tshawytscha*, is the largest Pacific salmon and is native to the north Pacific Ocean and river systems from northern California to Alaska and from northern Japan to Siberia. They have been introduced to other parts of the world, including New Zealand and the Great Lakes. Other common names include King, Quinnet, Spring and Tyee salmon.

Natural History

Chinook salmon are anadromous, and spend 1 to 8 years in the ocean (averaging 3 to 4 years) before returning to their home rivers to spawn in clean, cool, oxygenated sediment-free freshwater. Chinook spawn September through to December. Courtship can last several hours. While the female digs the redd (nest), males vibrate and cross in front of the female. A few seconds before depositing her eggs, the female will shake quickly next to the male of her choice, inducing sperm release. After laying eggs, the female will guard the nest for 4 to 25 days before dying; males seek additional mates. On the upstream journey and during continued spawning, Chinook may eat up to 14 of the freshly deposited eggs per day.

Fertilized eggs hatch in 90 to 150 days. After 3 months some fry will begin migrating to the sea; most fry will stay a year in freshwater, some as long as 3 years. Some individuals remain

close inshore throughout their lives, but others travel further into the ocean, living in depths to 375 metres.

Food in streams is mainly terrestrial insects and small crustaceans; in the sea, major food items include fishes, crustaceans, and other invertebrates.

The Chinook is blue-green or purple on the back and top of the head with silvery sides and white ventral surfaces, and is distinguished by small black spots on the back and on the upper and lower lobes of the caudal fin, and the black gums of the lower jaw. Its mouth is often dark purple. Adult fish vary in size up to 58 inches (1.5 metres) in length; they average 10 to 50 pounds (4.5 to 23 kg) but may reach 130 pounds (59 kg). In fresh water, with the approach of breeding, the fish change to olive brown, red or purplish, the color change being more marked in males.

Young Chinook are preyed upon by fishes and birds (such as mergansers and kingfishers); adults are prey of large mammals (orcas, seals, sea lions, bears) and large birds (eagles, hawks).

Salmon is a food fish. The largest aquaculture producer of Chinook salmon is New Zealand.

First Nations Canada and Salmon

The indigenous First Nations people of West Coast Canada revere salmon both as an important food source but also from a spiritual and cultural perspective. First Nations believe in a spiritual world that is interconnected to the material practical world. The basis of their beliefs are that Animal People have spirits that enter the human world. Therefore there is a reverence for the animal world and in particular the “Salmon People.” The Salmon traits that are characterized are hard work, resilience and wisdom. The bones from the eaten salmon are ceremonially returned to the sea to ensure continued nourishment.

Salmon give the people the gift of life. Much of the land around the turbulent, fast-flowing Fraser [river] is steep, and fishing access is difficult. Traditional dipnetting is an innovative Indigenous solution, but not without considerable risk. Dipnetters tie themselves to a rock and lower long-handled nets into rushing waters to feel for salmon. The experience of dipnetting for salmon also passes the powerful salmon teaching: it is all worth it.

Like the salmon, the people return to the same place, generation after generation.

The Teachings of Salmon, Indigenous BC

Parasites: *Anisakis*; *Bothriocephalus*; *Ceratomyxa Shasta*; *Myxobolus cerebralis*; *Phyllobothrium*; *Thynascaris*

Distinguishing Homeopathy Features

Returning to the source of their problems

Circles, circular, even circular jewelry

Ambition, resilience

Long and hard journeys, work and travel

Deep desire to be pregnant and for motherhood

Problems with getting pregnant, before and during menses, ovulation

Long history of psychotherapy

Issues with family of origin

Mother issues — overbearing mother

Grief about lack of, or loss of 'soulmate'
Romantic longing 'through the ages' causes separation
Doing things in wrong order
Desire chocolate; meat

Dementia Indications

Alzheimer's disease

Doing things in wrong order — especially with dressing

Disorientation yet wanders off and gets lost

Memory poor for reading and writing at first

Hooked and locked fingers

With sundown syndrome

Creutzfeldt-Jakob disease

Although there can be cognitive issues for most of their lives, a significant sudden decline can happen

Vascular dementia

Mixed dementia

Chronic pain (especially back pain) with medications leading to dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Post-influenzal and viral dementia

Homeopathy Commentary

Living on an island in the Pacific Northwest of Canada, I have frequently watched with amazement as salmon head back to the source of a river in order to spawn again. These fish are termed anadromous from the Greek 'to run upward'. They struggle fiercely against the current and actually go uphill (or nowadays they throw themselves up ladders built into the side of the rises in streams and rivers) in order to get to their one original spawning ground which they instinctually remember.

The activities and qualities related to this can be seen in the type of patient who needs this remedy as well as in the homeopathic proving, led by Jeremy Sherr and published in *Dynamic Provings Volume II*. They have an ambitious drive with tenacity. In work, they desire to attain a high level of financial independence and will even use criminal means to accomplish it. On a personal level, they constantly attempt to close a circle of deep childhood loss and lack of love, yearning to return to the source of their troubles.

Firstly, they are very tenacious in whatever they do. There is a quiet ambition and they will resolutely hold onto any project until close to completion. They can be constantly busy at this stage and drive very fast to get to their destination. The provers, at times, felt "nervy, like a highly strung race horse." They have dreams of being in a race such as cycling, with "a wonderful feeling of speed." The patient needing *Oncorhynchus* can at times either exhibit a superhuman strength with sleeplessness or they may collapse into chronic fatigue and be unable to work. They can also channel this energy into aerobic or intense exercising. But also there can be a type of industrious self-sacrifice for the sake of the whole family or group.

Secondly, these are individuals who are constantly questioning and being tormented by the need to get to the source of their psychological problems. Like other fish remedies there is a feeling of being easily ripped off and victimized but an inability to fix it. Life is surely a struggle.

Frequently, they have been in psychotherapy for many years and the issues they are dealing with usually have to do with their mother (returning to the source). They demand a deep 'soulmate' connection from their relationship and feel a profound grief when they perceive this deep connection is not reached.

As children, the main problem was that their parents, particularly their mother, showed little affection or was in a state of depression and unable to show emotions. They can either overcompensate for this with overconcern for children (and animals) and be rather overbearing or have a great sensitivity to criticism and therefore feel easily rejected by their own children and mate. In general they can have, as adults, a constant sense and longing that early childhood issues are not completely resolved; they perceive a 'darkness' there. They experience grief and later in life, they may have a complete breakdown as a result of these unresolved issues with causeless weeping.

Their thinking and activities become 'circular' in that it all leads back to something in their childhood that they can't quite pinpoint. They can't clearly remember what it was that has created this suffering but they know if they keep tenaciously searching they will find it. I think of this remedy for someone who has been in psychotherapy for many years without a sense of resolution.

As a result, they search for a soulmate, someone to replace the feeling of lack of love. Typically when they do find someone it does not work out and they can be easily 'taken for a ride' as one of my patients said. This patient felt that each relationship would be 'the one' but would then feel it wasn't. The grief he had inside would be accentuated. Typically, they have quite a few relationships over the years which never satisfy this high ideal, similar to the nosode *Mycoplasma pneumoniae*.

The feeling is one of being trapped, yet a strong need to move forward. They rationalize this by telling themselves and friends that they were taken advantage of or suffered an injustice. They desire to escape and this can be by moving away or through drugs, fast cars, and changes of relationships. And as a result, there can be a depression, as if in the 'dark night of the soul' whereby there are many issues that cause a deep heaviness, a journey through dark places in the psyche and a lack of resolution. There was even in the proving and my clinical cases, dreams of darkness.

Jeremy Sherr, the master prover of a very comprehensive proving of *Oncorhynchus*, described his clinical experience after the proving in this way:

Provers experienced deep, intense grief and sadness, not knowing where they were going but longing and searching for a home. Conversely, they felt trapped in the house, desired to walk for miles and wanted to travel great distances.

There was yearning for a soulmate, for finding true love and great disappointment for lost love. Control is a big issue in the remedy, either loss of control or overcontrol, especially a mother's tendency to control her children.

In general, they present many statements in this circular fashion without a central idea. You may experience some exhaustion taking their case. In the proving these aspects were quite strongly

marked — many of the provers articulated the themes of circles and finding rings or losing rings and wearing rings or ringed jewelry. There was even a dream where the prover's mother wore a nose ring. In a circle travel sense, *Oncorhynchus* patients can have a deep desire to travel 'around' the world, which for some patients is unexpressed in actuality, whereas others spend the majority of their time travelling.

In the proving there was also a spinning sensation:

Feeling top heavy and want to be horizontal; could topple over or fly off; spinning around, reeling in a circle anti-clockwise. Feeling as if on a ship.

Water, unsurprisingly, is a prominent feature in the remedy. There were dreams of water, swimming, and floods. Patients can use this in their expressions: "I'm swimming upstream but not getting anywhere", or "swimming sensation of vertigo", or "flood of memories."

This circular journey also may take them into yearning for family, a home and in particular, children; they may become pregnant in spite of the challenges they have in relationships. The main overarching drive for salmon is to procreate but it is a challenging journey. In the *Oncorhynchus* proving there was "Deep longing to be pregnant and have children, I dream about children all the time", and "How can I last this long without a baby?" There is a very intense fear of not being able to have children. Sherr concluded: "Having babies is a dominant feature of *Oncorhynchus* with many symptoms related to conception, infertility and high sexual energy."

As a parent, they take on the mothering role, but it can be in a dictatorial and critical fashion, with strong conflicts and disagreements with their children. Or, as mentioned, they may have conflicts with their own parents, and feel that their own mother rejected them and did not show love.

Yet, there is still a sense of 'the affable fish patient. You would expect with all the tenacity, ambition and frustration that the patient needing *Oncorhynchus* would be quite aggressive but instead they are quite malleable and lack confidence inside. They do not like confrontation; they want a connection to their friends or the group at all costs and so they don't express their frustration with them or other impactful issues that may jeopardize their relationship.

Jeremy Sherr, in an online journal Hpathy, presents a case of a woman who had been trying to get pregnant for six years. She had a history of a traumatic ectopic pregnancy. She was depressed and had a heaviness in her movements and voice.

In the interview she used expressions such as:

Start the cycle

I am going backwards

Trouble with my mother

Being alone

Work so hard

I run the finances and social calendar

Traditional values

Insecure about myself

Work with powerful dynamic people

Goal oriented

Fear of dying and not having reproduced

Perfectionist

Can't get motivated and everything is an effort

Herpes eruptions around mouth

Cold feet

Loves chocolate and desires meat

Yeast infection

Premenstrual symptoms including emotional problems

All these expressions and elements of the case indicated *Oncorhynchus* and she was given a 200C of the remedy. Within 2 months she was pregnant and subsequently gave birth to a healthy baby with a personal significant improvement in health and well being.

Even though the proving was completed in 1996, it wasn't until much later that I discovered the dementia dimension of fish. *Oncorhynchus* particularly demonstrates the usefulness in these conventionally hard-to-treat complaints. There are so many *Oncorhynchus* rubrics in the Complete Repertory that represent latter stages of Alzheimer's disease and serious cognitive decline. Here is a sampling:

Dreams, doing things in wrong order (a key characteristic of *Oncorhynchus*)

Mistakes in spelling

Mistakes, making, perception, of

Mistakes in talking, wrong words, misplacing, reverses

Mistakes in writing

Mistakes in numbers, transposing

Mistakes in left for right

Forgetful for what he has just done

Forgetful for names

Forgetful for where he has put objects

Forgetful for what has just read

Forgetfulness for words

Forgetful, to say, for what he is about to

Forgetfulness, words for, to speak, word hunting

Indifference to everything

Confusion of mind, as to his location, loses his way in well-known streets

One prover even mentioned:

I felt my brain close down. Was forgetful of what I had just done, writing numbers down wrongly throughout proving.

As well, I have added a multitude of proving extracts about cognitive decline in the Contemporary Indications section below this commentary.

Further, in the introduction to this book, I discuss the underlying 'spiritual' elements for Alzheimer's disease development — an attempt to 'forget' past life, rebirth knowledge which has erupted in the consciousness. In the case of *Oncorhynchus*, it is about past life soulmate connections and rebirth. Their connection to this lifetime is fluid, as if moving through water. We therefore see these interesting rubrics in this remedy:

Confusion about time
 Consciousness expanded
 Dreams going back in time
 Dreams in time travel
 Dream dead people, mother or grandmother
 Delusion whole body is hollow
 Weeping, causeless

And in the proving:

“Felt in another world”
 “Feeling went on for ages”
 “Past life regression feeling when killed by sword of physical pain”

In my clinical experience, the patient needing *Oncorhynchus*, if untreated homeopathically, can develop a dementia state in older age. Yet when you talk to them at first they seem fine. Older patients in this state suffer from disorientation yet wander off easily, get lost and if confronted, say they are searching for their mother, daughter or family.

They have difficulty comprehending, writing and reading, which is accentuated by visual disturbances with macular degeneration. They can see colors, lightning flashes and flickering in the vision. The vision is blurred especially in the morning and even though they are avid readers they may give it up as the visual disturbances are worse on reading.

Not untypical in fish provings, there is in the *Oncorhynchus* proving (precognitive) dreams of violence (ailments) to the head and brain:

"Dream... he turned and fired at his head and killed him. I had some bone and flesh in my hand and I was so shocked and horrified.. "

8 200C, 21:XX:XX

In the latter stages of Alzheimer’s (Stage 4-7), the fingers can curve and lock, looking like a hook.

It would be helpful to prove the oil alone from salmon as we would probably see more fibromyalgic problems like *Oleumjecoris*.

Clinical Focus Guide

APPEARANCE AND Demeanor

Friendly yet aggressive individual
 Fish look; soft-sided
 Carbon-like; possibly obese

MIND AND DISPOSITION

Ambitious, tenacious and competitive
 Tenacity with projects

Struggle to overcome obstacles
 Goals change frequently
 Ailments from mortification
 Ailments from repressed ambition Impatient
 with others - not expressed Self-sacrifice
 Unsuccessful feeling
 Unsuccessful efforts — struggles
 Lack of confidence yet tenacious
 Anxiety about future
 Yearning for soulmate
 Marries someone like mother

Mother unaffectionate

Wearing too much makeup Depressed, heavy

History of many unsatisfactory relationships

No one reaches ideal

Love of animals — they give love unconditionally

Grief

Amorous dreams

Alone feeling

Dream biblical king or queen

Delusion enlarged

Special destiny

Weeping

Causeless

When describing symptoms

From music

Mistrust authority	Delusion arm enlarged
Anger at authority	
Rebellious	Affable
Victimized by authority	Friendly, desire to please
Helpless victim	With ambition
Cursing	
	Travel
Precise focus	Around' the world
Organized worker	Love of and desire to travel
Long concentration	Thoughts of travel
Perfectionism and order	Yet returns home
Circular and cycles	Water
Wears rings and circular jewelry	Many dreams of
Circular thoughts, statements and arguments	Floods
Fear of enclosed places	Swimming
Makes circular motions	Sea, river
Cycles	Thirst high
Desire to go home, homesickness	Live in damp, wet area
Walking in circles	Sycosis
	Bath ameliorates
Cognitive decline - mistakes and forgetfulness	Death
Doing things in wrong order	Fear of death
Losing items	Fear of cancer
Mistakes in spelling, writing, numbers	
Dyslexia: left for right, transposing numbers and words	Love sick but then indifference to loved ones
Word hunting	
Forgetfulness	Pregnancy and children
For what he has just done or about to do	Desire, determined to get pregnant
For names, words, word hunting	Fear not having children
	Fertility problems
Confusion	Dreams babies
Spatial	Dreams nursing
Disorientation	Water
Wandering off, getting lost	Dreams water, flood, swimming,
Searching for a relative	
	More dreams
Delusion whole body is hollow	Darkness
Empty, hollow sensation	Love
	Mother
Burglars and robbers	Being pregnant
Delusion or dreams of robbers in house Others	Time travel
distracted in pursuit of robbers Criminality	

PHYSICAL FOCUS

Abundant energy or weariness
Chronic fatigue syndrome after sustained
intensity at work
Serious and committed aerobic exercise

Speech
Garbled or swallowed
Long pauses between sentences
“Uh ... uh ...” constandy
Stammering

Sensitive to odors
Sensitive to garlic, perfume, water bodies

Chronic fatigue
After overcoming major obstacles and over-
exertion
Ailments from exertion

Longstanding physical ailments
Chronic hepatitis
Scar tissue, adhesions

Vertigo
On bending head forward
Spinning sensation
As if turning in a circle
Falling
As if on a ship

Orthostatic hypotension
Faintness on rising from sitting

Head and headaches
Dull aching
Blinding migraine

Travelling - trains, planes, driving Violence
Doing things wrong

Sensitive to noise

Bruised pain

Especially in occiput
Fullness, pressing, and pressure
Pressure in forehead
Pulsation

Chronic remitting multiple sclerosis
Worse left

Spinal problems
Degenerative discs
Spinal fusions
Stiffness and pain

Worse cervical and dorsal region Injuries to
the spine

Dislocations extremities

Stiffness on waking
High sexual desire

Many different relationships
Can marry late in life but then monoga-
mous

Sexual dreams

Female genitalia

Infertility

Endometriosis

Ovarian cysts

Fibroids

Leucorrhea

During menses

Menses too frequent

Pain ovaries especially left

Cramping

Bending forward ameliorates

Liver
Chronic hepatitis
Cirrhosis

Heart
As if bursting out of chest, bulging, big,
pumping
Gurgling sensation while walking

Chronic sinusitis
Constant running nose
Tightness in maxillary sinuses

Cough
Worse warm drinks
Mainly dry

Easy choking while eating
Suffocative feeling while drinking

Sleeplessness
Severe
Can't get to sleep
Waking frequently from slight noise

Goiter
Skin

Herpes
Worse chocolate
Rash, itching breasts
Ringworm
Itch without eruption
Eruptions external ear

Constipation
Worse before menses

Knee pain
Worse after stooping
Worse standing

Exhaustion lying ameliorates

Worse wind

Food
Overeating secretly
Obesity
Craves or has aversion to protein foods
Craves roughage
Desire chocolate, meat, salmon
Desire strong taste, vinegar, spice, pickles,
olives etc.

Color - pink, red, orange, amber/black

SENSATIONS

Water, sea, river
Struggling upstream
Moving forward and halted
Swimming
Dragging
Floods

Flying
Longing (for children, soulmate etc.)
Excitement
As if on a ship
Circles, rings, ring of people
Ringed, circular, hooped jewelry

RELATIONSHIPS

Similar and related remedies

Oleumjcoris, Nux vomica, Ignatia, Chocolate, Tuberculinum, Medorrhinum, Chlamydia trachomatis, Mycoplasma pneumoniae, Lac equinum, Cygnus (swan) remedies, Acipenseridae, Hydrogen, Germanium, Neon

Contemporary Indications

Homeopathy groupings and miasms

Soft-sided group

Fish group

Old group

Sycotic miasm

Tubercular miasm

Excerpts from the proving record

From the Hahnemannian proving done in namis
School.

MIND THEMES

Emotions

Alone

Anger

Animals

Anxiety

Apathy, lethargy

Calm, relaxed, good

Children

Children of Israel

Clairvoyance

Colors

Confidence

Cursing

Death

Driving

Embalmed

Fear

Female/male

Freedom, escape

High, racy

Home

Irritable

Isolation, observer

Kill

Love

Miscellaneous

Mischievous

1996 by Jeremy Sherr FSHom. at the Dy-

Mothers, daughters & family relations

Music

Noise

Order

Positive

Queen of Sheba & King Solomon

Reproduction

Sadness, grief

Soulmate

Sound

Teaching

Travel

Truth

Unreal

Victim

Walking

Water

Weeping

Intellect

Concentration, confusion

Disorientation

Indecision

Memory

Mistakes

Sides

Time

A selection of proving entries

Feeling trapped; longing to be free. 12, 30C, 01:08:00

As I was walking, I suddenly had a compelling urge to walk a full circle. Then I had to do it again. In the middle of a normal walk, I felt my head was leaning to the left and then I repeatedly walked a circle and then continued normally. 26,200C, 10:XX:XX

Enjoying driving. Feeling very moved (emotional) by rivers of traffic. Just going with the river, seeing other rivers flow off in different directions and in the distance others flowing into the stream. 04,12C, 22:XX:XX

Feeling high, high-spirited, racy. 02, 12C, 06:XX:XX

At the beginning of the proving, I felt good and made the decision to go home to New Zealand. Now I don't know; things don't seem as clear as they were then. In a way, it's as if I don't know where my place is. Should I be going home or not? And where is home anyway? 05, 200C, XX:XX:XX

Awoke feeling wonderful, as if I've just fallen in love. 12, 30C, 00:08:00

The secret of life is love; all that matters is love. 03,12C, 03:XX:XX

Sweetness of past lives together. Flush of heat at point just before orgasm, with the memory. Can now imagine being with someone. 32, 30C, 19:XX:XX

Dream triggered deep longing for soulmate, with deep umbilical ache. Deep, heavy, old stuff, past lifetime(s), unfinished business. Couple of years ago, thought I'd met my soulmate but we didn't connect. Did he not see me or was it all in my imagination? 14, 200C, 07:XX:XX

Dream: I was getting married and I'd found my soulmate and was very happy. There was anxiety as I was preparing the reception — I was trying to do it all myself in a hurry and no one was helping me. 23, 30C, 102:XX:XX

Why miscarry so easily? When does the soul enter the body? I don't remember having a Mother. She phoned early yesterday, unusually. I asked about birth; said I was abandoned. 32, 30C, 07:XX:XX

Deep longing to be pregnant and have children. I dream about children all the time. 03, 12C, XX:XX:XX

Thoughts about mothers, children. Deep sadness about the thought that there may be no souls who would want to be born to me. 03,12C, 09:XX:XX

Fed up with being a mother, as if I can never fulfil my daughter's expectations. Swearing. Angry. Upset my daughter when I said I had had enough of mothering. 14,200C, 19:XX:XX I have always felt controlled by my mother but now I feel I don't have to answer to her for what I

do. I am free to do what I want with my life. I am my own person and she is her own person. It's my life. I thanked my mother for being my mother. 03,12C, 09:XX:XX

My relationship with my daughter is better than it has been for years. Like I have let go and she is also far more independent and now rarely wants to sleep in my bed. 14, 200C, 140:XX:XX

Cursing. Hatred of the proving. Using 'f***' a lot. 12, 30C, 07:XX:XX

Verbal aggressiveness, using phrases like 'to kill'. Continued next day with phrases like 'I hate' and 'to spit on someone'. 20, 30C, 01:XX:XX

Desire to be a member of a group, but not of people. Felt awkward and unnatural with people; would rather be alone. 12, 30C, 00:19:00

Feeling of being a helpless victim. Helpless, hopeless; given up completely. I don't care. No resistance at all. 12, 30C, XX:XX:XX

Evening. Feel tearful, lonely, even though there are people around me. 12, 30C, 10:XX:XX

Feelings of detachment. Feeling less focused. Feel more remote and detached. Concentration is not good; thoughts feel disjointed, jumping from subject to subject. 04,12C, 11:06:XX

Lack of confidence on waking, feeling down. 02,12C, 03:XX:XX

Anxiety about the future, feeling, "God. Here I am stuck in London. What for? What am I doing in a job I don't like? Why can I not become a homoeopath? I'm doing nothing, no happiness, no partner, no homoeopathy." 02,12C, 02:01:15

Loving loud music. 04,12C, 03:02:30

Oversensitive to noise. Desire for loud music. Noise of traffic too loud, as if windows are open but they aren't. Heater in the car sounded very loud. Yet wanting loud music. 04, 12C, 07:08:30

In shop everything seemed in slow motion. Checked with other customers because it did not seem real. 04,12C, 02:03:00

Comprehension, working and concentration difficult. Wanting to complete work but painfully slow. Want to give up, but it has to be done. Everything feels hard work even remembering to write these notes. Hard to read - think sentence has ended at the end of the line yet know it doesn't make sense. Hard to make sense of written words. Have to reread them and concentrate to understand meaning. 04,12C, 14:20:00

Concentration difficult. Timing exercises for 8 minutes. Find it almost impossible to remember when we started. Stare hard at my watch hoping it will make an impression. Feeling not quite with it, not sure if my comments are pertinent or relevant to what has just been said. 04,12C, 13:10:XX

Felt in another reality, a completely different place; kept on trying to remember where I was like

I was lost, completely disorientated. Then dreamt of friends, of being left somewhere I didn't know and I was trying to find home, my home, feeling exasperated and frustrated. 12, 30C, 13:XX:XX

Indecisiveness. Difficulty in deciding how to park. Can't decide what clothes to wear. Can't decide what to buy. 04,12C, 02:08:00

Forgetting time. Finding it impossible to time 8-minute role-plays. Unable to take in when we had started or when to finish. Completely forgetting time. 04,12C, 07:06:30

Difficulty in remembering. Hard to remember name of patient in front of me, to book follow-up appointment or write name on botde. Unable to remember name of musician on one of favourite cassettes. 04,12C, 09:03:30

Memory loss. Forget why I went to fridge (to get milk). Arrange to meet someone next week and then realize have another appointment that I'd completely forgotten for a few minutes. 04,12C, 14:04:00

Forgetfulness. When shopping can't remember what I needed. Very unusual for me. 17, 200C, 17:XX:XX

Forgot I had an appointment with a patient. I was packing to go to London and was very focused on that. I have never been late nor missed an appointment before. Felt very guilty. 09, 12C, 13:XX:XX

My memory has been atrocious. I forget to do things, leave things behind, forget where I put things and generally feel as if I lack organisation. I lost my purse one day in the staff room. Someone found it and put it in my sister's tray so I missed it. Main feeling associated with it was not annoyance but a sense of well there goes another thing, no worries, 'ho hum' kind of thing. 05, 200C, XX:XX:XX

Lost the keys to the car but I was calm and wondering why everything was so out of order. 21, 12C, 06:XX:XX

I felt my brain closed down. Was forgetful of what I had just done, writing numbers down wrongly. Throughout proving. 12, 30C, 00:08:00

Mistakes in writing phone numbers, confusing the sequence of the numbers. 03, 12C, 25:XX:XX

Three numbers frequently coming to mind: 72, 86, 93. 27, 30C, XX:XX:XX Words muddled, in the wrong order. Hard to get my words out; difficulty saying a sentence. 04, 12C, 00:06:00

Difficulty in finding correct word. Difficult to say what I mean. Said 'fashionable' when complimenting a friend. Couldn't find the right word. 04,12C, 01:23:30

Confusion with names. A colleague said, "Gill," and I was about to say, "That is not her name." I thought something was wrong and then realized it was the right name. 04, 12C, 04:21:15

Mistakes in writing. 23, 30C, 02:XX:XX

Putting words the wrong way round. 09,12C, 00:01:00

Mistakes in spelling. Words spelt wrong, letters missing. Last letter missing of word or replaced by first letter of next word, e.g., 'splelling', 'wonce', 'whent', 'falken', and, e.g., 'note' instead of 'not'; 'whatch' instead of 'watch'; 'play' instead of 'place'; you'r/your; chek/check; alll/all; no/know. 04,12C, 00:04:30

Made mistakes in spelling, e.g., 'poures' instead of 'pores'; 'thight' instead of 'thigh'; 'flight' instead of 'light'. 11,6C, 00:07:30

Writing wrong word: 'left' instead of 'right'. Writing end of words incorrectly; writing the wrong thing on the end, e.g., 'tox op' instead of 'top of'. Writing first half of name only, e.g., 'lesse' instead of 'Lessells'. 10,6C, 00:XX:XX

Wrote 'right arm' instead of 'left arm'. 11,6C, 00:07:30

Wrote 'left' when meant to write 'right'. Wrote the word 'bed' when meant to write 'work'. 09, 12C, 13:XX:XX

Made mistake and put wrong sort of petrol into my car (green hose instead of red). Feeling calmer than usual, not upset by error. 01, 6C, 00:02:35

Sensation of timelessness when swimming. Felt powerful swimming through the water. I didn't care about the time. I could keep on swimming. 05, 200C, 00:17:51

Dream: Remembering how I had always been with the wrong man. Where is my love? 32, 30C, 05:06:XX

Dream: Group of friends meeting in big house. One person, my 'soulmate', hadn't arrived yet. We had booked to stay in small rooms with 3 beds, but I saw a large room full of people in beds and I really wanted to stay there, but it was frustrating to organise it. 07, 200C, 20:XX:XX

Dream: I had twins, a boy and a girl, and the timing of the birth was of great significance. I ran outside with my father to check the exact time from a big church clock; it was 11.19 am. 03, 12C,XX:XX:XX

Dreams of babies and little children. None of them are mine which makes me very sad. (Continued throughout the proving). 03, 12C, 25:XX:XX

Repetitive dreams of children who are not mine. 03,12C, XX:XX:XX

Dream: Mother, looking younger, at table with ear and nose rings, plus two huge studs through her left cheek. At a celebration. Guy comes to shell. Makes everyone who was awake go down the stairs. 32, 30C, 19:XX:XX

Nightmares, when my sister and mother were staying. The nightmares were about them leaving

me. I would wake up gasping for breath. 11, 6C, 31:XX:XX

Dream: I was in a huge house with many rooms. One sister was there but many strangers also — different lives being lived in the same place. 23, 30C, 00:XX:XX

Dream: I was working with an old woman, a witch. I was to be warned about working by receiving a message from a bird. One day I opened a cupboard and a bird was sitting there with a message on its head. I thought that it must have been there for a while because the bird was hungry. I sent a message back to say that I was ready and went to the witch's house. She was in a room with various shaped, sized and colored tins into which I was to sort the herbs. Outside the streets were being cleared and people were running away from tanks which were firing guns. I ducked down as one fired through the house. I was shocked as it seemed as if the bullets had passed right through me. I waited for the pain but none came. I turned and saw a bullet hole behind me. I remember waking thinking that waking was better than war. 05, 200C, 07:XX:XX

Dream: I'm with X, a fragile relationship. We get close and start to make love, then he wanders off to another woman downstairs. Is she my rival? Feeling not sure how to act. 04, 12C, 10:XX:XX

Dream: In a huge bath with R. and three women, washing off the dirt from a long journey. Still not okay to be with a friend; he is with someone else. R., someone I had said no to as my heart is always with another. I leant back against his feet, when naked was all right. I felt very playful in the water. Not wanting to be part of the harem. Separation, absence of the other. 32, 30C, 19:XX:XX

Dream: Many peasant people dressed in rags. They all look white. They are carrying sacks of white powder and they are covered in it. They are crowded together, milling around and going nowhere. Someone told me that they had come from another place in search of a better life. They are hoping to sell this white powder. However, many people had been leaving this place to go to other places to sell the same stuff. 10,6C, 01:XX:XX Dream: Travel by air, road, sea and land and maybe subterranean. Going out to celebrate. Choosing the right route. 04, 12C, 05:XX:XX

Dream: Travelling through water. 23, 30C, 88:XX:XX

Dream: Running to catch a flight in high heels and a cocktail dress. Difficult to run, heels are too high. Another dream: Running to catch a plane, but this time in my bathrobe and slippers. 03,12C, XX:XX:XX

Dream: Swimming with a great big fish, almost my length. Very effortless. Seeing everything from the water level. Great feeling of such easy and effortless movement in water. 03, 12C,XX:XX:XX

Dreams of circular things; everything in circles. 26, 200C, 05:XX:XX

Dream: Picture of a ring of people holding hands with their arms stiff. They were in a circle which revolved and went up sideways like a 'wall of death' (fairground ride) but without

anything to hold them up. 10, 6C, 00:00:XX

Dream: I'd been burgled. They took stereo and TV but not video, but had scraped enormous weals of wallpaper diagonally off the wall (up 3 or 4 flights of stairs). Went with policeman in pursuit. Saw burglars in green van selling booty. Saw girl who was after my policeman. I was jealous and threw stones at her. 08, 200C, 04:XX:XX

Dream: I was in bed and I heard burglars coming into the house. My mother-in-law was outside fighting with them. I heard them coming up the stairs. I prepared myself to do battle with them. My mother-in-law ran up behind them. The burglars threw me a baby doll saying, "Take that thing." It was in fact a real baby. I was anxious that it may have got hurt when they threw it, but it was all right, smiling, kicking and happy. I woke up frightened and angry because burglars had broken into my house. 21, 12C, 09:XX:XX

Dream of a horse we had to lock in a Mini but it escaped and galloped away. Like a lot of horsepower in a small car, rearing to go. 26, 200C, 03:XX:XX

Dream of college friend still suffering terrible grief over loss of her relative. She was crying on my shoulder. Suddenly everyone started smoking and I felt choked and had to get away. 23, 30C, 66:XX:XX

Anticipatory dream. I dreamt that I had to sing a solo in public and I did not know what I was supposed to be singing, or when. I was waiting in the wings while the concert was going on and I just did not know what I was meant to be doing. 22, 30C, XX:XX:XX

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OREOCHROMIS NILOTICUS

Nile tilapia; Cichlidae



Keywords: *Cichlidae*; *potamodromous*; *benthopelagic*; *freshwater*; *brackish*; *tropical*; *food fish*; *aquaculture*; *omnivorous*; *diurnal*; *oviparous*; *ovophilic*; *mouthbrooder*

Oreochromis niloticus, or the Nile tilapia, is one of nearly 100 species of fish known commonly as tilapia. There are a small number of populations of *O. niloticus* also recognized as subspecies. The Nile tilapia is native to tropical West Africa, the Lake Chad basin and much of the Nile system. It also occurs in the wild in coastal river basins in Israel. It has been widely introduced elsewhere but often becomes highly invasive, threatening the local fish populations and ecosystems.

The Nile tilapia is one of the principal commercial species of tilapia; they are commercially farmed in over 100 countries. After carp, they are the second most important group of farmed fish. Tilapia are hardy fish, being relatively resistant to poor water quality and disease; they adapt to a wide range of aquaculture systems, even those with high levels of salt.

The mild flavor of tilapia and their suitability for many types of cuisines give them widespread consumer appeal. The skin of *Oreochromis niloticus* (it has now been patented as a bandage) was found useful for burn injuries on the paws of black bears caught in wildfires. A phase III trial using Nile tilapia skin for burn treatment in humans was completed in 2018, but the results have yet to be published.

Natural History

Nile tilapia is a tropical species that ideally lives in shallow water, in a preferred temperature range from 31 to 36 °C. It is an omnivorous grazer that feeds on phytoplankton, periphyton, aquatic plants, small invertebrates, benthic fauna, detritus and bacterial films associated with

detritus.

Like other cichlids, their lower pharyngeal bones are fused into a single tooth-bearing structure. A complex set of muscles allows the upper and lower pharyngeal bones to be used as a second set of jaws for processing food like morays. They can capture and process a wide variety of food items.

Nile tilapia can filter feed by entrapping suspended particles, including phytoplankton and bacteria, on mucus in their buccal cavities, although the main source of nutrition is obtained by surface grazing on periphyton mats.

Sexual maturity in ponds is reached at an age of 5~6 months. Spawning begins when the water temperature reaches 24 °C. The breeding process starts when the male establishes a territory, digs a craterlike spawning nest and guards his territory. The ripe female spawns in the nest, and immediately after fertilization by the male, collects the eggs into her mouth and moves off. The female incubates the eggs in her mouth and broods the fry after hatching until the yolk sac is absorbed. Incubating and brooding is accomplished in 1 to 2 weeks, depending on temperature. After fry are released, they may swim back into her mouth if danger threatens. Being a maternal mouthbrooder, the number of eggs per spawn is small in comparison with most other pond fishes. Egg number is proportional to the body weight of the female. A 100 g female will produce about 100 eggs per spawn, while a female weighing between 600 g and a kilogram can produce 1,000 to 1,500 eggs. The male remains in his territory, guarding the nest, and is able to fertilize eggs from a succession of females. If there is no cold period, during which spawning is suppressed, the female may spawn continuously. While the female is brooding, she eats little or nothing. Nile tilapia can live longer than 10 years and reach a weight exceeding 5 kg.

Parasites: Of the monogenean parasites (those on the gills, skin or fins) species of the genus *Cichlidogyrus* are found on the gills of the Nile tilapia. Species of *Enterogyrus* parasites have been found in the digestive system. Tilapia, as important aquaculture fishes, have been introduced widely all over the world, and often carry their monogenean parasites with them. A 2019 study in South China showed that nine species of mono- geneans were carried by introduced tilapia.

Distinguishing Homeopathy Features

- Irresolution, uncertainty
- Dread of consequences of a decision
- Conscientious about trifles
- Vulnerable
- Delusion separated from world
- Grudge, resentment to brother or sister, or friends
- Expansion
- Exaggeration
- Allergies, allergic reactions
- Angioedema
- Heart, circulation

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Vascular dementia

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Post-influenzal and viral dementia

Homeopathy Commentary

After my clinical experience using carp remedies, I found it so interesting that the proving of *Oreochromis niloticus* (Nile tilapia) provided so many similarities in the homeopathic dispositional state. Not only that, the natural source information is also similar. Both are prolific freshwater species to the point of becoming an invasive species. They are also both well adapted to aquaculture. Tilapia species are also a common supermarket fish as is carp in various areas of the world.

A trituration proving of *Oreochromis niloticus* was done by Paul Theriault, a homeopathy practitioner and teacher in Calgary, Canada. We see in the beginning levels of the trituration uncertainty and dread. The dread is of the consequences of having to make a decision - where a problem may arise. It leads to a kind of 'conscientiousness about trifles' and irresolution. It comes from a lack of confidence and a feeling of 'no barrier' or vulnerability. This is very similar to *Cyprinus*, where there was such strong guilt over small mistakes or over-blown potential big ones. In the proving of *Oreochromis*!

What should I do? I am in a place where I cannot make a decision because I am unsure. I don't know anything. I feel like I have no context.

Very great uncertainty.

I am unsure of the consequences! What would happen if one choice occurred over another.

[Tilapia trituration. C1. March 14, 2016]

The fear of the consequences is a fish quality and in the case of *Oreochromis* it has an associated anxiety with a physical burning pain. The patient needing *Oreochromis* can override this trepidation and then manipulate the situation in order to have a good personal outcome.

This irresolution also creates comprehension problems:

My mind just cannot comprehend it or even properly think about it. Just an inability to deal with it.

Yet, similar to *Cyprinus*, there is a paralytic fixation on the integrity of their actions and the consequence or impact of their actions and how others consider the integrity of their actions:

I've brought a hyperawareness, a hyperconsciousness to my actions, but this has resulted in me being paralyzed, unable to take any actions.

Yeah, there is a hyper awareness of the effect my actions have on myself, but without the ability to deal with them.

[Tilapia trituration. C3. March 14, 2016]

At first, in the trituration, there is a vulnerability, part of what I have termed, the 'soft-sided' vulnerability found in fish. As the trituration progressed there was a denial of the symptoms experienced. This is in the form of an 'insulation' and a shield which developed whereby the anxiety and paralysis of action leaves and there is more 'internal steadiness'. As the morality becomes secondary, there progresses a feeling of wanting to manipulate and create a barrier to consequences. I have seen a kind of cyclothymia (mental/emotional ups and downs) in patients needing a fish remedy and in the *Oreochromis* proving this came out.

From my perception of the proving, moving to higher potencies or trituration levels brought forth a feeling of parasite energy like a distorting 'false barrier', not allowing the energy to flow freely. This deceptive energy is then described as 'good' as if there is a lack of the ability to distinguish what is really good or not good. As I've discussed in other fish remedies derived from predated fish, such as the Atlantic cod, there is a weakness of character and identity which allows in negative parasitic energies and people. Yet they unrealistically feel as if they can overcome the negativity and parasitic energy. In fact, it typically turns out that their whole spiritual purpose is blocked, whether it is in business or personal relationships. Their business can easily be taken over by the other parasitic person or harmed by them, as in this remedy.

They have a strong desire for friends and people around them and want to expand their sphere of friendship. At the same time, they can have resentments and grief with friends or family, especially a brother or sister who disappoints them. They then can hold a grudge for a long period or they can be under attack by a relative or friend who holds a grudge against them.

This can even be expressed in repertory terms as a delusion of being separated from the world and that their mind and body are separated. This element can manifest that their body parts, for example their feet or arms, are separate from their body. This delusion is a strong part of the dementia that eventually develops. As well, they can feel

that others distort what they say and do. They therefore do not trust that any discussion of their actions will not be distorted and so fear what others say about them. Their own self-consciousness creates a need to appear a certain way, deceptively clear of all bad impressions. This is also similar to *Thuja occidentalis* and the Sycotic miasm.

The desire to be within the group energy is very strong with a desire to expand their base of material prosperity. There also can be a history of great ups and downs with money — great wealth and losing all the money and then gaining it back.

Physically, there can be allergic reactions anywhere from sudden feelings of heat, dryness in the mouth and sinus pain with congestion to a history of anaphylaxis and angioedema with swelling.

This remedy is in the Sycotic miasm which has the idea of hypergrowth.

Clinical Focus Guide

MIND AND DISPOSITION

Uncertainty and dread	Fear of crowds
Fear of impact of decisions	
Conscientious about trifles and irresolution	Fear of thunderstorms
Guilt over small mistakes	
Irresolution, indecision	Fear what others say about them
Lack of integrity to get a good outcome	Deceptive
	Calculating
Paralyzed by hyperawareness of effects of actions	Adaptable
	Different kinds of friends
Expansion	Desire for many friends, friendships
Sphere of influence	Sympathy alternating with anger and resentment
Material wealth	
	Grudges
Exaggerates	Against sisters or brothers
Lying, deceptive	Against friends
	On surface friendly
Vulnerability	
Feeling falsely insulated from negative or bad energies	Expansion of money and possessions
Allowing in bad energies	Easy loss and gain of wealth
	Benevolent
Delusion separated from world	
Delusion body parts separate from body	Memory poor for what about to say
	Word hunting

PHYSICAL FOCUS

Burning pains

Headache

Constricting pains

Tumors

Polyps

Cancerous

Thyroid

Goiter

Graves' disease

Obesity

Morbid obesity

Craving junk food

Sweets, salty, fat

Allergies

Coryza

SENSATIONS

Jaw enlarged

Water

RELATIONSHIPS

Compare

Sycotic remedies, *Thuja*, *Fucus vesiculosus*, *Natrum sulphuricum*, *Ammonium phosphoricum*, *Gadus morhua*, *Oleumjecoris*, *Cyprinus carpio*

Annual hay fever

With dryness in mouth

Angioedema

History anaphylaxis

Gout

Paralysis

Facial, Bell's palsy

Jaw pain

Erupting teeth in adults
Jaw enlarged sensation

Malocclusion

Heart and circulation problems

Muscular rheumatism

Heaviness in limbs

Trapped in a crowd

Paralyzed in water

Modern Homeopathy Excerpts

From The Table of Animals: Part 8: Deuterostomes: Early Chordates and Fish by Dr Paul Anderson Theriault, BSc, ND

Mind: Worry. Indecision. Uncertainty. Fear of the consequences of their actions. Lack of faith in themselves. Do not believe they can handle the results of their actions. Inability to comprehend consequences of actions. Fear of making any choices. Feels pained by the outside world. Paralysis. Hyper awareness of the effect the outside world has on oneself. Inability to make any decisions. Machiavellianism. Calculated decision making based on obtaining a pleasant outcome. Lack of integrity. No buffer between them and the outside world.

Physical symptoms: Burning pain.

Additional Homeopathy Resources and References

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OSTRACION CUBICUS

Yellow boxfish; Ostraciidae



Homeopathy Abbreviation: *ostr-c*

Keywords: *Ostraciidae*; *omnivore*; *poisonous toxin*; *parasites*

The following source notes are derived from the proving outlined at the end of this chapter as well as the listing in the General Sources and References section.

Natural History

The yellow boxfish (*Ostracion cubicus*) is found inhabiting coral and rocky reefs in tropical and temperate marine waters of the Indo-West Pacific, including Indonesia, New Guinea, north to the Philippine Islands and east to Fiji and French Polynesia. Larval fish generally settle on sheltered rocky and coral reefs in the summer months, when juveniles are often found in small aggregations. Adults grow to around 18 inches in length and in spring, when they breed, most are found in small harems comprising one male and several females. The yellow boxfish is also referred to as the polka dot boxfish, or cube boxfish. It's easily recognized by its angular box-shaped body, bright yellow coloration and black spots. Such intense coloration is known as aposematism, an evolutionary phenomenon that serves as a passive warning to would-be predators. The young yellow boxfish has an almost perfect box shaped body which becomes

more elongated as it grows older. Adult yellow boxfish are often solitary and are found on deeper coastal slopes, lagoons and areas where there are crevices and ledges for shelter. Very old boxfish lose much of the yellow hue and become a darker blue-grey shade; the spots become paler with blue rings. The male boxfish is generally larger and more colorful than the female.

Picking tiny animals like worms, clams, crabs, shrimp and fish from the sand, the yellow boxfish uses its thick puckered lips to blow jets of water at the sand, exposing any hiding animals. It also feeds prolifically on algae.

Ostraciidae, of which there may be as many as forty varieties, comprise one of the oddest of all marine fish groups — encased in a ‘box’ of fused scales, they’re not the most agile of fish, given their body restriction. Its skin is body armor — the fused scales give this fish a rigid shell. The boxfish needs this protection because it is a very slow swimmer. They are such slow movers that they are easily caught by hand. They move awkwardly, using their side fins and the tail fin only in case of emergency or to get food. It is common for them to ‘sit’ still in one spot for very long periods of time.

They are cute and colorful, and their engaging personalities and unusual locomotion seduce many hobbyists; they are described as ‘very personable’. This group of fish, however, grows too large for the typical home aquarium. Some reports note that this fish may be aggressive towards its own kind.

When disturbed or frightened, or when they die, all species of this family can discharge poison into the water, called ostracitoxin, found in mucous secretions from specialized skin cells. This poison, like a soapy detergent, can kill other fishes including the boxfish itself. It is non-protein, ichthyotoxic and hemolytic and is apparently unique among known fish poisons. The poison in the fish actually comes from a type of toxic algae that the boxfish eats. This adaptive feature, combined with their hard bodies, means boxfish have very few predators.

Skilled Japanese chefs prepare boxfish and porcupine fish, which is called fugu, in a way that retrieves the meat and almost all the poisonous parts are cut out. A slight amount of poisonous meat is left to be served with the safe portion. The diner feels somewhat woozy after eating the fugu, with slight numbness felt at the lips or mouth area. Prepared in this way, these fish are considered a delicacy. On occasion, a person eating the fugu dies.

When Mercedes-Benz began to contemplate its next generation of high-efficiency small cars, it sought aquatic inspiration. But instead of considering obvious forms such as sharks, the Mercedes team turned to a fish that resembled a car: the boxfish. Even though *Ostracion cubicus* is not a powerful swimmer it is surprisingly slick, stable and maneuverable; in the wild it can ‘turn on a dime’ and dart to safety when pursued or frightened. Wind-tunnel testing revealed a drag coefficient (Cd) of just 0.06, startlingly close to the ideal 0.04 of a water droplet. Like the droplet, the boxfish’s face is small in proportion to its overall length, and its streamlined surfaces encourage air to move over it without creating the turbulence that robs aerodynamic efficiency.

Parasites: Boxfish are very prone to ick (white spot disease) from *Cryptocaryon irritans*

Distinguishing Homeopathy Features

Defensively aggressive

Stomach physical focus with pain and bloating and increased appetite

Toxic emotions

Stage 5

Fear of Alzheimer’s

Dementia Indications

Starts with inability to converse and solve complexities

‘Simplicity’

Lewy body dementia (main)

Alzheimer’s disease

Vascular dementia

Mixed dementia

Posterior cortical atrophy

Myasthenia gravis, multiple sclerosis dementia

Parkinson’s dementia

Homeopathy Commentary

The natural protective mechanisms of this fish can be seen from its boxfish build and actions. The fish itself and the disposition of the patient are best summed up by the incongruous expression ‘defensively aggressive’. The fish is encased in fused scales like body armor, and it can give off a toxin in the form of steroidal surfactants that can kill. When feeling threatened, it fills its stomach with water and puffs up into a square boxlike shape to fend off attackers.

Likewise, patients who need *Ostracion cubicus* have this defensive and aggressive attitude. There was a Hahnemannian proving done in Toronto led by Pascal Phillips and Marty Begin and one of the main dispositional themes is about ‘threat, war and violence’. Some of the expressions the provers used were ‘agitated’, ‘pissed off’, ‘hate’ and ‘threatened’. They experienced defiance and anger. One prover developed an aversion to her family with a general feeling of intolerance. Another prover was ‘hypersensitive to people’. Patients who need *Ostracion* are, therefore, socially suspicious and need time alone. Even so, they have a feeling of being alone and excluded from society and even their family. In spite of this, they intrinsically feel drawn to connect with the group or their family but remain grumpy and aloof in social gatherings.

All these show the toxic quality that these patients have. This negative expression arises from a feeling of vulnerability or it can also lead to a more passive, depressed state which I will shortly discuss. And, like all fish remedies, this can alternate with an affable and even attractive quality. As well, like other fish, they can have a rather timid protective countenance even though there are so many strong feelings. They generally give you the impression that they are a person who is built like a tank or a box and who is constantly feeling they are under threat and needing to escape.

One such dream in the proving demonstrated this:

A lot of dreams. Soldier-captive dreams. I’m escaping from them. I was being marched. I’m being held captive but I escape. I was being marched in a dark swampy land by Coney soldiers, Ugandan, being held captive. I knew they were going to chop me up or something. Others were being held captive, another fell. I ran, they were shooting and shooting. I dove over this hill. Was rolling and rolling, and I escaped. I did it man, I escaped. I was in a room held captive, a tiny window. A soldier opened the door, and I bashed through him, ran through the other soldiers, ran and felt I’m free"! I did it. I’d look for an opportunity and go; a non-planned escape. My previous dreams were apocalyptic and I’d be dead at the end.

Then I'd accept they got me, I'm beat. This was more determined.

This gives the impression of being 'boxed in'. In their defensive stance they want to be alone and sedentary to avoid strife. Therefore, they stay in the box and attempt to escape through sedentary activities such as computer watching and gaming. Of course, these themes of *Ostracion*, including many below, are part of the pre-teen or teenage rebellious phase that can be seen in this remedy. It can be indicative in that situation, but also for a patient who has never really moved through it or outgrown it.

They can either be very reactive to the family or want to escape from the family or those close. In the later stages of dementia, there is first a belligerent quality to the patient who fights with their family and care takers for independence even though they are incapable of taking care of themselves. In children and healthier patients there can be anxiety and sleeplessness with a solitary quality to them. However, even in children, their temper can be triggered to the extent there is rage, hitting and punching. (See the case in the Modern Homeopathy Excerpts section for this aspect). Their angry, defensive stance can dissolve when someone communicates with them in a sympathetic and consoling way. But in dementia, as their state eventually declines further and severe memory loss sets in, they become consistently passive and non aggressive.

The boxfish can be small and hidden but then puffs up and becomes large when they sense danger is close by. You see both these aspects in the patient's dispositional state. On the one hand, there are the rubrics in the Complete Repertory: "Delusion he is too large" as well as "Delusions he is taller", like *Platinum metallicum*. There can also be a feeling of superhuman strength and toughness as well as expansiveness.

In the beginning I was walking around like superman; felt I was taller.

11,03:XX:XX

My consciousness embraced the vastness of the universe while recognizing the insignificance of my physical being to the larger picture.

10, 07:12:19

Yet there can be a phase where the patient has a feeling of smallness, vulnerability and unimportance:

Had an episode where I felt not important, not considered. Almost could not stop tears (in public place). Not a new feeling, but came very intense, felt vulnerable, alone. But, at the end, decided not to take it personally and did not dwell on it.

1,25:XX:XX

The phases are also part of the conflict for the patient needing *Ostracion*, between their small and hidden side and their puffed up and strong, even aggressive, side. The strong side comes out in dangerous or challenging situations.

This conflict leads to a depression where they are in a dark place. Thus the rubric, "Delusion; a heavy black cloud enveloped her." The depression has an element of toxicity, whereby they repulse others and others avoid them.

Depressed. Nothing to look forward to. I don't like this state. I can't say it is new, more concentrated than usual. Sleepy, would stay in bed all day if I could. Want to

be alone, not follow what others want... I see in a mirror that my eyes are dull looking, no life...

1, 15:XX:XX

Not happy. Feeling pulled out in different directions. Detached from my husband (strange and upsetting). Feeling not living my own life (OS); frustration.

1,25:XX:X

This feeling of unimportance in the depressive state can lead to a feeling of not being equal to, and very reactive towards those in authority. In *Ostracion* they can serve those in authority by being aggressively defensive, for example, working as a bodyguard or security guard, which can also be sedentary, where there is standing and not moving much.

There are a significant number of dreams or issues of dogs and cats in the proving. The dogs are threatening to bite or almost biting and the cats lead the prover to go places. This is very much congruent with other fish remedies and also corroborates the idea of animalistic energies. The black cat in one dream I see as representing the feeling that the patient brings bad luck to others, part of giving off a toxic aura.

One dream also has:

A dog wanted to give me a gentle bite; initially nervous.

12,04: XX.

This idea of perceiving a bite as gentle is something that is found in fish remedies - the delusion that something harmful is benign. Another prover had a dream about a pit bull sitting beside him and being equal to him. Still another female prover had a dream about criminals with guns who were at an apartment she was visiting. In the dream she just walks out, as if the criminals will not hurt her. This is in keeping with the lack of character judgement found in the fish remedy dispositional state whereby they invite in criminal or malevolent energies. Patients needing fish remedies are therefore frequently agreeable to, and even condone, negative influences.

And like other fish homeopathic remedies, the proving even had the issue of severe memory loss:

At work - no memory; can't concentrate. I feel that my memory is horrible.

3, 24: XX:XX

In *Ostracion*, in particular, there is an inability to effectively discern and solve complex problems. Patients needing this remedy like to keep things simple where ideas and tasks are segregated. Otherwise they cannot perform them and then experience intense anxiety. They suffer if there is too much stimulation or a multitude of ideas that they have to distinguish between. Multi-tasking or doing two or more things at once creates anxiety, impatience and a feeling of blockage. They can feel easily overwhelmed by social interactions and conversations especially if there is any complexity to them. They then go into an agitated, defensive mode.

Part of the mechanism by which the boxfish puffs up is to take water into the stomach. It is therefore not surprising that the stomach is the main area *Ostracion* provers arid patients experience problems. There is stomach discomfort that includes nausea and 'gripping' pains, fullness, with a sense of heat in the stomach. The patient is hungry all the time and eats all foods even though they know some are not good for them. There can be heartburn and a feeling of

swelling. They suffer from faintness if they do not continuously eat.

Even though the stomach is the main focus of problems, the gallbladder, liver and bowels can be affected with pain and distension. There are loose, acidic bowel movements and diarrhea especially in the morning.

The patient can have various skin problems. There can be herpetic eruptions in different parts of the body, burning vesicular eruptions, and pimples.

There can be neurological issues in the extremities with numbness and jerking at night.

The defensive, cautious posturing, aggressiveness and toxicity is part of Stage 5 in the Scholten periodic table schema. Stage 5 is also the Malaria miasm. Malaria is a protozoan, parasitic infective agent. Protozoan parasites also infect fish in significant ways. There are many aspects of both the miasm and Stage 5 in *Ostracion*. I've described the core theme of Stage 5 as 'Caution from avoiding' and some of the themes of the Malaria miasm as 'toxic emotions', 'stuck in toxic grief' and 'homicidal thoughts' particularly towards the family. I've included a broader description in Modern Homeopathy Excerpts below in this remedy discussion.

One of the master provers of this fish remedy, Marty Begin, in an article in *Inter-homeopathy* compares box fish (*Ostracion cubicus*) to blue tang (*Paracanthurus hepatus*). The latter also can give off a toxic poison called ciguatera and in the healthier state can also be quite aggressive like boxfish. In *Paracanthurus* the area of physical pathology is the intestines. They can suffer from severe intestinal pathologies, whereas in *Ostracion* they suffer from stomach problems.

It was interesting to compare what was found in the Blue Tang and Yellow Box Fish provings. In terms of supporting clinical observations for the brain disorders, the commonality in both provings that underlie that terrain has to do with memory problems and a sense of disconnectedness. The latter comes through in the provings in a more socially existential form. Like in the Blue Tang, we see in prover #3's entry: "I feel like I'm in a bubble, something buffering my interface with people, my family especially..."

In the Yellow Box Fish, especially prover #1, who was normally familiar with a sense of isolation and not being included or supported, instead felt a deep sense of connection to her family, to family roots, and felt wholly involved socially. The opposite was seen in prover #15 who felt totally detached from her family, to the point of indifference, aggression, and depression around them, even with a dread of having to care for her children. *Sepia* was successfully given as an antidote.

Ostracion shares many fish remedy themes but it's important to note how its individual defensive structure and toxicity lends itself to specific dispositional qualities.

Clinical Focus Guide

APPEARANCE

Stocky
Awkward

MIND AND DISPOSITION

Defensively aggressive
Threat, war and violence
Defiant
Constant objections
Agitated
Pissed off, threatened
Fighting with family
Cynical, sarcastic

Feels 'boxed in'
Desire to escape
Aversion to family
 Yet desire for connection
 Connection to family and roots
Numbness emotionally

Alone and excluded
Needs time alone, excluded
Feels alone and excluded

Internal anxiety
Even panic attacks
Worse company, crowds, school
Felt in stomach, solar plexus
Toxic emotions
With racing heart
Vibrating
Overwhelmed socially

Small hidden side versus puffed up side
Delusion he is too large, "huge" — uncomfortable when 'puffed up'
Lack of confidence alternating with confidence and clarity
Equal/not equal

Poor transitioning from child to adult
Teenage problems
Aligning with others who have problems

Depression
Heavy black cloud

Expansive consciousness

Sedentary
Computer gaming

Guarding
Security and bodyguards
Protecting the family, the group

PHYSICAL FOCUS

High energy
'Crazy energy'
Alternates with quiet depletion

Stomach pain
Heartburn
Waking at night
Cramping
Bloating
With nausea

Belief something harmful is benign
Dream bite of strange dog is gentle

Comprehension problems prompts simplicity
Complex problems are hard to solve Can't understand conversations
Simple minded - appears immature

Memory loss
Poor concentration
Memory 'horrible'

Dreams
Soldier captive
Grotesque looking fish
Cats, dogs equal
Pit bulls
Dead relatives and acquaintances

Sleeplessness
Mind racing
In children
Until 3 am
Frequent waking to urinate

Malaria miasm; Stage 5 periodic table schema

Feels hideous, ugly looking

Oversensitive
Light and sound
To electromagnetic frequencies

Halitosis

Increased appetite
Constant hunger
With nausea

Pain liver/gallbladder
Worse night

Diarrhea in the morning

Feeling of faintness

Blistering skin
Burning itching

Numbness

Insensitivity to pain

History umbilical cord problems

Pain in the back

Cervical

Back 'locked'

Menses

Light

SENSATIONS AND EXPRESSIONS

Water

Water baby

Swimming

Toxic

Pull back

Boxed in

Expansive

Huge feeling

Small

Agitated

RELATIONSHIPS

Compare

Graphites, China, Malaria nosode, Abrotanum, Matridonal remedies - Umbilicus humanus

Modern Homeopathy Excerpts

From *M/osms and Nosodes Volume 2*

STAGE 5: Malaria miasm

Also: *Clostridium perfringens* miasm, *Leptospirosis* miasm

Shared [Stage 14] Core Word: CAUTION

Specific Core Theme for Stage 5: Caution from Avoiding

Expression: This is the median stage of the left side (between 1 and 9) and thus the doubt, which is part of the left side, is at its height. This can ultimate in extreme cautiousness and depression we see in the Malaria miasm.

The doubt also prompts skepticism and a lack of faith. Again, this can be part of deep-seated stuck depressions that are seen in the Malaria miasm and also the homicidal urges of this miasm.

In the reciprocal Stage 14, the skepticism becomes a complete disengagement, with bureaucratic precision, whereas in Stage 5 it is more self-focused or impulsively expressed. There can be guilt and self-reproach as a result of this doubt as well as doubt and skeptical anger about others, particularly family members.

The Stage 5 patient can take two steps forward and two steps back and change their mind, forgetting their initial positive clarity and intentions. They suddenly stop and then blame the practitioner. They have big ideas but don't implement or realize them.

Impetus: strong doubt, proposal, preceding, dread, presentiment

Engagement: postponement, avoiding, alternating, prefix 'pre-', tantalizing, judicious

Momentum: cautiousness, skepticism, stuck, unrealistic, homicidal impulses, anger, avoidance, discouragement, anxiety and panic, long term grief, self-sabotage, blaming Other key words: toxic, deserving

Scholten from Qjure

"They are the front runners, the ones who show what is to come."

"They try to get the knack of the game but they often fail at this stage."

"So they remain skeptical and suspicious towards any plans or suggestions."

"They prefer to avoid the real confrontation, because they have too many doubts about their abilities."

"They feel as if they will never make it, as if they will always fail."

Malaria Nosode from *Miasms and Nosodes Volume 1*

Toxic emotions

Stuck in toxic grief, emotion or thoughts

Stuck in a long-term project that doesn't complete

Deserving of wealth from others, the family

Family feuds

Parasitic

Homicidal thoughts and actions towards family

Anorexia

Big ideas

Excessive doubt

Retribution and fear of retribution

Excerpts from the proving of *Ostracion cubicus*

Master provers: Pascaline Phillips ND and Marty Begin ND

Method

The remedy was administered in a double-blind setting (neither provers nor supervisors knew what the remedy was). From the source, the remedy was worked up from a 3C trituration under supervision of Austria's Remedia Homeopathic Pharmacy, which then ran it up to a 30 and 200C potency. Odd number provers were given the 30C potency and evens, the 200C. The proving lasted 1 month: beginning noon Saturday 19 May 2012 and ending 18 June 2012 (date of the extraction meeting). Provers took 1 dose daily for 3 days, unless advised otherwise by their supervisor.

Source of material

A live juvenile yellow boxfish (~7~8 cm in length), purchased at an exotic fish store ("Sea U Marine" in Markham, ON).

The reason for choosing to potentize the yellow boxfish was to treat a young patient (the case

follows). Having gone to the effort to triturate and work up the remedy, it only made sense to conduct a proving. This proving came about a year after Louis Klein's blue tang proving (also a coral reef fish, which elicited some very similar symptoms). Compared to terrestrial animal and plant species, there are very few marine organisms in our materia medica. This needs to change, especially given the decline in fish, coral, and other aquatic organisms which is being driven by an increase in toxic compounds in the oceans, overfishing, as well as a rise in water temperatures.

The yellow boxfish (*Ostracion cubicus*) case

In October 2011 I saw a new patient - a 9-year-old boy whose main symptoms were insomnia, anxiety and bad breath (the latter was his mother's concern).

He's a stocky boy, with very short blonde hair, very pale skin and a round face. There's a staring, impassive quality to his face — although he's very intelligent, he appears somewhat vacant or lost in thought. The insomnia was 'onset' in nature: he usually would lie in bed for roughly 2 hours waiting for sleep. He would look at his clock and note the times - rhyming off times (11:24, 1:08, etc) that he would be lying there "like a lidless fish - staring." He repeated this again later in the appointment, which prompted me to ask what kind of fish he was. His response was "a cube fish." He named his remedy! Which was further confirmed by his other characteristics (very similar to the boxfish).

He is quite solitary by nature — happily spending hours alone at home on the computer or reading or drawing. At school, he often chooses not to play with the other children at recess. Instead, he walks round and around a tree, thinking.

He has, however, an easily triggered temper. Should another child bump into him (accidentally or intentionally) he flies into a rage and attacks, hitting or punching.

He is ungainly in most sports; although he does 'run', he's often the slowest in the group. His mother described him as a "water baby" — from infancy, he's always loved being in the water, and could spend hours in the water. However, he's not a good swimmer; he's quite content just to paddle around.

His anxiety manifests as "stomach aches" which prevent him from going to school; these can last 2 to 3 days. He also describes a feeling of nervousness (to his mother), but can't actually give me much more detail when I ask about the anxiety.

Plan

I prescribed an acidophilus/bifidus supplement to be taken once per day.

I knew that I needed to get potentized yellow boxfish (I knew it's this species because the patient mentioned that a car company had designed a car based on the yellow boxfish).

Follow-up

(Discussion with the patient's mother)

The day after the interview the patient's father asked what he'd been given because he was so dramatically different: the insomnia, the anxiety and the bad breath had all cleared up. The patient remained symptom-free until the first week in January. It was the day before school resumed (after Christmas holidays), and the anxiety symptoms returned full-on. His mother, anticipating a night of sleeplessness, gave him a dose of *Ostr-c* 4C. He was asleep within 10-15 minutes and was fine to go to school the next day.

PROVING

Provers

- Prover 1: female (40's)
- Prover 2: female age 47
- Prover 3: female age 27
- Prover 4: female age 62
- Prover 5: female age 39
- Prover 6: female age 30
- Prover 7: female (dropped out at beginning)
- Prover 8: male (40's)
- Prover 9: male age 60
- Prover 10: male age 36
- Prover 11: male age 43
- Prover 12: female age 35

The remedy is available at Remedia Homeopathy

Extraction meeting: 18 June 2012

The provers gathered to share their experiences, which were transcribed as they spoke. Food and beverages were provided.

The mood was markedly split between easy-going and light for those provers who had a positive experience as opposed to edgy and suspicious for those provers whose overall experience was not pleasant. Interestingly, each group ended up sitting together — naturally aligning themselves with those who had similar experiences. The meeting ended with a closing meditation to disperse the proving effect.

Notes from the meeting

(Supervisors talking): there was a sub-theme around 'trouble connecting' — on the phone - or the prover was too busy; irritated by the phone calls.

(P12): I felt like in the second 2 weeks it was over for me. (P5): (Via skype — out of town prover) **You don't need to make me big** (referring to her image on the screen)

(P9): **Make me small**

(P5): 6 hrs after the first dose **stomach pain**. Around 3:30am a **gallbladder attack** seemed to me. When I stood up it went away. As if the pain was imaginary. The pain came lying down.

And I had an intense dream: that I had to go to the crawl space and put handles inside. I had to prepare to hide. Something was going to occur. Someone was going to come to the house — someone threatening.

(Digestive sx's?) They started as heartburn. And then by around 11pm - pain on my right side (RUQ). Some nausea. Very steady pain — like a bruise - didn't let up. This lasted till Wednesday. Every evening. Started then and went till 2-3am. I also woke up at 6:30am with a start — unusual for me.

(Sleep?) Not socially normally - I don't sleep on a socially acceptable schedule.

(P9): I felt very uncomfortable in my solar plexus — felt vulnerable, powerless. Very threatened — similar to a previous situation. I was living with this woman, then I got tossed. I was talking on the

phone with her and the moment I hung up, a collage fell on a box (collage of owls and a mouse) — I felt like the mouse — with the owls - all these women — around me. After I got off the phone, I was clasping my hands (strong clasping gesture).

I had several dreams with people who have passed. My parents; a friend who hung himself; another friend who drove his car into a river. One of the main themes was: I was having a difficult time journaling — a lot of dissatisfaction with where I am in my life. Things were holding me back — seemed to bother me a little bit more.

(Pl 1): Almost didn't make it to the meeting. Serendipitously, the co-master prover ran into him just beforehand and was able to coax him to attend. He was depressed, sleeping a lot, and had little appetite. He was filled with self-loathing and angry with himself. He would note something good about himself, and then diminish it. He was complaining about his low-income job and of a breakup with his girlfriend. At the meeting he was outside the room for a time hesitant to enter, diminishing his value to the process. Finally he came in agitated and was unclear about all the people present — what his and their roles were, ie., who's a supervisor vs a prover — except he said "superior" instead of supervisor — so there was a flavour of hierarchy, and bigger vs lesser roles in the proving. Spent a few minutes discussing and clarifying this for him. One to two days post-extraction meeting, his mood altered entirely. He was happy, confident and had found a new well-paying job.

(Supervisor **L via Skype — representing P3**): she had stomach aches to start with. On the 19th — no changes. Then took the 2nd dose on the 20th. At 12:30 a **stomach ache** — dull ache till 3:30pm. Didn't recall any dreams.

Suddenly I heard that the prover was in a horrible state.

On May 27 — **lost total interest in sex. Couldn't deal with her husband and kids.** Had a short fuse: **angry and yelling.** She said "I don't like sharing this: my husband's going to send me to the crazy house."

At work, no problem, but couldn't concentrate. She had more compassion for her clients - but **not** for her kids (2 young girls) and husband. She started dreading driving home from work. Just wanted quiet time for herself. "**I began to feel I didn't want my children. And bitter toward my husband.**"

On May 24 the same **stomach cramps** came about 3:30pm. A knot in her stomach. "I'm usually a very vivid dreamer — it's unusual for me not to recall them."

Also — she didn't tell her husband that she was doing the proving. On June 13 she was given an antidoting remedy (*Sepia*). After, she had some diarrhea and by the next day she was feeling better. Her mood was good. She's currently feeling better. But she'll never do another proving again.

(Supervisor A): **I moved out of my house for a week. I left the kids. Left X (husband).** I was done.

(PH): **My supervisor split in the middle of my proving.** He called me a bunch of times. Then I finally opened up to him — and then he split. It didn't make sense to me. **It's almost like I hate that guy.** I'm a bit pissed at the situation — or at my life.

I thought it was my fault at first, when he didn't call me back.

(Supervisor L via Skype): I felt pissed off at P3 because she was so pissed off at the whole

proving. And, I've been a bit indifferent the past few weeks. Not really wanting to be with people.

(Pl 1): I feel like I don't want to go out — do anything - don't want to talk to anybody. I want to be **not moving**. I've been really, really angry. **At this point he's really agitated and gets up and excuses himself — he needs to get outside and walk around for a bit.**

(Supervisor A): I found it very difficult to get a hold of people. I was getting really irritated — feeling frustration with the whole process. It was difficult — not smooth at all.

(Supervisor B): My other prover (P4) **didn't want to talk to me** after a point. She had too much going on - she'd say "I'm too busy to talk." There was no contact after about 2 weeks. She was pissed off and didn't like the way I was questioning her. I'm not sure that was a huge deviation from the norm for her.

(P9): She (Supervisor A) called me for the first few days — then a few times a week. At one point I thought she wasn't getting in touch with me, so I used that to justify not journaling as much as I should have.

(Supervisor A): You said in a message that you were kind of angry with me. (P2): These provings are bizarre. Misconceptions and misunderstandings... **I've been so agitated**. Hypersensitive to people. Cornered by people (bold) and angry because they dump on me. You know — at a party...

And dreams about cats! — I don't know why.

I'm agitated coming into this room tonight. **I didn't know who was who — no- one introduced themselves.**

A few days ago I had a dream I was **in a glass room** and I had an anti-gravity thing on — so I was flying up and down, with people looking at me - and it felt so good.

(PIO): I had a dream with a black cat. It was strange - it didn't have a reason.

And things were technicolor — I felt very aware after 1 dose. It altered my consciousness. I felt sort of spaced out. My mind was racing. **I felt so expansive** — and so connected to the universe. **Consciously I felt huge, but I was restricted by my corporeal self.** That lasted almost a whole day.

(P2): **I felt really compassionate toward people - expansive.** When the agitation wore off I felt really connected and calm.

(Supervisor J): I had one prover with the **agitation and anger**.

(Pl): For me, **it was as if I took my constitutional remedy**. At the beginning **lots of numbness for the first few hours: fingers, legs, thumb, and forehead**. It felt as if a lot of anger concentrated there. **As if a little child who doesn't feel equal to adults** — really frustrated because of the age and power difference. **Since then I feel equal**. It's almost a celebration of feeling equal to other people. The theme of connection ...

1st day I had **pain in gallbladder area** — **it aggravated badly** but then it was gone. Feeling **paralyzed** - inability to move. Theme of disconnection - alone in the world. Another big healing came with me **feeling connected to my family — my roots**. In the past I was estranged from my family. But now, **a deep connection to my parents and grandparents**. I know I'm connected to them.

(Supervisor B): (P4) also had similar physical symptoms (**liver/gallbladder**) the first few days.

(Pl): The 2nd week I wanted to be in my space. Almost like hiding from others. I know I was pushing my limits — being with my children, with work...

(Pl 1): Really strong feelings of getting out of adolescent head-space; a defiance. But, I've been breaking down the past 4 days. **I want to pull back** - the more you get involved and tangle yourself in relationships, the more karma you create. Why do I want to confuse things more? I get involved, but it all gets screwed up anyway. So, that's why I was crawling, pulling away: to simplify.

(Supervisor J): Can I read what (P8) experienced? **Very dark and aggressive**. I was gawking at women. No filter. **I didn't care what others thought**; off the cuff with people. **Cynical, sarcastic, and negative**. And **Crohn's was aggravated**.

He had a dream he was with a pit bull driving a car. **A sense of equality with** the pit bull.

(Pl 2): I had a lot of vivid dreams. In one - **a black dog with a strong presence**. At first I was nervous — then really connected. Then I took the remedy on Saturday (May 19) — my in-laws had just come into town. My senses were heightened. I was really calm, happy, relaxed; kind of sedated. Normally, I'd be a bit tense as hostess. I felt like a happy cat purring in the sunshine.

I took the remedy again - I felt completely carefree, relaxed. Everything seemed really vibrant. With the 3rd dose, maybe slightly less heightened. Then, during the week, back into routine. I also felt less tired than usual; more energy than usual. Then a little more back to normal. Not so glowy and purring cat. But, every time I thought about the remedy, a feeling would come over me.

A couple of weeks later I had **another dream** about a dog (I'm a cat person). In one, **a dog with a long snout pressed it into my neck** it woke me up with a start. It felt like something was there, at my neck. **Like a gun was pressed there**.

(P9): I had a dog in a dream with a hole in its belly — an abscess — where the umbilical cord is. I notice he's neutered but he doesn't have a penis. Somehow, we're connected through the hole in the umbilical cord. Then I see Jake inside - almost like a snake shedding its skin, giving birth to himself. This is similar to an earlier dream I had - there was an abscess on my face near my lip — sticking straight out.

(Supervisor A): This reminds me of when I did the *blue tang* proving, I sat in my sunroom - all glass — windows all around me — for 3 months. Isolated.

MIND THEMES

Equal/not equal

(Typically more shy with criticism). Now: I'll defend myself; my point of view is equally valid — they are not an authority. 11,03: XX:XX

Typically I have a subservient attitude. On set today, the leading actor and director came by. I spoke with them like it was no big thing. Usually I would be really shy, trip over my words, be really uncomfortable, star-struck. 11,03: XX:XX

.. feeling equal. Equal, not inferior. Not a child in front of a powerful adult. Being free grown up. Hope it will stay with me. 1,01: 16:30

Desire to clench my hands, inability to move. Like in front of authority figure. 1,01:16:26 The remedy has a therapeutic effect for me - still feeling equal with others... 1,25: XX:XX Dreamed of a pit bull, driving in (my) sports car. (I) was really dressed down, picking up chicks, and looking kind of dirty. And, there was a sense of equality - that he's (pit bull) not that different than I am. 8, 08: XX:XX

Transitioning from child to adult

There's this tug of war, me feeling like a man, but my life is so infantile. Inside I'm this strong guy that should be something otherwise. (I'm) feeling like a man, not an adult, but a grown-up. 11, XX: XX:XX

My emotional state is great. As if from a child I finally became an adult. I'm equal! Focused. I do things without an effort. Productive. 1,06: XX:XX

Big, expansive/small

In the beginning I was walking around like superman; felt I was taller. 11,03: XX:XX

...the idea that I think sun and nature makes us bigger. If people spend their time in nature they'd be bigger, I'd be bigger. Like seagulls — in nature grow bigger, they're out in nature. Here in the city there's these little things with shrivelly feet. I've got to get out in nature because it's going to make me bigger. 11, XX: XX:XX

My consciousness embraced the vastness of the universe while recognizing the insignificance of my physical being to the larger picture. 10,07:12:19

Numbness - emotionally & physically

I've been frustrated and depressed. I feel completely hopeless, like I'm going through the motions of the habits and relationships I created, but there's a numbness about it. 11, XX: XX:XX

Slight numbness of legs, right leg is worse (from knee down). Numbness of the face (slight). Numbness of the tongue, the tip of the tongue. General sense of numbness in arms, hands, face, legs. Numbness on the surface, skin. 1, 01:12:10- 13:00

Numbness of right hand fingers. Went away in 10 minutes. 1,02:11:00

If I would think what numbness represents it's more like a fear to connect, being not sure. Desire to clench my hands, inability to move... Or feeling paralyzed by. 1,01: XX:XX

Confidence, clarity & strength

If decisions had to be made I felt I would be more solid and decisive on my decisions. 11, XX: XX:XX

Aware of what I want, my needs, following them. 1,01: XX:XX

(Dream). Working at the hospital — freely talking that I'm also working as a homeopath, not shy about it, proud; understanding that knowing more, deep knowledge, connecting both professions... 1,01: XX:XX

Feeling very calm and self-assured. I could care less what people are thinking — not concerned about what people think about me... The world is calling out my name — people are responding well to me. 2,06: XX:XX

I'm not caring much how others think, but feel satisfied and noticing more 'being pretty'. I have been choosing to wear mini skirts and feel it's pretty. It is like a self-satisfaction - I'm not even trying to prove I'm pretty. 2,11: XX:XX

Loss of confidence

I was thinking about women and I'm usually really confident with them, but now if a girl looks at me, I don't even really want to look at them. I feel I'm hideous — don't look at me, I'm an ugly dude. 11, XX: XX:XX

Feeling high, rushing...

Instant euphoria, giddiness; Big awareness of my 3rd eye, the 6th chakra. 10,01:11:45

Mind racing. Vibrating like a coffee high. Felt like a caffeine rush. Body working quicker, body was rushing. Symptoms of heart racing but not racing. Hard to keep an open mind with treatments (at work) — difficult to articulate (because) distracted by random thoughts. Too many thoughts in too many directions. Open to energy, open to thought. 10,01:13:45

(Took 2nd dose). The next 2~3 hours energetic; awareness with crown chakra. Felt on a high. 10,04: 13:00

Felt very open with crown chakra and the universe. Crown sensation vibrates to intense feeling at 6th chakra. Felt like large wound/heat on forehead. Felt like opening up of the skull; sloughing off of an exoskeleton. Like a cracked egg. 10,05:17:23

I was more happy — on cloud 9. Got my porch done — washed, painted. More energetic; crazy busy. 4, 02: XX:XX

It was noticed that I was incredibly energetic and 'busy'. 6,02: XX:XX

I had the same effect throughout the day - high energy level and constantly keeping myself busy. Felt like my mind was racing — what if... what if... 6,03: XX:XX

Relaxed, calm

Felt really relaxed in a happy way, glowy — like a happy cat lying in the sun. 12,01:17:00

For the first three days, strong relaxation, happy relaxed feeling: relaxed, flowy, easy-going. Usually stressed after a long weekend - but felt totally relaxed. 12,04: XX:XX

Feeling very calm and self-assured. 2,26: XX:XX

Connected - to family, others

Thinking about my day today noticed that (I) was able to feel connection and speak open(ly) about my beliefs to a person that I thought she is not interested in me much. I was involved, it was easy to express myself. Before I would feel not included, not interesting. 1,01: XX:XX

Was watching family movie from my mom's birthday last year. My parents sent it to me. (I) was crying deeply. Deep sense of forgiveness and connection to my family. (I must say that since my childhood I did not feel that connection, idea of support was foreign for me, feeling alone in the world and having to do it on my own). I feel different now. 1,11: XX:XX

...sense of connection with the family and sense of unconditional love towards them.
Easy to express myself; no fear. 1,25: XX:XX

Feeling more connected to people, more compassion and patience. 2,05: XX:XX

Had a very lovely time socially this weekend. 2, 30: XX:XX

Overly sensitive, overwhelmed socially, intolerant

(After 2nd dose). Feeling very agitated. Agitated socially, sensitive to light, sound, intolerant, impatient. Things are hyper-real. Overwhelmed by the intensity of conversation^) and feeling ambushed socially by those seemingly needing to unload angst... everyone was yelling. (I) just wanted one person to talk to me at a time. 2,03: XX:XX

Felt very agitated tonight (extraction meeting) as soon as I entered the group/room tonight since I was friendly and forthcoming with my name yet no one was clear on who they were, their names, were they provers?, etc. (Thought there was a lack of social concern). 2,31:19:00

Anxiety

Anxiety: fluttering in stomach, a couple of times. 2, 03: XX:XX

Uneasy feeling in abdomen. More like fear/anxiety. 1, 01: 2:47

Jittery in the morning. Felt very uncomfortable (in the) solar plexus; very vulnerable. 9, 02: XX:XX

While I was watching TV and knitting I had an overwhelming sense of anxiety and worry - panicky and heart racing - which continued until I went to bed. 6,03: XX:XX

Impatient and anxious — need to get out of the house. 9, 07: XX:XX

Wanting to be alone - feeling detached from family; depressed

Depressed. Nothing to look forward to. I don't like this state. I can't say it is new, more concentrated than usual. Sleepy, would stay in bed all day if I could. Want to be alone, not follow what others want.... I see in a mirror that my eyes are dull looking, no life... 1,15: XX:XX Not happy. Feeling pulled out in different directions. Detached from my husband (strange and

upsetting). Feeling not living my own life (OS); frustration. 1, 25: XX:XX

Had an episode where I felt not important, not considered. Almost could not stop tears (in public place). Not a new feeling, but came very intense, felt vulnerable, alone. But, at the end, decided not to take it personally and did not dwell on it. 1, 25: XX:XX

The second half of the proving I've been feeling down... I sent help messages out. If the world responds back I take that as a sign. Left to my own devices I'd let myself rot. Strange, wanted the place dark. A light would go on, I'll shut it off. Unusual for depression. 11, XX: XX:XX

I've been frustrated and depressed. Usually I'll snap out of it, even the strength part, but I didn't this time... I felt like I could be and do anything, and now I feel completely hopeless, like I'm going through the motions... 11, XX: XX:XX

I didn't want to talk to anybody. At the same time, there's this humanity in me... avoiding it... I didn't want to disappear. 11, XX: XX:XX

Our family has a trailer, I feel hesitant to go as my youngest needs to stick to routine. I went out and was extremely miserable. The following night, I began to feel extremely down. My youngest would not sleep. I was getting very frustrated. I had thoughts of not wanting to care for her at this time. I put her in her playpen and she cried for 10 minutes as I buried my head in the blankets. I did not cry, I was just annoyed that she would not sleep. 3,08: XX:XX

While husband was away I hardly spoke to him on the phone — I usually phone him 4+ times per day. While he was away I worked through the week and cared for our two children... I began to feel like I didn't want these two children. I was short-tempered and angry with them (this is a new symptom to me). 3, 22: XX:XX

I feel very depressed. I don't want to care for my kids, don't want my husband around. I am short with my children and would rather they go someplace else (another care provider) just so I can have time to myself. I dread having to care for them. 3,24: XX:XX

Aggressive, defiant, negative, angry

I'm more defiant. Typically when given orders I want to please, do it well, the way they (supervisors) want it. Now: I'm going to do it the way I think is best... I'll show you I can do it. 11,03:XX:XX

I was bitter towards my husband, didn't want him near me, but didn't want him to be away. I yelled at the kids. Was just grumpy. 3, 23: XX:XX

I emailed (Supervisor L) and told her I could not continue to feel this way. I felt as if I was going crazy, or was going to hurt someone if I didn't reach out for help. 3, 24: XX:XX (This prover was given a single dose of *Sepia* 200C on day 26 and "Felt immediately better, mood was good throughout the whole evening." The following day stomach felt queasy and had diarrhea, and then continued to improve).

(There's a) lack of filter. (I'm) outspoken, no holding back, just letting everything come out: harsh language, and not feeling bad about it. 8,05: XX:XX

(My) mood is different. (A) dark cloud is lifted in the last 24 hours — now lighter, happier. During the proving (I) felt **dark, aggressive**. Would gawk at women, and not care what they would think... Wanted to tell people they looked bad - especially attire. Uncharacteristically sharp comments that were off the cuff and exactly what I was feeling — **no filter, stark observations, cynical, sarcastic, negative. Don't care - I will do whatever I want, say whatever I want**. Driving by someone and (I'd) think wtf are you looking at? — This would happen all the time. At work, booked an appointment with the director — to change a program or I'd leave. (I) was ready to quit if it doesn't change. 'No-care' attitude. 8,10:XX-XX

MIND: OTHER

I yearn to get away from all this and cleanse my spirit... live healthy; be in nature... The city is holding me captive, I'm running out to nature in my dreams. 11, XX XX:XX

At work - **no memory**; can't concentrate. I feel that my memory is horrible. 3,24: XX:XX

DREAMS

Dogs

Dreamed of a pit bull, driving in (my) sports car. (I) was really dressed down, picking up chicks, and looking kind of dirty. And, there was a sense of equality - that he's (pit bull) not that different than I am. After the dream everything dissipated and felt back to normal. 8, 08: XX:XX

Dreamed about a dog. Very unusual — (I) never had a dog (I'm) not a dog person. 12, pre-proving.

A dog wanted to give me a gentle bite; initially nervous. 12,04: XX:XX

Vivid stressful dream of a large dog pressing its nose to my neck. It woke me up around 4am with fear. It felt like a gun pressed against me. 12,17: XX:XX

Petting a friend's Jake's) dog and notice a hole where an umbilical cord is; notice he's neutered but he doesn't have a penis. Somehow we're connected through the hole in the umbilical cord. He (Jake) is inside himself, like a snake shedding his skin, or giving birth to himself - like an aboriginal Indian wearing an animal skin. 9, C)6: XX:XX

Cats

Dreamt about a talking white cat who was leading me through a house. I wanted to lead instead so I established myself in front of the cat — no fight, no friction. The cat had a male energy about him. 2, 05: XX:XX

Keep dreaming about a cat, but not remembering the scene. Not communicating with the cat this time. 2,15: XX:XX

Dreamt about my old cat again and I was hugging him warmly; what's with the cat dreams? 2, 31: XX:XX

Black cat drawn to me. 10,03: XX:XX

Fish

I had to eat deep sea fish. Very ugly and wasn't very appealing to eat: grotesque looking fish. 2, 01:XX:XX

Violence/war/threat

Finding an apartment to live, **domestic violence**. Fighting to have my space, a lot of frustration, very deep frustration. Wanting partner to leave; physical violence. 1,02: XX:XX

A lot of dreams. **Soldier-captive dreams**. I'm escaping from them. I was being marched. I'm being held captive but I escape. I was being marched in a dark swampy land by Coney soldiers, Ugandan, being held captive. I knew they were going to chop me up or something. Others were being held captive, another fell. I ran, they were shooting and shooting. I dove over this hill. Was rolling and rolling, and I escaped. I did it man, I escaped. I was in a room held captive, a tiny window. A soldier opened the door, and I bashed through him, ran through the other soldiers, ran and felt "I'm free"! I did it. I'd look for an opportunity and go; a non-planned escape. My previous dreams were apocalyptic and I'd be dead at the end. Then I'd accept they got me, I'm beat. This was more determined. 11,02-03: XX:XX

Jousting; war; shields; of swords. Having a duel — friendly. 10,03: XX:XX

I was being told to put handles on the inside of the crawl space door because something was going to happen. The feeling was that something not good was going to happen. I physically dug (my) nails into hands so hard that there were welts. 5: 02: XX:XX

A large man (weight lifter) at the door of an art gallery or night club. He picked me up against my will — I was scared. 12,18: XX:XX

My friend is living with a high-end call girl. Clients come and go. I am there visiting my friend and meet her — very congenial. (I'm) massaging her shoulders. (Then) a gangster client with a couple of thugs comes down the hall to visit with her. Old style machine guns - like Al Capone. I make myself scarce. Go to the washroom, come out, and the client is standing, there with jacket off, white shirt with suspenders, carrying his tommy gun. We greet each other. When I leave, I walk out with her and part company. 9,08: XX:XX

Work

Working at the hospital — freely talking that I'm also working as a homeopath, not shy about it, proud; understanding that knowing more, deep knowledge, connecting both professions... 1,01: XX:XX

No dreams

I'm not remembering my dreams since I took the remedy. 4,13: XX:XX

Not able to recall my dreams. This (is) something new for me because I am a very vivid dreamer and can recall a dream or go back to a dream. 3,06: XX:XX

Other dreams

Woke up after a nice dream — remember **swimming in the ocean**, seeing waves become bigger and thinking that it will be hard to get back to shore. To my surprise when I turn back it took me very little time and effort to get back. 1, 22: XX:XX

I have dreamed about family and my university friends. I'm back in time, which is quite rare. I don't remember the contents. There were two dreams of "**decision making**" with a group of people. One was with my university friends — we were trying to find a room to rent. There was some **youthful feeling, excitement**. The 2nd was with my family. Somehow I felt I was a teenager or in my 20s. trying to leave the house for a trip, but everyone's agenda is different. Trying to make some decision or conclusion. 2,11: XX:XX

Dreamt **I was in a glass room with people staring/gawking at me while I jetted up and down** in an anti-gravity machine. 2,26: XX:XX

Auditorium full of people, not a lecture but a sporting event. People recapitulating. Younger guy being a smartass. Everyone laughing. Definitely vivid. 10,01: XX:XX

A small human baby covered in black fur on my back - holding on like a monkey. I was looking after a bunch of kids - that was the safest place for the baby. 12,03: XX:XX

Vivid: I'm on a bike looking for my dad. His wife (my step mum) had left him. I was worried about him and had to find him. 12,02: XX:XX

Teeth coming out of a space in my gums where there is a tooth missing. They are buried inside the gum and come out. Not my regular teeth — **like the hole is spitting out teeth**. (Similar to previous dreams of teeth breaking). 9,10: XX:XX

Had dream about an **abscess on** the right side of **my face** under the corner edge of my lip. Cone-shaped, about 1" sticking straight out. It eventually shrinks to a small pimple-like whitehead. 9,18: XX:XX

VERTIGO

Very light light-headedness. 1,01:12:10

HEAD

Headache — vertex and between eyebrows. Like a pressure. 1,02:18:08

Headache behind my eyes (this type of head pain I would get before or at the end of my period — today is the last day). 1, 02: 22:50

Headache — all day, behind my eyes (OS). 1,08: XX:XX

Headache with pressure and fullness in my eyes (OS). 1, 25: XX:XX

EYES

Fullness sensation in both eyes. Slight swelling - bags around eyes. 1, 02: 9:28

EARS

Today I had pain in upper part of my ears (helix) - it is an old symptom. 1,06:11:00

FACE

Found a very **few small pimples under my lip** on the left. 1, 01: 19:36

A rash at the corners of my mouth - dry, sore - like a cut. Not bleeding, but crust a bit yellow. 12,17:XX:XX

MOUTH

I noticed **my lips were puffy**. I thought it was sunburn, but notice it again a few times and I felt pretty. 2, XX: XX:XX

THROAT

Throat and ear pain by the evening after bike riding. 1, 25: XX:XX

NECK

Muscles of the neck relaxed. 1, 01:12:10

STOMACH

Slight **nausea and gripping pain in the stomach...** Nausea, fullness in the stomach; sense of heat in the stomach, moving to abdomen — soreness. Increased salivation; sense of fullness. Better lying down. 1,01: 20:40

Nausea and stomach discomfort (with) desire for food. 1,01: 20:45

Not much of an appetite during the day. Desire liquids (unusual for me) and very light food. 1,02:XX:XX

Stomach is worse; as if filled with fluid; fullness sensation. Burning sensation - stomach and esophagus. 1,14:XX:XX

Digestion is great. 1, 25: XX:XX

Eating more — intestines feel good (has celiac disease); full but still hungry. Very unusual for me. Rediscovering the value of food. 11,03: XX:XX

I've not drank anything, I feel like thirsting myself to death. Now I have an appetite, but not for the past two days. At the start I was eating like crazy; now, the opposite. 11, XX: XX:XX

Appetite: (I'm) **hungry all day and eating more than usual**. 2, 06: XX:XX

Bouts of fainting-like feeling. Not dizzy, but almost like a white-out. Nauseous. Felt the need to lie down for about 20 seconds or so. It almost felt like some magnetizing like pulling from my right shoulder, and my whole body was falling into that direction. After the nausea was gone, had a stomach ache (lower). It felt like I'd have diarrhea, but then it disappeared. 2,13:17:00

Began to feel **stomach pains from 12:30 until 4pm; a dull ache.** I felt like carbohydrates would get rid of these feelings, but it did not subside it. 3,02:15:30

Same stomach cramps around 3:30pm - ordered a bagel toasted and buttered but still had knot feeling in stomach. 3,06: XX:XX

Sick for one hour with an upset stomach. Couldn't eat anything, had no appetite - didn't want to eat. 4, 05: XX:XX

Stomach pain. 5, 01:18:00

6 hrs after the first dose - stomach pain - **bad heartburn.** Around 3:30am a gallbladder attack - seemed to me. When I stood up it went away. As if the pain was imaginary. The pain came lying down. 5,01: XX:XX

(I) was **eating food I knew would harm me,** but did it anyway - again, 'didn't care' attitude. 8,10: XX:XX

ABDOMEN

Uneasy feeling in abdomen. More like fear/anxiety. 1,01:12:47

Pain in liver/gallbladder area and under right shoulder blade and collection of air that comes out through mouth (ROS). 1, 01:16:26

Aggravation of my old symptoms — air build up in gallbladder area, pain — pressure from inside out, better after air released. 1,02:19:26

Pain in right ovary or colon. Abdomen distended. 1, 02: 22:50

Nausea and liver discomfort at night. 1,01: XX:XX

Dull pain in liver. Irritability. 1,14: XX:XX

Gallbladder pain (on my right side) started at 6 pm until 3 am. Consistent steady pain lying down. Feels like it is swollen, like a bruise on the inside. Some nausea. Persistent very steady pain, didn't let up - makes you pay attention. This lasted till Wednesday (day 5). Every evening. Started then and went till 2-3am. 5, 03: XX:XX

Crohn's has acted up, more cramps; sensitive digestion, exaggerated for 2-3 days and then gone. (I) felt the proving aggravated the Crohn's. 8,10: XX:XX

RECTUM/STOOL

Second bowel movement today (normally one a day). 1,01:19:36

(After sleepless night). **Diarrhea** in the morning. Feverish, flu-like symptoms, pain in forearms. Desires to stay in bed. 1,10: XX:XX

Diarrhea. **Strong bowel movements** more than expected. 2,03: XX:XX

Great bathroom visit — ease of bowel action and general clearing. 2, 30: XX:XX

Loose bowel action two times today; the 2nd was almost acidic/toxic. 2, 31: XX:XX

FEMALE

For the last couple of days symptoms of PMS. Water retention, headache; last night right elbow joint pain... Irritability, tired feeling. It is 4 days now I have spotting and no menses (lately I would get spotting for day or two). 1, 25: XX:XX

Menses still very light. Unusual. 1, 25: XX:XX

No sexual interest. I felt bad and explained to (my husband) that I just had no desires at this time. 3,10: XX:XX

HEART

Symptoms of heart racing but not racing. 10, 01:13:45

BACK

Back pain as if upper back is locked. 1,14: XX:XX

Pain at the base of the head, upper back. 1, 25: XX:XX

My neck and back are very achy. Yesterday I felt fine, today I feel like crap. 9,04: XX:XX

EXTREMITIES

Pulsating pain in the right ring finger from morning to about 5 pm. Numbing fingers on my right leg. Pain above little finger on banding my foot (OS). 1,12: XX:XX

SLEEP

Sleep is good. Waking up early in the morning easily. 1,06: XX:XX

Sleeplessness until 3am. Legs mild jerking (OS usually a couple days before menses — but, nearing mid-cycle). 1,09: XX:XX

Falling asleep more easily at 3am when I get home instead of staying up till later. 11,03: XX:XX

Didn't get a good night's sleep. Slept, but up 4x — every couple of hours. Just woke up - used washroom — not sure why. 2,02: XX:XX

Seem to be sleeping better — not waking up as often for the washroom. 9, 03: XX:XX

SKIN

General sense of **numbness** in arms, hands, face, legs. Numbness on the surface, skin. 1,01:12:25

A **rash** at the corners of my mouth — **dry, sore** - like a cut. Not bleeding, but crust a bit yellow. 12,17:XX:XX

On the day of the extraction meeting I noticed these three **red lesions** on my wrist. Two of them looked like they had had fluid, but dried. Another was just starting to become full of fluid. The **blister** grew as the day went on. They felt a bit **burning- itching**, but tolerable. It grew the biggest just before the meeting. After the meeting it burst and was starting to dry. The lesions very slowly got better, but left pretty major marks, but there remains a scar (months later). Co-master prover; 14 Aug 2012

GENERALITIES

Heat

Felt warm, like my body was emanating heat. Felt like I had an aura of heat surrounding me. 10,09:22:00

Body has heated up; hot flashes. Metabolism is high. 2,03: XX:XX

Flu-like symptoms

Low energy all day, upper back is stiff, locked sensation between shoulder blades. No desire to formulate any thoughts. 1,10: XX:XX

Energy

Low energy. Want to discontinue the proving. 1,13: XX:XX

Low energy. Desire to lay down. Red tired eyelids. 1,14: XX:XX

Sensitive

Sensitive **to light and sounds** for a few days. Noises are loud - everyone was yelling. 2, 06: XX:XX

Nature was clearer. **Things had a different clarity**. Birds etc **more detail**. 10,04: XX:XX

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PARACANTHURUS HEPATUS

Blue tang; Acanthuridae



Homeopathy Abbreviation: *parac-h*

Keywords: *Acanthuridae; oceanodromous; tropical; marine; reef-associated; oviparous; broadcast spawners; non-guarders; omnivorous; sharp spines; venomous; parasites*

Paracanthurus hepatus, blue tang, is a common and popular marine fish found throughout the Indo-Pacific, in reefs of East Africa, Japan, Samoa, New Caledonia, and the Great Barrier Reef, where they live in pairs or small groups of up to twelve individuals. Common names include regal tang, palette surgeonfish, royal blue tang, hippo tang, flagtail surgeonfish, Pacific regal blue tang and blue surgeonfish. Their name 'tang' is derived from German and refers to their preference for seaweed.

Natural History

The fish reach sexual maturity at 9 to 12 months of age. Breeding can occur year round in regions where water temperature does not vary with season. In the Pacific, most breeding occurs December to June. Males and females gather in groups that spontaneously form, dissolve and reform several times, leading to a quick upward spawning rush toward the surface during which eggs and sperm are broadcast directly into the water. Fertilization takes place externally. The eggs are pelagic drifters and very small — approximately 0.8 mm in diameter. They each contain a single droplet of oil for flotation. The eggs hatch in twenty-four hours and produce small translucent larvae.

The juvenile's diet is primarily plankton. Adults are omnivorous; they also feed on plankton, zooplankton (small crustaceans like mysids and krill), and will graze on algae that they scrape from their environment with their beak-like mouth.

This fish is flat, like a pancake, with a pointed snout-like nose, and small scales. The young are bright yellow with blue spots near their eyes, and their dorsal and anal fins are tipped in light blue. The adult is royal blue, with a yellow tail and black ‘palette’ design. Blue tang can grow to 30 cm long and live up to 20 years.

Blue tang can communicate by changing their coloration. Under stress, their blue coloration can deepen. The black marks along the body may become bleached (sometimes referred to as semi-transparent) and the markings less visible. Color change also occurs during stimulation such as male dominance interactions or breeding; the latter event is indicated by a change from dark blue to a pale blue.

Blue tangs are very timid. They have a strange tendency to lie over on their sides and play dead when they feel threatened. If they feel cornered or attacked they can extend the spines located on both sides of the caudal peduncle as a method of protection. The blue tang is regarded as a playful fish, chasing bubbles in the aquarium and even playing with snails and small objects in the tank.

The blue tang is a bait fish. The flesh has a strong odor and is not highly prized. This fish may cause ciguatera poisoning if consumed by humans. Blue tangs are collected commercially for the aquarium trade. Handling the tang risks the chances of being badly cut by the caudal spine. These spines are extended from the body when the fish becomes excited. The quick, thrashing sideways motion of the tail can produce deep wounds that result in swelling and discoloration, posing a risk of infection.

The blue tang would have to be one of the most common and most popular marine fish all over the world. A pacific blue tang named Dory was popularized in the 2003 Disney film *Finding Nemo*. It tells the story of Marlin who, along with Dory, searches for his abducted son Nemo. Marlin gets Dory, naive but good-hearted and optimistic to help. Incredibly, in the movie, Dory has significant short term memory loss.

Predators of blue tang include tuna, bar jacks, and tiger groupers.

Parasites: *Spiroucleus sp.*

Distinguishing Homeopathy Features

Severe memory loss

Fumbling

Early sexual encounters and the challenges in the initial stages of relationships cause a feeling of separation.

Naive, affable phase

Venomous phase then sweet phase in dementia

Helpful/helpless — victimized

Home items stolen from them

Dementia Indications

Alzheimer’s - all stages especially Stage 3-5, one of the primary remedies.

Alzheimer’s dementia Stage 1—5

Disposition: irritable, abusive, venomous phase — see more about this phase in commentary and focus guide.

Concomitant pathology: colitis, hypertension.

Alzheimer’s dementia Stage 3—7

Disposition — naive, sweet and accepting phase.

Concomitant pathology disappears, especially vascular problems.

Alzheimer’s dementia Stage 5—7 + end stage

Fingers stiffen, curl; downward body movements; encopresis even in Stage 5
Vascular dementia
Long history of high blood pressure
Dementia in multiple sclerosis
Left sided problems
Vitamin B12 deficiency dementia

Homeopathy Commentary

This is the main pioneering homeopathic remedy that I introduced for patients exhibiting significant memory loss and those diagnosed with Alzheimer's disease. After its introduction, students and colleagues also used it to treat patients who had been diagnosed with Alzheimer's disease. Some remarkable positive changes in these patients have been seen by using this remedy. This success contributed to my impetus to find out more about fish remedies in Alzheimer's disease and dementia. As well, I have observed that understanding and giving *Paracanthurus* in the pre-Alzheimer's, healthier state can prevent tremendous suffering for both the patient and family. Thus, as in other homeopathic fish remedies, I importantly include the pre-Alzheimer's information.

One of the reasons I got this fish made into a homeopathic remedy was because I was asked to consult on a case of a woman in her 50s with significant cognitive decline and loss of memory.

When the fish was potentized and used in this first case there was a beautiful response. It was one of those 'right on' actions to a remedy - the memory loss cleared up and the cognitive decline significantly lessened. Then, after being used in other cases, there was even more affirmation of *Paracanthurus hepatus* as a remedy for patients with cognitive decline. Subsequently, I worked with other fish remedies and also got good results in this pathological area.

Along with Carol Jones and Judith Mapleson, I then went on to be a master prover of a Hahnemannian proving of *Paracanthurus hepatus*. During this proving I even had a deficient memory dream:

I dreamt that I was teaching in a small town with quaint houses and greenery on the streets. In the dream, I could not remember how to get back to where I was teaching after I had lunch with a group. I kept going around in different areas of the town and finally did find a participant in a house they lived in.

For patients needing *Paracanthurus*, the memory and cognitive problems quickly become quite severe in both younger and older patients. As well, the patient can become disconnected from their reality. This disconnection was expressed in the proving in a number of ways:

"I feel like I am in a bubble, something buffering my interface with people, my family especially."

"Noticed that I felt a bit separated from reality. Things felt a bit fuzzy. As if I wasn't going at the same speed or focus as the world moving around me."

They start to make more mistakes:

"Still fumbling with words while lecturing, maybe more than usual."

"Find myself making more typing mistakes than is usual when working on the

computer - many more mistakes. I am usually quite fast and accurate, but now I seem dyslexic, switching letters.”

As they make more mistakes and have difficulty with their memory, they then go into further decline with a distrust of, and fear about, their cognitive abilities. This became evidenced in the proving:

"I find myself going over my proving notes again and again to see what my experience has been and to be sure I have expressed myself clearly. I already know what I have experienced but I like to read it again and again. I don't know why."

When presenting with cognitive decline, patients needing *Paracanthurus* have an affability generally seen in fish remedies. They can be cheerful, smiling, naive and spontaneously laughing at times. They seem emotionally giving. Yet there is also another phase or element to the patient which you might find more about in taking the history from relatives. This prior phase has more ambition and there is also a venomous quality, with a victimized side that I will describe.

In the clinical focus guide for this remedy, I list more of the specific ways in which the memory and cognition are problematic. To begin to elucidate, I'll describe some patients.

One healthier patient said she “loses the thread of conversations” and then is “thinking about nothing” as if she is “floating” (a fish sensation). It’s as if her brain is “totally empty” and “I hear nothing.” She makes mistakes in writing and has to continually change words. When she spoke she also used an unusual word order as if the words did not make sense to her and to others she was speaking to. Her cognitive problems cleared completely with *Paracanthurus*.

Another female patient, who was much more cognitively compromised, could only describe her memory issues in hindsight after taking *Paracanthurus* and experiencing significant improvement. She said, while having problems, she would forget a thought while formulating it and could not carry on a conversation. She would forget whatever had been said in a conversation almost instantly. It was the same with attempting to read. Writing was also compromised like in the previous case. She said she was always scattered and had to quit her job because of her deteriorated cognitive abilities. She said others described her as very giving, sweet but spacey. While taking the remedy *Paracanthurus hepatus*, her memory got dramatically better but she became less forgiving yet much more energetic, ambitious and also irritable for a period. From being compromised and unable to work, after the remedy she went on to open and run her own successful business.

After learning about the details of *Paracanthurus hepatus* some homeopathic practitioners who were students and colleagues of mine successfully treated their parents who had cognitive decline or were diagnosed with Alzheimer’s disease.

One such case from Sally Williams, a homeopath in New York state, had severe memory problems. An 84-year-old woman was diagnosed with Alzheimer’s disease one year prior, at the age of 83. She had been hospitalized for a severe colitis attack and then soon afterwards, her memory, which had previously declined, became significantly worse. At this point she was tested and diagnosed with Alzheimer’s disease. She then moved in with her daughter as she was unable to take care of herself. She was not aware of where she was living. She could not read a clock, or relate the year or date. She previously liked board games and card games but could not play cards at all. She could not remember names, even of her daughter and grandchildren.

She always had intestinal problems and more recently had diverticulitis. At one point in the past, she had a bowel obstruction and had surgery to remove part of her intestine. As the Alzheimer’s progressed her gout and high blood pressure disappeared.

As mentioned, prior to the onset of her profound Alzheimer's, she had a severe bout of colitis where she experienced continuous searing pain on the left side of the abdomen. It was better bending double and worse eating. With the pain, there was loose and burning stools, nausea and some vomiting. She would vomit acrid bile. She was hospitalized and she continued to have colitis, but to a lesser degree, after being discharged from hospital.

Her daughter said that her disposition in the past was different than she was now. She was always opinionated and cross with people in the past; she could be harsh. She could be intolerant and judgmental. She would make prejudiced and rather bigoted remarks about people in a restaurant, for example, "Can you believe that person sitting there." She was a sweet woman when she wanted to be but then also had a hard nasty edge. In the past she would have altercations with relatives. She always drank alcohol, mainly white rum and Coca-Cola™. But as the Alzheimer's progressed, the nastiness diminished to the point where she was quite sweet.

The patient received *Paracanthurus hepatus* 200C and did very well. The daughter reports after 1.5 years:

She has had no colitis for 1.5 years. She started remembering where she lived and names of everyone - her memory is almost completely restored! She is more independent, making her own decisions. She is no longer living with me. Within 3 months after the remedy she was beating her grandson at card games like gin rummy, hand after hand. She once again became rather harsh and intense and had altercations with relatives.

The dementia state is reflected in the proving words 'disengaged, disconnected, separated' which is a description of the unconnected dementia state. It also says something about the start of the progression to end stages of Alzheimer's disease.

Where does this start? In the introductory chapters of this book, I relate how patients needing fish remedies have in their disposition an intrinsic desire to be part of a group. The underlying impulse is to be part of a larger group and it is more of a subde innate force and desire. Fish, when they shoal, have an intrinsic ability to follow the school or be part of it. There is really no leader, it is a real group project. For a patient needing a fish homeopathic remedy, there is a pivotal point where there is a separation from this group energy. It is not always a physical separation, but is more esoteric and reflected in problems the person experiences. Each fish remedy picture has a causative situation that is different and individual.

For *Paracanthurus hepatus*, the pivotal point actually occurs in their beginning teenage sexual and romantic interactions. In younger patients, you may get the history that their first sexual encounters were one of 'fumbling' sex (as a prover described it) which never improved and led to a feeling of incompetence in intimacy as well as sexual ambiguity. They can also experience a traumatic incident of forced sex or rape, especially being drugged or given alcohol in order to have forced sex.

It may also be a feeling or even delusion they have around sexuality and sexual liaisons. These themes appeared in dreams in the proving:

1-32: I am with a 14-year-old boy in his bedroom, who looks like the main character from *Juno*, the teenage pregnancy movie. We have fumbling sex and then he shows me himself on YouTube playing the guitar. I wonder if he was a virgin.

6-XXX: I've had dreams of being raped. Very unusual. Twice. It seems to tie into the non-communicative thing. Something to further isolate me from engaging.

Both situations create a consciousness of having been helpless and victimized especially when it comes to intimate interactions. They want to hide themselves and the traumatic event and can quickly cover it up and seal it into their deep unconsciousness. They 'put a smile on it'. It can also create another polarity where sexuality becomes a key attractive force for them and a method of being accepted. They remain either closed off sexually or hyperactive sexually. They will have excessive romantic ideation about others and ruminate about emotional disappointments.

Thus they have a young, immature and highly romanticized perspective of relationships. They may have very strong expectations of others, even delusions that others are attracted to them when they are not. This is their Achilles' heel. They can be quite accomplished in work but not so much in terms of relationships prior to a precipitous memory decline.

Consequently, they can also experience some ambiguity about their sexuality:

3-22: I'm male/female? Everyone's gender and sexuality is ambiguous.

It also accounts for a feeling that came in the proving, which was one of being drugged, dazed and disorientated. This can also be part of the cognitive decline but in the beginning it's more related to the initial triggers. There was also a reluctance to communicate and communication difficulties. In the healthier stage of the patient needing *Paracanthurus*, there is much about remembering the past, being flooded with memories and remembering old boyfriends or girlfriends. They cover it but at some point these types of memories emerge. Some provers declared:

"I'm not dead, as if drugged, need support, emotional and physical, feel less real, typing errors and problems with accuracy, broke stone in store - first time ever. Felt more authoritative in lecture."

"Visited my neighbour, looked back at my office door, how will I get back? I need a walker."

In an older patient or a patient with Alzheimer's disease, of course, these sexual issues are difficult to discover, if not impossible for them to remember or talk about. But there may be some remnants and indications of these elements and pivotal points.

In the healthier phase of experience, the *Paracanthurus* patient can also experience and express much anger, even shouting. Or it may be anger alternating with bursts of joy, laughing and singing. The anger is primarily towards those they are dependent on or those that offer them help. They can feel angry about inconsideration from others.

As the patient progresses into Alzheimer's disease, particularly the later stages, much of these strong emotional feelings get left behind and there is more calmness and even a smiling demeanor. The disconnection and sublimation of all the anger and emotions develops with a view that "the world is a magical place. Innocent, light..." as the provers experienced.

In this compromised state they become helpful instead of helpless. The victimization is less and in the earlier stages, they enjoy serving others, particularly those in authority. At the same time they may continue to feel that people will steal from them or take their money; in the care home, it is their belongings, particularly their underwear. They can be suspicious but it is more internalized and expressed less frequently.

The healthier *Paracanthurus* patient desires a stable family life and partner in spite of their underlying complex relationship to sexuality and love. The home is important as it is seen as a protection from danger lurking outside. The loss of their partner can trigger a decline. As a result, they can insist on staying in their own home to a late age. The proving also confirmed this with

many references to where people live. It includes dreams about buildings, tunnels, apartments, and houses. It shows that the patient needing this remedy puts importance on their house and their family as a refuge yet is powerless to stop someone from invading their space:

3-19:1 live in an apartment in a house. I've had to ask the upstairs tenant to leave. However, she keeps coming back, alone or with her girlfriend to go through all my possessions - clothes, underwear, wine... they're cataloguing everything, as well as taking/stealing. And I'm powerless to stop them. I know they're trying to make a case against me, to have me thrown out, and they're tormenting me by blatantly stealing.

This proving dream is about someone taking something personal from their living space and being powerless to stop it. This shows also that the naive vulnerability is in their personal space, including relationships, unlike, say, *Oleum jecoris*, which is about vulnerability to criminals taking their business with resultant internalized resentment.

Another dream:

3-4: I live in a foreign country - one of a small group of people who are aware that the military (posing as friendly/benign) are about to take over the country.

This is another dream of the ill-intentioned military people but the *Paracanthurus* patient thinks they are benign. Again, we see the same element of potentially violent people being perceived as benign by a patient who needs a fish remedy. In the case of *Paracanthurus* there is an expansion of the meaning of their relationships. Relationships, whether personal, family or friends, loom very large in their consciousness and thinking and they can feel easily pushed out of the relationship. They, in fact, have a delusion that they will be pushed out of their relationship.

1 -49: Dream that my boyfriend is trying to find a way to get rid of me. I feel insecure and anguished.

There are others attempting to divide their family and relationship but in a convoluted way:

5-34: Dream of husband's business partner having his father divorce his mother.

This fish is called *regal* blue tang and there is a regal quality about the patient needing *Paracanthurus* as a homeopathic remedy, especially in regards to the expectation they have of others and how they treat others. Along with the complex initial traumas and characteristics I have described they can feel entitled, and want to be respected similar to the remedy *Palladium*.

There can be a lot of friction in their relationships even though they appear sweet and even child-like. In the healthier stage, they reflect back on their teenage relationships when the friction occurs.

They can be very social — they like games including card games and dinner parties and in particular desserts. Interestingly, there was a craving for blueberries in the proving — blue food for blue tang. Along with their desire for fine food, even overeating, they have a desire for fine material things, like many of the orchids. As mentioned, they are also sensitive to being taken advantage of financially.

The coloration of blue tang is a vivid blue. That also comes through in the disposition of the *Paracanthurus* patient. I place vivid colored animals, including fish and insects, into a general category of what I call 'neon or inert gas group'. Many of the inert gases like neon, argon and xenon are used to make bright colored lighting. They have a particular kind of light which is

matched by many brightly colored insects, fish and other animals. In *Volume 2* of this book I will be talking about this group of remedies since they are also very good for patients with dementia and in an Alzheimer's state. The quality is of one who is stuck in transitioning where inertia is a strong characteristic. I would not say this is the full *Paracanthurus* picture but it is a partial aspect, particularly in the Alzheimer's phase.

I have found when successfully using *Paracanthurus* and other fish remedies, that once the patient emerges from the cocoon of Alzheimer's disease the early, more aggressive phase returns and they can become quite expressively irritable, feel ripped off and can want to curse others. At this time, they can become quite venomous even to those who have helped them the most. They express hostility and hate the authority of others.

Blue tang fish are considered venomous. Blue tang fish, although initially passive in response to aggression, can become hostile.

The *Paracanthurus* patient's biggest concern is that others will reveal something about their past weak memory or condition (especially after improvement with homeopathic treatment) or someone will take something. After improvement, it is as if the venom has built up for the period of quiescence and needs to be released.

There is a dream in the proving of the prover being bitten by a cobra snake and needing anti-venom.

"I dreamed last night I was bitten on the ankle by a cobra. I couldn't remember how poisonous they were. I thought I needed the anti-venom and I thought I should go to get some from the hospital."

Just the awareness, in the unconscious dream state of the likelihood of venomous expression is important. The attraction goes both ways in the meaning of dreams and in the case of the *Paracanthurus* patient - either striking venom or receiving it. The blue tang venom also contains or provokes nitrous oxide, laughing gas. The nitrous element has cardiovascular problems as a component.

In order for a homeopath to navigate the patient's improvement correctly, it is important to be aware of this moving back to previous symptoms, which on the face of it may not appear to be wholly in the right direction. I also know that, for example, in treating those with Down's syndrome, that as the patient gets better they become more aware of their circumstance and limitations and then can become quite anxious, agitated and upset.

These are moving transitions to health and demonstrate that the patient is no longer stuck. This movement is significant for *Paracanthurus* patients as they have been stuck in a cognitively deprived tunnel as I mentioned.

In the introductory chapters, I mention an underlying element of fish remedies having to do with past lives, escaping the memory of rebirth through completely losing memory. This came up in the *Paracanthurus* proving profoundly:

"I keep dying and being reborn into the exact same world/situation. I feel stuck and helpless - each time this happens a pain comes in the left side of my chest. I'm simultaneously trying to think of a remedy to break this cycle and treat the pain."

You could even say that much of the pivotal point issues in relationships that *Paracanthurus* patients experience have to do with held over feelings and memories of past lives.

The main physical issue is intestinal problems. But the patient can also experience infectious

cysts, neurological and cardiovascular problems. The patient needing *Paracanthurus* can have serious inflammatory bowel conditions and colitis. The most common is diverticulitis but other conditions such as ulcerative colitis, Crohn's disease and irritable bowel syndrome may be present. They can readily get diarrhea with frequent large odorous stools as well as with cramping, better bending double. It can become much worse with searing pains. There is typically noisy rumbling and much foul gas that is hard to expel. The stomach can be easily impacted with indigestion and a heaviness in the stomach along with much burping. They can also suffer from hemorrhoids that are worse standing and walking but better sitting.

There can also be jaw and dental infections including abscesses and cysts in the jaw and bones. The sinuses can become easily infected with pain and heat. The pain may be worse from coughing. The left sinus is more affected but in general the patient needing *Paracanthurus* has more left sided problems including sharp cutting pains in the left neck area.

Other possible pathologies include neurological, particularly multiple sclerosis. The left side of the body is impacted and more problematic in neurological conditions as well as other symptoms. Therefore, also consider this remedy for dementia in multiple sclerosis. There can also be cardiovascular issues, high blood pressure (typically prior to the dementia) and so consider it, too, for vascular dementias.

Generally, patients who need *Paracanthurus*, can feel 'dragged out' or exhausted during the day and better in the evening. They wake unrefreshed and groggy.

By introducing this new remedy, *Paracanthurus hepatus*, we are given the homeopathic expertise to treat patients with challenging cognitive decline. There is, though, some challenge and complexity in applying it, versus other choices, in clinical situations as the patient needing *Paracanthurus* can have different presentations. As the patient progresses towards more and more severe cognitive impairment and dementia, the disposition changes to one of sweetness and less retained aggression, anger and resentment. I have attempted to present the various overall dispositional features of these different phases in order to give a voice to grasp of the totality.

Clinical Focus Guide

MIND AND DISPOSITION

Loss of memory
 Severe forgetfulness
 Alzheimer's and dementias
 Dyslexia
 Losing thread of conversation
 "Brain is empty"
 Unusual word order when speaking
 'Fumbling' with words
 Forgetting a thought while formulating it
 Scattered
 Words cannot come, they are 'stuck'
 Fear about memory loss
 Unable to continue working
 Lack confidence to work or focus
 Mistakes writing or typing

Fear being observed, memory loss noticed
 Reluctant to communicate
 Concentration impossible while talking
 Divorce or family separation triggers cognitive decline
 Desire to protect, hide, cover up their cognitive loss
 Disconnected
 Out of body
 Drugged feeling
 Dazed
 Disoriented
 Beginning sexual encounters causing a feeling of separation

'Fumbling' sex
Stolen virginity
Childish romantic notions
Desire to read romance novels
Effects of rape or being drugged to have sex
Being stalked
Delusion underwear, panties are stolen

Sexual ambiguity
Incompetent sexual partner leads to sexual
ambiguity

Need for stable relationship
Homelife important
Danger outside of home

Memories, dreams of old relationships Dreams
of high school lovers and friends Loud rock
music from teenage times Nostalgia for old
friends

Desire for drugs

Two different phases
Independence/dependence
Helpless/helpful
Venomous phase versus memory loss phase

Venomous phase
Prior to dementia
Irritable and anger, need for revenge

Should be treated like royalty
Cobra dream
Helpless, victimized, abused feelings
Ripped off or will be
Someone will steal their home and belongings in home
Family anger, ripped off by family member
Anger towards those dependent on
Lawsuit towards someone for helping them
Bigoted
Sharp critical tongue
Estranged from family
Anger at the 'inappropriate'

Memory loss phase
Affable, sweet
Naive
Laughing
Dazed
Attempted helpfulness

PHYSICAL FOCUS

Acrid discharges
Inflammatory bowel problems
Diverticulitis mainly
Intestinal pockets of infections
Colitis
Crohn's disease
Irritable bowel syndrome
Searing pain abdomen
Easy diarrhea
Large odorous stools
Cramping abdomen
Better bending double
Noise and rumbling
Hemorrhoids
External

Swollen, tender
Like inert gas remedies
Dreams
Animals
Large fish cut up
Messy apartments
Climbing mountains
Childbirth by herself
Old friends, old relationships
Stealing
Sexual violence
Rape of children
Death
Danger, dodging bullets
Sex as a teenager
Regal
Indignation
Needs appreciation and respect
Entitlement
Desire color blue

Indigestion stomach
Pain, burning
Fullness after small amount of food
Eructations, afternoon
Dental cysts and abscesses
Sinus inflammation
Pain and heat
Worse left sinus
Hay fever
Cutting pain, stiffness left neck area
Lachrymation left eye
Vision
Objects appear more colorful

Bleeding from left ear	Cracks, eruptions on fingers
Multiple sclerosis	Better in the evening
Worse left side	Sleeplessness from indigestion
Dementia of multiple sclerosis	Wake unrefreshed
Head pain Dull headache	Sudden overeating
Behind or above eyes Worse left	Food
	Desire blueberries
Aspiration pneumonia in dementia patients	Desire beer
	Shellfish aggravates
Cardiovascular	Lyme disease
Hypertension	
Vascular dementia	Fungus infections
Gout	Exhausted during the day
Stiffness of the fingers	Better evening
Inability to flex fingers	Waking unrefreshed

RELATIONSHIPS

Similar remedies

Acipenser transmontanus and *Acipenser sturio ex oviis*, remedies from the *Acanthus* genus, Noble gases, *Malaria nosode*, *Ciguatera toxin*, *Johneinum*, *Lac delphinum*, *Palladium metallicum*

Modern Homeopathy Excerpts

From the Proving of Blue Tang, *Paracanthurus*

The Hahnemanian proving of blue tang was conducted through Louis Klein's Homeopathic Master Clinician Course in February 2011. There were 8 provers, 3 supervisors.

Master provers: Louis Klein, Carol Jones and Judith Mapleson.

<i>Blue Tang Proving Themes</i>	Drugged, dazed, disoriented
Animals; fish	Family and/or relationship problems
Calm, ease/anger	Focus, planning
Confidence/anxiety	Food
Death, poison	Isolated, trapped
Depression/joy (laughing, singing, dancing)	Memories; remembering the past
Desire to protect, hide, cover	Mistakes with memory
Disengaged, disconnected, separated	Old
Pregnancy, labor; babies	Resist authority; running, hiding

Reluctance to communicate or communi- Sex; sexuality
cation important Threat/safety

Some Excerpted Dreams from the Proving

Dreams of elephants, tiger, rabbit, squirrel, a giant swan, never get those

Day 2

Dream of former cat. In the dream I was calling and whistling to him to come home. I noticed that he was in the yard of a neighbour up the hill at the base of a tree that has a hollowed out trunk where animals lived (foxes, groundhogs, etc.). He was in a lion pose. Would hear but wouldn't come home.

Day 8

Dream involving tuna, large pieces of this big fish cut up, in the dream it was seen as a good reliable source of protein.

Day 2

Dream: visiting my partner's brother and sister-in-law in their new house. They lived in the mountains and the roads were curved and tight with stone walls. The view from their window showed terraced land with two small old stone castles. The feeling was a medieval place but in modern day. Nearby I saw an elephant flip in the air and someone caught it on a wooden board. They said it was the training ground for the circus. I said wasn't it strange that the hostess and her daughter both lived near a circus training ground.

Day 3

Dream: I was in my office which looked like a big old warehouse room, almost empty. I saw a baby squirrel zooming around the room and run into a large hole in the ceiling. I looked up and a rabbit peered at me from the hole. Then a tiger looked down. I left to find someone to fix the hole.

Day 35

Dream: Over a certain area, there are single dirt holes in the earth, like little pod rooms and each contains one person. The people are trying to stay safe from a wild foraging animal, I think they are wild pigs and there is a scent emitted in the holes which helps to repel the dangerous animal.

Calm/confidence

Day 4

Remembered a remnant of a dream where I found that I had a lump in my left breast, more flat and wide than lumpish, sitting vertically on the lateral side of the breast. I was surprised but not terribly alarmed.

Memories of relationships past and present, often youthful (not nostalgia)

Day 5

Dream of the mother of a man I was with for 8 years more than 20 years ago. I was at a bake sale in some hall and was leaving with a plate of goodies when I saw Dorothy, looking as she had 20 years prior, wearing a bright fuschia suit. I went to greet her and we happily chatted for a few minutes, shared some baking and promised to get together for tea the next week.

Day 28 to 33

Dream of husband's business partner having his father divorce his mother.

Day 31-33

Dream of past boyfriend, seem to be still living together yet I have married another man, a younger Chinese man that I am very happy with and have a daughter. I know I have married two men and am somewhat worried about the first finding out, but not enough to do anything about it. I see the first husband playing solitaire off in a corner somewhere.

Day 11

Dream cleaning out things from an ex-girlfriends home, her new boyfriend was in a navy outfit with a spandex thing over my face.

Day 8

Dreamt my partner's mother die. I don't usually dream of people dying.

Day 9

Dream: I am at a home movie sitting with my nephew, who is 9. We are cheek to cheek. I can feel the love. I go outside alone and an almost 6 foot swan has my keys in his beak and is walking me to my car. I wonder if I need to tip him.

Day 19

Dream: I am with my old French boyfriend from over 20 years ago. He is talking to his old girlfriend and she is quite upset about a current relationship she is in. He is trying to comfort her with his arm on her back and he says you should have come to me rather than go to him. I am very upset because this sounds like an invitation to his bed but he says it was not. I then think of all the hours he is gone during the day and wonder if I can trust him and of the possibility of hiring a detective.

Day 23

Dream: Michele and Barack Obama are my acupuncture patients. I find out that Michele is having an affair.

Day 30

Dream: I am in a basement and a troubled teenager comes in to try to get me to help him get out of trouble. Then we are outside with his father who tackles him to the ground and pulls down his pants and holds up his small penis. It may be a punishment for his misbehavior? I am taken aback.

Day 32

Dream: I fall into a deep dirt hole and there are people trying to survive and scrounging, like in Haiti after the earthquake. Then I am with a 14-year-old boy in his bedroom, who looks like the

main character from Juno, the teenage pregnancy movie. We have fumbling sex and then he shows me himself on YouTube playing the guitar. I wonder if he was a virgin. He then goes and tells his parents that I am there and I feel horrible for what I have done and wonder if his parents will forgive me. The father comes in while we are hanging out on the bed in our bathrobes with the other brother. I am very embarrassed and wonder if I did this from post traumatic stress from falling in the hole. The dream is so real it takes me a while to shake the creepy feeling.

Day 42

Dream: I am with a girlfriend from high school and we are driving through a neighborhood I lived in many years ago in my twenties and reminiscing, as if she had lived there too, which in real life she had not.

Day 42

Dream: I am with my partner, my old boyfriend from 25 years ago and his wife. We are hanging out.

Day 43

Dream: I am with a Russian guy that I just met. I am not sure if I am interested in him. We are meeting some people from our Chinese medicine class in a restaurant. There are many rooms and hidden stairways in the restaurant. We find our classmates finally at a table for nine next to a fireplace with a fire going. The room is enormous with very high ceilings.

Day 43

Dream: I am with two guys deep in the woods on snowshoes. We are trying to get to a skiing area. We try to cross the stream but my brother falls into the water and is completely immersed and rolling. I make sure to find a safer crossing.

Day 45

Dream: A guy from the area where I grew up and my family lives calls me and tells me he wants me to go to a party with him at Christmas when I am home. He knows I am in a relationship. He is very forceful and assumes I want to go. I tell him I will not be in the area at that time. There is a silence on the phone; he is speechless and incredulous that I will not be going to the party. I think he is a creep.

Day 46

Dream: I am visiting an old boyfriend I have not seen in 30 years. His sister is there as well. I am with another friend of mine and her husband. In real life, my close friend's husband who is there and this old boyfriend weirdly have the same first and last name. The sister is wearing corduroys that I remember from 30 years ago; I had always wanted a pair (in the dream).

Day 49

Dream: My boyfriend is trying to find a way to get rid of me. I feel insecure and anguished.

Day 50

Dream: I am with a girlfriend and there is someone stalking me. It is a small town with roads in

a grid and when my friend and I go out at night I am afraid to leave the car because the stalker might find it. Then there is some shooting and we are dodging bullets.

Day 51

Dream: old fling from 25-30 years ago

Day 57

Dream: Some guy is trying to have sex with me but it's not really working out and I'm kind of repulsed by him and don't even know why I'm with him. I just want to be with my boyfriend. I'm trying to figure out how I can cover my tracks so my boyfriend doesn't find out.

Making mistakes/memories

Day 19

Dream: My car is piled with parking tickets. Six of them are seven dollar tickets. I do the math in my head: $6 \times 7 = 43$. The other is a single bigger ticket. All these tickets are for one day of parking. I had checked the signs carefully and must have made, a mistake. I am quite indignant. It seems over the top to give so many tickets.

Entitlement/undeserving

Day 11

Dream: I receive a birthday card from my female jeweler friend and when I open it, there are is a lot of jewelry inside as gifts — all made of beads, at least 10 pieces of jewelry. I am very happy to have this beautiful jewelry but wonder how I can reciprocate.

Day 11

Dream: I am in a big house and it seems a lot of women are coming for the weekend. I am hanging out on a big comfortable bed but when some underprivileged women show up I offer up the bed, because I can sleep anywhere and I feel that they have a much rougher life than I do.

Day 37

Dream: I get a big beautiful sunny apartment with my homeopathic colleague. I discover that she has built a large structure of shelves, in front of existing shelves in the kitchen and has nailed shut two swinging doors as part of it. I am very upset and feel that she has destroyed the harmony and flow of the apartment and that she should have spoken to me first.

Miscellaneous

Day 7

Dream a giant ball about 10 feet in diameter made of earth and plant material in the lawn. It is not a dung ball, but has that appearance. We are playing with it but it is heavy to move.

Day 2

Dream: was with my Chinese medicine teacher and a few students in an old garden with a stone

wall. There was love streaming from our eyes. The feeling was that we had been together in a past life but nothing was spoken.

Day 12

Dream: I am living in a big group home with a lot of women. Something happens, I can't remember, maybe a fire, and I lose most of my possessions. I am not upset. I lost my possessions in a fire more than 30 years ago but I have never dreamt of it.

Day 12

Dream: I am with my sister and we go into an indoor market/tourist destination. I am showing her around. We go to a side room and it morphs into a moving train with a dramatic open natural vista outside. I pat the seat next to me for her to sit down to be able to see better and the train is suddenly on the edge of an immeasurably huge cliff that goes straight down. It is thrilling! I don't ever remember having a dream with my sister in it.

Day 15

Dream: I see my homeopathic colleague, who is around 60 years old, and she is 4-5 months pregnant. I remark on how happy she must be and she scowls at me; this was an unexpected and unwanted pregnancy.

Day 16

Dream: I take a dose of *Bacillinum* (we had just been talking about this before bed) and find a red Chinese-made down quilt in a store for only \$50.00. I am deciding whether to purchase it.

Day 18

My partner had a dream that he found me in the corner of a bar eating a sugared donut and had the white powder all around my mouth. I thought this was funny since I am craving junk food.

Day 48

Dream: Someone is responsible for a young child. The child is hit by a car.

Day 48

Dream: I am playing with a young child. I play 'airplane' with the child, putting him/ her up on my feet in the air and the child falls on its head. I am very worried that the child is injured, but everything is ok.

Dream only vaguely remembered, but had to do with resisting authority. I was at a border post somewhere and the official couldn't or wouldn't accept my passport. I got very indignant, not too clever as there were big men with guns.

Visions

Day 18

Vision of egret.

Day 29

Vision of bird - mind says penguin but think it is different.

Day 29

Movie clip on closed eyelids - night huge vertical slabs of ice standing straight up with smaller pieces of wood by them. It is dark and peaceful, mildly eerie. Bit like a glacier.

Day 49

I think it is a peacock with royal purples, greens and blues, then realize it is smaller and airborne, a dragonfly or hummingbird.

Day 49

A glacier separating into two in the dark but visible by the light of the moon - a dark uneven crevice is opening.

Additional Homeopathy Resources and References

Klein L, Jones C, Mapleson J, 2011. Proving of *Paracanthurus hepatus*. Louis Klein's Homeopathic Master Clinician Course.

See full proving here under the Provings tab on the Luminos Homeopathic Courses Ltd. website:

<https://www.homeopathycourses.com/wp-content/uploads/2017/08/BlueTangProving.pdf>

General Resources and References

http://en.wikipedia.org/wiki/Paracanthurus_hepatus

<http://www.fishbase.org/summary/Paracanthurus-hepatus.html>

http://animaldiversity.ummz.umich.edu/site/accounts/information/Paracanthurus_hepatus.html

PLEURONECTES PLATESSA

European plaice; Pleuronectidae



Homeopathy Abbreviation: *pleur-p*

Keywords: *Pleuronectidae*; *oceanodromous*; *cool-temperate*; *demersal*; *oviparous*; *carnivorous*; *food fish*; *parasites*; *prey*

The European plaice, *Pleuronectes platessa*, is a flatfish. Its range is the coasts of the Atlantic ocean, North Sea and Baltic sea off northern Europe from Spain to Greenland and Scandinavia.

Natural History

Spawning occurs December to May. Females release eggs every 3 to 5 days for approximately a month. The eggs hatch in 2 weeks; the larvae drift, feeding on plankton, for 8-10 weeks and then settle in the intertidal zone of sandy beaches where they metamorphose in about 10 days. As part of this remarkable change the left eye moves around the head so both eyes are located on the right hand side of the body; this adaptation allows all flatfish to lie flat on the seabed.

Juveniles stay in these shallow intertidal habitats up to 7 months before migrating to deeper waters. Some of these fish will return the next year; most do not. The adult habitat is sandy and muddy bottoms of the European shelf at depths to 200 m but usually between 10 and 50 m. They burrow in sediment during day time and remain hidden and stationary for long periods. The plaice is active at night and feeds on polychaetes, crustaceans and bivalves. Young plaice

consume mainly shrimp and come inshore in very shallow water.

Adults are an oval shape, with conspicuous bright orange or red spots. The upper parts are greenish-brown, the underside is white. They can change color to match their surroundings but the spots are always visible. The skin is smooth with small scales and no prickles. The head and mouth are small. A bony ridge behind the eyes is characteristic for this species. Its maximum length is about 1 meter, but adults caught in fishing nets are usually between 50 and 60 cm in length. Its maximum published weight is 7 kg and maximum recorded age is 50 years. It is preyed upon by cod, weeverjellyfish, seals, sharks, rays.

The plaice is a food fish, and is Europe's most important commercial flatfish; however it is considered fully exploited and "outside safe biological limits."

Parasites include: *Hemiurus communis*; *Cryptocotyle lingua*; and *Rhipidocoyle johnstonei*.

Distinguishing Homeopathy Features

Hiding and avoidance

Confusion speaking, difficulty giving voice

Hyperactive sexuality

Suddenly quitting

Chlamydia miasm and Stage 13

Prion

One-sided - worse right

Bulging eyes

Dementia Indications

With confused speech, even aphasia

Brain shrinkage or skull pressure

Alzheimer's disease

Creutzfeldt-Jakob disease

Strong for prion diseases

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia

Homeopathy Commentary

A proving of *Pleuronectes platessa* was done by Boris Peisker and Graziella Sanzo back in 2001 where the provers did not know the remedy they were proving. The proving emphasized

dreams.

The main theme in this remedy has to do with growing up in a situation of physical, emotional and sexual abuse which then impacts the *Pleuronectes* patient's value judgments later in life since they are so corrupted and poorly developed. This can also be seen as experiencing abuse as an adult even to the extreme of fearing being murdered and needing to hide like in the remedy *Absinthium*.

The hiding can be a real experience like sheltering in their house or a place after confrontation but also hiding emotions. In the proving there are instances in dreams where the prover goes into a "secret cellar," "takes refuge in the neighboring cellar" or slips into the neighbour's attic, "like in a war." For the patient needing *Pleuronectes* resentments build. This build up of resentment is characteristic of remedies made from demersal (bottom dwelling) fish.

The *Pleuronectes* patient may also have poor boundaries and poor development of moral values. They may have many surges of sexuality and violent thoughts that arise which they feel the need to cover up. Their sense of right and wrong is warped as well — they may end up doing something criminal and dishonest with resultant underlying guilt. One dream was:

"It seems to be about some kind of crime over and over again, but in the end it turns out well."

The poor judgement of others that develops is also seen in other fish remedies, such as *Oleumjecoris*. Patients needing fish remedies tend to minimize dangerous threats to themselves or their family and allow in problematic influences. In the *Pleuronectes* proving this comes out in quite a few dreams and here is just one example:

Then I'm back in the indoor pool. A bat flies in my hair. I'm trying to get her out, but she bites and I ask others to take her out. But everyone says that it would not work because she bites and that I shouldn't move or it would wander down and bite my throat. Then I drive in the car with my husband. We get out and he says he'd just bat the bat to knock it off. I am amazed that it is suddenly possible to remove it. I tell him to watch out and don't hurt it.

There are a number of important aspects in this dream. Firstly the prover is attacked in a pool (water — fish) and secondly, a bat bite would be something most people fear strongly, but the prover thinks she can handle the attack, and wants kindness towards the bat. This is what happens with the *Pleuronectes* patient - they gravitate towards a person or situation that is dangerous or 'blood sucking' but don't consider it so and even believe it's manageable. This leads to a poor outcome.

Allowing in the danger appears in different places in the proving:

"Later there is a dangerous situation because a wave has spilled over you. The danger is that when the wave comes over him, he won't get any more air."

As well, we could put this in the repertory rubric "Mind; Dreams, danger, of" and it shares this rubric with quite a few remedies. One of the remedies is *Chlamydia trachomatis*. On reading and contemplating this proving, it is clear to me that *Pleuronectes* is in this highly 'sexualized' yet 'cloaked' miasm. The *Pleuronectes platessa* provers experienced highly sexual dreams

whereby they dreamt about having quick sex. And then, as I elucidate in the book *Miasms and Nosodes Volume 2*, the Chlamydia miasm has a strong theme of cloaking. In other words, covering up instinctual expression. And even more convincing was the references in the provings to “lavish” clothing and fashion or nakedness, which I talk about as part of the Chlamydia miasm and the remedy *Chlamydia trachomatis*.

As well, in a dream there was “You can’t tell whether it’s a man or a woman” and I discuss the androgynous look as being part of the Chlamydia miasm. Along with this is a cool vibe to the person, including periods of cool stylish nonchalance. In the *Pleuronectes* proving there was a desire to be free of convention. As reported by veterinary microbiologists, the Chlamydiales order of pathogens are being discovered to impact fish, especially in the farm environment.

The provers experienced much anger and irritation that was not expressed. This internalized process of covering or cloaking emotions is very strong. Similarly, there are contradictions in the remedy, the patient can be flamboyant but also wants to hide away, concerned about how they appear. They are also ambitious to reach social status and therefore dressing and looking the part is important for them.

Plaice fish spend a long time covered in sand — and much ‘hiding’ came out in the proving. We have an expression ‘putting one’s head in the sand’ i.e. avoiding life’s trials and tribulations. *Pleuronectes*’ strategy, when faced with a problem, whether personal or business, is to avoid it. They avoid dealing with emotional problems, even the abuse, and it festers and creates a big internal burden.

Patients needing *Pleuronectes* can tolerate alcohol and can drink excessively to deflect stress and pressure. Or they can have a strong aversion to alcohol.

In the proving there were many images in dreams of houses, as well as “neglected” houses, old houses and rooms being renovated and “remodeled,” construction in houses. This reflects the shifting fragile personal identity, childhood and family misdeeds that the *Pleuronectes* patient has experienced. In these houses, in the dreams, many traumatic events have taken place including sexual abuse and problematic sexual liaisons with family members. One dream was having “fast sex” with a sister which did not bother anyone.

Additionally, in dreams, there are other acts which stretch morality but do not seem problematic:

An acquaintance or friend of mine and I lived in an old, rather neglected row house and killed an old man there. I don't remember the reasons for this act. To hide, we stop at the scene of the crime, that is, in this house. From the outside you can already see many flies that are in front buzzing around a window, probably because of the smell of decay. Still we don't go away from this place. We have many things to do in this house, but I can't remember what. We both leave the house several times and stop in front of it. We are either naked or just scantily clad in clothes made of newspaper. At the end of the dream it turns out that the killed man lives. He leaves the house and doesn't seem angry with us for what we have done.

As demonstrated in the first dream I quoted, there are also other images in the dreams of being bitten by spiders, bats and wolves. Again, they reflect part of the growing up with family members who needed aggressive remedies like these. Their mother or father may have been

very demanding and even cruel.

They don't feel they are heard as children and adults. They have issues of self-esteem and therefore experience an immediate rejection which is held in. This can also be part of a dementia state later in life where they are not able to effectively express in speech what they want to say. It can also be part of a post cerebrovascular accident (stroke). In the same way, they don't believe they can accomplish much in life, so they fall back on routines and can lack creativity. They can stubbornly stay with old ways of doing things.

This feeling of not being heard can also have strong implications in relationships and so there is a lot of arguing — much of this is in the head of the patient needing *Pleuronectes* but it can manifest as being argumentative in relationships. And the fish element of not being imposing can take over and thus their verbal expression at some point is halted.

This can also bring a deep sense of injustice and need to fight for justice. In the proving, there were dreams of living in a dictatorship. This reflects a feeling of being personally and politically oppressed and much of this feeling is internalized; there is a constant internal discourse as to what to say and how to respond to injustices and slights that they perceive. They are especially sensitive to reading about atrocities and human rights abuses. Being open and vulnerable to many influences, this can move into an obsession with political conspiracies and the 'deep state'.

Their commitments can be of the 'in and out' sort whereby at times they are firmly committed and then at other times not so, with a desire for extramarital sex. This retreating (Stage 13) alternating with connection is seen in many other ways as well — in jobs, even concentration and memory. In this way, they can be emotionally cheery but then unavailable or warm emotionally then "cold as a stone" as one prover said.

The other way that this 'in and out' mindset comes through, ultimating in a lack of commitment, is in their work. The *Pleuronectes* patient can be in partnership with a parasitic individual, and builds resentments for the lazy inaction and arrogance of their partner. This resentment is internalized, not communicated. The *Pleuronectes* patient, in the end, throws their hands up in despair, quits and gives away the business to the partner. The *Pleuronectes* patient is unaware or has ignored the fact that the partner has been 'parasitic' and from the beginning has wanted this outcome. This is very similar to the situation in *Oleumjedoris*, another demersal fish.

The child or young adult can also suddenly desire to stop school, particularly after a humiliation at school, where they feel ongoing resentments and intolerable emotions.

The *Pleuronectes* patient has issues with forgetfulness and their memory of past events is very poor. They have trouble remembering words and are confused when talking. They can suffer from vascular problems and the effects of sedentary living. As a result, it is to be considered strongly for vascular dementia.

European plaice have some strange development processes in order to achieve their adult status as a flatfish, looking similar to other adult flatfish like sole, turbot or halibut (yet to be potentized). Plaice larvae start out as having bilateral body symmetry but within a few days one eye drifts from one side of the body to the opposite side. This means that there are two eyes on one side of the body. They then go to the bottom of the sea bed and bury themselves in the sand, barely visible.

I discuss this source information because there are some analogous sensations and physical symptoms brought out in the *Pleuronectes platessa* proving. These peculiar onesided sensations are reflected in sensations in this proving:

"I had the feeling that someone was by my side and pressed flat on my head, but only on one side. The right side."

"... the feeling as if someone here is squeezing my side from my pelvis to my head, but only one side. The right side."

I've included information on Stage 13 below since the Chlamydia miasm is Stage 13 and also the *Pleuronectes* patient and proving exhibits so much related to this stage.

The eyes can bulge and can be affected with severe myopia and also exophthalmos, which means the thyroid is affected.

There were also strong urges to urinate with large amounts of urine, as well as a feeling of dehydration.

Clinical Focus Guide

APPEARANCE AND Demeanor

Bulging eyes
Distorted, asymmetrical features sometimes
Fashionable

MIND AND DISPOSITION

Physical, emotional and sexual abuse
Fear of being murdered
Dreams of old man or woman murdered
Resultant poor value judgments
Impulsive decisions and directions
Violent thoughts
Sexual addictions as a result

Fragile personal identity
Burnout from work leading to confusion of
what to do, quitting
Traditionally religious

Hiding and cloaking
Covering up physically and polarity of no
clothing
Hides emotions
Dreams of a secret cellar, place of refuge
Flamboyant yet wants to hide away 'Head in
the sand'
Build up of resentment

Avoidance
"It doesn't matter"
"I won't make it anyways"
Stubbornness or giving up

Danger
Delusion dangerous situations are not dan-
gerous
Overcoming danger with good intentions
Dreams danger
Unsafe
Dreams knives and needles

Hyperactive sexuality
Hidden
Sex with family members
Quick sex

Fashionable
Lavish high fashion clothing and accessories
Averse clothing
Hipster

Androgynous
Confusion sexual identity

Anger and irritation
Unexpressed
Build up of resentments
Sarcasm
Gossiping

Not being heard

Injustice and political conspiracies
Dictatorship
The hidden 'deep state'
Sensitive to human rights abuse and atrocities
Cruel dictatorial parent
Feeling of being ripped off

In and out of commitment
Retreating from emotional commitment
alternating with deep connection
Feeling of incompetence
Hidden irresponsibility

Business person
Parasitic business partner
Suddenly quitting work
Suddenly quitting school

Difficulty with expression
Confusion when talking
Trouble remembering words
Cannot express what they are thinking
Confusing others

Stage 13

Fears

Failure
The 'deep state', political conspiracies
Criticism
Anticipatory
Hypochondriacal

Dreams
Bitten by animals
 Bat bite
 Spider bite
Knives, needles impaled
Wolf chasing a spider
Sexual
 Fast sex with sister
 Without feeling
Houses

PHYSICAL FOCUS

Myalgia, muscle pains
Pain joints in single part

Eye problems
Myopia
Exophthalmos
Bulging of eyeballs
 Tumor behind the eye
Conjunctivitis
 One-sided
 Eye(s) glued together
 Secret hiding place - secret cellar or attic
 Walls are faded and crumbling
 Neglected
 Remodelled, construction site
Caves with pools
Water, swimming
 Indoor pool

Murdering someone, being murdered
Hiding cellar, attic
High mountain
Korea
Short confused
Milk
Blackmail
Crime over and over again
Family vacations
At optician
Dictatorship and regime
Clown
 With blue face paint
 Arlecchino
Dresses and skirts and clothing
Mentally handicapped with difficulty understanding
Disfigured child
Unplanned pregnancy
Gold and money
'Gross' beggars

Vascular problems
Cerebrovascular accident
One-sided paralysis
Vascular dementia
Varicose veins — one-sided extremities
Congestive heart failure

Desire alcohol
Korsakoff's syndrome
Or complete aversion alcohol

Thyroid problems
Hypothyroidism Graves
disease

Tumors
Benign and malignant
Especially head

Migraine
One-sided

Frequent urination of large quantities Dehydration

From dehydration
Psoriasis

Anemia

Osteitis deformans
Paget's disease

Spinal stenosis

Hydrocephalus

SENSATIONS

Dryness
Wetness in nose, other body parts but patient thinks it is dry

Body shifting to right side
Water in pools
One-sided undulation motions

RELATIONSHIPS

Compare

Chlamydia trachomatis, Hyoscyamus, Johneinum, Fluoric acid, Baryta carbonica, Beryllium, Calcarea carbonicum, Gallium met.

Modern Homeopathy Excerpts

From *Miasms and Nosodes Volume 2*:

STAGE 13: Prion and Amyloid miasms; also Chlamydia miasm

Shared [Stage 4] Core Word: MAZE

Specific Core Theme for Stage 13: Maze (confuse) with on-and-off withdrawal

Expression:

A maze is designed to puzzle and disorient people, and refers more broadly to something that is deceptive and perplexing. In the reciprocal Stage 4, there is a sense of being ‘amazed’, expressing the initial sensation of dazed bewilderment when beginning to truly engage in the world, for example in relationships or at work. At Stage 13, there may be more deliberate efforts to ‘maze’ others or profound feelings of confusion and disorientation like those intended by a maze. This can even include behaving like a sorcerer or guru, through use of magical ceremonies or talismans, and by exploiting qualities such as seduction, charisma, or removal of inhibitions.

As mentioned, Stage 13 is half out whereas Stage 4 is half in. In the earlier reciprocal Stage 4, the individual is just starting to engage and therefore is half in. In Stage 13 the individual is starting to disengage fully and is half out. With feelings of confusion and obfuscation, they alternate between continuing to engage, and disengaging. There can be disbelief and a feeling of restriction — the polarity of wide-eyed amazement.

Starting from the Stage 4 seeds of initiation and wonderment about the world, both spiritual and physical, we see more negative expression and even corruption in the Stage 13 counterpart in the right side of the periodic table. Here we can see sarcasm as well as cursing and gossiping about others. They attempt to control others by confusing and weakening them, or they may just have an internal feeling of confusion as a result of falling behind and being suspicious.

Similar sensations are associated with miasms corresponding to this stage, such as the prion disease Creutzfeldt-Jakob disease (‘mad cow disease’). Similarly, pathogenic amyloids have also been implicated in Alzheimer’s disease and other neurodegenerative disorders. There is a loss of cognitive abilities and thereby confusion — the person enters the maze of dementia. There are no specific nosodes made in this miasm, though other types of remedies, particularly certain plants and fish, can be used from this stage.

We also see many of these qualities in the *Chlamydia* miasm with the idea of creating a cloak or cover for true intentions. The *Chlamydia* patient may also have problems with expressing themselves and memory issues, presenting with a disengaged quality that is part of Stage 13. In both *Thallium metallicum*, which is in this stage, and the *Chlamydia .Nosode*, there is a suspicion that they will be poisoned or murdered.

This is also the stage of online computer culture where you may cover your true identity but attack, gossip, and create confusion around the truth.

Impetus: lagging behind, starting to feel powerless, suspiciousness

Engagement: can’t keep up, out of date, giving up, outgrown, starting disengagement, withholding and withdrawal, connecting then retreating, half out

Momentum: creating a maze, confusing others, stubbornness, cloaking, sarcasm, nostalgia, lagging behind, cool and hip vibe yet old fashioned, confusion, losing memory, magician, cursing others, certainty alternating with uncertainty

Stage 13, Scholten from Qjure:

“Behind: They lag behind, behind the times, behind in their views, behind in their work, behind in upkeep, etc.”

“Outgrown: Success ran away from them.”

“Nostalgia: Nostalgia for the good old days.”

“Out of date and stubborn.”

“Falling behind.”

“Withholding.”

“Suspicion.”

“Loss of faith.”

“Withdrawal, giving up.”

Chlamydia miasm from *Miasms and Nosodes Volume 2*:

Cloaking, secrecy, hiding

Charismatic appearance

Indifference alternating with expressive sensitivity

Drawing others into their sexuality, in their world and games

Sarcasm, biting wit

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POECILIA RETICULATA

Guppy; Poeciliidae



Keywords: *Poeciliidae*; *ovoviviparous*; *polyandrous*; *cannibalize young*; *omnivore*; *parasites*; *tropical freshwater*

The guppy (*Poecilia reticulata*) originated in the rivers and lakes of South America and the Caribbean.

There are almost 300 different species of this colorful, freshwater tropical fish and it is now found almost world-wide. Guppies have also been found in brackish water and are capable of being fully acclimated to saltwater habitats. The guppy is a popular aquarium fish and they prefer to shoal in groups of six or more. They have been introduced in certain places as a means of mosquito control to reduce the spread of malaria; however this appears to have sometimes had a detrimental effect on local fish and no real impact in reducing mosquito larvae. Rapid adaptation by guppies to new habitats has been studied by biologists who propose that animals may in fact evolve at speeds much greater than fossil records show. Guppies have also been the focus of research topics such as sexual selection and group living.



Natural History

Guppies are sexually dimorphic, with the male, on average, only half the size of the female, which grows to between 3 and 6 cm in length. Their lifespan is one to three years in aquariums. Wild guppies are generally grey, and the female looks drab compared to the male which has much larger dorsal and caudal fins and spots, stripes or splashes of different colors on its body. Over the years, selective breeding has led to the development of hundreds of ‘fancy guppies’ with a plethora of colors, body patterns and caudal fins — ‘rainbow fish’ is a common term for them.

Guppies are highly prolific livebearers — hence their other nickname ‘millionfish’. They mate more often than most fish and their mating is known as polyandry, where the female mates with multiple different males. The males compete with each other for female attention: they chase them constantly and wiggle their fins in an attempt to ‘show off’ but the female is ‘choosy’ and rejects most of these advances. To human sensibilities this looks like sexual harassment but there is evidence that polyandry in guppies is not entirely the result of male sexual behavior; females ‘encourage’ the behavior to an extent by associating more often with groups of males.

When males find a receptive female (or even if she is not receptive), the anal fin (gonopodium) becomes erect and impregnation of the female occurs rapidly when the male bumps into the female to inject its sperm. Once inseminated, female guppies can store sperm in their ovaries and gonoducts, which can continue to fertilize ova for as long as 10 months. The eggs that are fertilised remain in the female’s body until they are ready to hatch after incubation of around 30 days; females may then give birth to several more broods without mating again. Fry may number as many as 100 and it can take as long as 3 days to birth them all. Immediately after birth in the wild, the tiny fry sink to the bottom to avoid predators then swim to the extreme shallows where they mostly eat algae and are safe from most aquatic predators; within 60 days they have matured into adults. In fish tanks, newly born fry may be predated on by other fish and their own parents, especially if there are few places to hide; guppies have not had to evolve the same ‘parenting instinct’ as fry of species hatched from external eggs that then require parental protection in some form to reach adolescence.

Guppies are omnivorous and eat mainly benthic algae, aquatic insect larvae, brine shrimp and a wide variety of organic matter in the water such as particles of food left by other fish.

Guppies are preyed on in the wild by birds such as kingfishers and larger fish; in aquariums their small size and elaborate fins often attract unwanted attention so they should be kept with other smaller fish.

Parasites: *Gyrodactylus turnbulli*; *Ichthyophthirius multifiliis*; *Camallanus*

Distinguishing Homeopathy Features

History of high sexuality, taboos, many different relationships

Sensuality with indifference

Many desires, hard to fulfil

In between life and death

Opiate addictions

Has children from different partners

Worked in institutions or same job many years

Jovial but sleepy, low energy look

Slower speech

Humming

Many desires

Similar to *Vipera*, *Lac felinum*

Dementia Indications

Dementia

Slow speech

After long term painkillers and psychotropic medications

Chronic pain with medications leading to dementia

Alzheimer's disease

With sexual acting out, lack of inhibition

Indifference

Later stages

Creutzfeldt Jakob disease

Vascular dementia

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Post-influenzal and viral dementia

Homeopathy Commentary

Children love guppies and these fish can be typically part of any beginner's aquarium. Unlike most fish, guppies are not primarily used as food, but as a pet. These fish have elaborately colorful caudal or tail fins as well as an adorable quality. And these attractive and adorable attributes can be found in the patient themselves. Like sunfish, *Lepomis*, there is a quality of the patient that is lovable, and in the proving the first reaction was a feeling of "joviality, joking, humming."

The fry of guppies are born live which is different from many of the other fish remedies in this book which have eggs. Yet at the same time the adults, like other fish, will feed on or

cannibalize their young. Therefore, in guppies too, we see the energetic backdrop for the decline into dementia that is seen in patients who may respond to the remedy *Poecilia reticulata*.

A selection of the notes from the trituration proving led by Doug Brown is included below the commentary. It is resplendent with indications of disconnectedness, memory problems and dementia-like states. He says: “The non-thinking aspect of the energy became clear: abstraction and thinking were difficult if not impossible.”

The proving leader immediately perceived that there were indications of cognitive problems along with an inability to be reflective. In his synopsis of the brief proving he continues to describe it:

The mental state produced by the trituration/proving was quite clear.

The patient would be dreamy but irritable; self-absorbed but non-reflective. Abstract thought would be beyond her, but she will have no inhibitions about demanding what she wants. Clinical conditions of autism or Asperger's syndrome come to mind, as does dementia or other kinds of traumatic brain injury. Children with developmental delays in the areas of socialization and abstraction, adults who have experienced cognitive losses following encephalitis or CVA may be candidates for this remedy.

There are other aspects to this remedy as well. There are many similarities in *Poecilia*, a remedy made from a fish that gives birth to live fry, with the snake remedy *Vipera berus*. ‘Vipera’ (the common viper) means to ‘give birth alive’. The guppy also has mating behaviors that are similar to this snake. High sexuality is a characteristic of both. Yet there is a fundamental difference between a snake and a fish. *Poecilia* does not have the jealousy we would see in *Vipera*.

After much clinical experience using *Vipera berus*, I taught in lectures over the years that this remedy made from a snake venom is for a patient with a very high sexual drive, and who has many different liaisons. It can also be an important remedy for infections, even sepsis, before and after giving birth. The *Vipera* patient can, but not always, have numerous children from different partners. Guppy fish have similar behaviors and resultant partnerships. Guppy fish are highly prolific livebearers and are polyandrous, which means the female mates with multiple males. There is a similar picture to *Vipera berus* but without much of the jealousy and overbearing quality that is seen in the snake. Patients needing *Poecilia* are lighter and more affable.

In the *Poecilia* proving there was “disinhibition” and “libido increased, indiscriminate.” They are not selective in their choice of partners. Their sexual needs are very high like in *Medorrhinum* and we could put this remedy in the Sycotic miasm. The leader of the proving relates that during the trituration “there was talk of a woman sex therapist who left her husband so that she could have more sex.” “It’s visceral satisfaction I want!” And another prover had a dream of being “sexual, with exchange of partners, group sex, with indifference.”

Indifference is an aspect of this remedy similar to that seen in *Urolophus halleri* but it has, like *Urolophus*, its own quality. In *Urolophus*, the round stingray, there is an ‘elegant indifference’. In this remedy, even in the healthier states, there is sensuality with indifference. There is a lack of abstract thinking and more of a sensual experiencing and a desire for ‘satisfaction’. In the healthier patient there is a self-absorption, apathy and indifference to

responsibilities.

The conflict that we see in most fish remedies having to do with the group is also present in this remedy. The conflict is between being in the group (shoaling) or being an individual and separating from the group. In the proving there was a “desire for solitude to experience one’s self” and “detachment” yet also a “desire for closeness to others” and a “desire to merge.” They can become “institutionally impersonal.”

As well, there is a feeling of dead individuals around them, or of being in limbo or a bardolike state: “Trapped in a state neither fully dead nor alive” which is what typically drives a desire to smoke tobacco and this remedy has a ‘desire to smoke’. They can have images of death. “Dead, but stuck on a person and trapped.” This has to do with the underlying spiritual state of Alzheimer’s and dementias which is a desire to stop or escape reincarnating and blank out the Akashic record and knowledge of past lives.

And the other element I noticed in the proving is that the word ‘desire’ is repeated frequently as a descriptor of words. There is also a symptom, ‘futile efforts, never successful’. The use of the word ‘desire’ implies that things are not fully coming to fruition. It also demonstrates the lascivious desires seen in the patient needing *Poecilia*.

There is a calmness to the patient; they seem almost sleepy or ‘dreamy’ as it is described in the proving. Yet they are direct and don’t mince words.

There is a rubric expression from the proving extraction:

Feet don’t touch the ground.

I see this rubric in relation to Orchid remedies. Orchids have a lot to do with the feet, which are the connection to the earth, to material reality. In Orchid remedies, there are actual foot pathologies and problems as well as issues around material sustenance and spending. And in *Poecilia* there are dreams of shoes similar to the orchid, *Vanilla planifolia*. In a similar fashion to *Poecilia*, patients who need an Orchid remedy can be highly sensual, sexual and into material wealth but without the desire to work at it fully. Therefore, they become disconnected to the source of much of the material wealth (like someone getting money from a trust fund) or someone not caring about financial responsibilities.

Unlike Orchids, there is less of a fungus or parasitic quality in *Poecilia*. They will still seek part time work to fund their spiritual seeking, but not at the income level they could be receiving. They short-change themselves. In *Poecilia*, there is less ambition and responsibility unlike what may be seen in many other fish remedies. ‘Apathy, indifference to responsibilities’ was in the proving. There is a feeling of inertia and with this is some cognitive decline as if they are ‘anesthetized’.

Most of the characteristics in *Poecilia* are also indicative of drug addictions, particularly opiate and opioid addictions. It is a remedy to be thought of for someone who is addicted or for an older person, who has been taking pain killers for many years and is in, or moving towards, a dementia state.

The proving also demonstrated some interesting developments in terms of dementia and the kind of disintegration of the self we see in fish remedies:

Abstraction and thinking were difficult if not impossible.

Yet there is a spiritual acceptance of it in the beginning stages, less of a struggle or fight about it than in many other fish remedies. They give up easily and have an expectation that others will take care of them:

Connected but detached, co-existing but separate; people are in perfect alignment by being.

Dementia, but spiritually in touch with oneself.

This detached spiritual side to the patient needing *Poecilia* is the precursor to cognitive decline. There is a quietly collapsed and cognitively compromised state where the patient has difficulty moving forward in their work or personal life. Eventually they retreat and give up.

The two polarities, spirituality and sexuality, are similar to *Medorrhinum* and the Sycotic miasm. I describe the Sycotic miasm and this nosode extensively in *Miasms and Nosodes Volume 2*. This is Stage 10 on the periodic table schema.

Clinical Focus Guide

APPEARANCE AND Demeanor

Sexually attractive, sensual in a soft way

MIND AND DISPOSITION

High sexuality and selfishness

Many sexual relationships and interactions

Children from different partners

Increased libido, sexual craving

Sensual

Want of moral feeling, breaking through taboos

Many desires

Self absorbed

Restrained vivaciousness and attractiveness

Acute senses; vividness

Need to be taken care of

Deserve support from others

Attractive

Sensual desire to touch and feel

Desire for visceral satisfaction

Sensual acuity

Opioid addiction

Taking painkillers for years

Cognitive decline

Dreamy, spacey

Detached

'Brain dead'

Slow, whispery speech

Thinking impossible

Half dead, half alive

Spatial disorientation

Neurobehavioral problems

Autism, Asperger's syndrome

Spiritual but superficial

Self-absorbed but lacks deep self-reflection

Detached

On a spiritual journey

Simple

'Feet don't touch the ground' — claim they have given up on the material world

State neither fully dead nor alive

Inbetween state

End dementia stages

Sacrificial

Giving up on individuality

Avoids responsibilities — expectation others will take care of them

Feels attacked because of their spiritual choices

Power surging alternating with powerlessness

Impatience

Irritability

Light with feeling of dark foreboding

Jovial

Humming

Detached

"Light-heartedness alternating with heaviness, grief, irritability"

Delusion

Crazy

Small animals, squirrels, rats, cats

Neurobehavioral and developmental delay disorders

PHYSICAL FOCUS

Generals
Senses acute
Dryness — Sjogren's syndrome
Weakness
Heat in upper body; flushes of heat
Worse left

Head
Pain left side
Extending to occiput

Nose
Allergic rhinitis
Smell acute

Mouth
Dryness

Eyes
Burning irritation
Twitching

Vision
Accentuated, acute
Colors bright and intense
Floaters

Ears
Plugged

Increased wax

Throat
Difficulty swallowing

Dryness

Chest
Tightness, under sternum
Heaviness

Extremities
Pain right wrist Weakness lifting

SENSATIONS AND EXPRESSIONS

Expansion
Rising
Bubbling
Sensual, sexual
Underwater, water, showers

Heaviness
Acuteness of senses
Dryness
In-between; neither alive nor dead
Drugged

RELATIONSHIPS

Similar remedies

Fluorine salts, *Fluoricum acidum*, *Vipera berus*, *Vipera aspis*, *Lac felinum*, *Opium*, Orchid remedies, *Xiphophorus maculatus*

Modern Homeopathy Excerpts

Excerpt From a C4 trituration proving of *Poecilia reticulata*, the guppy, led by Doug Brown: With the end of summer approaching, the time to decide on a substance to triturate had arrived. Six colleagues were scheduled to gather around mortars and pestles the following weekend, and I had yet to make the final selection. I considered again my quest to understand the consciousness linked to fish remedies as well as that of other well known groups of animal remedies, such as snakes, spiders, mammals, or birds.

This paper proclaims no such ambition. It simply details the experience of the trituration of a helpless, sacrificial guppy, scooped up with a handheld net at a local tropical fish pet store, at my request.

Perhaps this small, yet colorful creature contains an energy that is at once medicinal for some aspect of human consciousness, as well as capable of providing a window into the nature of fish remedies more broadly.

The essence of *Poecilia*

Poecilia brings about a heightening of the senses, an acuity especially of vision, smell, and erotic touch. This is accompanied by a movement inwards, a strengthening of connection with one's own needs and desires, and a disinhibition regarding concern, care, and respect for others' needs, preferences, or demands. The sensual acuity resembles not so much that produced by hallucinogenic drugs; rather it is a deep absorption into the sensory realm and a corresponding diminution of the capacity for reason, reflection, and abstraction. There is an associated sense of the unreality and bizarre nature of experience, which occasions a sense that individual efforts are futile in an impersonal, institutional world or indifferent universe. A sense of neutrality, detachment, and apathy result. In extreme form this may take the form of a half-dead, half-alive condition, where self-absorption and merging preclude the experience of differentiation from one's environment and therefore any efficacy in changing it.

The trituration experience

Almost immediately a lightness was noted. There was joviality, joking, humming. As with many triturations, physical symptoms were most prominent in the first round. These centered around the eyes, mouth, and special senses. Intense dryness of the mouth, eye irritation, ear plugging, were accompanied by a general heightening of the senses, especially vision.

While some experienced restlessness, irritation and boredom, a swaying energy was felt by some. Visions of wide open spaces, feelings of tranquility and calm, along with a sense of disconnection came to predominate.

During C1, the calmness was shadowed by a dark foreboding. "Chaos around the corner." "A rhythmic calmness, but underneath something compelling you to go faster and harder." In the drawings, lovely reds, oranges, yellows, and blues, but a dark edge.

In C2 the lightness seemed to triumph and the foreboding was eclipsed. "I want to paint your walls bright colors!" We listened to John Denver singing "Calypso." There was talk of a woman sex therapist who left her husband so that she could have more sex. "It's visceral satisfaction I want!"

Along with the joviality there was a connection to something higher and loftier, but also vague to the point of dreamy, delusional, and other-worldly.

The non-thinking aspect of the energy became clear: Abstraction and thinking were difficult if not possible. This is a remedy that belongs squarely in the realm of the pure sensual experience, with a pronounced apathy towards responsibility and abstract thought.

At higher levels, *Poecilia* consciousness concerns a reconciliation of the haphazard and random nature of death, loss, and suffering, with the desire for transcendence, connection, and belonging in an apparently indifferent universe. The well-compensated or healed individual who might benefit from *Poecilia reticulata* feels connected to others instinctually, without needing to make any direct individual effort at connection. “We are all held together in a net.” Our individual egos and imagined tasks and responsibilities are all delusion: We are one — no effort is necessary. Bring on the paintbrushes!

MIND [from the proving]

Apathy, indifference to responsibilities	Laughter
Aversion to thinking, work	Lazy
Blunt, direct, assertive	Libido increased, indiscriminate
Boredom, ennui	Light-heartedness alternating with heaviness, grief, irritability
Calm in high-stress situation: Triaging casualties as if having a cup of tea	Merging, melding
Connection to earth, nature, universe, rather than with humans	Mesmerized
Contentment	Neutral feeling
Desire for colors: green and blue, then gray, black, yellow	Reverie
Desire to paint bright colors	Selfishness without guilt or remorse
Desire to smoke	Self-absorbed
Desire solitude to experience one’s self	Sensual
Desire for closeness to others	Singing
Desire to merge	Sexual
Desire to touch and feel things	Staring
Desire for visceral satisfaction	Thinking impossible
Detached	Unconcerned, unfazed
Disinhibition	Unfeeling
Disorientation, spatial	Unreality
Dreamy	Unsympathetic
Expansive, realizes we are but infinite points of light in Indra’s net	Want of moral feeling
Humming	Weak, simple
Hypnotic	Delusions
Impatient	Cake and frosting
Indifferent to others	Connected but detached, co-existing but separate; people are in perfect alignment by being
Injures herself accidentally	Crazy, he is
Irritable	Embalming fluid, chloroform
	Everything is pretty
	Faces of cats

Feet don't touch the ground
Harlequin, court jester
Helpless, powerless
Insects
Knows what to do without thinking
Net holding us all together
Objects huge or miniature
Peace and tranquility, with chaos lurking
 around the corner
People are cold
Power coursing, surging
Power coursing through electric wires
Powerful growing energies
Rats, small animals
Visions, visual hallucinations
Water falling on brightly colored tiles

Dreams
Bizarre, circus-like
Brain is a little calculator doing math problems
Dead, but stuck on a person and trapped
Dementia, but spiritually in touch with oneself

Dentist discovers periodontal disease in patient, and laughs
Futile efforts, never successful
Impersonal, institutional
Man on motorcycle exposes himself, asks girl
 to marry his penis, which has its own name
Men wearing tutus
Murder
Patterned dancing
Sexual, with exchange of partners, group sex,
 with indifference
Shoes
Showers
Squirrel chopped in half by car
Trapped in a state neither fully dead nor alive
Underwater

Fear
Intruders
Judgment

Additional Homeopathy Resources and References

Brown D, 2011. A C4 trituration proving of *Poecilia reticulata*, the guppy

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PTEROPHYLLUM SCALARE

Freshwater angelfish; Cichlidae



Keywords: *Cichlidae*; *freshwater*; *tropical*; *oviparous*; *monogamous pairing*; *brood care*; *carnivore*; *predator*; *cannibalism*; *parasites*

Pterophyllum scalare, freshwater angelfish, is the most common of three species of *Pterophyllum* held in captivity. Its natural habitat is in the Amazon and other rivers in Peru, Colombia, Brazil, French Guiana and Guyana. It is found in swamps or flooded grounds where vegetation is dense and the water is either clear or silty.



Natural History

Males court females during the breeding season and form monogamous pairs. During the entire brooding cycle, bonding of the original pair of parents is maintained, complete with defense of each partner against aggression or potential rivals. Eggs are generally laid on a submerged log or a flattened leaf. The female will deposit a line of eggs, followed by the male who will fertilize the eggs. This process repeats until there are a total of 100 to more than 1,200 eggs, depending on the size and health of the female. As with other cichlids, brood care is highly developed. Both male and female guard the eggs against cannibalism by competing males, and possibly females. They are known to cannibalize their own eggs in aquaria.

Angelfish are voracious predators and prey on small fish and macroinvertebrates. As aquarium fish they are known to eat any fish that will fit in their mouth, including their own fry.

The bodies of *Pterophyllum scalare* are coin-shaped (thin and round), with long triangular dorsal and anal fins. This body shape allows them to hide among roots and plants. Their colors, often with vertical stripes, provide camouflage. Angelfish are commonly kept as freshwater aquarium fish.

Parasites: *Gyrodactylidae*; *Dactylogyridae*; *Ichthyobodo necatrix*; *Ichthyophthirius multifiliis*; *Spinnucleus vortens*; *Capillaria sp.*; *Chilodonella sp.*

Distinguishing Homeopathy Features

Spiritual teacher, angelic yet ambitious, predatorial

Disorganized

Dreams paralyzed

Pituitary problems

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia (e.g. COVID)

Homeopathy Commentary

This fish is a predator yet is called an 'angelfish'. In some ways, this disparity encapsulates the disposition of a patient needing *Pterophyllum scalare*. On the one hand they can appear softly angelic, 'spiritual' and giving, yet underneath they can be ambitious, avaricious and indifferent to suffering. Although they want to be a 'leader,' they have trouble fully accepting the position with its responsibility. These contradictions can ultimately result in a static energy, where they are lethargic and confused, paralyzed to move forward after years of ambitious climbing.

The patient can therefore easily go into a dementia state, particularly around retirement age where they have difficulty with their memory and an inability to organize their life. They have trouble at first keeping appointments and remembering simple tasks in their life. They can also experience a 'blunting' of senses, where they don't taste, smell or see effectively. They can also have a low sex drive. All these, like *Calcarea phosphoricum*, can be, with the right significant stimulation, increased or moved into action.

At first though, they can be ambitiously climbing a ladder to success. It is not like the hard-driving salesperson. They are more like a spiritual teacher, healer or psychotherapist with a following since underlying their spirituality and emanation of light is an ambitiousness to be on top. They can, therefore, have a fear of a loss of their position. Another situation is a benevolent founder of a company who makes money, is altruistic and gives away much of their wealth to find themselves in a problematic financial situation particularly around retirement age. This can also be in any type of relationship where they give away too much and find themselves compromised materially and financially. They are waiting for a miracle financially or may present themselves in an altruistic way but be financially avaricious.

Psychotherapy or a religion where self-discovery is important is a focus since they feel they are never quite part of the world or able to reap the benefits of the material world. They, therefore, have a poor sense of their own identity. One patient said, "It's like waking up in

someone else's life." They search for it. Or they may deal with it by holding onto the tenets of a hierarchical religion which gives them a sense of identity.

They may have dreams of dead people and relatives, see or dream about ghosts and the netherworld, since they are close to this realm.

These qualities are seen in many fish remedies, but in this remedy there is an intensification between the angelic presentation and the underlying avaricious and ambitious intensity.

Many years ago I presented at a conference, with permission, a case of a woman who did very well from homeopathic *Pituitary anterior*. She had severe nosebleeds to the point of hospitalization which went away with this remedy. In the discussion of pituitary remedies (*Pituitary anterior* and *Pituitary posterior*) I described a similar dispositional situation to what we find in *Pterophyllum*. It is of someone who is spiritual but has difficulty manifesting and even being productive. As well, there can be growth problems, like we see in this remedy, whereby they can either suffer with acromegaly or what is called dwarfism in homeopathic texts. In children, we see early puberty. These can all be problems we see in *Pterophyllum* as well as other physical issues associated with the pituitary, a master gland. These include

- Hair loss
- High blood pressure
- Easy bleeding
- Irregular menstrual periods, light flow
- Low energy or low sex drive
- Stunted growth or unusual growth spurts
- Unexplained weight gain

A gap between the front teeth can indicate that at some time in the life of the patient the pituitary gland was overactive. *Pterophyllum scalare* is also indicated where there are pituitary tumors; menopausal as well as menstrual problems are also strong indications.

The patient needing *Pterophyllum scalare* can feel enslaved by circumstances. They feel they are in a predicament of their own making; they cannot get out of it and as if they are continuously repeating habits. It can be represented by a relationship, where,

in the beginning, they did not have a strong connection or love but they had been easily pushed into it.

In a relationship, they may have to present themselves as ‘yielding’ to certain demands. For instance, in the event their partner or children need help, they are effectively forced to give it because of their religious belief and the need to demonstrate a ‘giving’ persona. But deeper inside they resent it and are not so giving, more thinking about how they can get out of it. They tend to be in one intimate relationship at a time.

We also see *Thuja* as a remedy for a patient who presents themselves differently than what is inside. But the difference in *Pterophyllum scalare* is that there is less of a calculated quality to it. In fish remedies, there is a guileless quality with a sensitivity and even sweetness; they discuss their issues much more openly and inadvertently and naively reveal the incongruities.

Clinical Focus Guide

MIND AND DISPOSITION

Mental confusion	Outsider
Confusion of identity	Contact with dead people, ghosts, netherworld
Memory and concentration difficulties	Dreams dead people, dead relatives
Lack of organization	Conversing with dead people or relatives Sees
Forgetting appointments	or fear of ghosts
Disorganization and constant obstacles	Religious dreams
Dreams of not arriving at destination	Dreams about Saint Peter
Spiritual, religious, seeking	Conflict between religion and ambition
Angelic quality and appearance	‘Eye on the prize’
Yet underlying ambition and indifference	Lethargy
Avoiding enjoyment	Dream paralyzed
Ambitious angelic religious leader or follower	Dream ladders
‘Eye on the prize’	Fear in deep water
Repeating	Enslaved feeling
Gives away material wealth or earnings	Feeling cannot get out of predicament
Difficult in manifesting materially Wishing for a miracle	Indifferent father; overbearing mother

Physical

Pituitary issues
Sudden weight gains
Either short, or very tall; large
Pituitary tumors

Difficulty sleeping
Short bursts of sleep
Waking unrefreshed

Hypertension

Gout

Edema

Graves' disease
Irregular menses
Poor flow or massive flow

Easy bleeding
Epistaxis

Sight
Glaucoma
Bloodshot

SENSATIONS

Feather, hair
Floating or fear while floating
Water
Aquariums

Soft, flaccid
Fish
Life and death
Deep exhaustion

RELATIONSHIPS

Similar remedies

Neptunium muriaticum, *Veratrum album*, *Lilium tigrinum*, *Thuja occidentalis*, *Graphites*,
Leptospiriosis

Additional Homeopathy Resources and References

Angelfish Case and Notes, Pat Maher HMC, MSW; New York, New York.

General Resources and References

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PYRARARA (*Phractocephalus hemioliopus*)

ledtail catfish; Pimelodidae



Homeopathy Abbreviation: *pyrar*

Keywords: *Pimelodidae*; *freshwater*; *tropical*; *demersal*; *oviparous*; *carnivorous*, *hunters*, *scavengers*; *solitary*; *parasites*; *food fish*; *sport fish*; *aquarium fish*

Phractocephalus hemioliopus, the redtail catfish, is a freshwater pimelodid (long-whiskered catfish). It is native to and widespread in the Amazon, Orinoco, and Essequibo river basins of South America. In Venezuela it is known as cajaro and in Brazil as pirarara.



Natural History

Published reproductive detail for this species is sparse. Natural spawning is reported to occur in Jan/Feb in Ecuador. They are oviparous: the female lays eggs on the riverbed; the male covers the eggs with sperm. Fertilized eggs are left unattended.

The diet consists chiefly of other fishes (primarily characids and catfishes) but also may include fruits, seeds, and crustaceans, especially in seasonally-flooded forests. They are solitary, slow-moving, bottom-dwelling fish. The large head and mouth with short, pin-like teeth are designed to grasp and swallow, not chew, their prey. They are active predators that eat almost anything smaller than themselves, and live in large rivers, sloughs, streams, lagoons, and estuaries.

The redtail catfish is distinctively colored: dark, with a wide white stripe that extends along the midline from the mouth to the red tailfin. It has smooth, scale-less skin and well-developed sensory abilities to detect prey; sets of barbels (whiskers) as well as 'lateral lines' the length of its body have physical and chemical sensors with which the fish can 'touch' and 'smell' its environment. In the wild it can grow longer than 2 meters and exceed 75 kg.

The species is an important component of the Amazonian fishery as both sport and food fish. Also, despite its potential large size it is common in the ornamental fish trade, on display in many private aquaria. Catfish can breathe out of water for several hours.

It is known to host a species of Proteocephalid cestode, *Crepidobothrium eirasi n. sp.*, the first report of *Crepidobothrium* in fish; the other known species are parasites of South American snakes.

Distinguishing Homeopathy Features

Conceal their skin and other problems to avoid being left out

Feel despised or are actually shunned by society due to perceived 'imperfections'
No support from dysfunctional family
Emotional repression leads to chronic fatigue
Sedentary lifestyle can lead to cognition problems

Dementia Indications

Sundown syndrome

Dementia/Alzheimer's after varicose vein surgery or ablation

Dementia with history of skin eruptions

Dementia with hiding away in a very messy household, lacking care of their immediate environment

Late syphilis dementia

Homeopathy Commentary

Over the last 40 years I have used this homeopathy remedy for a number of patients, mainly children, suffering from various skin problems where the disposition agreed. They typically had a dispositional state that reflected the nature of this catfish and the leprosy miasm. Although Dr. Frederick M. Dearborn, a dermatologist from New York brought some 'lard' of the fish from South America and turned it over to Boericke & Tafel pharmacy to make a remedy in 1915, it never had a full proving nor was a useful mental emotional picture developed. I confirmed dispositional indications by using it successfully.

One such case was a 12-year-old boy, one of 7 children in the family that I treated over 20 years ago. His main problem was a skin rash that had small elevated red bumps with a white underlying color to the skin. The rash was all over his arms and he wore long sleeve shirts to hide it from school mates. He also had a patch of vitiligo, white discoloration, on his neck which seemed to be enlarging and moving upward. He had many dental cavities and some teeth infections when younger but not at the time I saw him.

He does not want anyone to see his skin problems and doesn't want any doctor to look at it or treat it.

He does well in school. The mother suspects that classmates make fun of him. He will come home from school nearly in tears. When asked about his feelings he smiles and says nothing.

The family is rather chaotic as the parents have a laissez-faire attitude and the children are left alone to fend for themselves. He is quite focused, though, on two main extra-curricular passions. One interest is in weapons and war games, both playing directly with his friends and also in the form of computerized gaming. The other passion is about being in or on the water.

He builds little wooden guns and cuts them out and uses them. He also uses copper tubing and puts it together with clear plastic tubing. He then uses corn kernels or beans, takes a mouthful and blows them out. He is also into army weapons, climbing, hanging from ropes and rock climbing. Heroic efforts are part of his play. He has one friend that can play these war games "hard" and at his level of energy.

As well they have a summer cottage on a lake and he likes to spend days paddling on a small raft. The mother says one day he spent 12 hours on the water, paddling, swimming and

playing.

Paradoxically, the mother describes him as “light” and easy going generally. She says he can also feel guilty very easily. In the office, he is well behaved and sits quietly while the mother talks.

I first prescribed *Tarentula hispanica* 200C for him. This was based on the dispositional indications of his aggression, ropes and climbing.

But there was no real change in either his general state or specifically the skin problems after this prescription.

I again carefully studied the case. Looking at the more extensive totality, I could see that there were elements not covered by a homeopathic spider remedy. The element of war games and ropes was covered, but then the other issues like the zeal for being in and on the water and the paradoxical element of feeling guilty easily, “light” yet playing such aggressive type games. These two additional elements together indicate a fish remedy. I prescribed this particular fish since the leprosy miasmatic quality of the skin eruptions, vitiligo and reaction to them are strong indications for *Pyrarara*.

I therefore prescribed *Pyrarara* 30C. The mother was to give it once weekly for a month and then as necessary.

Over 3 months there was significant improvement in the skin eruption, the vitiligo and his behaviour according to his mother. She continued to give it as necessary, just a few doses every one to two months. After one year, the vitiligo and skin eruptions were completely gone. He is now a successful young adult without skin problems or undue aggressive behaviour.

The Leprosy miasm is prominent in *Pyrarara* as in this case. I describe this miasm (Stage 16) in the first volume of *Miasms and Nosodes*. The patient needing this nosode or a remedy from the miasm does not want to be seen as imperfect or marred otherwise they feel left out, as I described in the *Miasms and Nosodes* textbook:

The Leprosy miasm in homeopathy can be found dispositionally in individuals who have a history of being put away by others, or put out of sight, with the resultant feeling of being despised and forsaken, as if they are a castaway. These feelings can also extend to a feeling as if they have an irregularity in their appearance or a condition that makes them want to be hidden from others, like a leper.

The hiding of his skin condition and the emotional suffering he experienced from it led me to perceive that the Leprosy miasm was predominant for him.

Skin pathology has always been an important indicator for this remedy in the classical texts, such as Boericke’s materia medica:

Pyrarara, Pyrar. [in 'relationship' of *Sulphur*]

A fish caught in the Amazon, clinically used for various skin affections. Lepra, tuberculosis, syphilides, varicosities, etc.

Its homeopathic use (based on ‘similar treating similar’), came after it was reported in the Amazon, where the fish originates, that a person eating large quantities of the fish would develop symptoms similar to leprosy. Prior to the discovery of modern conventional medical treatment for leprosy, homeopaths used this and other remedies for patients with lepra

problems. In the Traditional Homeopathy Sources section there is an excerpt describing the use of it in such a situation. But classical homeopaths have had good success using it with patients who have had all sorts of skin problems.

Dr. Edward Anshutz (1846-1918), a homeopath from the early 1900s, describes these various physical pathological conditions which include many kinds of skin affections as well as other pathologies including varicosities and gangrene:

"... it might be well to mention that the use of *Pyrrarara* is not limited to the treatment of lepra [leprosy] but has been used to relieve a number of dermatoses. The exact diagnoses of these conditions were hard to determine, but their descriptions would lead me to think of the tuberculides, the syphilides, scleroderma, vitiligo, chloasma, elephantiasis, varicose vessels and the attendant dermatitis, gangosa, yaws and the varieties of gangrene."

Gangosa is a type of ulceration found in yaws which is a syphilitic (*Spirochete* order) type of disease. There are some similarities between yaws and leprosy and in fact epidemiologically, epidemics can occur simultaneously. [Davy, T.F., *Leprosy and Yaws: Points of Contact*]

And now in modern times, one of the main physical indications would be called stasis dermatitis which is associated with varicose veins and poor blood flow in the lower legs, thereby causing a leakage of blood in the lower legs.

As time has gone on, I have confirmed some additional insights into this remedy which I can now see has elements of the fish world and, in hindsight, in the case presented. A patient needing *Pyrrarara* can feel their family never functioned as a group and they got no help or direction from others in the family. They feel a strong need to heroically protect the family (like *Dendroaspis*) but don't get support for that either.

Therefore, they get resentful, and can hold an unexpressed grudge especially towards one or both parents or an older sibling they expected help from. They can isolate themselves emotionally even though they may altruistically work well with a team. They try to please others but they also feel it is not enough and others don't respond. They may suddenly say something spiteful about it but then feel guilt.

As time goes on, their energy can become low, even chronic fatigue may set in. They can suffer from sedentary living and work. They struggle with their memory and eventually can move into a seriously compromised dementia state.

Clinical Focus Guide

MIND AND DISPOSITION

Problems and other pathology, particularly of the skin, are hidden	Guilt
Need help, feedback and loyalty	Desire to swim, be in water
From chaotic family or group	Isolation
Resentment if no help is forthcoming	Hiding away
Desire to please others but they don't respond	Messy home environment
Stoic, cold mother	Isolate themselves within a group or team environment
Needs strong mother-like partner	Memory poor
Receptive in relationship	For names
Perfectionist	What they have just done
Sacrificial	
Play war games but paradoxically are light and easy going	Time disorientation
Protect the family but no support for it	Night is day
	Does not know what time it is
	Procrastination and hesitation

PHYSICAL FOCUS

Leprosy miasm	
History of leprosy	Hemorrhoids
Skin eruptions	Stasis dermatitis
Disfiguring problems and desire to hide them	History of syphilis and yaws
Vitiligo and chloasma	Neurological impact
Ulceration	Gangosa
Varicosities	Scleroderma
Inflamed varicose veins	Effects of sedentary work or living

RELATIONSHIPS

Similar remedies
Sulphur, Selenium, Tellurium, Stage 16 remedies, Leprominium, Syphilinum

Excerpts from Traditional Homeopathy Sources

From *New, Old and Forgotten Remedies* by Edward Pollock Anshutz

Many physicians know more or less definitely that tropical countries supply many of our vegetable and animal remedies. Brazil is no exception to this rule, especially in the line of snake poisons. However, I had curiosity enough to inquire of my homeopathic friends, while visiting Rio recently, if they knew of any 'new' remedies. While a number were suggested that I had never heard of, *Pyrarara* appealed to me because of its manifest dermal indications and because I was able to procure, through the endeavors of Dr. Theodore Gomes, a small supply of the extract, and by the courtesy of Dr. Marques de Oliveira, a genuine clinical record. Before proceeding to the recital of the clinical case, it might be well to mention that the use of *Pyrarara* is not limited to the treatment of lepra, but has been used to relieve a number of dermatoses. The exact diagnoses of these conditions were hard to determine, but their descriptions would lead me to think of the tuberculides, the syphilides, scleroderma, vitiligo, chloasma, elephantiasis, varicose vessels and the attendant dermatitis, gangosa, jaws and the varieties of gangrene. I received some positive assurances as regards its use in varicosities. *Pyrarara* is not listed in any group of Brazilian or South American remedies that I can discover and has not been scientifically proven, but I hope the following translation of Dr. Oliveira's notes may be of interest:

"The lard of the pyrarara, a fish of the Amazon river, was brought from Acre by Major Carpenter of the Engineers, who offered it as a curiosity to Mr. Liberato dos Santos. The Major said that he had heard from the inhabitants of the Amazon valley that the lard has the property of changing the color of the plumage of parrots fed upon it, and that a person abusing the use of the fish, as a food, would develop lepra or symptoms similar to that disease. After a talk with Mr. dos Santos, he gave me some of the lard for homeopathic experimentation on people affected with lepra. The following is the result: Maria Theresa, 36 years old, has suffered from lepra since she was 19 years old. The first appearance of the disease was on the extremities of her fingers and on her face after suppression of menstruation. She was treated by Dr. Gabizo for three years without any result and by many other doctors, using various medicines and electricity, but still no result was attained. The disease had reached the highest state of development; her anatomic structure had become deformed and her facial changes took away from her the appearance of a human being. Her body was covered with nodules and ulcers in constant suppuration; her ears were inflamed and deformed; her nose was ulcerated and corroded; her lips were tumefacted and ulcerated; her throat was so affected that her voice was completely lost; her arms looked like a piece of raw flesh; and the phalanges of all her fingers were destroyed. Certain areas of the skin were anesthetic and there was a general coppery discoloration."

"It was at this period that she came to me. I proposed experimenting upon her with the new medicine, which she reluctantly accepted, after many days of insisting. In

June, 1905, we began our treatment, at first using the 3D decimal trituration with a dose of three tablets every three hours applying, externally, vaseline with calendula. The first month there was no apparent dermal improvement, but her appetite increased. I then began to use the 5th decimal potency and during the first two weeks there was a great transformation. Through the open lesions came an abundant discharge of a whitish color tinted with blood and very thick, and the body was covered with bullae, where there were no ulcers before, but always the same kind of discharge. Her appetite became very good and digestion regular, but she became prostrated and suffered from neuralgic pains in the head, face, and feet. During the month of August the inflammation of the lips was disappearing and the wounds of the lips healing. She was very cheerful with the result. As her sight was getting feeble, *Asafoetida* was given to her and the eye symptoms improved to a great extent. At the beginning of September the ulcers had ceased suppurating, the bullae did not appear any more and her general state was very good. As the menstrual periods came, she felt great pain in the lumbar and ovarian regions and *Pulsatilla* 30th was given to her and the menses appeared, although very feeble. I then gave *Pyrarara* in the 30th potency for a few days and she continued to improve. The nodules diminished in size and the ulcers became almost dry, with scant discharge, while the tumefaction disappeared."

"On the following month the menses came freely. In November I returned to the use of *Pyrarara* 30th potency. The healing of the wounds continued and only three ulcers were to be found on the whole body, one on the forearm, on the foot, and one on the middle finger. The tumefaction gradually disappeared, except on the ears. General condition was very good. By the 25th of December one could hardly detect her sickness. The intense redness of her face was gone; the forehead was white, the natural color having returned; the lips, mouth and throat were normal; while the ears were still tumefacted, the nodules had disappeared; the body was free from ulcers and nodules; the forearm completely well. Only one ulcer on the middle finger was to be found. Her organic functions were re-established, sensibility had almost returned and she could move the deformed fingers, but the sense of touch was not complete. By January, 1906, after seven months of treatment, she disappeared."

Additional Homeopathy Resources and References

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SALMO TRUTTA FARIO

Brown trout; Salmonidae



Keywords: *Salmonidae; freshwater; temperate; pelagic; oviparous; carnivorous; parasites; egg cannibalism*

The brown trout (*Salmo trutta fario* and *S. trutta lacustris*) and the sea trout (*S. trutta trutta*) are the same species; the brown trout is a freshwater fish, while the sea trout is anadromous, migrating to the oceans for much of its life and returning to freshwater only to spawn. The brown trout is considered native to Europe and Asia, but has been widely introduced for sport-fishing into North and South America, Australia, New Zealand and other countries including Bhutan.

Salmo trutta fario is a subspecies, and is called river trout. River trout live only in one area and do not migrate, leaving that area only to reproduce. Even after being disturbed they will return to their traditional sites. The adult river trout takes its own territory. During the day it is hidden in the shadows of the river bank, facing upstream. They are fast predators, but in rivers and streams they will usually take prey that is being driven past by the current.

Natural History

The brown trout migrates from lakes into rivers or streams to spawn, although there is some evidence of stocks that spawn on wind-swept shorelines of lakes. Spawning occurs October to March; spawning behaviour of brown trout is similar to that of the closely related Atlantic salmon. Females produce about 2,000 eggs per kilogram of body weight at spawning.

The brown trout's diet includes invertebrates from the streambed and lake bottoms and

insects in and above the water (larvae, pupae, nymphs and adults). Larger fish are also active predators of other fish (suckers, sculpins, shad, whitefish, rainbow trout) including young brown trout, as well as frogs, mice and birds. Brown trout sometimes do not actively feed until the late afternoon or early evening but when the weather is cool they will feed during the day as well. The largest browns feed under cover of darkness.

The brown trout is a medium-sized fish, growing to 20 kg or more in some localities although in many smaller rivers a mature weight of 1 kg (2 lb) or less is common.

Research studies of freshwater brown trout caught in Ireland, Norway and Ghana report the detection of the following parasites:

Acanthocephalus clavula; Acanthocephalus lucii; Crepidostomum metoecus; Cystidicola farionis; Dacnitis truttae; Diphyllbothrium ditremum; Diplostomum gasterostei; Diplostomum spathaceum; Discocotyle sagittata; Eubothrium crassum; Eustrongylidies; Neoechinorhynchus rutili; Phyllodistomum simile; Pomphorhynchus laevis

Egg cannibalism: a study of 3 natural populations of brown trout showed cannibalism of 25 % of spawnings.

Distinguishing Homeopathy Features

Ambition with unlimited possibilities alternating with being stuck and immobile

Covert then impulsive

Water sports

Constant eating

Hidden disdain

Breathing practices and problems

Soulful friendships

Strong appetite

Dementia Indications

Dementia of rapid onset

Hyoscyamus-like delirium then passive

Alzheimer's disease

Creutzfeldt-Jakob disease

Rapid onset

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia

Homeopathy Commentary

This is a remedy in the salmon family. Unlike *Oncorhynchus tshawytscha*, the brown trout is not anadromous and is found primarily in freshwater lakes and rivers. Therefore, we see in the disposition less resilient ambition and less of the theme of circle, circular and circling back that is in *Oncorhynchus*. This brown trout stays in freshwater lakes and feeds by waiting passively for prey yet they do travel in order to spawn in smaller tributaries.

Dispositionally, the patient needing *Salmo trutta* can go between being immobile, stuck and then strength where there are ‘unlimited possibilities’. They want to advance forward out of a feeling of being oppressed and trapped. One major way they express this is through physical movement — they are very much into their physical body so sports and exercise is important. They like challenging sports but especially water sports such as swimming and boating (rowing, rafting, kayaking etc.).

Yet, on a physical level they have musculoskeletal vulnerabilities and are prone to injuries. They will push forward physically and emotionally even under adverse circumstances but then collapse, usually from injuries, especially to the tendons, but easy fractures are common. With these injuries they then go into a passive, sedentary state and gain weight easily. It is hard for them to find a balance (which they desperately want) and they tend more towards the sedentary side as they get older. The situation can also be of someone who is not a sports fanatic but simply decides to take up an over-ambitious exercise regime and as a result gets injured.

They are very much into rich food and overeat, but it is from constant nibbling or snacking all day and into the evening. The patient may exhibit diabetic tendencies and have high blood sugar. Eventually this can lead to vascular problems and vascular dementia.

They also have, generally, a disdainful attitude, being critical of others, but it is hidden along with their irritability. This can extend to food — they can have strong opinions about food and dining and regard certain types of establishments with disdain. Their subtle and even constant criticalness can extend to all aspects of their life.

As well, they can be ambitious .with a desire to change the world. They also have a focus on self-development. On the surface, they can appear emotionally stable and pragmatically mechanically adept with their hands and good at crafts and cooking yet with the fish remedy quality of being affable and likeable.

Friends and friendship is very important to them and as such, they have a large network of friends. Even with this network, they can have issues around self-worth and feel people do not like them. Primarily their emotions are not apparent and internalized, but then suddenly they can blurt out their criticism to the other person or establishment. This creates conflicts with their partner, their family and friends, and also in business.

This impulsivity is an underlying quality of patients who need *Salmo*. But like other fish remedies they can have a vulnerability to parasitic energies. Their business partnerships, like *Oleumjcoris*, do not work out very well. They also can have trouble in relationships and tend to marry late in life. Although they are irresolute in relationships, they can make decisions about commitment suddenly and impulsively join with others who are not of a good character and then they lose out. The covert qualities and then impulsivity extends to many areas of life, including jobs, relationships and even interacting with their children.

As a result of this emotional changeability the patient can experience cyclothymic mood swings. At one point, quite happy and content and then fluctuating to feeling low, sad and ill-

treated. Even though they want to expand and transform their business and relationships, they can feel 'stopped' in life, even trapped. It is as if they can't move forward and that others are preventing them from being successful.

They can then feel abandoned as if just 'floating' alone in life. At this point, they can also have difficulty in knowing who they are and what they should be doing. They feel the need to continuously engage in therapy to understand themselves. It is similar to *Oncorhynchus* but in this remedy there is only a simple desire to know the source and less of the complexity of salmon. In the case of *Salmo*, what they seek is knowledge of the soul and how the soul is present in the body.

It is also representative of the depth of friendship that they can develop. In fact, their close friend(s) become like soulmates. In their marriage or romantic relationships this depth can create problems and triangular relationships.

The lungs are the seat/organ of the soul. And there, conflict creates a tendency towards breathing problems and a feeling of not getting enough oxygen saturation. As such, patients needing *Salmo* are intolerant to stuffy rooms, air pollution and tobacco smoke.

In a brief proving and through clinical experience, Russian homeopath and teacher, Olga Fatula, outlines themes reflecting this problem. There is the quality of the lung-focused, transformative quality of the Tubercular miasm in the proving of *Salmo*'.

Water.

Mountain rivers and mountains.

Waterfall.

Unlimited possibilities.

Movement, move with ease, easy. Jumping.

Advance, forward, do not retreat, do not collapse.

Psychological trainings. Transformation. Transformation of the inner world and experiences. Breathing practices. "As you breathe, so you live." Rebirthing; Holotropic Breathwork. Breathing exercises.

The idea of transformation and rebirthing is also a strong fish element as I've described in introductory chapters. The proving got to the heart of it. There can be a strong desire to move forward but there is also a weak sense of individual identity which is part of the prompting to do this work in the first place. Eventually this weakness of the self moves toward dementia with a loss of personal identity, forgetfulness and severe cognitive problems.

As much as there is inner transformation, the patient needing *Salmo* does not like to move or travel, unlike *Oncorhynchus*. As I mentioned their network of friends and homelife are important and they may have a history of being in one town or city for all their life. Typically, a move is for work purposes and not out of their own volition.

This is also an important remedy for dementia of rapid onset. It is a remedy to be considered for patients with Creutzfeldt-Jakob disease (CJD), where, in this more acute state, we see a presentation similar to *Hyoscyamus niger*. In the beginning, there is a delirium-like state with the desire to be naked as well as dancing and leaping. In the delirium, they can prattle and talk incessantly.

It is also a remedy for other types of dementia and this delirium-like state will not necessarily be seen. Eventually, there is a more passive state similar to what is seen in the beginning phase of *Salmo* in general. In this end stage they may sit and stare. They continue to have a strong appetite until the very last stages of dementia.

As well, when they are in the phase of physical recovery and apathy they can develop obesity, and a desire to eat constantly. Yet, they are also sensitive to smell. Food has to smell right in order for them to eat it. Anything with a strong odor is off-putting.

They can have skin problems such as eczema, where the skin is dry and scaly. As well, there can be psoriasis.

Clinical Focus Guide

MIND AND DISPOSITION

Ambitious with unlimited possibilities
Advancing
Alternates with immobility
Trapped
Abandoned

Physical movement ameliorates
Desires water sports and exercise
Swimming, boating, fishing
Leaping, diving

Mood swings, cyclothymic

Overeating
Snacking all day and evening

Disdain and constant hidden fault finding
Strong opinions about food, relationships,
people
Express only to those close or blurts it out

Pragmatic
Mechanically adept
Good at crafts
Tinkering with hands

Covert emotions and then impulsive
Cyclothymic mood swings
Vulnerable to parasitic energies

Issues of the soul, finding the core

PHYSICAL FOCUS

Easy injuries leading to sedentary living
Fibromyalgia
Fractures
Difficulty breathing and respiratory problems
With edema
Hypoxia
Tachypnea - short rapid breathing
Aspergillosis
Averse stuffy rooms, tobacco smoke, air
pollution

Continuous therapy, psychological training
Rebirthing
Breathing practises, breath work, yogic
breathing practises

Deep soulful friendships
Triangular relationships

Sudden onset dementia
Creutzfeldt-Jakob disease
Loss of personal identity
Shameless behaviour
Prattle and talk incessantly
Then apathy and staring in end stage

Obesity

Severe teeth pain
Abscesses roots
Sinus pain extending to teeth
Cavities
Pain in jaw
Scaly eruptions
Dry scaly eczema
Psoriasis
Worse chlorinated water

SENSATIONS

Floating
Waterfalls

Green sparks
Floating to surface

RELATIONSHIPS

Compare
Hyoscyamus niger, Coccus cacti, Culex, Calcareo carbonica, Antimonium arsenicosum

Additional Homeopathy Resources and References

Fatula O, 2019. A brief proving of *Salmo trutta fario*. Moscow, Russia

General Resources and References

http://en.wikipedia.org/wiki/Salmo_trutta_fario

<http://www.fishbase.org/summary/Salmo-trutta+fario.html>

<http://journals.cambridge.org>

<http://www.jstor.org/pss/25536741>

<http://www.jstor.org/pss/2350>

<http://www.sciencedirect.com/science/article/pii/S0045653598003336>

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Salema porgy; Sparidae



Keywords: *Sparidae*; *oceanodromous*; *temperate to subtropical*; *pelagic*; *protandrous hermaphrodite, changes sex*; *herbivorous*; *gregarious*; *toxicity, ciguatera, caulerpa*; *food fish*; *parasites*

Sarpa salpa, also known as the salema porgy, is a species of bream. The salema is widely distributed throughout the Mediterranean, the whole Atlantic coast of Africa, including the Azores and Canary Islands, and also round South Africa to Mozambique on the Indian Ocean coast.

Natural History

Sarpa salpa is a protandrous hermaphrodite, it changes sex from male to female during its life. The sex change process is gradual in the species, occurring in 3 to 7 year old individuals.

Spawning occurs in spring and autumn along the central western coasts of Italy and the western Mediterranean; and during autumn/winter along Tunisian waters and in the Canary Islands.

They are relatively slender fish with 10 golden longitudinal stripes that run the length of their body; there is a black spot at the pectoral fin base.

Salema porgy live in depths 5-70 m and tend to swim close together in schools of several hundred fish. Juveniles are carnivorous but adults are herbivorous and feed on algae and seagrass. This diet can lead to ciguatera or caulerpa poisoning when infected salema, or one of its predators, is eaten by humans. Symptoms of ciguatera include gastrointestinal and neurological effects.

Sarpa salpa was reportedly consumed as a recreational drug during the time of the Roman empire — hence, perhaps, its common name ‘dreamfish’. In 2006 a case was reported of hallucinogenic poisoning immediately following ingestion of salema in a Mediterranean area restaurant. Ichthyoallyeinotoxism or hallucinogenic fish poisoning is common in other species of fish but not common in *sarpa salpa*, which is often served at seafood restaurants around the Mediterranean area.

Natural predators include sharks and rays (Carcharhinidae, Sphyrnidae, Triakidae).

Parasites: *Mesometra orbicularis*, *M. brachycoelia*, *Centroderma spinosissima*, *Elstia stossichi-anum*, *Wardula capitellata* (family Mesometridae); *Robphildollfusium fractum* (family Rob-phildollfusidae)

Dementia Indications

Patient with dementia who has significant auditory and visual hallucinations.

Homeopathy Commentary

Sarpa salpa is considered ichthyoallyeinotoxic which means after eating it you can experience auditory and visual hallucinations which are reportedly considered very similar to LSD experiences. The fish is also called “fish that makes dreams” in Arabic.

This is a remedy to consider for individuals who suffer from dementia with significant hallucinations. No provings have been done and so far, I do not have clinical experience with using it.

RELATIONSHIPS

This homeopathic fish remedy is related to other fish remedies in the Perciformes order such as *Lepomis gibbosus*, *Amphiprion*, *Trachinus* etc.

General Resources and References

http://en.wikipedia.org/wiki/Sarpa_salpa

<http://www.fishbase.org/summary/Sarpa-salpa.html>

http://www.ustica-diving.it/381_SchedaBio.aspx?ID=30

www.vliz.be/imisdocs/publications/97503.pdf

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SCORPAENA SCROFA

Scorpionfish; Scorpaenidae



Keywords: Scorpaenidae; oceanodromous; temperate to subtropical; demersal; non-migratory; oviparous; carnivorous; solitary; camouflage; sedentary; ambush predator; venomous spines; parasites

Scorpaena scrofa, red scorpionfish, is found in the Mediterranean Sea and Eastern Atlantic from the British Isles (rare) to South Africa, including Senegal, the Canary Islands, Cape Verde.

Natural History

The breeding time for scorpionfish is usually in late spring or early summer. Although not a migratory species, some scorpionfish reportedly travel up to 220 miles to mate. They gather on the ocean floor during the day and rise to the surface at night to spawn. Scorpionfish are oviparous; the eggs are laid embedded in a clear or greenish mass which floats near the surface. The eggs hatch within 5 days.

Scorpaena scrofa is demersal (lives on the bottom) in marine and brackish environments with rocky, sandy or muddy bottoms at depths of 200—500 meters. This species is sedentary and solitary. It sits on the bottom, camouflaged by its colour which it can change. It waits for

prey to come close then 'vacuums' the prey into its mouth. It feeds on other fish as well as crustaceans and molluscs. Its large mouth can swallow prey over half its own size.

It is the largest species of the Scorpaenidae family in the eastern Atlantic. Coloration ranges from brick-red to a light pink, and it has dark colored blotches on its body. It has venomous spines, grows to a maximum weight of 3 kilograms and a maximum length of 50 centimetres, but is commonly around 30 cm.

Natural predators are rays and skates. Scorpionfish are collected for aquarium display.

Parasites include: *Helicometra fasciata*, *Holorchis legendrei*, *Podocotyle scorpaenae* (Digenea); *Cucullanus micropapillatus*, *Hysterothylacium fabrici* (Nematodes) and *Gnathia* sp., *Prohatschekia mediterranea*, *Strabax monstrosus* (Crustacea).

Distinguishing Homeopathy Features

Passive yet venomous

Tetanus (Clostridiales) miasm

Hypotensive with faintness

Passive-aggressive personality with contradictory or opposite states

Theme of knives and cutting (trenchant humor; caustic remarks; cutting pains; cutting themselves; amputation)

Pale when stressed

Eruptions either scaly and desquamating or moist and oozing

Auditory hallucinations with shrieking or laughing

Religious despair, fears and anxiety projected onto others

Rigidly resist the 'madness' of change happening all around them

'Victim' mentality with bitterness, depression and loneliness

Hoarding and filth with deteriorating hygiene

History of sinus and teeth problems and infections

Similar to *Androctonus* but less expressive

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia-

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia (e.g. COVID)

Homeopathy Commentary

Scorpaena scrofa, the red scorpionfish, is one of the most venomous fish; other venomous fish also belonging to the Scorpaeniformes order include the lionfish and stonefish (the rose fish is also related).

Scorpaeniformes envenomation symptoms are generally less severe for lionfish (*Pterois*), more severe for scorpionfish (*Scorpaena*), and most severe for stonefish (*Synanceia*). *Scorpaena scrofa* has a toxic venom in the form of a poisonous mucus found on their fins.

Unlike many of the other venoms or venomous animals we have made into homeopathic remedies, the venom of this creature is transmitted passively. The red scorpionfish is described as 'sedentary' and sits and waits for prey or hides from an attacker on the sea bottom. A person who happens to step on or come near a scorpionfish and gets scratched by their sharp dorsal, anal, or pelvic fins will then experience severe symptoms.

Some of the main symptoms of *Scorpaena scrofa* poisoning can be utilized as both acute and chronic indications for this remedy. The symptoms include hypotension (lowered blood pressure), weakness, fainting, severe swelling, abnormal heart rhythms, respiratory distress with shortness of breath. When someone gets envenomated, first there is intense throbbing at the wound site with swelling and a light color around the wound area. Within minutes, the swelling can dramatically fill the whole limb. The swelling and then throbbing can even be accompanied by tremors and seizures. Severe poisoning can result in death, but this is a rare occurrence.

These reactions translate into the everyday chronic symptoms of many elderly patients that we see. Hypotension in the elderly can be problematic. Progressive orthostatic hypotension is a common cause of dizziness and falls after eating, particularly after carbohydrates, [webmd.com]. As well, blood sugar issues are marked in this remedy and there can be postural hypotension as a consequence of diabetic autonomic neuropathy.

The person needing homeopathic *Scorpaena* will describe these hypotensive episodes as concomitant with a sensation of sinking or paradoxically floating. In younger patients, this remedy can be for the effects of sedentary living and working, certainly something that is increasing with so many working from home.

In challenging circumstances, the patient needing *Scorpaena* goes pale rather than flushed or red. This paleness is also seen in *Viscum album* and *Staphysagria*. They can experience a feeling of faintness much of the time.

As well, there can be significant neurological problems as a result of envenomation including tremors and seizures. In a similar fashion, in a patient needing *Scorpama*, there can be tremors, both essential tremors and ones in Parkinson's disease. You can also see epilepsy. Seizures like those found in Parkinson's disease dementia, Alzheimer's disease and other dementias can appear after a stroke or as a result of hyperglycemia and hypoglycemia. These can be major convulsive episodes, complex partial seizures, as well as absence seizures.

Along with these physical symptoms comes compromised mental states in the elderly. The patient may have signs of a giddy early dementia with hallucinations, especially auditory. The hallucinations or visions are both funny and threatening: cartoon-like visions where they may have outbursts of laughing and then shrieking for no cause. This shrieking or shouting can also occur on falling asleep or during sleep. They also may have persistent tormenting thoughts of being pursued, being put in jail or that someone will take something from them. They experience less terror than many of the Solanaceae remedies but also, like the alkaloid remedy

Scopolamine, their memory can become very patchy as is seen in the beginning of dementia. They can have periods of difficulty in retrieving words, thoughts, even situations as well as problems expressing themselves.

Primarily, the healthier *Scorpaena* patient is more fish-like, being passive as well having symptoms representing the Tetanus miasm. Like other fish remedies, they may be quite affable, even funny, but mostly they internalize their negative emotions. This is interspersed with occasional outbursts of cutting remarks. After the remarks, they feel a constrictive guilt and sadness and retreat even more inside themselves corresponding to what is seen in the miasm.

I describe the Tetanus miasm in a section of the bacterial order of Clostridiales in Volume 1 of *Miasms and Nosodes*. Some of the key elements of this miasm is shared in the disposition of patients needing *Scorpaena*, and so I have listed them here:

- Conflict between stretching consciousness (experiencing new things and ideas) and the tension of rigid rules or religiosity
- Preventing others from stretching their consciousness
- Lacking confidence with their stretching consciousness
- Preaching freedom but preventing others from attaining it
- Or, a history of being so prevented; pulled back
- Mortifying or shaming others
- Self-mortification as an example to others
- Over-concern with the fate of others
- Constricting the fate of others
- Having a partner who is dying or has died of a disease
- Despair of health
- Invoking the vengeance of God
- Guilt and criminal feelings; as if had committed crime after stretching
- Accusing others, being accused
- Involved in religion
- Ruining fun
- Old emotions that are dormant but suddenly appear
- Tension, bitterness, cramping
- Stage 8 periodic table — focus on pressure and work

The chronic symptoms of the miasm have all the hallmarks of the physical disease tetanus with sudden rigidity and cramping especially of the jaw — lockjaw. With this miasm, dispositionally, there is an underlying bitterness and also mortification of the flesh. Religiosity is prominent, and in the case of *Scorpaena*, as a fish remedy, many of the feelings are held inside; the patient can move toward religion and become a priest, nun, monk or a pious follower. As mentioned, they may not go with the group direction but rather their own choice of religious focus. As well, in this remedy there is the desire to cut themselves as penance for an indescribable feeling of having done something bad or wrong.

They can easily develop a chronic depressive state with overwhelming sadness, bitterness and a sluggish inability to function. They hide themselves. They may feel a kind of pressure with their doubts and anxieties. They can dwell on past hurts and situations. They may attempt to work hard in their job to overcome this feeling, but it can lead to being unable to start projects

and a feeling of loss of movement forward in their lives. It is also like the immobility in the final stages of dementia and Alzheimer's.

They may also experience problems with their will to do things as well as neuromuscular problems. Both physically and mentally, they can go into cramped states or paralysis-like states. Literally, their muscles may not respond to the desire to move as in *Botulinum* (in the Clostridiales order of bacteria). As a result they may sit for long hours without moving — just observing. It can be a remedy in certain neuromuscular diseases as well as dementias, especially Lewy body dementia. You can also see a kind of drooping paralysis in the face, along with swelling around the eyes.

Despite much jesting and possessing precise perceptions and remarks about others, they hold a great deal inside, suppressing their perceptions, anger and emotions. Resentments are held in check and rarely expressed except through humor and writing about someone else, but not directly to the person who has offended.

Scorpaena patients are also fundamentally simple and naive, approaching problems in a guileless way. Yet, when someone approaches them or attempts a deeper connection the *Scorpaena* patient can quickly become angry and lash out verbally. And again, they will feel remorse quickly after. This is also part of the miasmatic similarities.

Also in the miasm, is a proactive desire to cramp others. If they do develop an intimate relationship they poison the other person's aspirations with morbid preoccupations. The Tetanus miasm has to do with ambitious horses being reined in and you could say, in the face of change around them, they would use the English expression, "Hold your horses!" Meaning, don't go changing or expanding so fast. As such, they can feel outside of the group energy that is moving forward.

Another way of looking at this remedy is that *Scorpaena scrofa* is commonly called scorpionfish, and by virtue of its name and venomous nature, it could be compared to the insect scorpion. Modern homeopathic clinicians are very familiar with the remedy made from the insect scorpion, *Androctonus amoreuxii hebraeus*, because of Jeremy Sherr's excellent and revealing proving. I've had many years of good clinical use with this homeopathic remedy, more than this fish.

The insect scorpion has been described as 'brutally' attacking and envenomating through lifting and lashing out with its tail. This aggressive quality can come out in the disposition of the *Androctonus* patient. They are a tense and angry patient who may be cruel, destructive and 'wants to fight' as a result of a feeling that they are going to be singularly attacked. In the fish remedy *Scorpaena*, these characteristics can be experienced by the patient but it is softened by a feeling of vulnerability and therefore, as mentioned, internalized and not expressed. They do not continuously lash out directly, like in *Androctonus*.

Two important issues that I have taught about in patients needing homeopathic *Androctonus* are revealed by the rubrics "Mind, forsaken" and "Delusions, everyone is insane but himself." These issues might be seen in a situation where their family members make a massive lifestyle change and they do not. They are singled out for having different beliefs than the rest of the family. They feel constant pressure from the family to change.

You could also extend this to having different societal beliefs. For example, it could be a whole family who have converted to a religion except for the patient themselves. The family attempts to convert the patient but they stay singularly focused and isolated while everyone is

changing around them; they resist, even though they are surrounded by a radical change and pressure from their close group. They take a more pragmatic approach to life and do not adopt this new group status or 'stretch'. It very well could be that the parents join a cult and they remain unimpressed and isolated. Therefore their idea (expressed in homeopathy as a delusion) that 'everyone is insane' is not so far off. Or it could just be that the rest of the family has made a significant lifestyle change that the patient is not accepting. This history may be in the patient's lifetime. This creates for *Scorpaena* patients a tremendous conflict since they like to blend in, even though they may have individualistic ideas and proclivities.

Androctonus patients tend more toward high blood pressure, where *Scorpaena* patients tend toward low blood pressure. *Scorpaena* patients lack the extreme tension that is seen in *Androctonus*.

The word scorpion is from Proto-Indo-European root (s)ker, 'to cut'. [<https://www.etymonline.com/search?q=scorpion>]. Surprisingly, many symptoms and themes of 'cutting' came out in the *Androctonus* proving. Even the repertory mind symptoms "Dreams, cutting" and "Dreams, of the head, cut off" can be found in the *Androctonus* proving.

In *Scorpaena* this theme of cutting is strong and it manifests in different ways. In the unpublished proving, the provers experienced many cuts and injuries. In children you will see that they experience many cuts and injuries and will present in your office with many Band-Aids® or plasters. Adults, too, have a history of injuries needing stitches. There may also be self-injury with cutting oneself.

Scorpaena patients may also experience cutting pains and since, as I will describe shortly, this is an important remedy for patients with teeth problems, it is a remedy to consider for teething children while they are 'cutting teeth'.

These 'cutting' pains are especially in the abdominal area - spleen, liver and kidneys. They may also experience headaches with cutting or stabbing pains, particularly on the left side. They may even have a history of a limb or finger or toe being cut off or a fear they will have a body part cut off.

On a dispositional level, like *Androctonus*, knives figure prominently (cutting with knives). They may collect knives and swords or have a fear of knives, a fear of being attacked by someone with a knife or have delusions/hallucinations of knives appearing.

There is an awkward quality to the patient and contradictory yet intense sensations. They want to blend in to their surroundings but they have difficulty doing that and have a desire to be treated as special. They also want to be part of the group, but as mentioned, when rejected tend to isolate and experience internalized bitterness and resentment.

They may have sinking sensations with the hypotension and faintness but they can also have sensations of floating. They can also be fearful, sensitive to noise and startle easily yet have a desire to stand up for their individual beliefs. They may have a fear of doctors yet can be anxious about their health. Children can have dysgraphia and neurobehavioral disorders. They can be quietly strong-willed but at the same time timid in public.

When the *Scorpaena* patient connects with someone, they fall madly in love. They want to make deep connections. Yet, they can become isolated and insular, though, when the love affair is broken or there is a lot of disharmony in the relationship. Also in the relationship, rather than directly expressing their feelings and disagreements, they will subtly smear the reputation of the person.

The patient can be very messy both when younger and older. Lifelong, their personal hygiene is problematic. It gets really bad as a sign of impending dementia, where garbage builds up in their dwelling place and their personal surroundings are a mess.

There may be chronic lymphatic problems — general swelling, lymphatic gland enlargement and lymphadenopathy. There can be swelling around the eyes, both above and below. With the edema can come respiratory distress and heart problems, insufficiencies.

As mentioned, teeth, gum and jaw problems along with sinus issues are prominent. There are abscesses in the gums and teeth; the patient will have a history of much dental work, cavities, root canals and extractions. They can experience sinus pains that extend to the teeth. The teeth are sore and sensitive, especially the molars, both upper and lower, worse left side. The teeth are particularly sensitive to cold liquid, food or even cold air, but heat and pressure can aggravate. There is soreness and cramping in the jaw especially after chewing. With the teeth and other complaints there can be chronic swelling of the lymph glands.

The patient needing *Scorpaena* may have sinus problems, with clear discharges — the pain is mainly in the frontal sinuses extending to the teeth. They may experience sharp electric-like pains in the head, which feel like they are along the sutures.

Scorpaena patients can suffer from diarrhea and even vomiting. They may have shellfish allergies and other sensitivities.

This is a potent remedy for skin eruptions where there are dry, scaly eruptions that can become desquamating and also oozing and moist. There are also cuts that ooze.

So the main indications for this fish remedy are the contradictory passive, yet venomous, nature, the Tetanus miasm and similarities to the insect scorpion remedy, *Androctonus*.

Clinical Focus Guide

MIND AND DISPOSITION

Hidden bitterness and anger
Desire to blend in

Contradictory reactions
Expression of emotions and emotional connections followed by remorse

Anger followed by remorse
Naive and gullible dourness but perceptive humour

Sensations of floating but also sinking sensations

Desire to blend in but also like attention

Religious pressure
Religiosity

Shaming others, 'taming' others, slowing them down

Quietly preventing others from achieving their greatness

Despair of health

Depression and paralysis of will
Chronic depression coming on after pressurized over-work

Stasis - can't move forward
Lack of will to accomplish

Ailments from sedentary work
Pressurized job

Preventing others from stretching consciousness or having fun

Quietly smearing others' reputation
Slowing others down — 'taming their wildness'; 'hold your horses'

Depression and anxiety
Chronic
Cyclothymic

'Waiting for Godot'
(For something that never arrives)

Sedentary
Doesn't want to move

Hallucinations and delusions
Auditory
Being pursued
Items taken

Cut, cutting
Collects knives and swords
Fear of knives and swords
Self-injury by cutting
Frequent injuries and cuts

Shrieking and shouting before and during sleep

Memory and concentration issues
Patchy memory, forgets intermittently
Difficulty in retrieving words and thoughts
Lewy body dementia

Tetanus miasm

Dream falling with sensation of falling

PHYSICAL

Collapse
Or partner of someone who has collapsed
Paralysis

Hypotension (low blood pressure)

Paleness

Shortness of breath

Hyperglycemia and hypoglycemia Diabetes

Diabetic neuropathy

Teeth, gum and jaw problems
Abscesses
History of abscesses and root canals
Sore and sensitive teeth
Sinus pain extending to teeth

TMJ issues

Jaw pain and cramping

Palpitations
Abnormal heart beat
Atrial fibrillation
History of myocardial infarction

Pulmonary edema

Interstitial lung disease, pulmonary fibrosis

Tremor
Parkinson's disease

Essential tremor

Cramping or paralysis
Cutting pains

Neuromuscular disorders
Myasthenia gravis

Seizures and epilepsy

Major convulsive episodes
Complex partial seizures
Absence seizures

Swellings and edema Swollen
extremities
Swelling around the eyes

Skin eruptions
Scaly or moist and oozing
Desquamating

Alopecia

Autoimmune conditions

Myelodysplastic syndromes

Vascular accidents

Tetanus miasm

Exostoses

Diarrhea

Frequent food poisoning
Nausea and vomiting

SENSATIONS

Sinking
Floating
Swimming
Swelling
Cut, cutting, shear

Mucus slime
Venomous
Gravel
Bottom

RELATIONSHIPS

Compare

Psorinum, Androctonus amoreuxii hebraeus, Buthus Australis, Graphites, Kali bichromium, Synanceia verrucosa, Trachinus, Tetanus nosode, Botulinum, Stage 8 remedies

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SEBASTES NORVEGICUS

Rosefish; Sebastidae



Keywords: *Scorpaeniformes; Scorpaenidae/Sebastidae; oceanodromous; temperate; pelagic; ovoviviparous; carnivorous; gregarious; venomous spines; food fish; parasites*

The rosefish (*Sebastes norvegicus*) is a member of the Sebastidae family in the order Scorpaeniformes. Not all authorities recognize the Sebastidae family as distinct from the Scorpaenidae. Despite its many common names (which include bergylt, bream, haddock, hemdurgan, Norway haddock, ocean perch, perch, red perch, redfish, snapper) the rosefish is not a member of the order Perciformes of perch-like fish; nor is it related to the haddock. The rosefish is oceanodromous, living year-round in the North Atlantic Ocean off the coasts of Northern Europe, Iceland, Greenland and North America.

Natural History

The rosefish is ovoviviparous (eggs are hatched within the body but without placental attachment; the young are born alive). Mating takes place in late summer or early autumn. However, because gonads of male and female do not mature at the same time, sperm are kept in the ovary of the female after copulation until the eggs ripen; then fertilization occurs. In winter females give birth to 50,000—350,000 pelagic larvae of 8 mm length.

Young fish are brownish; adults are bright red. Adults are found at depths of 100 to 1000 metres; juveniles in fjords, bays and inshore waters. They feed mostly on smelt, herrings, euphausiids (shrimp-like crustaceans, commonly called 'krill') and ctenophores. The adults are

slow moving, gregarious throughout life and are a food fish of some commercial importance.

They have a venom gland in their dorsal, anal and pelvic spines.

Known predators include *Pollachius pollachius* (pollock), Gadidae (cod), *Leucoraja erinacea* (little skate), *Leucoraja ocellata* (winter skate), *Amblyraja radiata* (thorny skate), *Lophius americanus* (monkfish, American anglerfish) and other Chondrichthyes (sharks, rays and skates).

Known parasites include: *Anisakis simplex*; *Chondracanthopsis nodosus*; *Sphyrion lumpi*.

Distinguishing Homeopathy Features

Autism spectrum disorder (ASD); Asperger's

Slow maturation

Brilliance in one area but mechanical recitation

Selective memory

Socially awkward

Death of relative or partner

Self-satisfied

Stage 1 and Phase 1

Heart and lungs

Shortness of breath

Profuse dreaming

Sensitive to pollution

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia

Homeopathy Commentary

Patients needing *Sebastes norvegicus* tend towards autism spectrum disorder (ASD). As children, they can be quite timid, but then as adults they can, at times, be gregarious and communicative, alternating with introversion. They are a 'late bloomer' and although gregarious can be socially awkward and feel deeply alone even when in a group.

They desire to shine personally, and frequently have significant savant-type knowledge of a subject they are interested in even though they may lack in the demonstration of real talent for it. For example, they can be highly knowledgeable about the entertainment business but in an Asperger's type of way. They might be able to sing and play many different kinds of musical tunes, such as Broadway hits, but their performance has a mechanical and stilted quality to it.

Yet, *Sebastes norvegicus* can also be a remedy for a musician or ballet dancer who spends their life focused on their art without maturing in other ways. In a sense, in this situation, the patient has not developed very much.

They desire fame but can also be too shy. They can be quietly ambitious and attain prominence but then feel they don't deserve it.

In a healthier state, they can be effusive and overly excited in the presence of certain people. They may laugh to themselves or about themselves. But this can alternate with a more internalized state which I will describe.

They may have a history of suddenly losing an important person in their life, like a parent, which irrevocably changes their life similar to Actinide remedies. It gives them an underlying insecurity and they may have a fear of being alone.

They can feel vulnerable and too open emotionally and need a place to shelter or hide when their feelings are hurt.

This fish is in the same order as *Scorpaena scrofa* (scorpionfish), called the Scorpaeniformes. It shares some similar attributes to scorpionfish except rosefish have fewer venom secreting glands. For many years this fish was thought to be non-venomous. The patient therefore has some qualities similar to the disposition of the remedy *Scorpaena* but the venomous expression is hidden and the aggression not so prominent. They develop a smug, self-satisfied state and consequently, a propensity for putting their guard down especially to negative influences and people. Like other fish remedies, they allow in people, partners and friends, who ultimately take from them — both emotionally and materially. The self-satisfied state makes them see the positive in everything but they have no ability for realistic assessment. The self-satisfied state can permit the entry of negative influences in their life and prevent them from personally developing further.

They respond intensely to any kind of emotional hurt; this response is internalized and resentments can build. They mollify themselves with their haughty self-satisfied attitude that they are too good for others and superior to others. Both on a mental/ emotional level and a physical level they are slow to mature and evolve.

The feeling of being 'out of their depth' as well as the aloneness may haunt them and they can experience anxiety and panic attacks. They may alternate between a feeling of self-satisfaction and anxiety with heightened sensitivity to external impressions, including noise. This can be accompanied by difficulty breathing and heart dysrhythmias. A particular person or even an object may trigger panic.

Many of the qualities and themes including the aloneness in *Sebastes* are part of the themes of Stage 1 and Phase 1 in Scholten's periodic table schema, as he describes in *Homoeopathy and the Elements*:

Stage 1

Initiative; Impulsive
Instinctive
One; Single; Simple
Lonely; Alone; Space
Single minded
One-sided; Unprepared
Naive
Immature

In Volume 2 of *Miasms and Nosodes*, I describe how the reciprocal stage is Stage 10, thereby sharing some themes including the core theme of 'obvious'. Stage 10 they like to shine, Stage 1 they feel utterly alone with a kind of oneness, as in the remedy *Hydrogen*. In the positive realm there is spiritual oneness but then in *Hydrogen*, an acute feeling of the loss of that connection.

In some ways, this is the most self-confident stage [1] because of their naive, instinctive and spontaneous expression, and inherent lack of restraint. You could also say it is the most self-evident and simplistic stage, hence the key word "obvious".

The *Sebastes* patient has little sense they ever made or will make a deep connection with another. The paradox in fish remedies is that, as I have mentioned in other commentaries, there is always an intrinsic desire to be in the group. Further, in the rosefish, 50,000—350,000 pelagic larvae are birthed at a time - that's a big crowd and they don't have a mother connection or guidance. So there is, in the *Sebastes* patient, paradoxically a desire to be in large groups or perform in front of groups, but then a feeling of being alone and not nurtured, particularly when in a group.

This also corresponds, in some ways, to in-vitro fertilization processes and *Sebastes* can be helpful for children who have this background when the disposition agrees.

Stage 1 is what I have termed the Acute Viral Miasm (Stage 10 is the Sycotic miasm), and in it we see many nosodal agents that cause acute infection, such as certain viruses. As well, I have found that in the viral miasmatic realm we see panic as a strong indicator. George Vithoulkas, a Greek master homeopath, pioneered the use of *Lyssin*, a nosode placed in Stage 1, to treat panic attacks. *Sebastes* is a good remedy for panic attacks and also for the effects of acute viral infections, including post-viral dementias. In this regard, it is a remedy for the effects of vaccines as well.

The areas of physical challenge tend to be the heart and the lungs. As children and young adults they can have asthma and dyspnea. In older patients you can see chronic obstructive pulmonary disease with accompanying heart problems.

These heart problems may have been hereditary, like in certain patients with a history of congenital heart valve disease or also atresia. One symptom is hypotension (like in *Scorpaena scrofa*) and cardiac decompensation with shortness of breath.

Even though the pathology may be severe, sometimes life threatening, they can be indifferent to the impact and consequences like in the remedy *Hydrocyanicum acidum*. Of course, even if the patient does not seem concerned, caution should be taken by the practitioner

in this situation and proper referral is always necessary.

This patient can have serious, yet contradictory, cognitive issues as well. Their memory is selective — they may show brilliance in one area but then forget what just took place or what they are about to do. They may remember names of people, even slight acquaintances perfectly but cannot tell time. They remember past events but do not remember events of the same day.

In end stage dementia, they may sit silently just observing with a haughty and critical expression.

They can have profuse dreams and nightmares. The dreams include ascending a height, death, children in danger, performing, not being able to get to the stage or difficulties in performing, not being able to get to a destination on time, dead bodies, aliens, water, water flowing around them, black water.

They can be very sensitive to environmental pollution and it can severely impact their symptoms.

Clinical Focus Guide

MIND AND DISPOSITION

Slow maturation

Self-satisfied

Slow to evolve or learn a lesson

Unrealistic assessment of those wishing them
harm

Emotions alternating effusive with internalized

Autism spectrum disorder or Asperger-like

Late maturation

Savant particularly in entertainment

Mechanical recitations and performances

Performing and entertaining

Shy but desire fame

Perform and shine

Dance — ballet, singing, Broadway

Anxiety and panic

Triggered by a particular person or object

Alternating with self-satisfaction

Worse noise

Nervous breakdown feeling

Panic attacks in crowds

Contradictory cognitive problems .	Static
Brilliance in one area but then poor memory for practical concerns	Blood flowing
Remember names of people but cannot tell time	Children in danger
Clearly remember events of the past but not the same day	Dead or sleeping bodies
Forgetful what just did	Death
Forgetful what is about to do	Nightmares
Dysgraphia	Not able to get to destination on time
	Performing, not able to get to the stage or difficulties in performing
	Water, water flowing around them, black water
Dreams	
Aliens	
Ascending a height	End stage dementia
Attacked by birds on stage	Sit silently with haughty expression

PHYSICAL FOCUS

Sensitive to pollution

Breathing problems	Heavy set, overweight or too thin
Asthma	
Dyspnea	Easy strains
As if under water	Fibromyalgia
Chronic obstructive pulmonary disease	Neuroma
	Stabbing pains
Heart problems	Sharp pain in one spot
History of congenital heart valve disease	
Atresia	Uterine fibroids and cysts
Cardiac decompensation with shortness of breath	Menses profuse and protracted
History heart attack	Dryness vagina
Overeating or aversion food	Painful coition
Desire rich food	
Desire alcohol - over drinking	High sexual desire
	Swelling scrotum

SENSATIONS AND EXPRESSIONS

Floating	
Blood flowing around them	Dance and sing

RELATIONSHIPS

Compare

Hydrocyanicum acidum, Arsenicum album, Scorpaena scrofa, .Neon, Xenon, Algae remedies

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SERUM ANGUILLAE (ICHTHYOTOXINUM)

Serum from common/freshwater eel; Anguillidae



Homeopathy Abbreviation: *ser-ang*

Keywords: *Anguillidae; catadromous; temperate; demersal; Sargasso Sea, 7000 km migration; oviparous; glass eels; carnivorous; food fish; parasites*

The European eel, *Anguilla anguilla*, is a catadromous (meaning they spend their lives in freshwater and return to the ocean to spawn) and carnivorous species that lives most of its life in European rivers that drain into the North Atlantic, Baltic and Mediterranean Seas. It is also distributed along the coast of Europe from the Black Sea to the White Sea.

Natural History

Eels spawn in late winter and spring in the Sargasso Sea (in the western Atlantic Ocean), after which the adult eels die. The leaf-shaped larvae (leptocephali) drift to the continental shelf of Europe in the Gulf Stream, a journey that takes 200—300 days! Before reaching coastal zones and estuaries the larvae metamorphose into transparent eels (glass eels). After entering fresh water the glass eels become elvers, miniature versions of the adult eels.

As the eels continue growing in the freshwater areas of Europe they are known as yellow eels due to the brownish-yellow color of their sides and belly. Eels live in freshwater rivers for a period of 6-12 years for males and 9-18 years for females. They can reach in exceptional cases a

length of 1 'A m, but are normally much smaller, about 60—80 cm, and rarely more than 1 meter.

The European eel diet is composed almost entirely of bottom-living organisms. During the last summer of their freshwater life, eels become sexually mature and silvery in appearance (silver eels). At this stage their eyes become bigger, their heads broader and the content of body fat increases in preparation for migration. During the 7000 km migration to the Sargasso Sea for spawning the eels do not feed.

Eels can move over land at night. They can absorb oxygen through their skin as well as gills. Eels tend to be nocturnal and can hibernate in mud during cold winters.

European eel is a food fish in Europe and countries surrounding the Mediterranean, and in Japan. Global aquaculture production of *Anguilla anguilla* in Europe and Northern Africa between 1990 and 2010 was 6,000 — 12,000 tonnes per year. Aquaculture production of eels is entirely based on wild glass eels and elvers captured around the shores of France, Portugal, Spain and the United Kingdom and then either used nationally or exported to eel farmers in other countries.

European eels are susceptible to parasites, fungi, bacteria, and viruses. Parasites include: *Anguillicola crassus*, *Trypanosoma granulosum*, *Myxobolus* sp., *Paraquimperia tenerrima*, *Paratenuisentis ambiguus*, *Pseudodactylogyrus* sp., *Bothriocephalus claviceps*, *Lecithochiriumfurcolabia- tum*; *Myxidium giardi*, *Pomphorhynchus laevis*, *Trichodina* sp., *Raphidascaris acus*, *Acanthocephalus clavula*; *Acanthocephalus lucii* and *Acanthocephalus anguillae*.

Warning: Heart and kidney problems can be serious and life threatening. Patients should only reduce their conventional medications under the supervision of a licensed medical doctor.

Distinguishing Homeopathy Features

Complaints with kidney affections — anuria

Heart issues

Repressed sexuality

Deep wounds and unexpressed grief

“Brain paralyzed”

Dementia Indications

Dementia states with bodily swelling, heart and kidney problems

Stupefaction as if intoxicated

Hard to collect thoughts

Difficulty with expression — talking, writing

Irritability from being disturbed

Complete loss of will power

Vertigo, dizziness on rising

Alzheimer's disease

Korsakoff syndrome

Edematous with alcoholism

Suddenly removes clothing and exposes themselves

Creutzfeldt-Jakob disease

Lewy body dementia

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Post influenzal and viral dementia

Homeopathy Commentary

The serum of eel has been used in homeopathy since classical times. There are many recorded cases of this homeopathic remedy used very successfully for kidney problems along with heart problems, particularly where anuria is involved. The focus of the pathology this remedy can help considerably is the kidney. I've included some of those classic cases below.

Classical homeopaths such as Boericke describe this remedy as being similar to *Vipera*, a remedy made from a snake. Certainly, when you look at eels and how they move, they resemble snakes. And the focus of the heart and kidney is part of the symptom picture of snake group remedies. And in the proving of *Serum anguillae* there was the "dream of snakes."

Even though there is an important element reminiscent of snake remedies in the dispositional state, there is also the repressed side, which is more from the fish family. Lascivious sexuality is also prominent but in contrast, the eel has this exceptionally long ascetic journey to get back to its spawning ground and this is also reflected in the mind state of the patient needing this remedy.

So although the patient needing *Serum anguillae* may have many sexual thoughts, erotic dreams and a lascivious nature, they can go into periods where they completely stop and repress any sexual activity as a spiritual or religious practice. This can also come about as a result of other causes including sexual trauma. Or it can be as a result of surgery in the genitourinary area, female circumcision or other physical difficulties. As well, during puberty they may try to attain self-control over their sexual appetite or be encouraged to do so because of family religious beliefs. According to Rohrer, who proved the remedy, Freud championed the idea of repressed sexual urges underlying psychological states but started his career by dissecting and studying the *sexual organs of the eel*.

Because of their religious or spiritual striving, the patient who needs this remedy is not well connected to their emotions.

There are few emotional symptoms, as they find it difficult to describe how they are feeling. They control themselves under all circumstances and find it difficult to let go, which can be caused by their upbringing or by a strong sense of morality.

Rohrer - Eine Erweiterung der Arzneimittelprüfung von Serum anguillae, DH
11/1991

The patient may go into compensatory euphoric states and even become overly cheerful about

traumatic events or horrible calamities. In older patients they may constantly complain of feeling 'woozy' as if they are ungrounded and disconnected.

In the uncompensated state, like in children, you can see irritability even to violence. Also seen is despair with a dark attitude and loss of worldly connection. As well, they have dark pessimistic thoughts and may see ghosts, hear voices at night or feel dark presences.

They eventually develop a difficulty in concentrating with heart and kidney problems, leading to indifference. They may have retired early due to memory problems and this indifference. They will say "my brain is paralyzed." And then we see a decline into Alzheimer's and dementia along with kidney issues, edema and heart problems.

One of the major differences between the disposition of a patient needing homeopathic snake venom as opposed to toxic eel serum is a reflection of the way in which the subject is exposed to the poison. Venomous snakes inflict their venom by deliberately injecting it into prey while in attack. This venom is mostly what is used to make homeopathic snake remedies. In the case of *Serum anguillae*, the remedy is made from the toxic blood of the eel (ichthyotoxin) which is only poisonous to humans and other mammals if the blood enters the body as a result of trauma, such as a cut or laceration. Entry into the body as a result of a wound is in keeping with the vulnerability and soft-sided nature of fish.

This sense of a deep wound is also accentuated, in my experience, in remedies that are made from substances that have a connective process with both salt and fresh water. These fish cross this barrier. Eels go from fresh water to salt water to spawn and salmon go from salt water to fresh water to spawn.

In a similar way, mangrove plants live in briny water areas that are between salt and fresh water. These plants have mechanisms to extract the salt from the water so as to have only fresh water used in growth. Homeopathically prepared mangrove plants are useful remedies for patients who have deep inflicted emotional wounds with resultant grief similar to *Natrum muriaticum*.

One such wound for remedies from the mangrove swamp is female circumcision; another is forced hysterectomy. Yet another is rape, especially in men who were sexually abused as children. All create deep emotional trauma. Patients who need the remedy made from salmon (*Oncorhynchus tshawytscha*) are also looking for the source of their trauma feeling; they have a sense of wanting to go back to the source.

Patients needing *Serum anguillae*, besides having a similar grief, can also have a great sensitivity to sounds and odors. Loud sounds can trigger irritability and anger. A strong vision symptom is flashes of light before the eyes.

Patients needing this remedy can feel a sense of injury, particularly from the family and may be angry at the family. They feel ripped off emotionally and have the underlying anger and the causative factors I mentioned. In children, there can be less repression of this and therefore temper tantrums as well as manipulative behavior. They want to hide and don't like to be looked at.

In older patients there can be a current issue or history of heart complaints and kidney problems. They will typically have been prescribed a lot of heart medications and diuretics. Where there is dementia with weakness and great bodily swelling you can think of this remedy. I also see in both children and adults much swelling under the eyes.

On a physical level this substance both in crude form and homeopathic was used for kidney,

blood and heart issues. Boericke writes:

The serum of the eel has a toxic action on the blood, rapidly destroying its globules. The presence of albumin and renal elements in the urine, the hemoglobinuria, the prolonged anuria (24 and 26 hours), together with the results of the autopsy, plainly demonstrate its elective action on the kidneys. Secondly, the liver and the heart are affected, and the alteration observed are those usually present in infectious diseases.

.. .the serum of the eel seems better adapted to cases of hypertension and oliguria, without oedema. We should bear in mind that the elective action of the eel's serum is on the kidney, and I believe we can well assert that if Digitalis is a cardiac, the eel's serum is a renal remedy.

When during the course of heart disease, the kidney, previously working well, should suddenly become affected and its function inhibited; and when besides we observe cardiac irregularities and a marked state of asystole, we may yet expect good results from this serum.

[Boericke Pocket Materia Medica]

This is a remedy to consider in hypertension with renal disease. Some homeopaths suggest it as a remedy where there are heart issues with kidney issues and no swelling and others advocate it where there is swelling. In my experience, I have seen mainly significant swelling with heart and kidney problems as an indication. At the very least, I see swelling under the eyes. Voisin and Jousset, French homeopathy teachers, consider *Serum anguillae* important in heart and kidney problems with *little* edema.

It is also a remedy to consider in lymphedema especially after breast surgery (as well as the emotional trauma as mentioned above).

Along with these physical conditions dementia states may develop whereby the first sign is 'stupefaction as if intoxicated'. They will even slur their speech and talk slowly as if inebriated. They have trouble collecting their thoughts. As they attempt to express what they want to say, the thought and expression disappears. All forms of expression, writing or talking, become difficult. They have problems motivating themselves and may spend most of their time in bed in an apathetic state. They can be irritable from being disturbed in this state.

The other condition *Serum anguillae* can help is elephantiasis, a severe swelling and thickening of the skin which can be caused by filariasis, a parasitic helminth disease. There are different species of these tiny worms that live in the human lymph system. It affects hundreds of millions of people in tropical countries. The small worms, at times microscopic, are described as ‘eel-like’. I have also used a nosode called *Filariasis* in this condition.

Clinical Focus Guide

MIND AND DISPOSITION

Repressed sexuality	Stays in bed
Lascivious thoughts, sexual dreams	Weakness
Control over sexuality	
Ascetic journey	Stupefied
Anti-pornography crusader	As if intoxicated
	Comatose
Injury: deep wound unexpressed	With kidney and or heart problems
Effects of sexual trauma	
Effects of female circumcision, hysterectomy, breast removal	Dreams
	Of snakes
Not well connected to emotions	Of water, storms, floods
Indifference	Traveling
Difficulty letting go	Erotic
Cheerful over terrible events	
	Fear of suffocation
Snake-like but vulnerable	
Like <i>Vipera</i>	Overwhelmed
	Irritable
Irritability to violence	Desire to hide
Rage from slightest noise	Discouraged
"Brain is paralyzed"	Loss of will
Alzheimer's and dementia with serious heart or kidney disease	
Mistakes in expression — writing, talking	Industrious alternates indifference to work
Dullness	Sees ghosts, hears voices at night
Difficulty collecting thoughts	
Difficulty concentrating	Fighting
Weakness of memory	Kicking
	Rage, fury from noise
Korsakoff syndrome	Temper tantrums
Loss of will power	

PHYSICAL FOCUS

Renal and kidney diseases and symptoms

Anuria, oliguria, albuminuria

Nephritis

After taking cold

Hematuria

Frequent urination of very small quantities

With nausea

Without swelling (or with swelling)

Heart problems

Hypertension with renal disease

Congestive heart failure

Cardiac uremia

Valvular problems, murmurs, mitral insufficiency, asystole

Feeble frequent irregular pulse

Palpitations

Tumultuous

Tachycardia

Arteriosclerosis

Blood problems

Hemoglobinuria

Phlebitis

Arteriosclerosis

Liver enlarged

Respiration

Dyspnea in heart disease

Better sitting up

Worse smoke

Sleep apnea

Difficulty breathing at night

Better with menses

Averse hot room

Chill when tired

One sided congestive headaches

Sparks before eyes

Vertigo; 'woozy'

Needs to hold onto things, falls easily

On rising

Stooping aggravated

With dim or dark vision

Headache

Above left eye

With numbness of head

Boring or pressing or stitching

Like electric current

Back

Tension lumbar region

Pain cervical in the morning

Pain in sternum

Pressing or stitching

Worse afternoon

Extending to back

Sensation lump in throat

Sleepless

With heart complaints

Skin

Dusky

Itching ameliorated by cold bathing

Worse afternoon

Obesity

Eating small quantities ameliorates

Desire coffee

Desire salt

Menses ameliorates
Menses suppressed

Ailments from breast removal

Swelling
Edema
Lymphedema
Elephantiasis

Filariasis
Swelling lower limbs, joints
Swelling under eyes

Uncovers feet

Weary, tired
Afternoon and evening

RELATIONSHIPS

Compare

Digitalis, Hydrocyanicum acidum, Apocynum cannabinum, Galeocerdo cuvier hepar, Agaricus, Ailanthus, Zingiber officinale, Arsenicum album, Crataegus oxyacantha

Traditional Homeopathy Sources

Excerpts from *Notes on Nosodes* by P. Sankaran

Donald Gladish writes that he has found Eel's serum (Serum anguillare ichthyotoxin) very useful in hypertension with renal disease, presenting no guiding symptoms. Chiron reports a case of congestive heart failure cured by Eel's serum.

I once had a very happy experience with this remedy. A close relative of mine aged 70 years living in Madras, who was much addicted to alcohol, once went into coma and was admitted in the allopathic hospital there. His blood urea was very high and it was suspected as a case of renal failure. After some days of treatment the physicians finding no response at all stopped all the medicines and told the relatives to take him back home because they had no hope of his recovery. A cousin of mine rang me up from Madras and asked whether I could suggest some medicine. When I enquired about the symptoms he could give no indications at all except that the patient was comatose. Without any hope, I prescribed for him Eel's serum over the phone. A few hours later I received a message that this remedy was not at all available in Madras. Though he was expected to survive only for a few hours. I sent the remedy from Bombay which reached them the next day. I was told that after two or three doses were given, the patient became conscious and his condition then gradually improved. His blood urea came down to normal and he was then discharged from the hospital after a few days. The improvement in the condition of this patient can be attributed only to Eel's serum because all other medication had been stopped in his case. (This case had a curious aftermath. Later when I came to know that this gentleman had started drinking again, I sent him a polite warning. Thereupon, it seems he remarked that when God had given him another life to drink, he should not miss such an opportunity).

From the *Pocket Manual of Homoeopathic Materia Medica* by William Boericke, M. D.

THE SERUM OF THE EEL has a toxic action on the blood, rapidly destroying its globules. The

presence of albumin and renal elements in the urine, the hemoglobinuria, the prolonged anuria (24 and 26 hours)... Whenever the kidney becomes acutely affected, either from cold or infection or intoxication, and the attack is characterized by OLIGURIA, ANURIA and ALBUMINURIA, we will find the EEL'S SERUM eminently efficacious to re-establish diuresis, and in rapidly arresting albuminuria. When during the course of HEART DISEASE, the kidney, previously working well, should suddenly become affected and its function inhibited; and when besides we observe cardiac irregularities and a marked state of asystole, we may yet expect good results from this serum. But to determine here the choice of this remedy is not an easy matter. While DIGITALIS presents in its indications, the well-known symptomatic trilogy; ARTERIAL HYPERTENSION, OLIGURIA AND EDEMA; ...There, where DIGITALIS is powerless, the SERUM OF THE EEL has put an end to the renal obstruction and produced an abundant diuresis. But its really specific indication seems to be for ACUTE NEPHRITIS (Jousset).

Subacute nephritis. Heart diseases, in cases of failure of compensation and impending asystole. The experiments of Dr. Jousset have amply demonstrated the rapid hematuria, albuminuria and oliguria caused by it. In the presence of acute nephritis with threatening uraemia we should always think of this serum. Very efficacious in functional heart diseases. Mitral insufficiency, asystole with or without oedema, dyspnoea and difficult urinary secretion.

Eel serum. Experiments show great analogy between the serum and the venom of *Vipera*...

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SILURUS GLANIS

Weis catfish; Siluridae



Keywords: *Siluridae*; *freshwater*; *brackish*; *benthopelagic*; *temperate*; *food fish*; *cannibalistic*

Silurus glanis, or wels catfish ('wels' is an old German word for catfish), is the largest species in the Siluridae family, and the largest European freshwater fish. It is native to Eastern Europe and Western Asia but now has become an invasive species in at least ten countries to the west and south of its native range. And like many invasive species, wels catfish thrive in rivers that have been altered by humans, where high water temperatures and low oxygen levels may have pushed out native species. The catfish also grows quickly, has a long life span (possibly up to 80 years), and reproduces easily, with females producing hundreds of thousands of eggs at a time.

In its native habitat, where it is both fished and farmed for food, the wels catfish is not considered a problem species. There, populations appear to have remained relatively stable for decades, with little evidence of excessive predation on other native fish. But in newly inhabited rivers, these aquatic invaders are targeting endangered and commercially important migratory fish, such as Allis shad and Atlantic salmon, whose European populations are already in serious decline. There is concern the predator could wipe out many native Western European fish species, fundamentally altering river ecosystems that are already struggling from the impacts of dams, water pollution, and overfishing.

Natural History

The wels catfish prefers sheltered locations such as holes in the riverbed or sunken trees in large, warm lakes and deep, slow-flowing rivers. The skin colour of the wels catfish varies with the environment. Clear water will give the fish a black color, while muddy water will often tend to produce green-brown specimens. The underside is always pale yellow to white in colour. The skin is very slimy. Albinistic specimens are known to exist and are caught occasionally. Wels swim in a fashion similar to eels, and so can swim backwards.

Most adult wels catfish are about 1.3—1.6 m long and weigh 15—20 kg; fish longer than 2 m are a rarity, but they have been known to grow to lengths over 3 m and weigh over 140 kg.

Sexual maturity is generally attained at 3—4 years, when the fish are between 39-71 cm in length. Reproduction is controlled by environmental cues such as temperature and day length. Males and females pair up as they migrate in April to the spawning grounds upstream in rivers or in heavily vegetated lakes. Spawning is nocturnal and occurs between May and July when the temperature is 18—22 °C. The male excavates a shallow trough or chooses a spawning substrate such as willow roots, and builds a nest with plant material into which the female lays the eggs (30,000 per kg of body weight), which are surrounded with a sticky mucus coating. The male guards the eggs for the next 2-10 days (the time is dependent on water temperature) and makes sure the eggs are well ventilated by repeatedly fanning his tail fin, until they hatch. The larvae live in the nest until the yolk sac is absorbed. The young grow quickly, reaching 30 cm in length within the first year.

Wels catfish are mainly nocturnal bottom-feeders and live on annelid worms, gastropods, insects, crustaceans and fish. Larger specimens can be cannibalistic and are also known to eat frogs, mice, rats, and aquatic birds such as ducks. They have been observed in France to lunge out of the water to snatch pigeons on land.

The wels catfish's mouth contains lines of numerous small teeth, two long barbels on the upper jaw and four shorter barbels on the lower jaw. It has a long anal fin that extends to the caudal fin, and a small sharp dorsal fin relatively far forward. The wels relies largely on hearing and smell for hunting prey (using its Weberian apparatus and chemoreceptors respectively), and, like many other catfish, the species has a tapetum lucidum which increases vision at night when it is most active. With its sharp pectoral fins, it creates an eddy to disorient its victim, which is then sucked into its mouth and swallowed whole.

Despite a reputation as a gaping, broad-headed beast that attacks and even kills humans, “they’re harmless and curious with people, and you can swim right up to them in the river,” says Frederic Santoul, a fish ecologist at the University of Toulouse.

Taxonomy: Catfish are a monophyletic group. The taxonomy of catfish has been changing. Catfish are the second or third most diverse vertebrate order.

Parasites: The wels catfish (*S. glanis*) trematode parasites belong to three orders, 15 families, 24 genera and 33 species. Two orders, Strigeida and Plagiorchiida include 16 species each, while the order Aspidogastrea is presented by one species only. The family Diplostomidae is the most species-rich (9 species). The farther the host is located from the center of its native range, the more affected is its parasite fauna. In Azerbaijan, where the wels catfish exists at the southernmost boundary of its range, the number of its trematode parasites declines to 14. Unlike the parasitic species infecting various hosts, the catfish specific trematodes occur throughout its entire range, regardless of proximity to the center. *Bucephalus polymorphus*, *Orientocreadium siluri*, and *Diplostomum spathaceum* are the most widespread catfish parasites; *Aspidogaster limacoides*, *Plagioporus skrjabini* and *Phyllodistomum petruschewskii* were recorded from Ukraine only, *Allocreadium siluri* and *Bolbophorus confusus* from Uzbekistan, *Asymphylogaster kubanica*, *Bychowskycreadium bychowskyi*, *B. schiliani*, *Diplostomum mergi*, *D. chromatophorum* and *D. paraspathaceum* from Azerbaijan.

Distinguishing Homeopathy Features

Dull and heavy

Not working
Aversion to work
Protective
Difficulty hearing
Forgetting appointments
Vascular problems
Liver cirrhosis with dementia
Craving alcohol, rich foods, junk food
Morbid obesity
Loss of bowel and bladder function
Stage 16 Leprosy miasm

Dementia Indications

Alzheimer's disease

Creutzfeldt-Jakob disease

Lewy body dementia

Down's syndrome and Alzheimer's disease

Frontotemporal dementia

Huntington's disease

Mixed dementia

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post-influenza and viral dementia

Homeopathy Commentary

This remedy was proved in Germany by Heike Dahl, who has also had some clinical experience with it. In the trituration proving, cognitive problems as well as catfish dispositional signs were prominent with some indications of potential physical problems and pathology. The proving augments the materia medica and clinical knowledge of the other catfish remedies in this book — *Pyrrhura* and *Ictalurus punctatus*. In this catfish, *Silurus glanis*, there is a physical and pathological focus on the liver and brain with recurrent fevers and heat.

In the proving, cognitive issues presented in the healthy participants. There was difficulty in hearing properly, as if through a filter, along with slurred speech. There was misspeaking and misspelling of words and poor memory for the meaning of words. Then there were significant memory issues and forgetfulness developing. The *Silurus glanis* patient, in the early stages of dementia and dementia-like syndromes, forgets appointments, times of meetings and what they are about to do.

I keep making mistakes, leaving out words (I mean letters).

"Thoughts come and go, no thought lasts long.

Forgets the words while speaking.

Looking for words, am so illiterate right now.

"Alzheimer's suspect."

Because of the size of this fish, its square body, thick 'neck' area and other symptoms found, one immediately thinks of the correspondence with potential vascular problems, even stroke or aneurysm-like symptoms and resultant vascular dementias. Certainly the slurred speech (stroke-like) right at the beginning of the proving gave a clue and then from my clinical experience I can substantiate that vascular problems of all sorts are prominent.

There are also liver problems including cirrhosis of the liver and thereby diffuse intra-hepatic venous outflow obstruction and resultant hepatomegaly and occlusions. These liver problems can be caused by inherited influences but also obesity and alcohol use. There is a craving for alcohol and a high appetite for rich foods and junk foods especially at night.

The *Silurus* patient can be obese, even morbidly obese, with resultant physical problems like those mentioned. Catfish are bottom feeders and in patients needing *Silurus* there can be a craving for junk food or indiscriminately any type of food, especially snack and fast food, salty and sweet, fatty foods, and meat. Thereby, they can have high cholesterol problems.

Along with the liver problems can come brain problems - not only end-stage hepatic encephalopathy but also changes in cognition, memory and consciousness even prior to the more severe comatose state found in cases of end-stage liver disease. Even with moderate changes in the liver, brain issues such as forgetfulness, wakefulness at night, and difficulty in concentration are seen.

There may be swelling of the legs, jaundice, ascites and hyperreflexia in which tendon reflexes can be exaggerated or brisk (seen even in the proving). There was also lameness in the arm in the proving and patients can experience soreness in the muscles, fibromyalgia, a feeling of heaviness and as if something heavy is on them.

Like the size and lumbering quality of this fish there was a sensation in the proving of being dull and heavy. As well, there was a feeling of internal heat plus heat in the face and heat rising in the head, hot head with cold extremities.

The throat was dry and itching and there was a constant need to clear the throat. A feeling that the throat is covered by a slimy coating and thereby there is a husky voice. One of the core themes is that there is a contradiction between hard work and a strong reluctance to work. A feeling of being tormented by work with desperation - like having a monotonous job. In this regard there is a feeling that time passes too slowly and they can feel unmotivated in work which can even become a disgust for working.

Aversion to the work one does, one would rather eat.

Disgust for work.

What I'm doing right now is so senseless, I have to do it my whole life, there is no escape.

Aversion to work, desperate at work, tormented with work, there is no escape from the monotonous work, such as the assembly line job.

Although you see this direct aversion to work, it comes from a culture of not working - such as that seen in a family history of being on welfare which is part of the Leprosy miasm. This is the miasm present in *Pyrarara*, another catfish. Quite frequently, the *Silurus glanis* patient is the

one in the family who breaks out of the family dynamic of not working but then struggles and slips back. They tend to emulate the values of the father, and if those values are weak they stumble into a welfare state. They can feel outside of the group or family, a feeling as if an alien.

Even though there is this feeling they want to protect and even guard their family and may become security guards where they can be sedentary yet 'guard'.

They have a tendency to indolence and thereby weight gain. One of the provers said:

I'm incredibly hungry.

Stomach growls loudly.

On the other hand, they may rebound and get into physical exercise, bodybuilding and vitamins to bulk up and have more muscle mass to improve their strength and appear strong. Catfish guard the nest, so to speak, and can be quite aggressive to intruders. The *Silurus* patient can become very protective of those close around them. There is a contradictory sweetness and yet an aura of brute force, along with clumsiness and their large size. There may be a history of stressful suppression from their mother and a need to egotistically prove yet emotionally guard themselves.

Similar to *Bufo* and also sycotic remedies, in *Silurus* there is a high sexuality with masturbation and a desire to watch pornography. They dwell on sex and have many sexual thoughts and can have a history of different lurid relationships.

Like other fish there can also be kidney issues and edema. These problems are accentuated by obesity and the liver issues. And like in *Pyrrarara*, there may be skin issues, with reddish inflammation but a lack of itchiness.

In the proving there was lameness in the arm and another prover had pain in the small joints of the hand.

There were indications of “oppressive” headaches — with pressure going inward from the eyes. The pain is worse in the left temple.

There can also be issues with the eyes, even cataracts and glaucoma. Catfish have very good night vision as a result of intensification of light via the tapetum lucidum (a special membrane just behind the catfish retina). A patient needing *Silurus* may have a sensitivity to light especially during headaches.

In the end stage, the patient needing *Silurus* becomes dishevelled, disorganized and their living quarters or home is in a terrible state. They start to lose bowel function and urinary function and so in their environment there can be a strong repulsive odor. They lose the ability for personal hygiene early on in the downward course of dementia.

They can feel abused by others or their caregivers and thereby complain and even become pugnacious; they want constant attention and to be served and helped.

The theme of helplessness is evident. They become aware of their poor memory and difficulty in concentrating at the onset of dementia and thereby get more dependent and demanding. They hold onto decaying old relics of their past, having difficulty in keeping their environment clean and uncluttered.

These features are strong characteristics of Stage 16, the Leprosy miasm, which is discussed more in the general Catfish commentary. There are also elements of the Sycotic miasm.

In the end they can become more subdued and quiet with a desire to sleep frequently during the day. Even in the healthier state there may be a desire to sleep during the day. But there is also restlessness and movement during the sleep. The movement does not necessarily wake them. You see this in children.

Clinical Focus Guide

MIND AND DISPOSITION

Dull and heavy
Staring at one point

Protective of family

Mistakes and forgetfulness
Forgetting words while speaking
Looking for words
Leaving out words and letters
Forgetting appointments and meetings
Misspelling words
Forgetting the meaning of words

Stage 16, Leprosy miasm
Begging
Not working and poverty

Disgust for work
Alien feeling
Lazy
Helplessness
Aversion to routine

Contradiction between hard work and a strong reluctance to work
Unmotivated to work alternates with working
Freeing themselves from generations of not working and being on welfare

High sexual drive
Desire to watch pornography
Sexual thoughts

Poor personal hygiene

PHYSICAL FOCUS

Chilly with sensation of inner heat

Throat
Tickling
Sticky mucus back of throat
Constant hawking

Morbid obesity
Overweight and overconsumption

Desire alcohol, wine, junk food, meat

Hoarseness

Extremities
Swelling and heaviness extremities
Fibromyalgia
Burning pains
Finger joints, elbow
In veins
Pain joints on lifting

Skin
Reddish inflammation
Itching
Open air ameliorates

Lameness in single parts

Liver inflammation

Urinary and/or bowel incontinence

Heartburn

Restlessness during sleep

Oppressive headaches
Pressure inward from eyes

Desire to sleep during day

Eyes
Glaucoma, cataracts

SENSATIONS

As if asleep
Burning
Eye pressed
Muffled

Stiffness neck

As if backpack on shoulders
As if head flat and square
Tickling

RELATIONSHIPS

Compare
Pyrrarara, Ictalurus punctatus, Sulphur, Oxygenium, Tellurium, Selenium

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SPHYRAENA BARRACUDA

Great barracuda; Sphyraenidae



Keywords: *Sphyraenidae*; *marine*; *brackish*; *tropical and subtropical*; *predator*; *sport fish*; *ciguatera*; *diurnal*; *solitary (adults)*; *parasites*

The great barracuda, *Sphyraena barracuda*, is found in all temperate and tropical waters except the eastern Pacific Ocean and the Mediterranean Sea. 'Cuda', as they are sometimes called, are known to be bold and inquisitive fish that hunt more by sight than smell; the larger species in the Sphyraenidae family will even attack divers and swimmers, typically with one quick, fierce strike, especially if they happen to be wearing anything shiny or glittery resembling their silvery colored prey. The barracuda's stripes, sharp teeth and ferocity have given rise to the name 'tiger of the sea' but the injuries they inflict on humans are rarely fatal.

Barracudas are popular both as food and game fish. They are most often eaten as fillets or steaks. Larger species, such as the great barracuda, have been implicated in cases of ciguatera food poisoning;

they are considered to be more harmful to humans than any other fish species. Ciguatera poisoning causes symptoms of gastrointestinal discomfort, limb weakness, and an inability to differentiate hot from cold effectively. It seems the reef fish that barracudas eat themselves consume algae that may contain high levels of the toxin.



Natural History

Barracudas are found near the surface of the water in nearshore coral reefs, mangroves and sea grasses. The great barracuda mates from April to September. Males become mature sexually at the age of 3 years and females at 4 years. They prefer to breed in shallower, warmer waters such as coastal lagoons and mangroves. After mating, females produce between 5000 and 30,000 eggs which drift with the tides. The offspring usually shelter in the shallower water until they are mature enough to move out to the open sea; they may shoal with thousands of other juveniles initially but as adults barracudas are solitary fish except when they form groups in the mating season.

Generally, the female grows to be larger than the male. The average weight is 50 kg and

they range in size from between one and three metres in length; their lifespan is 10 to 15 years. They are muscular fish with streamlined, torpedo-shaped bodies and can reach speeds of up to 40 kph. The dorsal coloration can be dark green, blue or grayish-brown with stripes and the belly is white. Young barracuda can change the color and patterning of their bodies to blend in with the surroundings. A large swim bladder allows them to maintain their buoyancy especially while stationary. They can lower or rise in the water by shrinking or expanding the internal gas-filled chambers of the swim bladder.

The mouth is huge and the powerful lower jaw juts out past the upper jaw; both are filled with dozens of razor-sharp, conical shaped teeth; some slope backwards to ensure caught prey are firmly trapped. Barracudas are ambush predators, keeping motionless in the water or taking cover in seagrass until suitable prey swim past. The attack is lightning fast; barracudas are capable of rapid movement and tight turns. They feed on smaller fish such as grunts, mullets and anchovies which are swallowed whole but they can bite larger fish in half or in pieces.

The great barracuda has few predators but are sometimes caught by sharks, giant tuna, goliath grouper and dolphins.

Parasites: In general, the barracuda has few parasites. The monogenean trematode *Pseudochauhannea sphyraenae* is an ectoparasite occurring on the gills of the great barracuda. Copepods have also been observed around the mouth area of this fish. Other parasites include protozoans, numerous digenea (flukes), monogenea (gillworms), cestoda (tapeworms), nematoda (roundworms), isopods, and fish lice. The great barracuda is also parasitized by other fish (ectoparasites) including the live sharksucker *Echeneis naucrates*, pilotfish *Naucrates ductor*, slender suckerfish *Phtheichthys lineatus*, spearfish remora *Remora brachyptera*, and marlin sucker *Remora osteochir*.

Dementia Indications

Normal pressure hydrocephalus

Posterior cortical atrophy

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia

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SYNANCEIA HORRIDA

Estuarine stonefish; Synanceiidae



Homeopathy Abbreviation: *syn-h*

Keywords: *Synanceiidae*; *oceanodromous*; *tropical*; *demersal*; *non-migratory*; *oviparous*; *carnivorous*; *solitary*; *camouflage*; *sedentary*; *ambush predator*; *venomous spines, lethal*; *Asian food fish*; *parasites*

The estuarine stonefish, *Synanceia horrida*, is a species of venomous fish of the Synanceiidae family. The species inhabits coastal areas of the Indo-West Pacific: India to China, the Philippines, Papua New Guinea and Australia, and is also recorded in Vanuatu.

Natural History

Synanceia horrida is a solitary fish; however the female and male meet for spawning. The female releases its eggs in a layer on the seafloor; the male releases sperm over the eggs.

The main habitat of the estuarine stonefish is on or near coral reefs or in estuaries. It makes a shallow depression by scooping up sand or mud with its pectoral fins, piling it up around the sides of its body, then lies motionless, camouflaged by its colors. Like *Synanceia verrucosa*, but with more elevated eyes, it is an ambush predator. It waits for prey, mostly small fish, shrimp and other crustaceans, to swim nearby and then quickly opens its mouth to suck it in.

The stonefish's defense against bottom-feeding sharks and rays is spines sharp enough to puncture rubber. These spines project from venom glands along the back; the venom is involuntarily expelled when pressure is placed on them. The venom causes instantaneous, excruciating pain at the site of the puncture wound, edema, hypotension, respiratory distress,

convulsions, and possible death within 6 hours. Marked hypotension is the primary cause of the toxin's lethality. While the toxin of stonefish may be heat labile, it spreads rapidly, and anti-venom treatment is usually required to prevent long-term sequelae. The venom consists of a mixture of proteins, including the hemolytic stonustoxin, the proteinaceous verrucotoxin and the cardioactive cardioleputin.

The maximum length of the species is up to 0.6 meters. It is drab in colour, brownish to reddish brown, which aids in its ability to camouflage itself among the rocks of many of the tropical reefs.

They are often included in private and public aquariums.

Known parasites found in *S. horrida*: *Opegaster syngnathi*; *Prosorhynchus synanceiae*.

RELATIONSHIPS

See *Scorpaena scrofa* (scorpionfish). Stonefish have a similar poison and poisoning effect as scorpionfish, although the stonefish poison is more life threatening.

General Resources and References

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SYNANCEIA VERRUCOSA

Reef stonefish; Synanceiidae



Homeopathy Abbreviation: *syn-v*

Keywords: *Synanceiidae*; *oceanodromous*; *tropical*; *marine*; *demersal*; *non-migratory*; *oviparous*; *carnivorous*; *solitary*; *camouflage*; *sedentary*; *ambush predator*; *venomous spines, lethal*; *Asian food fish*

The reef stonefish is the most widespread species of the stonefish (*Synanceiidae*) family, and lives in shallow tropical marine waters of the Pacific and Indian oceans, ranging from the Red Sea to the Queensland Great Barrier Reef. Stonefish are regarded as the most dangerous venomous fish in the world.

Natural History

Synanceia verrucosa is a solitary and sedentary fish for the majority of its lifetime. However during the mating season the reef stonefish does meet the opposite sex for spawning. The female stonefish releases its unfertilized eggs onto the bottom of the sea floor; then the male fertilizes the eggs by releasing sperm over them.

The stonefish's habitat is sandy or rubble areas of reef flats, shallow lagoons and small pools. It is an ambush predator that is well camouflaged. Sometimes covered with algae, and with its coloration, spiny head, flaps of skin, and wart-like bumps it looks exactly like an

encrusted rock. It waits for small fish, shrimps and other small crustaceans to swim by; then with lightning fast reaction the fish opens its mouth and sucks them in.

The stonefish's defense against bottom-feeding sharks and rays is spines sharp enough to puncture rubber. These spines project from venom glands along the back, and venom is involuntarily expelled when pressure is placed on them. In humans, the venom causes instantaneous, excruciating pain at the site of the puncture wound, edema, hypotension, respiratory distress, convulsions, and possible death within 6 hours. Marked hypotension is the primary cause of the toxin's lethality. While the toxin of stonefish may be heat labile, it spreads rapidly, and anti-venom treatment is usually required to prevent longterm sequelae. The venom consists of a mixture of proteins, including the hemolytic stonustoxin, the proteinaceous verrucotoxin and the cardioactive cardioleputin.

The primary commercial significance of the stonefish is in the aquarium trade. They are a food fish in Hong Kong, the Philippines and in Japan where they are prepared as expensive sashimi cuisine called *okoze*, T T.

Stonefish can survive out of water for up to 20 hours.

RELATIONSHIPS

See *Scorpaena scrofa* (scorpionfish). Stonefish have a similar poison and poisoning effect as scorpionfish, although the stonefish poison is more life threatening.

THUNNUS ALBACARES

Yellowfin tuna; Scombridae



Keywords: *Scombridae*; *oviparous*; *top predator*; *food fish*; *raw sashimi*; *warm-blooded*; *near-threatened species*; *cannibalistic*; *parasites*

The yellowfin tuna (*Thunnus albacares*) migrates throughout the Pacific, Atlantic and Indian Oceans, living primarily in the epipelagic (sunlit) zone. They are top predators and help to maintain a balance in the marine environment. These fish are a distinctive torpedo shape and are colored a dark metallic blue on their backs, with yellow sides and a silver underbelly. Their anal and dorsal fins are very long and as the name suggests, are bright yellow. They can grow to a maximum length of over 2 metres and weigh over 200 kg. They have a lifespan of six or seven years. They form schools with other species of tuna (e.g. skipjack and bigeye) and also are known to associate with dolphins, whales and whale sharks. After several million dolphins were killed as 'bycatch' in the 1980s, when fishermen targeted nearby tuna by setting their nets on dolphin pods, a successful dolphin-safe tuna campaign was launched which now prevents this practice.

The conservation status of *Thunnus albacares* is near-threatened due to high demand for this highly prized food fish, particularly in the raw sashimi market, where it is known as ahi, a Hawaiian term also used for the closely related big-eye tuna (*Thunnus obesus*). The name *Thunnus albacares* (albacares = pale flesh) often leads to confusion with a different species, the albacore tuna (*Thunnus alalunga*) which is hunted for its top dollar white meat, known as chicken of the sea'.

Natural History

Yellowfin tuna are highly migratory fish, traveling long distances every year. This migratory behavior is likely to be related not only to their dietary needs but also because breeding requires suitably warm water temperatures (at least 20 °C) to ensure the survival of eggs and larvae. Sexually mature at two years of age, they reproduce for several consecutive months via broadcast spawning, in which several males and females release millions of eggs and sperm into the water column at the same time in the early hours of the morning, when fewer predators are around. This method increases the chances of fertilization and reduces the risk of the eggs being eaten. The microscopically small larvae may be hatched after 1-3 days in nutrient-poor water; deliberately it seems, since, again, in this environment, there are fewer predators. Because of the relative lack of their usual diet of tiny zooplankton, they often eat each other. However, their first food is the yolk sac, which includes a droplet of oil. This keeps the larvae going until they are old enough to open their mouths. After 25 days in the warmest water near the surface, the larvae have metamorphosed into juvenile fish.

Yellowfin tuna and some shark species lack the ability to pass water over their gills while stopped and so, to oxygenate their blood, they must constantly swim forward with their mouths open to keep the water flowing over their gills.

A unique feature of the yellowfin tuna is an adaptation in their blood circulatory system, called a countercurrent exchanger, that allows them to maintain a body temperature higher than the surrounding water. This special characteristic gives them great strength and, combined with their streamlined shape means they can reach speeds up to 50 miles per hour! Therefore they are able to escape most predators but also hunt very effectively. Their prey is typically relatively large bony fishes such as flying fish, smaller members of the tuna family such as the skipjack, crustaceans and squid - all swallowed whole. Adult yellowfin may not, however, outrun the very largest billfishes, toothed whales and some shark species, and significantly, industrial tuna fisheries, which take the greatest numbers of all.

More sustainable fishing practices such as hand-line fishing (one line, one hook, one tuna at a time), especially in the Philippines where tuna fisheries have been the lifeblood of coastal communities for decades, have become accepted practice. Now, a single export-quality

yellowfin sold to the international market can support a family for a month; formerly all fish were taken regardless of size, quality or quantity.

Parasites: since the yellowfin tuna is often eaten raw, there is a greater risk of gastrointestinal anisakiasis. Possible parasites (also found in other species of tuna) include: *Opisthorchiidae*, *Anisakidae*, *Raphidascaris*, *Caballerocotyla klawei*, *Kudoa hexapunctata* and others from the *Kudoa* family.

Distinguishing Homeopathy Features

Acceptance by the group through feeling of contributing and doing good
Leading and coaching the group to social togetherness

Maze, amaze, daze

Maze of confusion

Periodic table Stage 4

Endurance, speed and strength

Warm-blooded

Falling and dreams of falling

Polarities of feelings

Effects of frequent travel

Belligerence during dementia

Knees

Dementia Indications

Beginning stages — uncensored speech and actions

Alzheimer's disease

Do not deny, but fight against it

Drug-induced dementia

Creutzfeldt-Jakob disease

Sudden changes of cognition

Lewy body dementia

Frontotemporal dementia

Mixed dementia

Normal pressure hydrocephalus

Parkinson's disease dementia

Vascular dementia

Korsakoff syndrome

Post influenzal and viral dementia

Homeopathy Commentary

To understand a family or group of remedies it is good to do a proving of one of the most common species in that family or order. Thus, over the years, I initiated and led homeopathic provings of more common species for a particular family. So in the Apiaceae family, I led a proving of *Coriandrum sativum*, one of the most commonly consumed spices (coriander) and plants (cilantro) in the world. I also led a proving of *Vanilla planifolia*, from the orchid family,

another of the most common flavorings; this was instrumental in understanding orchids for the book, *Orchids in Homeopathy*.

Even though other fish had been homeopathically prepared and proven, I initiated this proving since tuna fish is so common. It was not unusual for me, as a child, and for children now, to eat a lot of tuna fish sandwiches. The final result of the proving of *Thunnus albacares*, made from the raw fish, as well as the other fish homeopathic provings, gives us many common themes of all fish remedies as well as individual themes.

Each homeopathic proving that I have conducted has had a different ‘flavor’ surrounding the extraction meeting which is when the provers meet together after the end of a proving. The distinct character of the remedy permeates the atmosphere in these meetings. For example, in the proving of the potentized spider, *Loxosceles reclusa*, all the provers and supervisors decided they were going to cut up, with scissors, their written journal entries and paste them into a master journal. This enterprise took on tremendous activity and movement like we see in restless spider remedies. In the homeopathic proving of *Helodrilus caliginosus* (earthworm), there was an opposite predilection, where provers exhibited a very languid and laid back quality. During the extraction meeting, some of the provers were even lying down on their back, eating food whilst moving very slowly. It is interesting that *Helodrilus* has turned out to be one of the most significant homeopathic remedy for patients with severe acute back problems, particularly herniated discs.

The energy at the end of the *Thunnus* proving was one of confusion and forgetting of agreed procedures. Most of the provers of *Thunnus* had temporary cognitive and memory issues: confusion, absentmindedness, forgetfulness and even confusion about time. There were also communication difficulties as well as the polarity of profuse uncensored communications about everything that had happened.

As well, in homeopathic *Thunnus*, there were distinctive dispositional themes. Provers of, and patients needing *Thunnus*, want to do ‘amazing’ altruistic things such as may be seen in Stage 4 remedies of the periodic table. They maintain a strong impetus to accomplish and contribute even in the face of declining mental acumen — unlike many other fish remedies where the patient wants to hide the decline.

Tuna fish can navigate very long distances, even crossing oceans, and because of their unique (in fish) warm-blooded musculature they can go very fast in the water. Their strength, endurance and speed is an important mechanism of survival. They can also have sudden bursts of speed. They go into shallow waters but also suddenly and with great speed move to and dive to great depths in deep water. These natural characteristics are reflected in the dispositional state, even in the dreams; there are dreams of falling or having fallen, as well as sudden expressiveness and extremes of emotions and feelings many times without a personal filter.

These extremes were also expressed as changing polarities in the proving, such as a sense of connection and sudden disconnection. The provers described it as “connecting or disconnecting with old friends” or “disconnected and connected thoughts.” They struggled against imperfections and even the disconnection, as one prover said: “I don’t like feeling disconnected and out of sync. I wanted a sign.” Also, in a similar sense there were conflicting values such as being “torn between work and family” and “all or nothing.”

Although in the beginning stage they are unbothered by their cognitive problems, in the end stages of dementia, these patients aggressively struggle with it. They can become quite

belligerent and lose sight of their state, saying they don't believe it is happening.

Whereas herring fish shoal in very large numbers, tuna gather in smaller groupings and are unbridled within a grouping. Rather than staying with their species, yellowfin tuna may shoal with other types of fish as well as tuna from other species. This is reflected in how individuals who need homeopathic *Thunnus albacares* are quite social and go out and accomplish much. They are gregarious and have many friends from a wide range of backgrounds.

At the same time, they experience an underlying anxiety seemingly without cause. This anxiety is felt in the stomach and chest area. Even though they can accomplish a tremendous amount, they can experience this debilitating anxiety which goes along with a loss of confidence in their ability to accomplish all that they want to do in order to contribute to the greater good of the group. The definition of contribution is 'to give or grant in common with others'. Their sense of connection or being 'in common' is dependent on the good they contribute. The word 'good' occurred over 39 times in the proving. In this regard, also the word "nice" was repeated frequently by provers.

They feel they will disappoint the group and be excluded if they do not perform and contribute at a certain level. At times, they can feel they contribute nothing even though they are. This issue underlies the reason they feel separated from the group energy. They may find jobs or work for NGOs or volunteer in charitable organizations to realize this. They can get very emotional when they don't contribute in what they perceive to be the ideal way.

They can be aggressively optimistic about the future even becoming lifestyle or work 'coaches' for others. Yet they can go to the other polarity, where life is a futile endless loop. Like other fish remedies, this can be the link to the spiritual and even a connection to those that have died or are dying. The idea of continuous birth and rebirth figures prominently. Again, as in the general underlying spiritual fish theme about past lives that I discussed in the first section of this book, this provokes a feeling of wanting to forget the memories of the past by moving to a lack of memory and dementia. There can even be a letting go or sense of relief with 'letting go'.

They have a positive idea of their ability to manifest yet it can belie a deeper feeling of a catastrophe that is about to happen. The positive, charge ahead attitude may alternate with anxiety of an impending catastrophe. In this way, they may become fearful of changes to their life direction.

At the same time, like other individuals needing fish remedies, they are hard workers yet susceptible to others taking what they have earned.

I would initially say that this remedy is in Stage 4. Many of the provers' expressions had the hallmark of this stage. In Miasms and Nosodes Volume 2, I describe that the essential concept or word in this stage and its reciprocal Stage 13 is "maze". And in Stage 4 it is more specifically "amaze." A person can be "amazed" by the world around them in either a passive or active way. *Thunnus albacares* provers (and patients) had both. The passive quality is expressed when experiencing cognitive issues.

The active quality is seen whereby some provers and patients wanted to actively accomplish "amazing" feats, similar to *Hirundichthys rondeletii*, flying fish. For example, they may desire to write and produce movies that are epic features; they can be life coaches yet strive to give large corporate seminars or speak at substantial events; they can be a professional sports person desiring a sense of importance by being in the winning limelight.

Another side of this concept of 'maze' is related to a similar word that was used: "daze", as in stunned or stupefied. This aspect encapsulates the multitude of cognitive issues that came up in the proving. As well, for the master provers, the collection and collation of symptoms from this proving was like struggling through a maze.

Keeping in mind the idea of 'maze,' here is more on Stage 4 from *Miasms and Nosodes Volume 2*:

Specific Core Theme for Stage 4: *Amaze during inception and starting*

The definition of "amaze" is: 'Overwhelm or confound with sudden surprise or wonder.' [Online Etymology Dictionary]

In this stage, there is uncertainty with a feeling of amazement whereas in the reciprocal Stage 13 there is confusion and the actual desire to confuse or create a maze. Both aspects involve uncertain fronts.

Unlike projects and actions in prior stages, in this stage there begin to arise projects with longer term momentum. As a reaction to the underestimation in Stage 3, the individual pushes forward, with a sense of amazement at the world, especially the natural world and its "treasures."

It is the time of initiation into societal achievement which requires developmental leaps for a child and thus the dispositional substrate for the measles miasm. The eyes are wide open (in amazement) as we see in *Cerium metallicum*, in this stage.

I have found patients in this stage can be interested in esoteric subjects that "amaze" one. This is also a remedy for someone who frequently travels long distances for work or pleasure. The travel can be by air or land. They go through periods of exhaustion and sleeplessness from the travel and associated time zone changes and do not always recover easily. They, therefore, suffer from chronic sleeplessness, anxiety, obtunded thinking or addiction to sleeping medications. Long term sleep issues can be a precursor to dementia.

As well, they can have a job that involves complex thinking and hasty action where survival is at stake. A number of provers discussed this complex planning process and pressure:

I was making complicated plans, mathematical and geometric plans or else extinction, explosion and all.

On a physical level, patients who need this remedy have many similar conditions to other fish remedies such as sinus infections and pains, dryness of the mucus membranes and dryness of the skin and/or eczema.

The musculoskeletal system is strongly impacted as well as the teeth. The musculoskeletal problems are frequently a result of overuse and overexertion. They may have sharp, even excruciating pains, particularly in their joints, such as the knees and hips. This can be seen in those who have done intense exercise and long distance jogging over a lifetime, although the exercise itself is not necessarily the cause.

There were a great deal of temporary symptoms of cognitive decline and communication difficulties in the proving and I have listed them more thoroughly in the Clinical Focus Guide below. As well, since it is a robust homeopathic proving of a fish remedy, I have included most of the proving notes as well.

Clinical Focus Guide

MIND AND DISPOSITION

Daze of forgetfulness	Anxiety in chest and stomach
Forgetful of names and numbers	Impending catastrophe
Absentmindedness	Sudden loss of confidence
Spaced out	
Forgetfulness for business	Busyness yet feeling OK to let go
Complete forgetfulness	Lessened work pressure — effective even though relaxed and calm
Holes of forgetfulness	OK with being forgetful and letting everything go. "It will all be OK."
Confusion about time	
Loss of conception of time	
Confusion of time and dates	Polarities; 'back and forth'
Life is a futile endless loop	Cranky and cheerful
	Loving and hateful
Unbothered by mistakes	Organized and disorganized
Not being bothered by mistakes	Clear headed and mindless
Aware of and unbothered by cognitive deficiency	Aggression and passivity
	Torn between work and family
"Nice" smiling	Very tall and very small
Communication problems	Connection/disconnection
Difficulty in communication	Connecting or disconnecting with old friends
Confusion in communication	Disconnected and connected thoughts
Lack of communication; shortening communications	Contradiction of smiling while wanting to disconnect
Aversion to communicate over the phone or video. OK emailing and texting	Cranky then cheerful
Heart connection when with people, but can't be bothered to communicate otherwise	Left out
Polarity of profuse communications without censoring	
Endurance	
Impetuous	
Do good and benevolence	
Acceptance by group through feeling of contribution and doing good	
"Feel good, do good"	
Fear of being unimportant	
Weeping from perceived lack of contribution	
Fear of being unimportant	

Lost	Themes of Stage 4
Feeling of being lost	Overwhelming gratefulness
Losing things	Spirit and God revealing Amazed at the world
Losing games	New age thought
Travel	Indiscreet
Worn down by travel	Talking about many friends, using their names in discussing or writing proving notes
Job that requires traveling	
Sleeplessness from travel	
Speed	Drowsiness
Complex planning and implementation	Blackness pours into eyes on falling asleep Love of dark rooms, darkness
Organized and methodical	Many vivid dream
Pristine and organized	Difficulty remembering dreams, hard to grasp dreams
Impatience	Stealing
Irritable	Dream that a friend steals from him (like in <i>Oleumjcoris</i>)
Impetuous	
Betrayal by those in authority	Struggle, survival and escape
Sleeplessness	Dream of struggle, survival and escape
Restless sleep	Dream of sliding down cement wall
Sleepless daze	
From time zone changes	Urination dream
With anxiety	Dream of involuntary urination in the daytime
Addiction to sleep medications	
Water	Dream bicycling
Profuse lacrimation from eyes	
Waterfalls	Dream of old friends
Oceans	
Story telling, chatty, loquacious	Dreams of catastrophes
Planning togetherness	Unremembered dreams
Amaze	Flying, falling
Festive	Dream of flying fish
Amazing spirituality - religious	
Miracles	Synchronicity

PHYSICAL FOCUS

Colour teal

Sharp and excruciating joint pains Sharp pain
in right outer ankle Knee problems, left side
Sharp pain under patella Kneeling
impossible

Soreness axilla
Worse right

Desire for savory food and drinks; soup

Craving fish

Dryness
Mucous membranes, pharynx, throat, eyes
Eyes dry and stinging

Tinnitus

Vertigo
Spinning in circles

Fullness and heaviness in the chest
Napping

Sinus inflamed
Left side of nose swollen
Tonsillitis
Pain, right tonsil

Chest and breathing problems
Tightness in chest

Asthma
Shortness of breath

Toothache and gum pain

Teething; teeth erupting in adults
Teeth erupting
Loose teeth

Skin
Dry
Blotchy
Blood blister
Sensitive

Measles
History of

Endurance

RELATIONSHIPS

Compare
Oleumjecoris, Tantalum, Zirconium, Thorium, Morbillinum

Modern Homeopathy Sources

Excerpts from the Proving of *Thunnus albacares* Los Angeles 2019-2020

Master Prover Mary Grace CCH, RSHom(NA), HOM, DHM, with Louis Klein FSHom

PROVER. 1

Themes of Prover 1

Feeling cheerful even though things are not going well	It will all be OK
Spacey feeling	Communication difficulties
Forgetful	Not wanting to speak on the phone
OK with being forgetful and letting everything go	Increased energy in afternoon/early evening

- 1 01 11:30 In general I am in good health. Recently I've been dealing with a lot of stress in my family and the recent loss of my mother. My stress has been more emotional, although I feel quite well at the moment. I have, in the last two weeks, had some issues with cold sores and boils for which I have been taking homeopathy. In general, I have a chronic pain that's mild in my low back region, my left hip and occasionally my left knee. More recently I've had an acute issue with my neck, left side. I don't know what else to say or report. I had a headache the night before starting the remedy. Not this morning. Took remedy and headache came back. Just got done treating people — nothing out of ordinary. Yah! Doesn't really feel significant. Yah, nothing right now.
- 1 01 22:35 Nothing really more to report. I took another dose of the remedy and am about to go to bed. Prior to taking the remedy, I was told by a friend that I was more cheerful and playful. I seemed to have more energy in the afternoon and just before dinner. I had a hot flash and was talkative. Then my neck started to hurt, so I laid down while I was watching a movie. Oh, as far as the remedies go for the boil, that was the week prior.
- 1 03 21:39 No real change occurring for me, sorry to say... I truly don't feel any different yet.
- 1 04 Mood is great as usual. My knee went out and is really inflamed... which happened periodically over the last several years... Nothing else really to report! Had a day off, cleaned out my closet... took a leisurely nap. That's it!
- 1 06 I had a dream last night... I was in a weird place, struggling to get something done... had challenges... can't remember much more. My knee is excruciating. I'm going to get an MRI on Monday. Annoyed at my knee. I'm cheerful otherwise. Nothing else to report.
- 110 So basically, I may have to go for knee surgery. This has been a long standing issue. Seems as though it's just come to a head. I can't put any weight on my left knee and it's super swollen and I think that I have a torn ligament. I had a dream

last night that this friend that I've recently had a falling out with, stole my car and misplaced it somewhere and I couldn't find it and I was angry and searching all around. Aside from that I'm cheerful, annoyed about my knee and having a hard time sitting still, but that's nothing new. I'm tired, I'm cranky but cheerful.

PROVER 2

Catastrophic dreams

Themes of Prover 2

Sensation of coolness

Spaced out

Slow motion

Headaches

Mucous membranes parched, mouth

[Notes sent written in pencil, long-hand.]

2 01 07:20 Took 6 pellets of the remedy

Coolness in mouth on my mucous membranes especially when inhaling. (NS)

Metallic taste in mouth. (OS)

Eyelids cool, when blinking, the rim. (OS)

Afternoon/early evening: somnolent, spaced out feeling during afternoon. Don't feel dizzy, but almost like spinning circles and not accomplishing much, slow motion.

Mucous membranes in mouth parched.

Dream — only remember a piece of it: People in a house situated on a higher place, though I didn't realize how high up I was until I was sliding down a huge blue painted cement wall that was slightly inclined, so I didn't fall. A couple others were sliding down ahead of me. When I realized I was sliding down a wall, I just struggled to climb back up, just a few moments, until I realized it was not going to work. So I slid down on my stomach, feet first, down this tall cement wall. There was slight fear, but when I realized I could make it, I was fine.

2 02 Nothing noticed upon waking or in the morning. Picked up phone and finally called a friend who has been on my mind for months. Sweaty at night, on chest.

2 03 Woke with a stuffed nose. (NS) Blew it out. Slight headache all day — like a band around head from temple to other temple, wrapping around the back. Headache not at temples. Annoying. Didn't realize to mention it even until I spoke with my supervisor this evening.

Dreams of survival/escape. Resless sleep all night. 1st dream: I can't remember specifics but there was a feeling of trying to help save everyone. I was making complicated plans, mathematical and geometric plans or else extinction, explosion and all.

Another dream: I remember being on a wild open airplane ride and being vertical and hanging on so as not to fall out.

Dream of a waterfall and watching others standing around it (we were already in hiding) and asking why we were standing there and they told me they were

waiting for the appearance of some that had been taken away. They were expecting them to either fall out of the waterfall or come through it.

Never felt alone though making plans in my head and not necessarily with others.

I wasn't ever the only one looking to swim. Always many of us.

Dream of old friends.

2 04 Wake up due to dreams. Still have an annoying headache, mostly back of head. It's slight.

2 14 Haven't noticed anything different since I checked in with supervisor.

PROVER 3

Themes of Prover 3

Desire to shorten communication

Anxiety

Yawning

Passive and sarcastic

Irritability in responses

Lack of communication

Issues with breathing

Constriction of chest/ breath

Lacking air

Impatience

Frustration

Being ignored

Feeling like a speck of dust

3 04 10:00 After 10 min felt heart beating in chest, like anxiety. Like heaviness in chest, shortness of breath. Breathing fast, quickly in chest area, middle. Heaviness as if tightness or sitting on chest. Anxiety feeling, cannot think what it is about. Just feel anxious.

I felt quite full in my stomach, upper stomach, as if pushed up. My chest felt full, actually.

I repeated the remedy at 4:30pm. Same feeling in my chest, passed quickly.

I had a little heartburn when I went to bed.

Dream: it was a short dream — I ran into an old friend. He was not well. He looked weak, like he had serious disease. I asked him about it; he did not tell me. He did not tell me what's wrong. I was surprised at him, how ill he was, how aged he was, how weak he was, 'cause he changed so much, he aged a lot, but was walking. But aged like 20 years.

3 05 The shortness of breath is still present. I have to breathe deep, not enough air.

I feel tired (maybe it was busy day).

Heaviness in my chest, I have to breathe consciously. I need to take deep breaths to get enough air.

I am lacking air. No matter when, I feel I am not getting air. No difference if I walk or sit.

Today no anxiety as on first day.

3 06 Breathing is better. Waking up during sleep and cannot fall back to sleep. I'm thinking about work. It certainly happened before, but now it's more often since I took the remedy.

Mental and emotions not changing, feel nothing.

Period was worse. Heaviness in low back.

Mostly the shortness is almost gone "just a little left. I took it as is.

Period came just 2 days before I took the remedy. It was not consistent before, so I did not know if it was coming or not this month. My breasts were painful to touch. Beginning was just fullness, bloated at the front of abdomen and moved to back (low back) on the last day.

Last day heavy back and uterine pain. Pain like vice grip. Flow: medium to heavy, a bit heavier than previous time. This time period is really bad.

3 10 I worked today. It was a slow day. I get a bit frustrated with slow day and slow people. I came to car store to change winter tires for my car. The guy was irritating. I just let him talk. He could not find the size of the tire rim. It did not make a lot of sense to me. Did not find him very helpful, but they're all like that. I was frustrated. At the end, he said to me "Yes, you are right." At the beginning he was unhelpful. I left the store. I felt the guy was not clear. He found it difficult to find what I needed. He was not smart, a bit slow like everybody these days. I get frustrated with people who don't know what they're talking about. I feel I know more than he did.

They were slow and that frustrating. I was a little bit irritable. I let it go. Universe will take care.

I cannot get them to sign up. They will eventually. They needed more time.

My dog is very bad! She is very frustrating today too. She was not listening. I say "you need to sit and wait. I threw the Frisbee down on the porch and walked away from her into the house.

I have a craving for sweets and am eating chocolate wine gums. They were always my choice, but more last week.

No dreams, or not having any. Except that one at the beginning. I'm sure I have some, but I don't remember after waking up.

Period stopped, I am sleeping well.

Yawning again, trying to control it without opening mouth.

3 18 I still have issues with breathing. Shortening of breath is a theme of the remedy. Frustration in general in work. Anger with family. Anger - it's not usual for me. With my niece I was... my niece and sister were getting puppies. I asked by text: "When do I get to see puppies?" I made a mistake; instead of 'I' the text read 'on'. She texted me back ha-ha, corrected my grammar, I got angry. What was the feeling? I wanted to reply with a childish answer "Never mind, forget it!" [HG "slashing hand across horizontally] but I did not.

Feeling left out. It stayed with me a whole day. I expected her to text me back. Two days later I texted her "No worries."

What bothered me the most: She never answered my question. To me it was a way of

leaving me out. I texted her to remind her about me. I felt left out and not heard.

There is some disconnection between me and my sister in general, but I thought it was a bit more pronounced with her during this proving.

Feel frustrated in sales. For example, how come people are not getting back to me? Feeling forsaken, feeling left out, not heard. I am not important, small like a speck of dust.

It brings me the feeling of the remedy — heaviness, constriction of the chest, like in asthma. I don't know how asthma feels, but it is what comes to mind. Like dust irritates me.

My dog — she is impatient, more than usual. Generally, I let her sit to put the leash on, but she continued to jump and jump. And I got frustrated over her. I said, "Either you sit down or I'm not going out!" [in a very commanding tone]. She listened to me. And this is happening with my dog since I took the remedy. Still increased sugar craving.

Yawning.

Keeping on smiling and a nice attitude.

- 3 26 I feel the effect of the proving has worn off. Lingering shortness of breath is gone. Frustration level went off. I am not as frustrated as I was. It was so marked. I don't feel it anymore. I mentioned speck of dust before. I'm a little bit more conscious about it, but it's not a major theme.

PROVER 4

Themes of Prover 4

God and synchronicity

Loquacity

Theorizing

Talks of healing substances

Intense/amplified

- 4 01 12:30 So far so good. I feel really clear and intense. No physical symptoms. It's a dynamic feeling — like me amplified. I feel good. It's not euphoric. It's like a heightened state of clarity.

Waking, sometimes I have a feeling of dread — like I'll never be able to meet the day. Overwhelmed — a feeling of never doing enough or doing it right. I am very thorough and go above and beyond. I shower love on my clients, especially. My clients do love, adore and respect me.

I'm amazed that inside I feel inadequate but I know more than anybody. It's a tug of war inside myself — that I'm never doing enough. I feel torn between my work and my family. I want to raise my family. I didn't want to have a practice. That's me being all or nothing. Now there is a feeling — lovely. Euphoric. Not spacey. I feel intensified, amplified.

- 4 03 4:47 I'm relieved that I don't have any physical symptoms. Physically I feel good. The eczema inside my eyes seems to be a little relieved. I have a safe feeling. There's a synchronicity going on energetically. I belong to this Akashic reading group. Yesterday a lady did a reading for me. She said, You are just pure energetic love. I just reached rose quartz. You are this rose quartz rock full of love. Even Reiki teachers say my aura

is so expansive. That's what I felt a few hours after taking the remedy. So I wonder if this remedy is rose quartz. It feels expansive - this love energy.

On Friday - a long term challenge with cars. I had to have it towed. The next morning the three banks were closed. I thought, "It's OK, it's all in God's hands. Whatever happens it's OK."

I feel like I have this ability. I can visualize it and it will manifest it. It's not like it's mine. It's a power flowing through me right now. I'm wanting to capitalize on it.

I'm grateful that I'm not having any painful, physical symptoms. I'm glad I'm not proving.

Pine trees have terpenes, a-pinene, and they're antibacterial and they're saying people with cancer should walk through pines. They're absorbing. They're in a lot of essential oils. Also rosemary and citrus fruits.

4 04 18:39 All is good. Went for a hike all day and got pink-eye. It was probably from the hike.

4 05 8:25 I'm doing OK. I feel like the remedy wore out. I feel frustrated about that.

I don't have that same euphoria. Yesterday I was feeling sort of down. I woke up worried about finances. Work is a little slow and no emotional clearing.

My ears started shifting. Then I got pink-eye and it bothered me but got better after we went to bed. I don't mean to be a complainer...

Dream yesterday when I woke: I was having lunch with two of my own clients - the man is one of my oldest clients — they were jet-setters. We were sitting and I asked her what she does. She is a psychologist and said I could see her at 8:42 a.m. I wondered why she wanted to see me. Did she think I'm troubled? I had all these feelings of self-doubt. I thought, "Why don't you just tell her." It was a self-doubt moment: Why do you want to see me?

Last night I had a dream about my old friend. She and I had a falling out. One of her kids was a zombie. People from the past were showing up in my dream again.

My ear is itchy again — I thought it was clear. I have some feelings of disappointment. My son is my greatest success and greatest failure. He says, "Nothing works." I have to ride it out. My skin hates me. This is my biggest heartbreak. My daughter had bronchitis. I gave her Ant-t. and it cured it.

4 06 10:17 Today is good. Yesterday was aggravation. I was so agitated. I got really agitated at my kids. "I feel so frustrated and you guys need to help me." I was cleaning the house and they were helping me. "I shouldn't have to ask."

This really beautiful thing happened. I said, "Can't you just give me a hug? Do I ever act like this?" Everything I was feeling was so intense. My son hugged me and said, "It's OK Mom."

My son's friend's Mom died two weeks ago.

One of our cars is older. It drives like a dream but all the electric went out.

[Long tale of visiting friends at 1:45 a.m., a boy's car accident, a friend arrested for being drunk in public]. We went to other friends — we'd texted them at 1:45 a.m. and were there, K. We only stayed an hour - till like 3. N. had a terrible car accident. A car

plowed into the passenger side of his car. He's a year and a half older.

The power of love can really heal. I'm so grateful I have other friends in my life. She's done some crazy stuff — she got arrested on Dec. 10th for being drunk in public. We'd had a great party for him. A stranger found my card in a friend's car and the stranger had me come and get her car so it wasn't impounded. Then we went to visit her in jail.

My friend P randomly met C at an ophthalmology appointment. They hit it off and began to talk about "Feelings Buried Alive Never Die." Then C sent her — but she sent two copies — "Remembering Wholeness." I gave it to K. She said it was so like Louise Hayes. We decided we had to start a book group about this. The odd thing is that friend went to school with another friend's Mother and there's a picture of them both in the 2nd grade. The book builds to 26 women. C and K and all the others except me and one other woman, R, are the only ones not Mormon. It's about how souls help each other. We're all here to help each other evolve and grow.

I feel part of C's acne and anger and abandonment from another best friend, S., and others. S's Mother was a pilot and she kept flying off and the boy stayed with the Grandmother. Then his parents are getting a divorce. I'd pick him up and he'd say, "Life sucks and I just want to get off this planet." I could see that S had incredible balance from the day he was born. He had incredible toes.

S wanted to do whatever C did. One day they were playing Monopoly. C told me, "S is going to go home and get his gun and kill me, he's so angry." I said, "No you're not, because you're going to get arrested." He said, "No I'm not. Then I'll kill myself."

M didn't want C hanging out with him. He was afraid for him. At a cub-scout meeting, S did it again. His Mother, L, just kept blowing it off. Finally she began to take it seriously. Fortunately, the den leader called CPS [child protection services] so I didn't have to. Fortunately, we moved that summer. Six months later, a Mother called me to say S told her daughter he was going to kill C. So C lost him too. This whole theme of loss. C said, "I'm a magnet for these strange kids." So I pray for my son and hold this faith for him that he will have miracles in his life.

I gave him that *Tungsten* 200C. Not thinking of the remedy, he said, "I'm just feeling good, like I can do anything. I feel like my dreams can come true." He wants to go to that art school A. S. P. — that's \$120,000. I don't know how we'll do it, but we'll find a way.

Healing and miracles are taking place. Thanks for listening. I just didn't have anything to say.

4 07 I was just home. I was just OK. No symptoms.

4 08 I'm trying to figure out where to go with my life. I've never marketed myself. But I don't want to be too busy because I want to spend time with my kids. But I feel I should be making more money because we had car trouble this week. I feel embarrassed to say that. I have millions of dollars in my cosmic bank account,

4 09 I woke with a sore throat. My tooth is hurting — from the middle teeth, go R to 4th tooth over on top. It feels sore in the root. It's not like a toothache, but if I go to bite down, it hurts. It hurts under my R nose. I've had that tooth worked on a few times. But sometimes if my resistance is low, my teeth have some problem. I gargled with apple

cider vinegar and my sore throat went away. Took calcium lactate supplement 2~3 times so my sore throat is gone. Root of tooth is still sore. ?? OK.

I woke this morning and thought “Call D.” who I haven’t talked to in 6 months. I’ve known her forever. God told her to call. She had a Facebook post of two colonoscopies and not doing well. She’s very religious. She’s taking gabapentin and said, “God’s gonna help me.” I told her God was in every plant on earth to help. She said, nothing worked and now she was depressed and going on antidepressants. I said, “How long have I known you and you have to wait for God and angels to tell me to call you.” I talked to her for 1.5 hours.

I woke thinking of another client of mine. Her husband was really sick and I had to tell her some things he should take too.

I feel a little out of sync with this. Now I’m feeling, “Oh no, I was in sync and I have to get back in. I’m letting everyone down. I’m doing everything wrong.” Before I felt so confident, in the beginning, and now I feel like I dropped everything.

Most of the journey with this remedy was emotion. I was euphoric in the beginning. Maybe in the end, maybe I’ll take it again and experiment.

Discussion of quantities of patients, money, building a practice. Don’t want the money thing to be the issue. Wakes daily and asks God to send her someone she can help. More talk about when and how to charge/discount. Talk about it all unfolding like it’s supposed to.

4 10 18:27 I’m fine. I feel better than I did yesterday. The sore throat thing has kind of subsided and the tooth thing is better. I think it will be fine. I just took calcium lactate. I wanted to take some remedies, some *Hepar*, but I didn’t.

I feel kind of embarrassed because I’ve been a little emotional and now I’m more steady. Sometimes before my period everything was so intense — the highs were high and the lows were low. Yesterday I was feeling so discouraged and kind of worthless. I know this isn’t true.

I feel that Spirit and God have revealed this to me over the years. Also I’m interested in female hormones.

Yesterday I talked to [best friend] and told her “I feel disconnected.” She said, “Yes, the enemy is out to get you, but don’t worry about it. I’ll pray for you.” I don’t like feeling disconnected and out of sync. I wanted a sign. I grabbed a book of Catherine Ponder who wrote books on spiritual prosperity and manifesting. I opened it and it said, “Love heals everything. Project love on everything and everyone and finances.” I thought, ‘OK — I got my remedy.’

Sometimes I need signs. I just needed to hear “Love heals all.” I felt that was the theme of the remedy all along. The rose quartz - everything. This morning I was meditating on God’s love and projecting it to my family, my clients, my friends, the world. A woman called me at 7 a.m. Her son has been suffering from depression for 3 years, suicidal for 1 year. From the first two pumps [of CBD oil] he’s been happy, able to sleep through the night — getting ready to apply for college. She said, “I want to buy 5 of these CBD bottles. Everyone in high school is depressed and suicidal.” She bought 12 bottles right then.

I don't believe in Satan, but I do believe that there is positive and negative in the mind sometimes. I want to be Zen and go with the flow. Financial struggle can impact our well-being. I don't want to be in the struggle anymore. I want to be in the flow, be open, not forcing anything. It's OK to receive income. I want to allow it to flow.

I'm back to studying remedies and flowing in love. I don't know about these emotions. I don't usually swing so far.

4 17 9:49 I went to a funeral today. I'm talking to my friend. The person who passed is a 'dear, dear client of mine'.

4 18 16:34 I'm doing well. I'm in good spirits. Everything's going really well. I still feel there's some synchronicity going on between myself and other people — it's a nice feeling. I don't have any physical symptoms — they worked themselves out. The cold went away. The eye thing resolved itself in two days. I don't have anything major to report.

4 25 I'm doing great. I'm in a nice steady flow of good energy. I haven't had any lows in a few weeks. I haven't had any physical symptoms — all that sinus stuff disappeared. Emotionally I feel really good and really positive. I feel really clear headed. There's this really energetic thing going on with spirit and people. It's like a nice energy - a soul connection. I'm thinking of people and they're calling or texting me without me even doing anything. There's synchronicity. There's still a magnetic quality to it. Mesmerism — as Hahnemann would say.

I took my daughter to Ghost Town. We're having a great time — it was beautiful out. She wanted to go into a store — a pet store with dog cookies, etc. The woman had CBD dog biscuits. She said, "Do you know CBD oil?" I said, "I do." And the owner and I struck up a conversation. Her husband worked next door in a Mystery Store and her sister has pain. She wanted my card. My daughter said, "Mom, everywhere you go people talk to you." I said, "I know — I can't help it. I didn't initiate it."

Another child who went with us — we went to In-N-Out Burger. We started talking about hot air balloons and I said I'd always wanted to do it. Another tale came from a guy moving from Colorado to California. [Tale of another contact - the customer service guy for something].

So synchronicity — I've always been a little like that. It's like me 2.0.

PROVER 6

Themes of Prover 6

Rebellion against rules

Gratitude

Connection to others, music, color, beauty Nausea

Forgetful of everything

Ancient things (dinosaurs — hieroglyphics)

Fright

Inflammation

Confusion of time and dates

6 1 17:08 Took first dose of remedy late because all day I thought we started to morrow! Prior to this, I have been very productive all day, clearing my desk so that I could leave town. That's when I found my proving papers. My focus today was on a Tree Ceremony that we are planning at our garden project. We will be losing several beautiful trees to the school's construction project. I am so grieved by this, I have sought

help from a Shinto priestess to do a blessing ceremony. We are all connected.

6 1 17:14 Nausea; wave of dizziness. The remedy has acted. Fullness in the bridge of nose.

6 1 19:30 During study group, we kept sidetracking what we planned to discuss. All most like we didn't want to follow the rules. We kept trying but would fall back into other subjects.

6 1 22:30 Sat down to watch Mozart in the Jungle which I was watching the last two days. The opening credits are colorful, but tonight, I was mesmerized... it was so beautiful... and the classical music, especially Mozart, touched me at a soul level. I felt in a state of bliss with pure enjoyment of every colorful scene, every music piece, the sights and scenes of Japan. It was like being on a hallucinogenic drug.

6 2 24:00 Pre-sleep meditation brought the color TEAL strongly in my view, as well as a line drawing of a tombstone covered in hieroglyphic pictures except for the word 'fish' printed in lowercase. This remedy feels almost prehistoric.

Many dreams going one into the other... only remembering the last few. Dreaming of going to visit my friend in Malibu. At the bottom of the hill, there is a gate house and we (I think with some friends) start to climb the hill. Everything is pristine and organized... like a strict condo association. We meet a man who was very excited and intense about us following directions and the rules of the association. We were not to be walking in the storm drain indentation. Rules are rules! We hurry to my friend's house, who is anything but a rule follower.

6 2 9:30 Totally forgot a commitment I had made that I was looking forward to doing. These moments of forgetfulness are like complete forgetfulness... totally out of my mind, even if I was thinking about it the day before. Even so, I smoothly rearranged my day and was able to do everything I wanted to do, and it was totally enjoyable.

Productive and way overbooked, but managed to squeeze in all my plans, and had fun while doing it. I find myself more in the moment than planning ahead, although I continue to book my appointments, and do have plans, but I am calm in the moment.

6 2 20:00 At pot-luck fundraiser, felt a lot of heart connection. Was totally there in the moment. Basked in amazing homemade cordials and brandies... things just tasted wonderful... Dutch cheese with tomato chutney, pesto mushrooms... everything tasted good to me... (but that is not unusual).

Dreams were plentiful, but I totally could not grasp them to remember them. Check in with my supervisor, who is also leaving town. Seems a lot of people are in and out of town during this proving.

The left side of my nose is swollen and tender to touch. This seems to be the result of that initial fullness I felt in the nose. It is the upper part of my nose.

Productive: I am usually this way when leaving town, so don't know if it is tied to remedy. I packed a lot to do in this day, and when I was in each task, I was focused. I did not feel rushed in any way. Like I have all the time to do what I want to do. That said, I 'forgot' to do the things I didn't complete.

Forgetfulness: While I think I am being very productive, there are 'holes' of forgetfulness. While I was packing to leave, I was multitasking several other things, and

I took my neck pillow out of my carry-on, but left it on the counter and ended up not sleeping on the plane because of it. Still felt in the present... not worried about anything... watched old friend on plane, talked with my seat mates, who actually went to the same high school as I did.

Also, forgot to deep water my garden which I told myself all day to do.

NS: During the flight I had back pain... was uncomfortable... right side under scapula. The pain was gone immediately after leaving plane. No sleep on plane.

6 4 XX Was in a sleepless daze for most of the day, but still couldn't get to sleep until 11 pm east coast. Had tons of dreams... vivid... but was awoken at 8 a.m., while in a dream, and it went right out of my memory. Dream was pleasant and active but can't remember.

SKIN blotchy. I noticed this today, but remember that one of my study group mentioned it on Monday. The skin on the left side of my nose is rough and scaly, and still swollen. My normal regular bowels are disrupted, most likely because of travel.

Visiting my 91-year-old mom and topic of conversation was about death and dying... reviewing my father's death, and planning for her own, down to the box of dresses... one for summer/spring or one for fall/winter... what to say in ob, things to do when she dies.... As I notice this, I get an invitation to a death and dying workshop with a death midwife which I will attend at end of month.

As I go to sleep and close my eyes, it feels like a blackness, as if ink being poured in front of my eyes, comes in. It is soothing to me, but then I ask if I should be feeling scared... as it is such a darkness. This had just started occurring after my father died in December... and here I was sleeping in the room where he passed. Feel connected to him through this. This time, though, it was intensified.

6 5 XX I am in a beautiful place, forest trees all changing color. The air smells beautiful after the rains. The rains were beautiful, as were the thunderstorms. I am very appreciative of nature. I see an aftermath of a tornado that hit this area... broken trees everywhere... feel the loss. Everything looked so much more beautiful than I remember from any other visit. Spent evening with family, and again, a very strong heart connection with everyone.

I am still very much in the moment. Maybe because I am somewhere different and just enjoying the minutes with my family. I had many dreams last night and when I wake, I am still in the dream, but as soon as I rise, they disappear. Something about numbers... balancing something.

Nose: Today is the first day the left side of my nose looks normal. It originally felt full, then tender to touch, then a red and dry feeling, and now better.

Sleep: Had trouble falling asleep tonight. Possibly due to time difference, but it took me an hour to settle. This is new to me as I am a good sleeper. But as I say, I am traveling, and in a different time zone.

Inflammation: My back right molar (which has given me problems in the past) was inflamed. And actually, the gums were inflamed throughout my mouth.

An area I had a mole cut out over 40 years ago became inflamed as well. Things seem more accentuated.

While I don't do well with milk, a little bit of ice cream sent me into abdominal disorder last night.

6 6 XX Slept in till 8:00 once again. Difficult to remember dreams, but know that there were many and vivid.

So, what I thought was an old toothache actually seems to be teething! New tooth material is growing in the empty spot where a tooth was pulled many years ago. It's like I am a shark, and new teeth are coming in...

My right molar continues to hurt, and the pain has increased. My face, where my jaw is, is numb to touch, and I have shooting pains every once in a while that stop me in my tracks.

6 7 XX Just rolling with the flow... spent day with my mom for her birthday. A really nice day.

6 9 1:00 Woke naturally to get ready to catch a plane. Once again, strong dreams that disappear on waking. Everything flowed naturally as I caught a plane for LA, and arrived in LA without any issues. Went right to work, and did not stop until 10:30 pm when I got home after giving a presentation on Honoring Trees at Otis College. I was grateful I had completed my power point before I left for CT.

The tooth and jaw pain continued, even creating sharp radiating pain into the face. But I now realize that it is not the back molar. I actually have been 'teething'. A tooth that was pulled 5 years ago is coming back... three edges of the tooth have broken through the gums that were inflamed. Wow. Really makes me wonder what this remedy is. Shark? Regenerating teeth?

When I got out of the shower, I noticed it. Some strange eruption/red mark on my right breast. Not quite a blood blister, not a bruise. It does not hurt and it is on the surface of the skin, but looks like a red ring around it. It was not there yesterday, nor do I remember any injury.

6 10 XX Dreams included ropes, a sunken ship. Getting food for people who have none. A dog in a cage. Hungry elderly people.

6 11 XX Woke from a frightful dream. Was renting a room in a big house with my three grandchildren (I only have two for real.) We had gone to bed. After the kids fell asleep, I went to the kitchen for a drink. I passed the owner of the house and said good night as he passed to the other side of the house. When I got near the kitchen, I saw a man in a white mask rummaging around the kitchen. Our eyes met and he knew he was seen by me. I ran the other way with thoughts racing on how I was going to protect the children. I started screaming for help. My voice sounded funny. No response from the owner no matter how hard I screamed. I woke, with my heart going a mile a minute. In the morning, I see an advertisement for Halloween, realizing that was the person I saw in the kitchen.

6 12 XX After shower, I saw a large red blood blister-like eruption on my right breast. Not painful to the touch. Not something I have ever seen. It looked like it would be painful, but it wasn't. Dark red.

6 16 XX In 2016, I fell on my right knee, doing something to my patella. Over the years, it would be painful if I kneeled on it a certain way. It didn't hurt during walking, etc. It pretty much settled down over the years, with an incident of kneeling 'wrong' once or twice a

month. But now the pain has gotten so extreme that even the light covers on my bed affect it. I have to carefully place my knee on a pillow before sleeping, and I even feel some strange ligament movement when walking. For the first time since the accident, I cannot kneel at all, which was clear during yoga classes.

6 24 XX Halloween was joyful, connecting to all my neighbors, enjoying the grandchildren who had a blast, many neighbors having cookouts, and sharing. Great heart energy.

6 27 XX Nothing is too big to be done. I decided to go check on the preparations for the tree ceremony only to find a huge pile of compost in the area that I wanted cleared. Alone, I began to clear the area. I was unusually calm. Within minutes, 5 young volunteers from Loyola came to help, and within two hours, the 'mountain' was moved. Felt in the flow of the universe, as it was completely unplanned. I find I don't sweat the small stuff, and have trust that things can be accomplished.

6 28 XX Tree ceremony was lovely. Many people in tears, connecting to the trees... songs, poetry, calming the spirits in the trees. Connection to nature is strong with this remedy.

Drinks with friends afterwards... found that I could not remember two patients that my friend sent to me. I usually remember all my clients. I could not even visualize one detail about them. And it was within the past year. Big hole in memory. So much so it is troubling.

6 31 XX I have done many provings, yet this is the first time I have been so lax in recording symptoms. It is almost like I am doing it because I don't want to follow rules. I have really enjoyed this remedy. It has kept me in the moment. Whatever I am working on, it is the only thing on my mind. And I don't necessarily do what I am supposed to do, but I am getting a lot of peripheral things accomplished. Some are things I would normally hate to do, but I do them.

Once I decided to pick up the living room, and it became a major cleaning job, shampooing carpet, oiling baseboards, rearranging book shelves. It was just a whim that turned into a detailed cleaning. It was done quickly and was very organized. Usually I am very scattered.

I think the pockets of memory loss help keep me in the moment, as I am not thinking of my cases, or things I have to do, but just doing what I am working on in the moment. Yet the memory loss is troubling. Things I would never forget are forgotten.

I am writing lists, since I am not remembering things, but the lists must be fun, look fun, artistic, colorful. I basked in making my November TO DO list, decorated the pages, and colored it. Also, loving doing art work with grandchildren. Get lost in it.

6 36 XX Knee continues to hurt, but has improved 50 %. Very sensitive to all the disasters surrounding me. Feel it in my core. Can feel anxiety for others.

6162 XX The remedy cured her knee until now. She couldn't kneel for a long time after she fell in Georgia. After her fall she got up quickly and could walk. Then she got a sharp pain under her patella that came and went. The pain has now returned with a vengeance.

After she took YFT, it returned with a vengeance, March 2019. Now it is worse (2) kneeling; must be very careful with yoga. The growth of her tooth continues very slowly. She can use it when she chews. She feels the tooth is kind of short.

6192 XXI have not had a problem with my knee for months. I can push hard on the area that has been painful for years. I THINK I took another dose, wanting to get that productive and calm again... maybe in January or February. I don't remember. Think it helped, but only for a couple of weeks. Except for my memory, this remedy has been quite a great experience for me.

PROVER 8

Themes of Prover 8

Relationships and family

Spiritual/religious

Buzzing sensation — head, back

Throat symptoms

8 1 XX I woke up this morning at 4:30 and went back to sleep shordy after. Dreamed I was working in a dollar store owned by the L

Tinnitus

Eyes dry, sting, irritated

family (they are homeowners in my building who are always complaining to me about something). They were having a sale except they didn't want to reduce any prices! Woke up again at 7:30 with a stuffy nose (lots of mucus) and watery eyes. Will take the remedy at approximately 8:15am.

8 1 15:24 Skyped with my proving supervisor to talk about my symptoms. After my meditation this morning, I had to say a few affirmations and noticed my throat was dry and scratchy. Then I took the remedy a little later. I've had the dryness in my throat all day and what seems to be allergy symptoms. I've sneezed about six times today. After I took the remedy I noticed a buzzing around the crown of my head. It was about 15 minutes later. It's been a busy Monday. F. is back from vacation and we're dealing with everything that happened while he was away. I have a reconstruction kick-off meeting tonight that RE is running so we're looking forward to that.

My proving supervisor asked me what I'm attracted to in a man and I told her that initially it's chemistry or personality has to have a spark. I don't have a particular 'type' like other women do.

She asked me if I have been daydreaming a lot today and I told her no — typically I'm a daydreamer but I've been focused on tasks today.

I told her I'm feeling bloated and gassy. When I met with an owner in the gym today, I saw myself in the mirror and thought I swear I didn't look that fat this morning when I got dressed!

At the time of our call I had only taken the remedy once because I wanted to check whether she felt my symptoms were because of the proving or if it's because I have allergies. Today, she said to repeat so I took it again after our call. No new symptoms yet. I also asked if I can keep using calendula cream for my burn and she will check with the master prover and let me know.

8 1 21:20 Took the 3rd dose.

8 1 22:20 I felt the buzzing around my crown again. I also felt it on my back as if the skin was somehow coming off. Not painful, more of an expansion or tickling sensation.

8 2 4:40 I woke up at 4:40 and couldn't go back to sleep right away. I was dreaming of being on a retreat with a few Koreans and someone I worked with in 2008. I haven't seen her since then.

I listened to a few astrology clips about Venus retrograde. I attempted meditation at 5 am but kept having thoughts about rejection and my conversation with X last night. We were introduced by the matchmaker but we didn't get very far into the conversation because he's a Kohen and they can't marry converts. He offered to introduce me to his friend which was a nice gesture so I sent him a few pictures and wished him well on his search. I also asked what he's looking for in a woman so I can keep my eyes open for him too. He responded, along with pictures and I thought it would be fun to connect him with my friend A. Anyway, back to my attempt at meditation. I asked the question, 'Why is the Universe still bringing unavailable people?' Also thought about S. and asked, 'What's the lesson here?' Then I tried to visualize my future relationship and have gratitude for where I am now. But I started to get frustrated. So I stopped it and went back to astrology clips. Then I fell asleep again.

8 2 7:27 I woke up from another dream at 7:27. D. (my best friend) was in the dream and getting ready for a work function. But she was wearing different white and black lingerie and it looked like something you would wear on your wedding night. I wore a blue and black lace dress with a blazer over it and was searching for the right earrings and shoes but nothing looked right. Then, N. was there and told me she is getting ready to buy a house. I was happy for her because I know how long she's been working for that goal.

This morning when I woke up, I had been lying on my stomach with my arms under the pillow. I moved my right arm and my blister scab came off in the center. That was painful! I felt slightly stuffy but better than it has been. Was very groggy the second time I woke up.

Been thinking of breaking things off with B. I'm supposed to see him tonight but I feel like it is just not going anywhere. Maybe I will reach out to J. (relationship coach) to help me through it.

Been feeling a little more physically relaxed today. As if I took a strong pain killer. My mind feels sharp, though. I did drool a little when speaking to Flavio which was weird. Haven't heard from B... I want to call to break things off.

I ate some Halloween candy. All chocolate. My poop was soft and sticky, yellow/ green. My burn seems to be healing.

B. sent a text at 3:40pm to flake out on our date tonight. He's in Pomona waiting for a meeting then flying to Vegas tomorrow for the rest of the week.

At 6 pm, when I was on my way to Trader Joe's, B. called. He was saying how exhausted he is and how he's on the way to the airport. I thought he said he was flying out tomorrow? "Oh, did I say that?" Anyway, complaining more about the travel and how it's wearing him down and how his car is only 2 years old but has 78k miles on it. He didn't think his travel would be so crazy, he he. I basically didn't indulge him but said I'd been thinking about us and it seems like neither of us is ready to share our lives with one another. He said it's not true. I said I've been in a long-distance relationship before with someone who lives in NYC and we only saw each other every few months but that we had a closeness and daily communication to stay connected. I haven't heard from him since Thursday and now he's telling me he was in Pomona and then going to Vegas? Why didn't he call sooner than 3:40 on the day we are supposed to meet to say his schedule changed? I got a little reactive and said I'm not upset about it, it just seems like neither of us is willing to share our lives with the other. He said he gets it. And if I ever want to get back in touch, to reach out. So, I went into the market and actually felt fine about it. Then my mind started to think maybe being reactive wasn't the best approach. I came home and started preparing dinner. While slicing carrots it finally occurred to me that he was lying. That conversation was proof — i.e. the Vegas slip up.

8 3 6:55 Was dreaming I was on vacation in Miami and commenting to A. (an old elementary school mate) that I barely had time to visit with family. Turns out she was there just for the day so really didn't have time. Then I saw L. (my stepdad) talking about a baseball camp he is sending the grandsons to. There's a lake there that's frozen in the winter. I could see L.'s heart in his chest and it was blue and big. Took up his whole abdomen. I thought maybe it was frozen too and that he would need to thaw it if he went to the lake.

Symptoms: My right tonsil has been bothering me this morning. I'm reminded of the abscess I had once back in August 2009 when no antibiotic responded to it so I had to have it drained. I don't have nearly that much pain but it feels slightly uncomfortable. Been feeling the sore throat all day but it's slight. Also, my skin is a little sensitive, almost itchy, but no rash. Felt the buzzing on my crown again. Also feel agitated as if on coffee. Can feel my heart beat.

Mood today was good and feeling productive. Went to a DTLA meeting at the Police Station to hear about different efforts and how the community can work with the PD to help improve things.

Also working with my board secretary to do a few holiday events, pumpkin carving, movie nite at the pool and holiday food drive. I like organizing events and getting the community together.

After my meditation, I journaled the following: I am the co-creator of my life. This is something I'm actually starting to feel. The actions I'm taking in relationships and through coaching and homeopathy are helping support that.

D. called me tonight after dinner with M. I listened and gave her some advice. I think mostly unsolicited but it's because I can see her slipping back into this pattern and I feel she could put a boundary (once she's clear about what she wants for her future) that will

be healthy for both her and M... He's still in a relationship and I don't see him giving her what she wants until she knows what it is she wants and can clearly communicate it to him. We spoke about M., her family (brother in law, specifically) and priests who are sexual offenders. Then at the end she said I should be a life coach. I think she appreciated my advice after all. If she takes it, it will be interesting. Z. also got back to me that his friend is interested in someone, so let's see what happens. Haven't heard from friend A.

8 4 5:30 Woke at 5:30. N. was in my dream again. She is dating a famous movie producer and I have a movie I want to pitch to them. It's a Star Wars movie. I planned to just pitch it to her in the day but things got delayed and we also had dinner plans together with my parents. I was now at my parent's house getting ready and my pitch notes got wet in their pool. I was a bit relieved because I didn't feel confident to pitch yet, so I was hoping I could do it another day. I checked with my mom and she said N. had left to pick up her man in Woodland Hills and then come back to their house so we could all go to dinner together. My stepdad made a comment about their age difference to me. My stepdad in the dream looked nothing like him in real life but it was him. He was also wearing a wig.

Symptoms: Woke up feeling like I might have a tonsil stone but it went away and I had no other symptoms.

I got triggered at work by someone complaining that someone was parked in their reserved parking space. It really set me off and I was agitated for about 1.5—2 hours. I ate lunch, had tea and talked to my proving supervisor about it and went on with my day.

This evening I had a coaching Q_ & A call with my relationship coach. I shared my breakthrough/breakup story (abbreviated version because there were other clients on the call and there are time constraints). I also shared about my experience with guys who want to connect on social media right away, etc. He asked me to email him about it, so I just wrote him a lengthy email with my experience with matchmaking so far and how they keep sending me the wrong men!

8 5 3:20 Woke at 3:20. Dream: I went to an award ceremony for E. from film school. Got there at the end and missed the presentation. Got to say hi and congrats anyway. He was very emotional because it was the anniversary of someone's passing who he worked for and was a big influence. We were in a big auditorium. Many seats were empty. There were several screens.

I took a while to go back to sleep and listened to an astrology clip and a meditation. Finally fell back asleep and woke at 7:05. In my dream I was upset because I lost my sunglasses at a pool party. I was suspicious that someone took them on purpose but after questioning everyone there, they all denied it. Fell asleep again and woke at 8:20. Can't remember if I had another dream.

Symptoms: Throat sore in the pharynx. Feels like allergies from Santa Ana winds. At about 8-9pm, started to feel my eyes irritated and dry as well. Very dry throat. Watched the Lady Gaga documentary tonight. Very interesting. I like her and feel terrible about her fibromyalgia. I cried at the moment she told the story of her aunt who died of Lupus

at age 19.

Today I was more calm than yesterday. I had two triggers. The first is the retail trash issue that is out of control because A. (trash company) took the second bin that was there because nobody was paying for it and the retail owner didn't want to pay additional fees. I sent him two photos — one yesterday and another this morning as well as followed up with the representative at A. He responded at 4:30 to say he increased the pick up to four days per week and scheduled an extra pick up for tomorrow to get rid of all the trash outside the trash room. He also added a recycle bin because it's free. I thanked him. Thought I would have to call the Health Department on him!

The second trigger was an email from a homeowner complaining about the notification time periods for different services in the building saying the notice is never enough to plan accordingly. I wrote back and explained that we try to give 48 hours notice for planned repairs however sometimes there are emergencies and we cannot give more notice. She never responded.

My tinnitus is very obvious right now. Whooshing sound in my right ear.

Right before Shabbat started I checked Facebook and saw a post from a matchmaker with info on a single guy in LA. I messaged her but he's not a match for me. She began asking me questions about R., the first guy I met on JSwipe back in 2016. She was very pushy telling me to message him again and see what happens. He's kind, has an amazing family, etc. I felt like she didn't really want to know what I'm looking for, and instead, wanted to push him on me because his family is trying to get him married. It was already Shabbat so I told her we could speak next week more about what I'm looking for to see if she knows anyone.

8 6 3:10 Woke at 3:10. Dream started with me and a guy I like on bikes, riding by a school and then I decided to bring him home. When I got home he asked to take a shower because he smelled like smoke so he used the downstairs shower. I went upstairs and saw my mom in the upstairs bathroom doing her hair. My stepdad was in the bedroom on the phone on a business call discussing transferring accounts. I went to the bathroom, my mom to the bedroom. Next thing I am in a different place with some lounge chairs and I see a few monkeys. I start humming Hanuman Chalisa. One runs away. I keep singing louder and the other gets pissed off and jumps to bite me and I wake up.

I wake and my tinnitus is loud, eyes very dry and pharynx is sore.

I couldn't get Hanuman Chalisa out of my head, so I put it on my Krishna Das and started singing along till I fell asleep.

Woke at 5:30. Dad was in my dream and there was something wrong with my car that he helped adjust for me. He was wearing a strange zipper bag — looked like a garment bag. Fell asleep again and woke at 6:28 from a dream where a group of us were going to take a trip in space. It wasn't really a mission but rather a leisure trip. There was someone there who knows my ex-boyfriend, O. Woke up right before my alarm. Mantra music was still playing.

This morning I did something new and attended an investment presentation at the Skirball Center. It was a presentation on Emerging Markets by a Financial Analyst —

and followed by a panel discussion on market timing vs. buy and hold. Some interesting points were raised and I realized that I actually do not have much emerging market investment at all so will consider investing. Most of my portfolio is in US stocks although my Roth IRA has about 13 % emerging markets.

After the presentation I came home to have lunch and meet with my proving supervisor but she didn't call. S (my little cousin) invited me to meet her and C. in the Arts District because they were at a brewery watching the Dodger game. I stopped by for a bit and it was nice to see them. I hadn't seen them since they got engaged in the summer. S.'s ring is beautiful and they are very happy. Planning a November 2019 wedding. S. and I are planning to have dinner this week on Wednesday.

My folks are in Puerto Rico for a family wedding and sent a few pictures of the trip to me and my step-siblings. I've commented or just hit the like or love button but this pissed off my stepbrother who responded, very upset. This response triggered me but I waited to respond and I think I communicated respectfully to him. He didn't come back after that so he's probably still upset. My mom responded privately to me taking my side which was nice but not necessary. What was most interesting about this is noticing how his slighted remark to me about hitting the love button instead of taking the time to comment is how it threw me off even after I responded to him. I was still drawing energy from it and it was affecting my driving and even made me have a bit of road rage. If more people considered how their comments, actions or reactions affect people, we may be able to remove a good amount of negativity in the world.

8 7 XX Today I went to D.'s housewarming party. She had approximately 70 people! It was a great party, as usual. I got to visit with her family and some friends I hadn't seen in a while. I'm so very blessed to have good friends like D, A, E and A. who have become my family over the years.

8 8 4:15 B. called today around 4pm. I didn't want to answer so I let it go to voice mail. He said he was just calling to say hi. I returned the call tonight after my meeting but it went straight to voicemail. We'll see if he calls back.

After work and before my meeting I finally heard that my transcript was mailed last week to the school in Colorado and a copy mailed to me. I had asked repeatedly to have a copy emailed to me so I asked again and she said it's too late because it's already in the mail. That triggered me. I just need the simple information and I paid for it but she's delaying my process. Although I'm upset I feel the need to Ho'oponopono.

8 16 7:20 Woke up and could not remember any dreams. The day was good and productive. Most of the day was spent with follow up from my meeting last night. Paperwork and letting people know of various approvals. In the afternoon, I met with Rabbi M. for tea at the Mayfair. It was nice to meet and get to know him better. I'm not sure what the purpose was of why he wanted to meet. I'm a bit skeptical of meeting with Rabbis lately especially if it wasn't my suggestion. I thought he would ask me for a donation. But he didn't. He shared some Torah wisdom with me and we talked about travel, scuba diving. He mentioned that he wants to align with good people who have goals to improve the world. Most of the people he meets with are energy vampires not willing to do what it takes to improve their lives. We talked about my dating experience and I asked him where he thinks I can meet great men (kind, considerate, loving, family

oriented, spiritual) and he suggested some of the YJP events. I told him I had been to one he produced and enjoyed it. But I'm also a little older. He said some of the single men are in their early 40s. He asked me to help him expand events in this age group so I thought of connecting him with B. who puts on a lot of events in the community. I reached out to her and we're getting together on Monday so I will talk to her about it then.

I heard a podcast tonight from an astrologer I follow. She talked about manifesting and the first step to unblocking in this area is to stop complaining. Since the full moon is in Taurus very early tomorrow morning, it's about manifestation. So, she challenged everyone to stop complaining for one week. This is because what we focus on expands. So if energy is going to complaining, we attract more things to complain about. I know this... and would like to commit to not complaining for two weeks — until the new moon in Scorpio.

8 17 5:43 In my dream we were discussing a blue topaz ring and who it belongs to at a party in honor of a new baby. She was a surrogate baby and had the most incredible jade green eyes. She was also very articulate for her young age. Before that dream, my former supervisor at my company was in a dream, styling her daughter's hair and making a braid out of it. She was unhappy about something. Symptoms: eyes very dry. Today was a good and productive day. Still working on meeting wrap up and feeling good overall about it. I had diarrhea most of the morning.

B. called me back this evening. He wanted to say hi and that he misses me. We got into it a bit because he wanted to explain himself and was defensive. He said he didn't believe I gave us a real chance even though we met over three months ago. He also kept saying I caught him in a busy travel time (as if that's my fault) and that since the last day we spoke until now he only traveled one day. It's funny because he forgot so many details and then said he has short term memory loss due to the statins he's taking. I felt like he wanted me to say it's okay, let's try this again but he wasn't listening to me and what is important for me in a partner for a long term relationship. It was even more clear to me that we're not compatible. But a part of me still feels a bit of guilt for feeling that way, for not wanting to try again despite my intuition guiding me in the other direction.

We hung up and I continued to watch the World Series game 2. Started to doze off around 7pm. I think it was due to the heaviness of the phone call.

8 18 7:40 Woke and dreamed I came back from a vacation and as my mom was bringing me home from the airport I was making a plan to immediately go on a trip with A. to South Africa. He came to get me and we were on our way. It would be a quick trip and we weren't going to Cape Town but it was something. He's a great swimmer and we went to an Olympic pool so he could show me some of his tricks. He could stay underwater for around 2 min without coming up for air. A. was young and blond in my dream. There were a bunch of friends around and he asked if we would write down our dream and give it to him. I told him I didn't want to give them to him because my dreams are private and I don't share them with just anyone. But he took it from me anyway because I couldn't find the paper I had written mine on. We were waiting around until it was time to go to the airport. I checked out an old building that was being rehabbed for sale. There were people I knew there and it was a party.

Symptoms: Eyes sting.

Today was a festive day. 7—Eleven had their grand opening. A lot of residents who were initially opposed to it stopped by and were happy — even shopped! I sent an email to J. regarding trash and he erupted in a very nasty way with me. Threatened to tow cars from the parking lot and asked for my supervisors contact information which I happily provided. He really set me off for a good while. Then it was time to start prepping for the pumpkin carving party. The crowd that came had a great time and there were some very cute pumpkins. I think it was a great success. Then I went over to M. and C.'s home to watch a scary Netflix show. We watched two episodes and they made the promise not to watch anymore without me. They're really sweet and have great ideas. I'm glad we're working together on social activities and helping improve the building experience for residents.

8 19 4:45 Dreamed I was in India with my son and a group of other people I didn't know. We were on a journey to Delhi and we used bicycles, foot and we flew with a special cloth that we held on to and it carried us up in the air. The air quality was very bad (the sky was a hazy orange) and I told my son it would get worse the closer we got to Delhi. I also tried to prepare him for other things we would see like a family of 5 people on a moped. There was a portion where we were traveling in group transport but I don't know what type of vehicle. There was a Cuban who said Shabbat shalom to me and I was tripped out by that. There was a woman next to me who ate a carton of my mushrooms without asking. The people were Caucasian. I also remembered I forgot to bring my homeopathic remedies. Especially the ones for India.

Before that I was in a group of famous talk show hosts.

Symptoms: Eyes dry and pharynx dry.

8 20 7:30 Woke at 7:30. R. in my dream lost about 100 lbs. B. was also there. It was a party for her, welcome home. I got her a gift of eyeliner but it ended up being soap. Fell asleep at 11:39 watching the baseball game. When I woke at 4:45 I was dreaming about an infomercial ad that was playing. Also remember eating a slice of salami in my dream.

8 19 XX Was slow in the morning today because I didn't get enough sleep. Went out for A. birthday and didn't get home until 3am. We had a great time - everyone was in costume and happy today. I went to my Dad's girlfriend's house for a little birthday celebration for my Dad. I met two of D.'s daughters and their husbands and one of their daughters. It was really nice - they're all very sweet people. I came home and watched the last game of the World Series and the Dodgers lost. Then I watched a coaching video on mastering online dating which gave me some good information on how to set up my profile for success. It's going to be a lot of work but I want to get started this week. Feeling okay today — had a great weekend. My eyes are still very dry especially when I wake up.

8 22 5:10 Dreamed I was set up with a dentist by my friend S. and another person. The guy was attractive and we spent a little time together in Beverly Hills, walking around near his office. It was a crisp fall day and had just rained so we were wearing raincoats. He was curious and asked a lot of questions. I could tell he was cautious about me. He also asked what his friend said about me. Apparently, she told him she thought

maybe he was gay. When she mentioned it to me before the date I said why would she set me up with someone who's gay? She said she wasn't sure because she had never seen him with anyone before. Not sure why. I saw AK and YA walk by me in the dream. We were walking holding hands and didn't stop to talk to anyone.

- 8 22 8:10 Woke up at 8:10. Dreamed I was on a trip in Europe. Maybe Scotland. One of the guys on the trip was talking to me and I mentioned the Camino de Santiago. Told him a bit about it and that there's an event for it if he wants to get more info. Symptoms: Sneezed a lot all day. Used a new perfume so I think it was the cause.
- 8 23 3:49 Woke at 3:49. Was dreaming that I was at a party then went home to my mom and grandparents who were elderly and starting to lose their minds to dementia. My grandfather had a few aprons wrapped in a thick plastic that he wanted us to put on their pillows before going to bed. My mom did that to save an argument and put them to bed. My dad showed up for a few minutes to say his 'goodbyes' and told him how he felt about them. Symptoms: Eyes burn. Tinnitus is loud.
- 8 24 XX Today was Halloween. It was a nice festive day. We had a pizza party at work and A. brought up the new schedule change and how unhappy she is with it. She feels like the building appearance will go down because they won't be working together all 5 days. I understand it but I also feel like she's unhappy about losing one of her weekend days. I told her let's try it and see what happens. If it's not working then we can revisit and see how we can make a change. I'm reminded of when I worked for K. and how I had many changes in that job. It was frustrating and scary because I felt like I was losing everything. I was hired for one position at a particular salary and two months later I took a 20K pay cut and my job changed. Then lost benefits and became an independent contractor and was sent to different buildings and it was awful. I want to be sensitive to my staff and show them that I genuinely care and appreciate their efforts. I don't want to upset them because I know how hard it is to find good employees. I think I need to discuss with L. again tomorrow. Maybe there is a way to hire someone part time for the weekend. Tonight I went to the L's for dinner and to watch the Haunting of Hill House. Very appropriate for Halloween.
- 8 25 5:57 Dreamed with E. We were sleeping in the same bed and she asked if that affected my dreams which I said yes. She thought it was interesting how the energy is affected like that. Woke at 7:10. Dreamed was still at U. Friends C. and K. had a falling out and his last day was today. He also lost his apartment so I offered him to stay on my couch for a few days. He was very messy. In the dream I was using the bathroom/ peeing a lot and it was running down my leg to my foot and the floor. Strange because I was sitting on the toilet. C. also showed me a photo of the day K. went for her boob job. Also he received some of his son's artwork in the mail. Symptoms: Eyes dry.
- 8 27 5:00 Woke at 5. Dreamed I was in a class with other women and at the end, my teacher and the person I got reiki attuned from, gave me some reiki. It felt very strong.

She asked how I felt and said I needed more sessions. I told her I had pain in my shoulder and arm. Then I went to the locker room for a shower but couldn't find a shower that worked. I switched two times but no hot water.

8 28 Woke at 5 am. Dreamed was on a cruise with friends. A., D., A., B. and G. We were drunk and having fun.

Woke at 8. Dreamed was talking to someone at work about getting involved with a charity to build clean water infrastructure in underdeveloped areas. Was brainstorming and strategizing about it.

8 29 6:00 Woke at 6 am. Dreamed I was in Miami on a bus with D. We got off and went to a bar and needed to get something of ours that was locked up in a very old lockbox. The key was sticking out of it and all we did was turn it. The next part of the dream I was in LA with G. and he was giving me a tour of his building and explaining the office and residential components.

8 30 3:36 Woke at 3:36. Can't remember my dream. Woke up very hot and sweaty. Temp inside is 78. Did a manifestation meditation. Still awake.

Woke at 8 am. Dreamed I spilled a little bit of water on my bed and it caused the purple pillowcases to bleed into the white sheets. I was looking for a way to clean them ASAP.

8 31 5:00 Woke at 5. Was dreaming I was at DA's and L. was there too. Saw D. and she was decorating furniture with a sharpie. We were cleaning her house and talking about a ghost we saw named E. that looked like a swamp man. L. and D. wanted to bring him back. I wanted them to finish cleaning so we could sage the house.

Today I went to a yoga class for the first time in about 2 months. My body really needed it. I was shaking while holding some of the poses. My right shoulder hurts as well as my left ankle. I've had both pains before. The shoulder back in 2011. The ankle has been more recent — about a year and a half ago it started and has been bothering me on and off. I mentioned the shoulder pain to my yoga instructor and he thought it could be from the way I'm sleeping at night which is primarily on my stomach.

Last Saturday I received a WhatsApp message from my latest matchmaking introduction. We exchanged a few messages and determined right away neither is a match for the other. He lives in the UK and although he travels frequently he's not considering a move to the West Coast. He is also 53 with grown children and doesn't want any more. So we wished each other well and I submitted feedback to the matchmaking company requesting a skype call with the CEO of the company. I received a response from someone I had not yet dealt with at the company with an available time to discuss. I asked if it was with the CEO (who I met with a few times before I became a client) and was told she is unavailable this week so I said I would wait until her next available time and was told she is unavailable indefinitely. I was upset. I don't like being ignored or given the run-around. I feel it's poor business for the CEO not to want to talk to me about my concerns. But then I thought maybe she's on a medical leave or something. Anyway, I spoke to the woman who emailed me and I gave her my feedback about them not matching me according to my requirements or those of the men I was introduced to. She took good notes. I asked to have a Skype meeting with another matchmaker who I had met with before and she set it for tomorrow.

The whole experience has me questioning the company's credibility so I reached out to the Matchmaking Institute to check their certification and was told it's in process. The CEO of the Matchmaking Institute asked why I was inquiring and if I was having an issue. So I told her briefly but let her know that I'm speaking with someone tomorrow and expect they will be able to match me better going forward but if not, I would take her up on her offer to help communicate with the matchmaker on my behalf.

This week I registered for a match.com profile at the urging of my relationship coach. I've been filling it out and adding photos that I think are nice but it's not popping to me... so I hired someone to rewrite it. I've always had a hard time writing about myself or selling myself so I'm hopeful this will be an improvement.

8 32 3:00 Woke at 3 am. Was dreaming I'm in a pool with a big tub spout for a waterfall. I'm there with my partner and we're playing.

Symptoms: Eyes dry. Today was an emotional day. I woke up at 3 am and couldn't fall back asleep until 6. I played a few meditations but was restless. Then I saw the news of the club shooting in Thousand Oaks and was sad about it. I listened to some astrology recordings then finally fell back asleep. I woke again at 7 then again at 8. Got up and got ready for the day.

I had a Skype call with K., one of my matchmakers, and I was prepared to tell her how I felt and repeat everything I had told M. two days ago but she cut me off and was talking. She explained that the CEO, R., can't meet now because she's pregnant and not involved in everything at this time. She also explained that she (K.) had pneumonia for two months and couldn't speak so she was out for a bit. She apologized for matching me with Z. — it was her mistake for not exploring with him prior. And she blamed J. on her team who pushed that introduction against her better judgement. She sent me G. as an introduction and I started crying. He lives in Israel. I'm so frustrated because I don't feel heard. She reviewed several other potential matches with me but only one in LA. She kept saying she's focusing on quality not quantity and I agree. That's the whole reason why I hired a match-making company in the first place, so they could do the vetting for me but even so, I have to do so much work to stay on top of this. I registered for a Match profile and I'm finalizing in the next few days. Then I will be able to step into a more proactive role in my dating vs. the passive one I've taken so far.

PROVER 9

Soreness, armpit

Themes of Prover 9

9. 01 Phone call I haven't noticed a whole lot. Two things, actually noticed: An overwhelming gratefulness when I was driving into work and a need to reach out to those I'm grateful for. It was a really good feeling. Two hours later I had to go to the bathroom — maybe it was a little spicy. I don't know - I'm the questioner. I'm really trying to pay attention to my body and my emotions. Nothing else.

Stool, urgency

Things, actually

and a need to reach

Burning sensation, mouth, heartburn

Eyelids heavy on waking

Deep sleep

9. 02 7:36 a.m. Slept very well last night! First time in a while. No dreams that I can remember. Around 3:00 pm yesterday, I became very tired.

9.03. 9:15 a.m. My dog is sick so I was up with her early hours... finally fell back to sleep as I don't have to go into work today. Yesterday, still felt pressure in my nose. No dreams

that I can remember last night. I should add that when I was coming home Monday night I went to turn on the lights of my car and I accidentally turned on the windshield wipers to the far back window of my car. For a bit I was actually disorientated as to how to turn them off¹. I pulled the car over so I could think about it. Although I don't use the back wipers very often... it was odd that it wasn't second nature. Yesterday at work I had maybe three episodes that I had to really think about information I needed to perform a task. Again, feeling a little disorientated.

My dog, O., got sick last night. She was nudging me at 4:30 a.m. She was gagging. And then I couldn't get back to sleep. I should take her out. She eats grass and it makes her throw up and she feels better. But not the kind of grass we have — she likes the blade-type grass.

I'm not working with a full deck. I'm a little crazy sometimes — I'm a 59 yo woman — kind of forgetful.

I had to pull over to know how to do this. It was dry. We don't even need it in LA. But I felt disorientated. I don't know if it was "What's wrong with me. I panicked." I pulled over. Yesterday, when I was working, I felt that way, but very quickly just for a moment and that was the end of it.

I was still feeling that pressure in the nose without having a cold or anything. I'd written it 3 p.m. on Monday — feeling pressure in the nose. Now I was very tired, in the afternoon. That could have been because I didn't sleep well Sunday night. 3 a.m. mark is catching up with you. I came home and T. had dinner ready and I ate. I went to bed and watched some programs I'd taped. I fell asleep — it felt like 3 hrs and it was half an hour. I slept really well on Monday night. I can't think of any dreams.

9. 04 8:36 a.m. I felt more calm than usual today. Not feeling the need to get everything done, which is not my normal mindset. Could be because my puppy O. is sick and I am concerned about her. These are the things that take over. If someone is ill that is close to me, that is my concern and worry. It's not that I was frozen. It is just that I see how I slow down and don't make the little things important. Had dinner plans with a childhood girlfriend last night. We had a great time. My girlfriend told me a story about her boyfriend's daughter getting a volleyball scholarship to C. S. F. Then something happened and she quit the team. Anyway, I needed to tell you that so you understand my dream.

Dream that I remember: I was trying to interview the players on the volleyball team but not all were there. They had gone to dinner as a team and some had not returned from the restaurant. Soon after, we had to go looking for them. We were walking around this town finally finding the restaurant where they had been but had recently left. Now we were rushed to get back to the gym to finish interviewing. Next I was in a big home with a pool, with a large crowd of people, maybe a party? Could have been the volleyball players, but can't remember. Chaos. Then everything calmed down and I was alone with my dog, O. I was afraid of someone outside with possibly a gun? I know right, crazy. But my dog, O., is a good watch dog and will bark and chase off anyone, so I'm not afraid. We chase off this person and that is all I remember.

My girlfriend was telling me at some point last night that she loves to watch mysteries/who-done-it shows. She went into detail of a show which consisted of a

killing, hence maybe that was the reason for the gun?

9. 04. 8:38 a.m. email Added: Went to bed late — 11:45 after I got home late from dinner. But slept VERY good! I don't usually sleep too well. So this is another good night sleep.

9. 04 Phone call 11:14 a.m. When I woke up, I didn't remember my dream. I remembered it as I was writing you the email. I remembered walking down the alley looking for people, then I remembered I was interviewing people. That's how I am with dreams. I'm tying it to our conversation. That's how I usually dream. I can see where my thoughts are planted. It was chaos like I remember when we got back. It was a big house with a pool. It was rainy and I went outside by the pool and it was really lovely. I went back into the house and people were leaving. Then I saw the guy with the gun in silhouette.

My friend had been telling me she liked all the murder mysteries. I told her about a show I'd been watching and got busy and never saw the end of it. She saw it all and told me - it was a true show.

I always feel O. will protect me. The dream ended with me telling the guy "You need to leave." He didn't have a gun and left. Not that it has any correlation.

Not a huge difference, how I am feeling. Every once in a while, something that I do, maybe monthly or bi-monthly that I think I have done, I'm questioning now. Maybe it goes back to the disorientation.

I think my boss screwed things when she did year-end taxes and deleted a bunch of things so I wasn't balanced. I balance and mark it every month. I'll ask her when she gets back. It wasn't as strong as when I didn't know how to turn the back windshield wipers on or off. I've had that car for 16 years. There's a lot of information I have to remember because I'm working with other people's lives. The only thing I wrote down was that I slept very well, almost hard to open my eyes. This is one thing that I have noticed a big change for me.

I feel like I am not having that urge to be so busy all the time. I am feeling a bit more laid back, relaxed.

After going to lunch with my sister-in-law, I came home around 3 pm and took a 2 hour nap on the couch. Deep sleep, again when I woke up my eyelids felt very heavy. This is rare for me.

9. 06 9:53 a.m. Slept good in the rain last night, again heavy eyelids when waking up.

I'm really feeling good with all this sleep. I know I dreamed last night but can not remember what it was about. I will think about it and write it down as it comes to me. I really am not feeling any significant changes other than sleep. My sleep has always been a problem for me. It's my mind. It's probably really my mind. I'm a busy person — I keep myself busy. I've noticed in the last week, really heavy sleep.

Today I was going to do Yoga on the beach. My Yoga instructor flies in every two weeks from Seattle. Then it rained.

9.07. Email 7:56 p.m. Sorry for no email. Got sidetracked today and woke up late. Took a nap Saturday afternoon for 1^{1/2} hours and it was deep. Again, when I woke up my eyelids felt very heavy. Funny how I am enjoying my naps! Late yesterday the inside of my mouth got very raw again, I think I told you about this BEFORE I took the remedy.?? Anyway, I gargled with the mouth wash again and it finally subsided by today. It almost felt like I

had burned my mouth with hot food. This is very strange.

Didn't sleep so well last night after going out with some friends for dinner. I tried to take a nap today but couldn't. Still feeling more mellow than usual and not like I have to accomplish everything yesterday. I like this feeling of more calm. Nothing else that notable.

9.08 Email 10:45 a.m. Sleeping well still - but didn't feel exhausted. My mind is not so jumbled with ideas and things to do. I forgot to bring up something. When we went out to eat Saturday night, I came home and went to bed — late for me - 12:30. I couldn't go to sleep because I had the worst stomach ache. It felt like I had heartburn but in my upper stomach. Under my sternum. I ended up throwing up - it went away for 15 minutes then came back. I ended up propping myself up with pillows and that gave me relief - this is very odd for me. I fell asleep around 2ish finally. Felt fine Sunday morning.

9. 08 Phone call 5:35 p.m. Everything is on a pretty even keel. I went to sleep and everything's good. I'm better rested and I'm not so jumbled in my thoughts. Not jumbled - I've gotta do this, I've gotta do that... boom, boom, boom, boom. I'm more settled. I'm still getting stuff done.

Unless I wake right from a dream, I think I'll lose it.

That thing about the stomach was really weird. It could have nothing to do with the remedy. We had a few different things to eat. We had an appetizer, we shared a brussel sprout salad among four of us, I had my main course, and the four of us shared an appetizer. It was a burning in my stomach. I've only had heartburn once or twice in my life when I was pregnant the first time. It was that pressure and burning. I couldn't get to sleep. I had to prop myself up. I was laying there, going to sleep. I have a pretty good stomach - an iron stomach. I had a couple of drinks. Nobody else had it.? Main course? A really good burger with fries.

9. 09 email 9:55 p.m. I had a busy morning before getting to work and forgot to email. Then after work, reconnected with a girlfriend that I haven't seen in 40 years. Just got home, long day.

Slept well last night, eyelids still heavy when I woke up. Had a quick dream that my upper lip became swollen, but didn't know why. I feel that there is something to this remedy about forgetfulness. I know I am dreaming but when I wake up I draw a blank, it's very strange.

9.10. email 3:43 p.m. Nothing to note. Slept well and that makes me happy!

9.10. Phone 7:14 p.m. Has nothing to say.

9. 11. email 12:25 p.m. Feeling well today. Still... sleeping well, mind is still not racing as it was so that is great. I had a quick dream that my boss was going to give me bath towels! Bath towels! What? Haha.

9. 11. 2:25 p.m. Add that last night under my right armpit I felt soreness, to the ride side of my breast area... but underneath the armpit. I did not see any scratch or bump, nor did I feel anything there. Just soreness. It's a bit there still. Almost like I scratched it or something was rubbing, but no mark is seen. Will keep an eye on it.

9.13 email 1:14 p.m. I am keeping notes, typed and will send them to you before we talk next week. I don't have much each day, but one morning I remembered several dreams.

9. 17. Phone 7:41 p.m. I've been documenting, but there's not much to document. I'll send you what I've written every day but it's really not much. I did have a set of dreams one day and when I woke I remembered them but not in too much detail. Everything I was feeling any difference to has probably mellowed out, other than, I really feel there's something with this remedy that has something to do with either your concentration. I still don't feel like I need to get everything done, which is great, but I get everything done. When you're almost on a high and get everything, I don't feel that. But I am getting things done. Does that make sense. There's a calmness to me.

Right armpit? That went away. It was almost like a pinprick on your skin — like you get poked with a pin — that little irritation. There was no red mark. Maybe it was something I was wearing that pinched me or it was tight. I guess I should tell you. I burned myself pretty good on my arm cooking Sunday night. I touched a pot when I reached in to get a pot and touched another pot. I put it under cold

water. In the morning it was brown. The next morning I was at my boss's and she had a great cream and told me to put it on. It was nothing — it didn't get red or peel or anything. I'm a sloppy cook - quick and dirty.

PROVER 11

Themes of Prover 11

Drowsiness

Scattered dreams

Old emotions - past ideas 11.01 13:00 Felt drowsy and slept. Had wild dreams.

11.01 18:00 Felt drowsy.

Stillness in the body

Time

Powerless

Resist the present

11. 02. 7:00 Felt more stillness with the body. Less

mind activity after taking the dose. In the dream things were going away, giving new space to new things.

11.02. 12:00 I usually deliver stuff but today I was told to clear stuff and create space. I left old items away and created space on the shelf. In the morning I realized something from high school. I was verifying why I was a victim of my past. Why would people pick on me? Was it because of my resistance to my present?

11.03. 12:00 Felt drowsy. More thirsty than usual.

11.02. 15:00 A resistance from certain things from the past. Feeling powerless and helpless. Not accepting the present. I had a dream I had a cat. I was holding the cat and taking it to the basement and I asked him, "Do you want to go?" and he said "No." We had a good relationship. Waking up from sleep and the time goes very slowly.

11.04. XX Mild pain in the throat.

11.07 18:15 Woke up a couple times which is usual to my pattern. Had a lot of scattered dreams, noisy in the sense of talking with friends. My brain was very active like I was thinking of a lot of things, I don't know what, and that was very unusual.

11. 08 19:00 Throat hurt a bit but not continuously. Lots of dreams. Dreams of my sister going to the supermarket on a sleigh. A feeling of powerlessness comes on again at work. In the morning, a co-worker tried to manipulate me and I was trying not to feel helpless.

11.10 Had a dream I was attending school again from the one I dropped out of. It just feels weird to be back in the same place.

11.11 Had a few scattered dreams. Do not remember much but had images of two dreams. In one of them I saw a man going into the jungle/woods and picked up a nice big green leaf (very big). It felt like he was going to use it as a canoe (or float on water with it). He rolled it into a small piece and went away. In the other dream I saw a side view of the schematics of the human skull and next to the lower part of the brain it said 'lower mind'. Next to the higher top part of the skull it said 'higher mind'.

11.12 I was downtown with a friend and that friend does not live there. We were on a road and a big truck just passed us and didn't wait for us to cross. Had a steady day and my mood was 80 % optimum and very productive.

11.14 Felt drowsy in spite of a good sleep at night.

- 11.16 Old emotional pain surfaced but went away by 10 pm. Had very low energy, lower than usual.
- 11.20 I was in a big group and felt like I was being left out. However, I did not feel lonely.
- 11.22 I am sleeping and do not wake up. No dreams from the past 2 days.
11. 23 Noisy active dreams. Don't remember anything — just that the brain was quite active.

Additional Homeopathy Resources and References

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TRACHINUS (Trachinus draco and Trachinus vipera)

Greater and lesser weever fish: Trachinidae



Trachinus draco

Homeopathy Abbreviations: *trach-d*; *trach-v*

Keywords: *Trachinidae*; *oviparous*; *carnivorous*; *food fish*; *venomous spines*; *ambush predator*; *camouflage*; *oceanodromous*

Trachinus draco, the greater weever and Trachinus vipera, the lesser weever, are edible marine species of the hazardous family Trachinidae. With the exception of Trachinus cornutus from the south-east Pacific, all species in this family are restricted to the eastern Atlantic, Mediterranean, Aegean and Black Seas.

In homeopathy, remedies made from these two fish appear to be indistinguishable. At least two authors (JH Clarke and TF Allen) have listed them together as one remedy under each separate entry; Clarke states that both *trach-d* and *trach-v* are triturations of the poisonous fins and Allen quotes two authorities, one for each fish, that describe the effects of wounds.



Trachinus vipera

Natural History

Both *Trachinus draco* and *Trachinus vipera* are found in shallow waters up to a depth of 150 meters, where they mostly inhabit sandy, gravelly or muddy ground. During the day they burrow into the sea floor lying in ambush for suitable prey (shrimps and small fish) with just their eyes and tip of the first dorsal fin exposed. At night they swim around freely, even pelagically.

The two fish differ in appearance and in size. *Trachinus draco* has an elongated body averaging 30 cm in length with 'tiger-like' bright blue and yellow discontinuous stripes running from the greenish brown dorsum down the yellowish brown flanks. The head is broad with projecting, venomous opercular spines and a mouth and eyes that both incline upwards. The long dorsal fin has strong, sharp spines on either side with venom glands at the base that release a toxin when external force is applied. The lesser weever (*Trachinus vipera*) is a very similar fish, but about half the size; it grows to 15—18 cm long. It is greyish-brown on the back and silvery-white on the sides, and has poisonous spines on the first dorsal fin and gills. The lesser weever is also known as the stingfish or otter pike.

Spawning runs from June to August, peaking in July. Eggs are laid in the pelagic (open sea) zone. The larvae hatch after about 3 months and are 5—7 mm long; to improve their survival odds it is thought that relatively warm water with low salinity suits them best. Neither of these species has been observed to carry out any form of parental care and they are not thought to be territorial.

The spines of this fish can cause excruciatingly painful, serious wounds if the fish are accidentally stood on by an unwitting bather or when incautiously handled by fishermen. Pain begins 2~3 minutes after the sting and may last a few hours to days. Common symptoms of a weever sting may include severe pain, itching, swelling, heat, redness, numbness, tingling, nausea, vomiting, joint aches, headaches, abdominal cramps, lightheadedness, increased urination and tremors. Some reports describe victims being affected as long as 4 months afterwards. In 1872, there was apparently a fisherman who amputated his own finger to relieve the pain. The toxin itself is not believed to be fatal in humans; rather, any deaths that have occurred are more likely to have been the result of secondary infections and sepsis. The poison remains dangerous even when the fish is dead. An antivenom has been manufactured since 1968.

First aid advice is to place the affected area in very hot water, as hot as the victim can stand

without scalding, for between 30 and 90 minutes or until pain is eased. This accelerates denaturation of the protein-based venom.

https://www.emedicinehealth.com/wilderness_weeverfish_sting/article_em.htm

Weevers are unusual in not having a swim bladder as do most bony fishes and as a result sink as soon as they stop actively swimming. They do, however, have a surprising burst of speed over a small distance when chasing prey.

Weever fish are prey for cod, rays and sharks. They are included in a traditional recipe for bouillabaisse.

A February 2020 report in the Irish times suggested that Irish grey seals have adapted to eat weever fish without suffering a sting. They do this, it is postulated, by swallowing the fish whole, head first, and in doing so the poison spine is pushed flat.

The name 'weever' is thought to originate from the Anglo-Saxon word 'wivre' meaning 'viper'.

Parasites: *Ceratothoa steindachneri*; *Myxidium trachinorum sp, nov*

Distinguishing Homeopathy Features

Intolerable and unendurable pain

Drug addiction

Delirious excitement

Someone easily takes something of value from them, they are 'ripped off'

Someone else takes credit for their work

Taking credit for someone else's work because they fear someone else will do it to their own work

Problems with those in authority; membership of organization for change

Dementia Indications

Dementia after or with severe pain or paralysis

Post-surgical dementia

Frontal lobe atrophy

Parkinson's dementia

Alzheimer's disease

Earlier stages with loquacity

Post-poliomyelitis syndrome

Mental impairment

Homeopathy Commentary The information available on *Trachinus* is primarily on *Trachinus vipera* and all homeopathic pharmacies currently list and sell only this remedy. But there are two remedies in the classical homeopathic literature derived from weever fish. I've combined the source information on both *Trachinus draco* and *Trachinus vipera*. The historical homeopathic remedy was possibly made from both. Most repertory entries are for *Trachinus vipera* and derived from a toxicology (poisoning symptoms) report in the *British Homeopathic Journal* published in 2000.

The information on *Trachinus* that appeared in Allen's Encyclopedia is also from a sting of the fish but lists both the greater and lesser weever fish. There was a small proving done in the

1800s but it is unclear if the symptoms were ever published. Perhaps this confusion is part of the vague boundaries and unclear individuality that fish present. Both species, though, have this toxic poison which creates intense symptoms.

"The greater weever is a dangerous fish due to its very toxic poison which is injected by the spine on the operculum and the spines of the first dorsal fin. The sting produces very intense pain followed by numbness and swelling around the sting. Other symptoms are often present including breathing difficulties, sweating, troubled sight, dizziness, paralysis of the limb concerned or convulsions."

[Koine]

When I first studied homeopathy, I memorized the individual indications for each of the smaller remedies in Boericke's *Pocket Manual of Homeopathic Materia Medica*.

In the brief description of *Trachinus*, Boericke succinctly states that the pain is an uppermost indication. He just lists it as:

Stingfish - *intolerable pains*, swellings, acute blood poisoning, gangrene.

Clarke reiterates the intensity of the pain:

Stinging, burning, throbbing pain increasing to *unendurable* intensity lasting an hour and then decreasing.

These 'intolerable' and 'unendurable' descriptors of the pain are important indications. One complex case that I treated homeopathically a number of years ago demonstrated this:

It was a woman in her 50s who had been in a car accident 25 years prior to me seeing her. She says it was a serious accident and that "everything was broken." She recovered but her ankle needed fusing and later she got a titanium ankle joint. The surgery put the ankle at the wrong angle and she experienced severe nerve pain. She suffered for years with the pain and took hydrocodone opioids, Vicodin® and other painkillers.

Eventually it became infected and swollen and they took out the titanium implant and put in a cadaver human bone ankle replacement with pins. She says it was not rejected but there was scar tissue that pinched a nerve and when she walked for any length of time the pain was "agonizing, so painful."

She also had lumbar pain and stiffness, worse on first moving and then better on walking a bit more. Then after walking even more, she "reaches a place she feels it." The lumbar pain is better standing.

She recently developed numbness in her fingers and an MRI showed desiccation of a disc in the cervical area. She started taking homeopathic *Calcarea fluorica* (self-prescribed) with some improvement. She is better sleeping on pillows with her head elevated. She still wakes with her right hand numb and tingling. She is considering surgery on her neck.

The pain in her foot and ankle has continued. She says the pain in various areas of her body is 'obscene'. When the ankle and foot pain is very severe, she says, "I want the leg amputated."

Through the last year she has given amputation more consistent serious consideration.

Compounding the pain, she has genital herpes which creates nerve pain down her left leg. The herpes pain starts after drinking alcohol but she likes to drink a few beers even daily.

“I have tried everything; acupuncture, Chinese herbs and medicines, many homeopathic remedies, different painkillers, antidepressants and then cannabis.”

She was a precocious child and now shows signs of great intelligence and precocity like her older son. As a child she had an injury on her left leg which got infected. As a result, she has some atrophy and the skin is mottled; she also has lymphedema in that leg. She has been diagnosed with thoracic outlet syndrome. She was recently diagnosed with gout.

She is very sensitive to mold and feels that she has had a severe inflammatory response to water damage in the building she lives in. She can smell the mold. She gets palpitations from the mold. She is in an ongoing discussion with her landlord to get the mold remediated.

Her blood pressure is elevated and she has dry eyes and vision problems. She has an acute sense of smell. She has had many haematomas - on her tongue, on her liver, and on her skin.

She has had constipation from the painkillers and when she stopped them, she developed terrible diarrhea. She takes flaxseed and applesauce before bed which helps.

I notice that in the interview she is all over the place. For this case recounting, I've had to re-order many of her symptoms and expressions. When the confusion and fog lifts she shows great intelligence and is vivacious. She is friendly and easy to talk with [affable] but there is an excitability. She can be loquacious but in a friendly, not burdensome, fashion.

She felt addicted to opiates but recently stopped pain medications on a regular basis. She also used cannabis for the pain but then said that it pushes her into another personality “like a CIA agent.” She has used various psychoactive drugs and in her 20s had a psychotic-like reaction to one given by her ex-husband. She was shouting, raving and ended up in an asylum. At that time she was given fluphenazine and was later prescribed other psychotropic drugs. She does not take them now.

Currently: “My life is about just surviving and an exercise in futility.” She lives in poverty and has had to ask relatives for money. She supported her husband even after the divorce — it was a “compulsive relationship.”

She has a lot of self-pity. She has a grown son who has moved out and also one disabled son who lives with her. She does not get along with her grown son who is critical of her. She has “a symbiotic relationship” with the disabled son. She divorced the father many years ago and he died recently. Essentially she has been a single mother raising her sons.

She is confused about what type of work she should be doing. She wants to help others. She has been involved in various churches including evangelistic ones. Yet she doesn't like authority and so doesn't stay with any group that long.

She can “feel underwater” and that the “sand is shifting” all the time.

“I'm in a fog 80 per cent of the time” having difficulty writing and reading with a significant decline in her memory.

She has difficulty sleeping and takes Chinese herbs for it. Wakes frequently.

Dreams of dead mother, climbing high steps then felt strangled and not able to catch her breath.

Analysis and prescriptions

There are many aspects to this case giving it some complexity. Because of the pain and drug taking I first prescribed *Morphinum*. Then after a few months, I prescribed *Veratrum viride* because of her general nature and past religious predilections. Both initiated some improvements even with the pain.

But after a number of months, the pain came back very strongly and I looked for a remedy to cover the totality — this terrible experience of the pain and the general disposition. I searched materia medicas for a remedy for “intolerable pain” and besides considering *Morphinum* again I remembered and noticed that *Trachinus vipera* had this experience of pain. In Vermulen’s *Concordant Materia Medica* on this remedy, he describes another situation where there is a desire for amputation: “One victim attempted amputation of the involved fingers to terminate the pain.”

There is much representing a ‘fish’ disposition — affability, desire to be part of a religious group, sacrificing for the sake of others, futility and self-pity. (In hindsight, she even had memory and comprehension problems).

Prescription: *Trachinus vipera* 30C once weekly for one month and then as needed.

Follow up after 2 months of taking *Trachinus vipera* 30C:

She said when she started the remedy the fog lifted and her memory improved. At that point, she wanted to help homeopathy by doing research and become an “agent of global peace and love.” In my interactions with her after the remedy I noticed that she had become much clearer and organized.

The pain also improved significantly. She no longer wanted an amputation.

Two months after the remedy, when I met with her, she was excited, talked quickly and had sent many long emails — but it seemed all was indicative of a positive shift. For example, she excitedly said “light bulbs are going off” about her past interactions and she wanted to repair all the old relationships including one with her oldest non-disabled son.

She continued to send very long emails about those troublesome situations in her life and how she was working to repair the aftermath. She described how she started sneaking alcohol as a young child and thus had developed an addictive personality. She had become much more aware of her addictive tendencies and was working on that.

As the months went on the excitability diminished, the pain continued to be reduced and she was resolving many of her issues with those around her. She was also able to deal with her finances better.

There are some individual elements in this case that represent the *Trachinus* fish state. Besides the pain and desire for amputation, she even stated some key sensations of fish: “feel underwater” and that the “sand is shifting” all the time.

Additionally, *Trachinus* is in the Hydrophobia or Rabies miasm as mentioned in Alien’s *Encyclopaedia of Pure Materia Medica*. It is interesting that *Lyssin*, also, has the symptom: Generalities; PAIN; MADDENING, INTOLERABLE but I could perceive there were indications missing in this case for directly prescribing it.

Allen, though, in his *Encyclopaedia*, does describe the mind state of *Trachinus* as “Raving — Hydrophobia — Anxiety — Fear of death.” In the Hydrophobia miasm there is an excitability

in expression and compulsiveness, especially in relationships. Rajan Sankaran described the person in a *Lyssin* state as someone who has “suffered wrong, being tormented, especially by one whom he has served, and is dependent on.” It was a good description of the patient’s first marriage and even afterwards. As well, *Lyssin* is in the rubric, “Mind; tendency to mutilate his body”, which partially accounts for the desire to amputate and have surgery that we see in this patient and *Trachinus* patients.

In the case of this remedy, *Trachinus*, the mind state has elements of this miasm but also has the dispositional moderating effect of being a fish remedy. These contradictory elements are in someone needing a fish remedy. They can be quite intense and excitable yet at the same time have a vulnerable, affable and sympathetic quality. This is partly because their identity, relying intrinsically on the group, is poorly defined. There can also, in this regard, be a repression of these primal hydrophobia miasmatic impulses and manifestations. *Lyssin* is an important remedy, and the miasm, for patients having panic attacks. In the case of *Trachinus*, the modifying element of the fish gives you more of a repressed panic — underlying panic feelings but not fully expressed.

The more intense expression of *Trachinus* could be seen in the temporary excitability demonstrated by my patient. It is in the Complete Repertory rubric “Mind; delirium; raging, raving.” Delirium is a temporary state that implies a disorder of mental faculties such as in drug intoxication or fever where there is restless excitement and even hallucinations and delusions. When this state is extended to the chronic level we can see all sorts of mental disorders and symptoms. Many of the Solanaceae remedies, such as *Belladonna*, have delirium states and were considered acute remedies. But now, we can use them in both acute and chronic states which I have very successfully done. It’s im-

portant to know how the acute translates into chronic. In the case above, you could see that she had episodes of acute expression, even diagnosed as psychosis which is part of the *Trachinus* picture. In an everyday way she just expressed excitability and anger. This was provoked by victimization and the anger was not to the extent of severe continuous rage. This is how I see *Trachinus* in more chronic situations. Although, consider it an important remedy in acute states where the pain is severe and the patient says they want to cut off or amputate the affected part.

In this modern day, I usually clinically see someone with such acute pain already taking prescribed analgesics or self-medicating with alcohol or non-prescription drugs to mitigate it. That requires some meandering through various homeopathic prescribing moments. It means working with the patient to deal with the effects of the drugs first and then moving to the *Trachinus* layer or the more fundamental remedy at the root of the state.

The excitement can have a benevolent quality and the *Trachinus* patient even in a grandiose way will want to change the world and help victims of abuse or world problems. They want to be part of a group that is making changes. At the same time, they feel that others take credit for what they have done and can easily feel ripped off.

In older patients we see the move towards dementia. There can be frontal lobe dementia, Parkinsonian dementia, Alzheimer's disease and other dementias. This state can come on after surgery or a trauma where they experience tremendous pain and reactivity as described above. The *Trachinus* patient can eventually become dull and indifferent with a poor memory. In the dementia state they hear everything, but do not seem to understand what is being said. You have to repeat the question or what you are saying many times to make an impression on them.

Trachinus can have ulceration and gangrene. The wounds are black with much swelling. There can be palpitations and irregular heart beats. It was indicated in classical times for continued typhoid hemorrhagic fever and you could consider it in fever with bleeding. It is also a remedy for migraine headaches where there is vomiting bile, nausea and thirst during the migraine. They can experience easy miscarriage and bleeding during pregnancy.

Clinical Focus Guide

MIND AND DISPOSITION

Cognitive problems	"Unendurable" and "intolerable" pain
Dullness, a fog	Despair, anguish and desires death during pain
Not understanding what is said	Desire amputation — "Cut it off"
Meaning of words lost	Moaning and groaning during pain
Apathy	With shrieking, rage
Memory poor	Tossing about with pain

Painkiller, drug, alcohol addictions

Effects of psychedelic drugs

Fears

Water

With hypervigilance

Panic attacks

Panic about health, pain

Feeling of being bullied

Effects of constant criticism; can do nothing
right

Dependent on those who torment them

Dreams

Dreams of colored materials; dark emerald
with very cold hands

Dreams colors, like from the sea

Dreams traveling; living place to place

Dreams of food and cooking (*Oleumjecoris*)

Pushed to their limit leading to:

Acute psychotic episodes

PHYSICAL FOCUS

Violent complaints

Intolerable pains

Worse touch

Stiffness, ankylosis

Lisfranc fracture

Abscess, suppuration

Gangrene

Black ulcers

Swelling

Redness

Vertigo

Sudden loss of balance — falling

Burnout

Delirious excitability

Mania

Sadness

Shrieking, rage

Schizophrenia

Anguish

With respiratory complaints

With pains

Fights with authority figures

Belongs to group that is changing the world

Mind racing; intellectual

Overthinking, especially night on falling asleep

Dullness

Slow comprehension

Needs verbal messages reiterated

Rabies miasm

Dizziness and chilliness

Head

Brain

Frontal lobe atrophy

Migraines

With aura

With numbness in face

Pain above left eyebrow

Nose

Frequent colds

Chest and respiration

Asthma with great fatigue

Large breasts in both women and men,
compare *Vipera*

Extremities

Great coldness, especially hands

Raynaud's phenomenon
Gangrene
Black ulcers

Sleep
Sleep problems
Sleeplessness from thoughts
Difficulty in falling asleep

Perspiration
Cold perspiration

Sensations
Unendurable, intolerable, maddening
Raving
Panic repressed
Feel underwater
Raynaud's phenomenon

RELATIONSHIPS

Compare
Lyssin, Rabies miasm, Solanaceae, Veratrums

Modern Sources

Poisoning Article: Article translated from German

Mayser P, Dreyer F, Repp H. Zentrum für Dermatologie und Andrologie, Universitäts- sklinikum an der Justus-Liebig-Universität Giessen.

Numbness
Tingling, prickling

Heaviness and exhaustion

Chronic fatigue
Weakness as if paralyzed

Poliomyelitis

Sand
Is shifting Mutilate, desire to Cut it off Dark
emerald

A 54-year-old recreational angler was stung in his right forefinger by *Echiichthys draco*. Within a few seconds he developed severe swelling with extreme pain sensation at the sting site, accompanied by dizziness and chill. Even under morphine therapy the pain symptoms were only slightly reduced. During the subsequent weeks, an erythema with marginate medium-sized scaling developed at the sting site and the patient experienced an approximately 50 % reduced bending capacity of the forefinger and permanent numbness in this region. After 4 months, Raynaud's phenomenon developed limited to the right forefinger. Great weever fishes (*Echiichthys* spp.) are the most venomous fishes in European waters. In humans, life-threatening sting reactions occur only in exceptional cases. As a commercial antiserum is not available, the therapy is mainly empiric (General measures of first aid and emergency medicine, the wound should be thoroughly washed). Patients should be informed that reduced motion ability, swelling or Raynaud's phenomenon can persist for several months.

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ver-fish

UROLOPHUS (UROBATIS) HALLERI

Haller's round ray; Urotrygonidae



Homeopathy Abbreviation: *uro-h*

Keywords: *Urotrygonidae; oceanodromous; tropical to warm-temperate; demersal; ovoviparous; electrical signal; female stores sperm; carnivorous, foraging predator, benthic invertebrates; venomous spine, non-fatal; prey of elephant seals, sharks; parasites*

Urolophus halleri (*Urobatis halleri*, Haller's round ray) is a species of stingray found in coastal waters of the eastern Pacific Ocean from Northern California to Panama. It is most common around southern California and the Baja Peninsula.

Natural History

Haller's round ray favors habitats with mud or sand bottom, around rocky reefs, and often with abundant eelgrass for camouflage. Round stingrays strongly segregate by age and sex. Young rays and males live close to shore, usually less than 15m deep. Females generally live in deeper water except when they move inshore to reproduce. They emit an electric field to attract males and can store sperm year-round after copulation. The round stingray is ovoviparous, bearing litters of 1—6 live young after a three month gestation period. After giving birth, the adult

females move back into deeper water while the young remain in the shallows. Round stingrays reach maturity at around 31 months, at which time their growth rate slows.

Round stingrays are daytime foragers, most active in the warm temperatures of summer and fall. Using their pectoral disc and mouths they dig large pits to uncover buried prey. The juveniles feed on polychaete worms and small benthic crabs; adults on bivalve molluscs and polychaete worms.

Round stingrays are preyed upon by northern elephant seals, black sea bass and sharks.

Along the coast of southern California, hundreds of beachgoers are stung by accidentally stepping on the fish; the wound from the venomous spine can be painful, but is non-fatal. Due to its small size and large tail spine, the round stingray is commercially undesirable.

Venom information

A stingray injury is caused by the venomous tail spines, stingers or dermal denticles of rays. Stingrays generally do not attack but rather react when stepped on or when predators (primarily sharks) are in the vicinity. Waders are cautioned to shuffle their feet when walking in the water. Divers are warned to swim above the sea bed and wear protective clothing which can reduce the severity of the sting.

Stingray venom is a protein (molecular weight greater than 100,000) which is water soluble. Low concentrations cause EKG changes of increased PR intervals associated with bradycardia. First degree AV block may occur with mild hypotension. Larger doses produce vasoconstriction, second and third degree AV block and signs of cardiac ischemia. Most cardiac changes are reversible within 24 hours. Some degree of respiratory depression is also noted and convulsions may also occur.

Effects of venom

A. Localized effects: The pain is immediate and severe, increasing over 1—2 hours and easing after 6—10 hours. Secondary infection may occur. Pain is constant, pulsating or lancinating. Bleeding may be profuse. The area is quite swollen and pale with a bluish rim, centimeters in width, spreading around the wound after an hour. Local necrosis, ulceration and secondary infection are common. Osteomyelitis can occur and amputation has been known to be necessary.

Symptoms from sting:

- abdominal pain
- anxiety
- bleeding
- diarrhea
- dizziness

- extreme pain at the wound site
- fatigue
- headache
- low blood pressure
- muscle cramps
- nausea

- necrosis (death) of surrounding tissue
- pain in the extremities
- painful, swollen lymph nodes near the site
- skin discoloration
- swelling
- vomiting

The following symptoms could be signs of a systemic reaction or respiratory distress and require immediate emergency medical care:

- fainting
- irregular heartbeat
- muscle paralysis
- seizures
- shortness of breath
- sweating

B. Generalized effects: The venom is associated with anorexia, nausea, vomiting, diarrhea, frequent urination and salivation. There may be extension of pain to the area of lymphatic drainage. Muscular cramps, tremors, paralysis of the affected limb, fainting, palpitations, hypotension, heart rate irregularities, difficulty breathing, cough, pain on inspiration; fever at night with copious sweating, nervousness, confusion or delirium are also known to occur. Symptoms may persist for weeks to months after an injury including a dull ache and swelling which is better on elevation. Fatalities occur either immediately or within two weeks if the spine perforates important body cavities.

Parasites: External parasites include copepods and leeches. Internal parasites (40 species in approximately 19 families; 16 species of tapeworms) include: *Acanthobothrium olseni*!, *Calicotyle urobati* n. sp.; *Echinobothrium*!, *Eimeria chollaensis* sp. nov.; *Eimeria halleri* sp. n.; *Eutetrarhynchus cortezensis* n. sp.; *Phyllobothrium hallericola* n. sp.; *Prochristianella minima*; *Rhinebothrium* spp.; *Rhinebothrium chollaensis* n. sp.; *Rhinebothrium gravidum* n. sp.

Distinguishing Homeopathy Features

Elegant indifference

Alternating states

Lost, fragmented, disorientated

Scatterbrained - losing items

Easy confusion and forgetfulness •

Sudden intense expression

Shrieking, shouting in sleep

Low blood pressure

Easy fainting, especially in men

Dreams of floating and a feeling of having wings

‘She returns briefly for mating’ (dreams of weddings, reunions, old boyfriends)

Dementia Indications

Alzheimer's disease and dementias

Delusion they are young

With smell delusions

With delusions parts of body talking to each other

Lewy body dementia especially

With delusions of smell

With easy falling and dizziness

Frontotemporal dementia

Mixed dementia

Parkinson's disease dementia

Post influenzal and viral dementia (e.g. COVID)

Homeopathy Commentary

A good homeopathic proving abundantly reveals the homeopathic indications. The proving led by Todd Rowe did just that and as a result in this commentary I am going to present many of the symptoms and themes that are in the actual proving.

A significant number of *Urolophus* proving symptoms also confirmed my general thesis around fish remedies. The first 'theme' Todd Rowe mentions in the proving is about cognitive decline issues concerning memory, forgetfulness and confusion with the provers experiencing quite a few symptoms within this theme:

Confusion; forgetfulness; poor memory

- Unable to understand technical material
- Confusion and making mistakes in things I know how to do
- Forgetful of names
- Scatterbrained - losing items, mislaid items, difficulty in completing tasks
- Feel lost, fragmented, confused, over-focused on one thing
- Confusion in the evening — turning down wrong streets
- I realize how I got confused
- I am always disoriented
- Difficulty concentrating - forgetful
- Forgot about the exit group proving
- Forgot to take the first dose of the remedy
- Forgetful
- Confusion
- Losing things
- Misspelling words — cannot think as clearly
- Poor concentration
- Difficulty concentrating
- Confusion on waking - felt disoriented, inability to concentrate, forgetful, unable to remember names

There are also a number of other similar symptoms and themes in the proving and repertory:

Feel lost and fragmented

Feel as if my personality is deteriorating

Does not recognize well known surroundings and streets

As you can see, there is disorientation and confusion very much like that found in Alzheimer's disease and dementias. The main area of this dysfunction has to do with directions but also forgetfulness, difficulty writing and confusion on waking. Everything is worse in the evening.

Even in the healthier beginning stages or phases there is a feeling as if the mind is disintegrating. The patient needing *Urolophus* can become scatterbrained and lose items, misplacing them. They have difficulty in completing tasks. When you interview them they may have difficulty in conversing and relating their symptoms effectively. It is as if they have little connection to what they say.

There is a general disconnectedness and indifference that, in the proving, was quite evident:

Felt disconnected - felt withdrawn from friends and family and from myself - I felt withdrawn into a different level and did not care about others. Disconnected from people in my life.

Feel removed from events around me - quality of not caring - moving past things without being snared into the experience.

Felt disconnected to events, experiences washed over me and I could not get hooked in - moving through experiences.

Feel lost and fragmented.

Feel as if my personality is deteriorating.

But in my clinical experience, there are specific characteristics of this 'indifference' and disconnect. The patient who needs *Urolophus halleri*, has an air of *elegant* indifference. They are quite gentle, quietly anxious and artistically sensitive so they are not completely flat like you might see in *Sepia* or in an acid remedy. They also have an attraction to art, beauty yet have another more 'animal' or instinctive side as I will discuss next.

There is yet another aspect to this indifference and the disconnected personality. That is, indifference or dispassion *alternates with* sudden strong emotions. During this strong emotional expression there can be great focused energy. They can be elegantly dispassionate and then have a sudden intense anxiety about health or anxiety about the health of a family member. Or they can have sudden thoughts of revenge with bloody rage and violent thoughts which alternate with indifference.

When these intense feelings and thoughts come on they feel they must do something. They become restless, aggressive and sleepless. Explosive violence can be part of this expression. As a result, sleeplessness is a major problem.

Sometimes the episodic intensity of expression comes on without any provocation and sometimes it is provoked by someone close to them especially when others attempt to control them. They can also feel more aggression when sexually aroused but otherwise have a lowered sexual desire. Or they may alternate with very low libido and then sudden strong sexual craving leading to involuntary orgasms at night.

It may also be indicative of an animalistic force. *Urolophus halleri* patients have many

dreams with animals in them that are of many different types especially aggressive ones.

They can feel separated from their family or friends, but it is a self-isolation. They hold resentment and feelings of betrayal. With slight provocations they can become aggressive towards their partner or even the practitioner. They then become sarcastic and make comments that make others uncomfortable. Then there is a desire to be alone.

The patient may feel easily squashed by others' criticism. They feel easy humiliation, personal injustice and that they have been betrayed. There may be a situation or history of someone whose partner has been unfaithful. They feel anger, betrayal and resentment. Ultimately, they can feel there is a conspiracy against them and are suspicious of others, thus prompting even more disconnection from others.

Reunions were prominent in dreams in the proving:

At my high school graduation, wearing my roommate's wedding dress.

...all of my classmates one by one came to my house to see me - felt like some sort of celebrity - feeling of homecoming.

Feeling of homecoming.

Playing basketball with my best friend from high school - remembering the good old days.

Admiral called us all to one place for a reunion of some sort.

This is because they feel unfulfilled and indifferent within their current relationship and dwell on past relationships and experiences. There are many of these dreams of reunions with old friends and it's as if they are in a high school, or younger age time warp. Older patients with dementia will also focus on this time period or feel they are actually at this age. The patient needing this remedy will say they are married to the wrong person but should be (or think they are), married to their high school or college sweetheart.

Floating, swimming and flying are all part of sensations found in fish remedies generally. In *Urolophus* there are particularly sensations or dreams of floating and a feeling of having wings. The reaction to the sensation is 'light and airy' which also can be an attribute of the patient.

Although the major proving of *Urolophus halleri* was done in 1998, the remedy was used by the classical homeopath, Margery Blackie in the first part of the 1900s. She used it in the classical homeopathic treatment of chronic conditions and also gave the remedy to soldiers who had a history of fainting. She also talks about another type of patient that I have more frequently seen, describing them as "sallow, usually dark who have rather heavy rings around their eyes. They look tired, are chilly..."

I've included the full text of her description and use of this remedy in the traditional source section below. I agree with this description since the patients I have treated with homeopathic stingray reminded me of *Sepia* or *Natrum muriaticum* because of their sallow, drawn and thin appearance as well as long-standing grief. Dr Blackie also makes comparisons to *Sepia* and *Medusa* in her description. *Sepia* also has easy fainting. Yet, I've discussed in this commentary the finer distinguishing dispositional elements of *Urolophus halleri*, *Sepia* and similar remedies, especially the alternations that are more seen in *Urolophus*.

Urolophus halleri can also have similar physical complaints to *Sepia*, like headaches and uterine bearing down sensations. In *Urolophus halleri* patients the migraine comes on suddenly, starts in the morning, better in the evening and is worse from jarring. It can be preceded by a visual aura.

There are bearing down pains during the menses and profuse bleeding. Also bearing down during cystitis episodes.

There can be sudden episodes of palpitations. There is tinnitus especially in the right ear. They can experience twitching and trembling along with cramping and tension throughout the body or in specific areas.

As mentioned by Margery Blackie this is a remedy with the indication that patients faint easily. They may experience faintness with vertigo, faintness on standing and in a stuffy room as well.

Like other fish classified as Chondrichthyes, stingrays have cartilaginous skeletons like sharks. In this class of fish remedy, patients suffer from affections of the cartilage as well as connective tissue. This is, therefore, an important remedy for patients with fibromyalgia. There can be inflammation of connective tissue and connective tissue diseases.

In patients needing *Urolophus halleri* there may be a history of osteomyelitis and easy infections in the bones.

Clinical Focus Guide

APPEARANCE AND Demeanor

Thin, drawn, discoloration around eyes Like *Sepia* or *Matrum muriaticum*

Jaundiced

Elegant

MIND AND DISPOSITION

Poor memory
For names
Mistakes in spelling
Poor technical and computer skills
Difficulty concentrating

Forgetfulness
Losing items
Does not recognize surroundings
Of names

Poor concentration

Confusion
On waking
Disorientated
Unable to concentrate
Does not know where they are, lost in well known places
Persistent thoughts

Disintegration; 'scatterbrained'
Disconnected and withdrawn
Disorientation
Ungrounded
Alienated
Dementia

Elegant indifference
Withdrawn at times
Removed from events
Quietly anxious
Alone and alienated

Sudden complaints
Sudden emotions
Explosive violence
Sudden thoughts of revenge
Sudden cruel impulses

Alternations
Indifference or dispassion *alternates with* sudden strong emotions

Low or high libido
Mildness alternating with aggression

'Squashed' and betrayed
Sensitive to criticism
Humiliation
Personal conspiracy against her
Unfairness
Betrayal, fear of betrayal
Suspicious

Old acquaintances and boyfriends
Old liaisons
Dissatisfied and disconnected with current relationship therefore dwells on old relationships

Reunions, weddings
Classmates
Families

Delusions of smell

Dreams of house with hidden rooms

Dreams floating, having wings

Talking, muttering to oneself
Perseverative thinking; worry
Internalizes emotions

Strong sexuality
Dreams of rape and forced sex
Sexual scandal
Dream of topless women
Increased sexual desire
Strong sexuality but controlled
Sudden uncontrolled involuntary orgasms during sleep

Psychic abilities

Beautiful
Artistic/artist
Elegant surroundings
Larger homes
Selling homes

Animals and animus
Many different animals in dreams
Many dreams of cats
Dreams of dolphins
Dreams eating worms
Fear snakes

Floating, swimming in water
Dream gliding in water or air
Flying in air

Having good luck
Lost items returned
Dreams inheriting money, winning lottery
Mothering and caring for family

PHYSICAL FOCUS

Sleeplessness
From worries
Waking early
Waking 3 am

Easy fainting
On standing
During needles, injections
Warm room

Fibromyalgia
Pain; tension and aching in upper arms
Twitching upper arms
Inflammation of connective tissue

Osteomyelitis

Headaches: migraines

Dream birthing babies
Anxiety about health of family members
Dictating health of others
Self-pity
Exhaustion from looking after others

Colors
Purple
Red and blue

Number three prominent
Waking 3 am
Three of things in dreams
Phase 3

Shrieking during sleep

Disturbing dreams
Dreams of being chased by spirits, of being lost
in a house

Starts morning, better evening
Worse jar
Throat pain and constriction

Bearing down sensation
During menses
During cystitis

Wounds slow to heal
Minor wound painful

Easy hemorrhage
Profuse bleeding

Hypotension; bradycardia

Worse stuffy room

Thin
Appetite diminished
Anorexia

Desires cinnamon

Stage 14

SENSATIONS AND EXPRESSIONS

Faint

Young again

Elegant

Indifferent

Fragmented

Floating

Gliding

Spirits

RELATIONSHIPS

Compare

Sepia, *Natrum muriaticum*, *Medorrhinum*, Stage 14 remedies, *Erbium*, *Erbium muriaticum*, *Erbium carbonicum*, *Stannum*, *Stannum carbonicum*, *Carbo jullerenum*

Related

Gymnura natalensis, backwater butterfly ray, proved in Durban. Main issue is dissatisfaction with the past. Sense of timelessness and stuck in the past. Anxiety and spaciness, sadness, self-doubt and lack of confidence.

Traditional Homeopathy Sources

From *Classical Homoeopathy* by Dr. Margery Blackie:

“Patients are sallow, usually dark, who have rather heavy rings around their eyes. They look tired, are chilly yet at the same time cannot stand a stuffy room. They are sensitive to all weather changes, but as a rule can stand real heat. They tell you of their need to sleep, how many hours they need, how they must have it or else they are no good at all.

They get a slight headache as with *Medusa*, like a *Sepia* headache, but even duller. It usually starts in the morning, strangely enough is usually better in the evening, and is made worse by noise or jarring, rather like *Sepia* although to a much lesser degree. One of these patients, the best case I had seen, was a dark, tall, rather tired looking man who used to faint if he had to stand for long. He found it humiliating when he had fainted at two cocktail parties where he had to stand for a long time. He asked if I would give him something to stop him doing that. He had a headache and said that when it came, it lasted more or less all day, but was always better in the evening. These patients also tend to be a bit sensitive to tobacco smoke and I think that this is why he had fainted.

In one year, just after using *Sting Ray* the first time, I had two soldiers who fainted continually, especially if they had to stand for an injection. Both of them had fainted half a dozen times each within the last so many weeks. They had had a lot of injections and had had to stand for rather long. One of them had taken part in the Queen’s birthday parade and had fainted. He had been held up between two other soldiers who had held

him on his feet until he came round again, but he felt frightful. Both these men did well on *Sting Ray* and neither of them ever fainted again.

I never inject a man standing up. Although I can inject any number of women standing up, I find I can get a man who faints, and feel that they are safer sitting down.

In women, you think the patient must be *Sepia*. They come in looking pale and drugged and very tired, with rather dark rings. You think they are going to be *Sepia*, but their chief complaint is of lower backache and gradually they tell you (and *Sepia* of course also tells you) that it always improves if they walk about. A *Sepia* backache goes away if the patient walks about. The only difference is that with *Sting Ray* it does not come back, but in *Sepia* it always comes back when they sit.

This type of patient also gets quite a lot of palpitations, the men as well as the women. If the men have a tendency to faint, they think their palpitation has something to do with it. The woman gets palpitation quite a lot but forgets it again if she is walking. The history is typically that if she gets bad palpitation, and has to go out because she has a very busy morning, by the time she comes back from shopping it is gone, which surprises her very much but which is a good symptom.

They are rather tired-out patients, but in no way so despairing or such martyrs as *Sepia*. *Sepia* can be real martyrs if they go on getting tired out and have a lot to worry them, especially if they have to look after various members of the family and will not accept any help that is offered to them. *Sting Ray* patients are much less like this, but they do get rather hopeless.”

Additional Homeopathy Resources and References

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Mangialavori M. *Koine Three Year International Postgraduate Courses*. Bologna and Boston

Rowe T, 2000. *Urolophus halleri. A proving of Round Stingray*. Desert Institute Publishing Inc.

General Resources and References

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<http://www.fishbase.org/summary/Urobatis-halleri.html>

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<http://www.bioone.org/doi/abs/10.1654/4121>

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SECTION 3

GROUPING THE FISH

REMEDIES

GROUPING THE FISH REMEDIES

There are a number of approaches to grouping fish remedies. By putting them in a group you can have a certain predictability. Especially when you feel that one remedy is not completely covering the case, you may look to another in the same group. As well, the groupings give the possibilities of adding new remedies with some knowledge of dispositional information right from the start.

There are different ways of grouping though. The most accurate in certain ways is to use the scientific taxonomy - Orders, Families etc. This is the basis of the Scholten Periodic Table Schema and there is now an attempt to classify utilizing the Scholten number system. But there are also other ways that take into account dispositional elements.

Indications from Scientific Classification

We can look at taxonomy through scientific classification and family connections. There are some larger groupings:

Kingdom: Animalia

Phylum: Chordata (Vertebrates)

Class: Pisces (Fish)

Modern fish are divided into three classes:

1. AGNATHA
2. CHONDRICHTHYES
3. OSTEICHTHYES

1. AGNATHA: primitive jawless fish. Lampreys and hagfish

Homeopathic remedies in this book

None fall into this category

2. CHONDRICHTHYES: the jawed fish with cartilaginous skeletons. Sharks, rays, ratfish

Homeopathic remedies in this book

Carcharodon carcharias (Great white shark)

Galeocerdo cuvier hepar (Tiger shark liver)

Urolophus (Urobatis) halkri (Haller's round ray)

3. OSTEICHTHYES: fish with bony skeletons. Lungfish, trout, bass, catfish, salmon, perch, parrot fish, seahorse

Homeopathic remedies in this book

Acipenser transmontanus (White sturgeon)

Acipenser sturio ex oviis (Atlantic sturgeon caviar)

Amphiprion ocellatis (Clownfish)

Arripis trutta (New Zealand salmon or Kahawai)

Barbae cyptinae ova (Roe of river barbel)

Carassius auratus (Red cap veiltail goldfish)

Chelmon rostratus (Copperband butterflyfish)

Clupea harengus (Atlantic herring)

Cyprinus carpio (Carp)

Danio retio (Zebrafish)

Electrophorus electricus (Electric eel)

Erythrinus (Red wolf fish)

Esox lucius (Pike)

Gadus morhua (Atlantic cod)

Hippocampus kuda (Spotted seahorse)

Hirundichthys rondeletii (Blackwing flying fish)

Ictalurus punctatus (Channel catfish)

Lepomis gibbosus (Pumpkinseed sunfish)
Muraena melanotis (Honeycomb moray eel)
Oncorhynchus tshawytscha (Pacific salmon)
Oleum jecoris aselli (Oil from the liver of the Atlantic cod)
Oreochromis niloticus (Nile tilapia)
Ostracion cubicus (Yellow boxfish)
Paracanthurus hepatus (Blue tang)
Pleuronectes platessa (European plaice)
Poecilia reticulata (Guppy)
Pterophyllum scalare (Freshwater angelfish)
Pyrarara (Red tail catfish)
Salmo trutta fario (Brown trout)
Sarpa salpa (Salema porgy)
Scorpaena scrofa (Scorpionfish)
Sebastes norvegicus (Rose fish)
Serum anguillae (Freshwater eel serum)
Silurus glanis (Weis catfish)
Sphyræna barracuda (Great barracuda)
Synanceia horrida (Estuarine stonefish)
Synanceia verrucosa (Reef stonefish)
Thunnus albacares (Yellowfin tuna)
Trachinus (Weeverfish)

In the book there are a number of fish remedies belonging to the same group or order. As a result I grouped these together and list the grouping here. I consider the similar, typical features of these fish and how that translates into dispositional features for the whole group. My hope is that it will be easier to identify homeopathic indications for new fish remedies that are added and have a taxonomic relationship to some of these groups.

I've selected a number of groups but these groups do not account for all the fish materia medica in this book. I've used the common name to describe the group because there are some diverse taxonomic divisions within each group.

Carp Group

Cyprinidae - Carp Family

Kingdom: Animalia
Phylum: Chordata
Class: Actinopterygii
Order: Cypriniformes
Superfamily: Cyprinoidea
Family: Cyprinidae

SUBFAMILIES:

Acheilognathinae
Cyprininae
Danioninae
Gobioninae
Labeoninae (disputed)
Leptobarbinae
Leuciscinae
Probarbinae
Smiliogastrinae
Tanichthyinae
Tincinae
Torinae
Xenocyprinae

There are three members of the carp family described in this book. *Carassius auratus*, the goldfish, *Cyprinus carpio*, the common carp and *Danio rerio*, the zebrafish.

They are all in the Cypriniformes order.

Carassius auratus Goldfish ... Page 85

Kingdom: Animalia
Phylum: Chordata
Class: Actinopterygii
Order: Cypriniformes
Superfamily: Cyprinoidea
Family: Cyprinidae
Subfamily: Cyprininae
Genus: Carassius
Species: C. auratus
Binomial name: Carassius auratus

Cyprinus carpio - Carp ... Page 131

Kingdom: Animalia

Phylum: Chordata
Class: Actinopterygii
Order: Cypriniformes
Family: Cyprinidae
Subfamily: Cyprininae
Genus: Cyprinus
Species: *C. carpio*
Binomial name: *Cyprinus carpio*

Danio rerio Zebrafish ... Page 144

Kingdom: Animalia
Phylum: Chordata
Class: Actinopterygii
Order: Cypriniformes
Family: Cyprinidae
Subfamily: Danioninae
Genus: Danio
Species: *D. rerio*
Binomial name: *Danio rerio*

Carp Family Commentary

Homeopathic remedies in the carp family have some commonality.

Carp have a robustness such that in difficult conditions they are able to not only survive but can even become an invasive species.

The other point is their position in the Carbon series or issues having to do with the father. It is either taking the role of the father or being forced into the role of the father as well as the impact of the father on their lives. This can lead to a rigidity or perfectionism whilst following in the father's footsteps or it can lead to a feeling of incompetence in emulating the father's values or even a complete rejection of the father.

Scholten in *Homoeopathy and the Elements* describes some concepts in this series:

Carbon series

- Individual Person I
- Values Meaning Self-worth
- Ethics: Good and bad
- Body Life Lust
- Possessions
- Hero
- I-weakness
- Magic Myths
- Child

He also updates the concept of the father in *Homoeopathy and the Elements* by saying:

One could rephrase it as the theme of 'God the father, who provides us with the

values that determine good and bad'. In our culture this aspect is usually represented by the father, and in this respect the father figure is still important in the Carbonicums.

But the fish in this family cross over many series, e.g. the Silica series, to do with relationships, since this is important and the father is important in this series as well. Themes of the Silver series are also present in remedies of the carp family, since they are flashy fish where performance and teaching can be important.

As well, in this family there are issues of benevolent action in contradiction to selfish ambition. The conflict can eventually prompt profound chronic disease states including cancers, Parkinson's disease, fibromyalgia and dementia. There is a tendency to religiosity and they may become priests, rabbis, therapists etc.

Fish in this family have high fat content and so the qualities of oily remedies apply. I have discussed this classification in this book especially in regards to *Oleum jecoris*. In various lectures I have also mentioned *Oleum animale* and other remedies in this grouping. They tend to have easy straining of the tendons and musculature and weakness is also a characteristic of this group.

Cyprinidae can have a robust constitution in a healthier state. This means they are less impacted by environmental stimuli, even noxious smells. They can get jobs as garbage collectors, painters etc. But also other jobs as I've relayed here and in the individual fish remedies.

Catfish Group

There are three catfish discussed in this book. *Pyrarara*, the redbtail catfish, which is a classic homeopathic remedy already in use for many years, *Silurus glanis* (Weis catfish which is primarily European), and *Ictalurus punctatus*, Channel catfish, primarily found in the United States.

They are all in the Siluriformes order.

Ictalurus punctatus Channel catfish ... Page 242

Kingdom: Animalia
Phylum: Chordata
Class: Actinopterygii
Order: Siluriformes
Family: Ictaluridae
Genus: *Ictalurus*
Species: *I. punctatus*

Pyrarara - Redtail catfish ... Page 385

Kingdom: Animalia
Phylum: Chordata
Class: Actinopterygii
Order: Siluriformes
Family: Pimelodidae
Genus: *Phractocephalus* (Agassiz, 1829)

Species: *P. hemioliopus*
Phractocephalus hemioliopus (Bloch & Schneider, 1801)

Silurus glanis Weis catfish ... Page 430

Kingdom: Animalia

Phylum: Chordata

Class: Actinopterygii

Order: Siluriform

Family: Siluridae

Genus: *Silurus*

Species: *S. glanis*

Catfish Family Commentary

In the triturations of these catfish remedies an unpleasant and strong odor could be detected and was discussed. As well, when catfish is deep fried (as it commonly is served in the southern United States), there can also be a strong odor reminiscent of something rotten. For some, it is an acquired taste. Giving off a strong odor is characteristic of remedies in Stage 16 on the periodic table, where we End the remedies *Sulphur* and *Oxygenium*. Some homeopaths are convinced that *Sulphur* follows Pyrarara. Just as importantly, Stage 16 is considered the Leprosy miasm and the idea here of rotting is strong. The catfish, as I describe in their respective commentaries, are representative of this miasm. In fact, in Volume 2 of *Miasms and Nosodes* I described (see below) the core theme for Stage 16 as “Helpless with rot and laziness.” These dispositional features are strongly characteristic of adult patients needing these remedies.

Here is how I describe Stage 16 in Volume 2 of *Miasms and Nosodes*’.

STAGE 16: Leprosy Miasm

Shared [Stage 7] Core Word: HELP

Specific Core Theme for Stage 16: Helpless with rot and laziness

Expression: The helpfulness seen in the reciprocal Stage 7 now becomes helplessness in this stage, Stage 16. Whereas in Stage 7 there is a desire for giving compliments, in this stage there is a desire for complimentary receiving — in other words, begging — as everything seems lost.

On the left side in Stage 7, there is the engagement of teaching, yet here in Stage 16 on the right side, there is neglect, loss and decline. The decline is even worse than in prior stages; now rot sets in. This is like the physical and psychological effects of leprosy (the miasm for this stage) as described in Volume 1. Historically, many with leprosy were shunned and ostracized. They were pushed into a life of begging and existing on the edge of society (and relationships).

In this stage and related miasms, you see many bowel problems, a sign of the decay. *Oxygenium*, located in this stage, has bowel problems intensively and either this element alone or combined as a salt with other elements should be considered for such issues. Many of the other miasms that I have included with this stage share characteristic bowel problems.

Whereas Stage 14 had rules and formalities, in this stage and also in Stage 17, we move away from the formality into a more pronounced decline and breakdown. Stage 16 has laziness

and theorizing along with living in a world of fantasy, as traditionally seen in the remedy *Sulphur* positioned here.

Impetus: helplessness, needing help, lost, loss, rotting, decomposition, abuse, neglect, despised, used, abused, selfishness, indignation, corruption

Engagement: faded, fantasize, diversions, memories, theorizing, seduction and luring, on the edge of society

Momentum: decay, tempting, lazy, deep philosophical reviewing, victimized, luring others to help them

Scholten from Qjure:

“Everything is gone, lost, spilt, used up, ruined, all that is left are some crumpled and yellowed relics from a distant past.”

“The situation is one of decomposition. The harmony has gone.”

“They expect that other people will notice their needs.”

“They try to lure people into helping them.”

“They live on the relics of the past.”

“Strong dislike of ugliness.”

Leprominium Nosode from *Miasms and Nosodes Volume 1*:

Despised and ostracized

Isolated by society yet accepting fate

Body distorted

Welfare cycle, needing help

Street person, beggar

m Salmon Group

This group includes the remedy *Oncorhynchus tshawytscha* (Chinook salmon, the largest species of Pacific salmon) which is one of the most complete fish homeopathic provings. It also includes *Salmo truttafario* (brown trout) which is also in the Salmo- nidae but, unlike *Oncorhynchus*, is not anadromous. *Arripis trutta* which is called New Zealand salmon (kahawai) is not actually in the Salmonidae but does have some characteristics of salmon, although is closer to tuna fish in terms of their speed and activities.

The Salmonidae family includes three important genera. *Salmo* contains the Atlantic salmon and the rainbow trout, brown trout, and steelhead trout. *Oncorhynchus* includes the six species of Pacific salmon, one of which occurs only in East Asia and the rest of which are found around the North Pacific rim from

Japan to California. *Salvelinus*, the genus of the chars, has the brook trout, lake trout, Dolly Varden trout, and the Arctic char. Another less widely known genus is *Hucho*, a large predatory trout (to 1.5 m) of the Danube River. The family is characterized by the presence of an adipose fin, fins without spines, and smooth (cycloid), small scales. Closely related fishes are the whitefish of the family *Coregonidae* (sometimes named in the *Salmonidae* as a subfamily) and the smelts of the family *Osmeridae*.

[\[https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/salmonidae\]](https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/salmonidae)

All

salmonids spawn in fresh water but many spend the majority of their life in the sea.

Salmon are revered as both a food source and a spiritual inspiration by indigenous peoples. I have discussed this extensively in the individual chapters as well as in an introductory chapter.

They are ancient fish and typically have fewer large eggs than many other fish.

Arripis trutta — New Zealand salmon (kahawai) ... Page 72

Kingdom: Animalia

Phylum: Chordata

Class: Actinopterygii

Order: Perciformes

Family: Arripidae

Genus: *Arripis*

Species: *A. trutta*

Binomial name: *Arripis trutta* (JR Forster, 1801)

Oncorhynchus tshawytscha - Chinook salmon ... Page 284

Kingdom: Animalia

Phylum: Chordata

Class: Actinopterygii

Order: Salmoniformes

Family: Salmonidae

Subfamily: Salmoninae

Genus: *Oncorhynchus*

Species: *O. tshawytscha*

Binomial name: *Oncorhynchus tshawytscha* (Walbaum, 1792)

Salmo trutta fario - Brown trout ... Page 394

Kingdom: Animalia

Phylum: Chordata

Class: Actinopterygii

Order: Salmoniformes

Family: Salmonidae

Genus: *Salmo*

Species: *S. trutta*

Subspecies: *S. t. fario*

Trinomial name *Salmo trutta fario* (Linnaeus, 1758)

Scorpionfish Group

This group of poisonous fish includes the Scorpaenidae family and the Synanceiidae family (Scorpaeniformes Order). The remedies depicted in this book are *Synanceia verrucosa* (stonefish), *Scorpaena scrofa* (scorpion fish) and *Sebastes norvegicus* (rosefish).

Scorpaena scrofa - Scorpionfish ... Page 404

Kingdom: Animalia

Phylum: Chordata

Class: Actinopterygii

Order: Scorpaeniformes

Family: Scorpaenidae

Genus: *Scorpaena*

Species: *S. scrofa*

Binomial name: *Scorpaena scrofa* (Linnaeus, 1758)

Sebastes norvegicus - Rosefish ... Page 414

Kingdom: Animalia

Phylum: Chordata

Class: Actinopterygii

Order: Scorpaeniformes

Family: Sebastidae

Genus: *Sebastes*

Species: *S. norvegicus*

Binomial name: *Sebastes norvegicus*

Synanceia verrucosa - Stonefish ... Page 444

Kingdom: Animalia

Phylum: Chordata

Class: Actinopterygii

Order: Scorpaeniformes

Family: Synanceiidae

Genus: *Synanceia*

Species: *S. verrucosa*

Binomial name: *Synanceia verrucosa* (Bloch and JG Schneider, 1801)

Shark Group

There are two shark remedies discussed in detail in this book, *Carcharodon carcharias*, the great white shark and *Galeocerdo cuvier hepar*, tiger shark liver. There are a number of other shark substances made into remedies, including some that are made from fossils. I have not included them as a full chapter but I've listed them below.

Carcharodon carcharias Great white shark ... Page 104

Kingdom: Animalia

Phylum: Chordata

Class: Chondrichthyes

Order: Lamniformes

Family: Lamnidae

Genus: Carcharodon (A. Smith, 1838)

Species: *C. carcharias*

Binomial name: *Carcharodon carcharias*

Galeocerdo cuvier (hepar) — Tiger shark (liver) ... Page 200

Kingdom: Animalia

Phylum: Chordata

Class: Chondrichthyes

Order: Carcharhiniformes

Family: Carcharhinidae

Genus: Galeocerdo

Species: *G. cuvier*

Binomial name: *Galeocerdo cuvier* (Peron & Lesueur, 1822)

Also the following shark remedies are available:

Bull shark (*Carcharhinus leucas*)

Cladoselache (Clase fossil shark from the Devonian period)

Hemipristis serra (extinct snaggletooth, weasel shark)

Mustelus lunulatus (Sicklefin smoothhound shark cartilage)

Shark's cartilage

Shark's cartilage serum

Shark's tooth

Sphyrna tiburo (Bonnethead shark)

Shark Family Commentary

For the most part, the sharks that have been potentized into homeopathic remedies are threateningly large and at the top of the food chain. The word shark has various uncertain etymological origins. I've put the whole listing of its etymology under this commentary but would like to discuss a few interesting points in it.

The word shark came into English usage in the 1500s. But curiously there is an underlying meaning of the French word for shark — *requin* — that has great homeopathic dispositional significance:

French *requin* is literally 'grimacer', from Norman *requin*, from Old French *reschignier* 'to bare the teeth, grimace!'.¹

I came across this recently, but for many years saw and described this type of grimacing or baring of the teeth in patients needing homeopathic remedies made from shark. It is included in a

number of commentaries on the different sharks in this book. I also have described a type of sardonic grimace, baring of the teeth that is related to the Rabies miasm and Stage 1.

It is both expressing and holding back the primal impulsive and animalistic side. They have a fear of losing self-control or of their own intense animalistic instincts. The expression on the face is of holding back something menacing yet 'smiling' through it. The patient needing a shark remedy, like sharks themselves, have much aggression and predatory instinct. It can be deeply repressed and is not fully expressed yet can suddenly come out particularly in aggressive humor or sarcasm. It will also show in the type of aggressive pathology that is found in these remedies, such as large tumors, particularly malignant, and blood pressure problems, even malignant hypertension.

There can also be a sudden neurological expression. So a patient needing a homeopathic shark remedy may have neurobehavioral problems particularly tic disorders including Tourette's syndrome, obsessive compulsive disorder, and even seizures. And turning on oneself, in children, we may see stereotypic movement disorder.

In adults there can be Huntington's chorea, and choreic movements. These are remedies that should be considered in Huntington's dementia and other dementias where restlessness is prominent. As well, vascular dementias can be observed as a result of chronic blood pressure problems.

The other causative factor in developing these significant complaints is a stoppage of movement. Sharks are constantly moving, and the patient needing a shark homeopathic remedy can suffer on all levels, mental, emotional and physical, if they experience something that stops their movement, such as a physical injury or trauma. Dementia can even follow. As well, the pursuit of money and wealth figures prominently for patients needing shark remedies.

There was much about criminality. It is interesting that many fish remedies hover around criminality to a greater or lesser extent; the patient needing a fish remedy is painstaking to avoid it, immediately considers their mistakes 'criminal', yet inexplicably attracts criminals and parasites. In homeopathic shark remedies, it comes out in a stark way. In the proving of *Carcharodon* this was very prominent. Many provers describe issues related to being a criminal and the mafia. In *Galeocerdo* it was also there: "Dreams; Daughter, of, criminal, is a."

In a similar manner, we use the word 'shark' to describe someone who is a criminally predatory person. Or someone who is about to or does rip people off - such as a 'card shark'.

Since I have had the most clinical experience with homeopathic *Galeocerdo cuvier hepar* and on account of its very good Hahnemannian proving, I would suggest reading that first and then the other shark information and materia medica.

From Online Etymology Dictionary

shark (n.)

1560s, of uncertain origin; apparently the word and the first specimen were brought to London by Capt. John Hawkins's second expedition (landed 1565; see Hakluyt).

There is no proper name for it that I knowe, but that sertaine men of Captayne Haukinses doth call it a sharke'

[Handbill advertising an exhibition of the specimen, 1569]

The meaning 'dishonest person who preys on others' though attested only from 1599 (sharker 'artful swindler' in this sense is from 1594), may be the original sense, later transferred to the large, voracious marine fish. If so, it is possibly from German Schorck, a variant of Schurke 'scoundrel, villain', agent noun of Middle High German schurgen (German schuren) 'to poke, stir'.

[\[https://www.etymonline.com/search?q=requirein\]](https://www.etymonline.com/search?q=requirein)

But in another theory, the English word is from a Mayan word, xoc, which might have meant 'shark'. Northern Europeans seem not to have been familiar with the larger sort of sharks before voyages to the tropics began.

A slightly earlier name for it in English was tiburon, from Spanish tiburon (1520s), which probably is from a native word from South America, such as Tupi uperu shark' (source also of Portuguese tubarao, Catalan taurd). Middle j English had hound-fish (early 14c.), which probably was used of dogfish and other small sharks. The general Germanic word seems to be represented by Old Norse har (Norwegian hai, Danis haj, Dutch haai, German Hai, also borrowed in Finnish, Latvian), which is of unknown origin. French requin is literally 'grimacer' from Norman requin, from Old French reschignier 'to bare the teeth, grimace'. An ancient Greek word for a shark was karkharias, from karkharos 'sharp, jagged, biting'. Latin used squalus, from the root of English whale (n.); Lithuanian ryklys is literally 'swallower'.

The English word was applied (or re-applied) to voracious or predatory persons, on the image of the fish, from 1707 (originally of pick-pockets); loan shark is *attested from 1905*. *Sharkskin (1851) was used for binding books, etc. As the name of a type of fabric held to resemble it, it is recorded from 1932.*

There is the *ordinary Brown Shark, or sea attorney*, so called by sailors; a grasping, rapacious varlet, that in spite of the hard knocks received from it, often snapped *viciously at our steering oar.*

Sturgeon Group

Acipenseridae - Sturgeon Family

Kingdom: Animalia

Phylum: Chordata

Class: Actinopterygii

Order: Acipenseriformes

Family: Acipenseridae (Bonaparte, 1831)

Subfamilies: Acipenserinae, Scaphirhynchinae

The two remedies from the sturgeon family described in this book are *Acipenser transmontanus* (white sturgeon) and *Acipenser sturio ex oviis* (sturgeon caviar).

Acipenser transmontanus - White sturgeon ... Page 45

Scientific classification

Kingdom: Animalia

Phylum: Chordata

Class: Actinopterygii

Order: Acipenseriformes
Family: Acipenseridae
Genus: Acipenser
Species: *A. transmontanus*
Binomial name: *Acipenser transmontanus*

Acipenser sturio Sturgeon caviar ... Page 57

Scientific classification

Kingdom: Animalia

Phylum: Chordata

Class: Actinopterygii

Order: Acipenseriformes

Family: Acipenseridae

Genus: *Acipenser*

Species: *A. sturio*

Binomial name: *Acipenser sturio*

Source Commentary

Sturgeon range north of the equator only, in sub-tropical to sub-arctic waters in North America and Eurasia. They are long-lived, with an average lifespan of 50 — 60 years, and late-maturing, not spawning until they are 15 — 20 years old. They are broadcast spawners and need specific environmental conditions, so do not spawn every year. These factors, combined with over-fishing for caviar and flesh, pollution and habitat destruction mean that almost all species of sturgeon are vulnerable to extinction.

Some species can grow very large, up to 7 meters. They have five lateral rows of bony plates called scutes on a smooth-skinned body and a caudal (tail) fin like those of sharks. There are four sensory organs called barbels near their wide, toothless mouths.

Most sturgeons are anadromous (migrate from the sea into freshwater to spawn), although some live solely in freshwater. They feed in the benthic zone (sea, lake or river bed). Sturgeons feed non-visually, relying on barbels for olfactory, tactile and chemosensory detection of food, as well as electroreception (ability to detect the weak electrical fields of other animals in the water). They feed by sucking snails, crustaceans and small fish into their syphon-like mouths.

There are 27 species of fish in the Acipenseridae family. They are closely related to the paddlefish. Sturgeons are descended from earlier acipenseriform fish which date back to the Triassic period between 245 and 208 million years ago. Through the millennia, due to their long generation period, tolerance for a wide range of temperatures and salinity, lack of predators and abundance of prey both paddlefish and sturgeon have undergone remarkably little morphological change since the earliest fossil record which has earned them the title of 'living fossils'.

<https://en.wikipedia.org/wiki/Sturgeon>

Homeopathy Commentary

These ancient fish have many dispositional characteristics which reflect their prehistoric

roots. I have named them the 'wise fish.' Healthier patients needing a sturgeon fish remedy have a need for recognition for their wisdom and intellectual prowess yet it can be hidden. There is an old soul quality.

They can be sensitive to injustice or unfairness. Even though they are very perceptive they surrender to the situation and create a personal wall preventing the expression of their true feelings.

They can be hard working and quite wealthy.

They tend to mature quickly and grow quickly. Pituitary problems can arise.

One of the sensations is an undulating quality like a snake.

The 'ancient' quality gives way to a propensity to fungal infections. Their disappointment in not being recognized for their wisdom gives rise to herpes zoster.

Grouping Based on the Fish and Their Habitat

Different species of fish have adapted to their environments in a number of ways and exhibit a wide range of behaviors and ‘personalities’. Many smaller fish prefer to shoal or form ‘schools’ as a mechanism of protection. Others are happy living solitary lives or in close proximity to others of a different species, or thrive as surface-dwellers, provided they can retreat to a protective sanctuary. The type of aquatic environment — marine, freshwater or brackish (the latter is a combination of seawater and freshwater, such as found at a river mouth) — will determine where certain types of fish will flourish.

Some fish are strongly territorial and display aggressive behavior in guarding their food sources or their young, or protecting their breeding sites. Aggression may also be seen when displaying dominance in order to attract a mate.

Just as in humans and other animals, different species of fish may be herbivores (eating plants primarily), carnivores (preying on other animals) or omnivores (feeding on both plants and animals). Predatory fish will hunt live animals, usually other fish. Some predatory fish are relatively small but can eat other animals as large as half their own size. Scavengers, such as catfish and some species of loach, find their food source on the bottom of their habitat, whether it’s in the wild or an aquarium. The taste buds of scavenger fish are located near the mouth on whiskery protrusions (barbels) which they use to detect scraps and waste in low visibility surroundings. Some fish eat algae and are useful to keep in aquariums for this purpose.

References

<https://www.thinkfish.co.uk/>

[https://en.wikipedia.org/wiki/Barbel_\(anatomy\)](https://en.wikipedia.org/wiki/Barbel_(anatomy))

<https://www.whoi.edu/oceanus/feature/where-the-rivers-meet-the-sea/>

I’ve therefore created a list based on the fish type and their environment. Viktoria Bodrogi, in her book *Waterworld - Fish in Homeopathy*, says that after various attempts to put her observations of mental symptoms into some form of grouping, her best approach was to distinguish between this type of classification. Looking at predator and non-predator, then assigning sub-groups of tropical fish, migratory fish, bottom dwellers, or those living in groups, solitary fish etc. The following contains a larger number of fish remedies and their Chondrichthyes or Osteichthyes classification.

Blue = Chondrichthyes

Black = Osteichthyes

Predators

Shark (Pelagic)

Galeocerdo cuvier (Tiger shark); Carcharhiniformes; Carcharhinidae

Carcharodon carcharias (Great white shark); Lamniformes; Lamnidae

Other Predatory Fish

Electrophorus electricus (Electric 'eel' - but classified as a knifefish); Gymnotiformes; Gymnotidae

Esox lucius (Northern pike); Esociformes; Esocidae

Salmo trutta fario (Brown trout); Salmoniformes; Salmonidae

Sebastes norvegicus (Rosefish); Scorpaeniformes; Sebastidae

Sphyaena barracuda (Great barracuda); Scombriformes; Sphyaenidae

Thunnus albacares (Yellowfin tuna), Scombriformes; Scombridae

Migratory Fish

Anguilla anguilla (European eel — remedy is *Serum anguillae*); Anguilliformes; Anguillidae

Oncorhynchus tshawytscha (Chinook salmon); Salmoniformes; Salmonidae

Arripis trutta (New Zealand salmon or kahawai); Perciformes; Arripidae

Hirundichthys rondeletii (Black wing flyingfish); Beloniformes; Exocoetidae

Sarpa salpa (Salema porgy or dreamfish); Perciformes; Sparidae

Tropical Fish

Amphiprion percula (Blackhinned clownfish); Perciformes; Pomacentridae

Carassius auratus ('Goldfish) Cypriniformes; Cyprinidae

Chelmon rostratus (Copperband butterflyfish); Perciformes; Chaetodontidae

Danio rerio (Zebrafish); Cypriniformes; Cyprinidae

Hippocampus kuda (Spotted seahorse); Syngnathiformes; Syngnathidae

Ostracion cubicus (Yellow boxfish); Tetraodontiformes; Ostraciidae *Paracanthurus hepatus*

(Blue tang); Acanthuriformes; Acanthuridae *Pterophyllum scalare* (Freshwater angelfish);

Cichliformes; Cichlidae

Shoaling Fish

Clupea harengus (Atlantic herring); Clupeiformes; Clupeidae *Erythrinus erythrinus* (Red wolf fish) Characiformes; Erythrinidae

Lepomis gibbosus (Pumpkinseed); Perciformes; Centrarchidae *Oreochromis niloticus* (Nile tilapia); Cichliformes; Cichlidae

Poecilia reticulata (Guppy); Cyprinodontiformes; Poeciliidae

Demersal (Bottom Dwelling) Predators

Acipenser transmontanus (White sturgeon); Acipenseriformes, Acipenseridae

Acipenser sturio ex oviis (Sturgeon eggs; caviar)

Gadus morhua (Atlantic cod); Gadiformes; Gadidae

Oleum jecoris aselli (Cod liver oil)

Scorpaena scrofa (Scorpionfish); Scorpaeniformes; Scorpaenidae

Synanceia horrida (Estuarine stonefish); Scorpaeniformes; Synanceiidae

Synanceia verrucosa (Reef stonefish); Scorpaeniformes; Synanceiidae

Trachinus (Greater and lesser weever fish); Trachiniformes; Trachinidae

Catfish (Demersal)

Silurus glanis (Weis catfish); Siluriformes; Siluridae

Ictalurus punctatus (Channel catfish); Siluriformes; Ictaluridae

Pyrarara Phractocephalus hemioliopus (Redtail catfish); Siluriformes; Pimelodidae

Demersal (Bottom Dwelling) Fish

Barbae cyprinae ova (also known as *Barbus barbus*, common barbel); Cypriniformes; Cyprinidae

Cyprinus carpio (Carp); Cypriniformes; Cyprinidae

Gymnura natalensis (Butterfly ray); Myliobatiformes; Gymnuridae

Muraena melanotis (Honeycomb moray eel); Anguilliformes; Muraenidae

Pleuronectes platessa (European plaice); Pleuronectidae (also Shoal) Flatfish

Urolophus halleri (Round stingray or Haller's round ray); Myliobatiformes; Urotrygonidae

SECTION 4

OVERVIEW OF DEMENTIA
AND ALZHEIMER'S
DISEASE

Overview of Dementia and Alzheimer's Disease

In this chapter, I discuss the various types of dementia, primarily through the lens of conventional medical research, current definitions, contributing factors, pathology and outcomes.

When prescribing, the homeopathic practitioner relies on the history and the observable mental and emotional symptoms, modalities and sensations. The person's disposition, or individual temperament, is key to pointing to the correct choice of the homeopathic remedy. The way in which the patient handles problems and challenges, both positive and negative, is representative of their disposition.

This emphasis on personality traits and other individual qualities does not mean that homeopaths see dementia as a psychological disease but rather, part of active physical pathological changes in the brain manifesting as severe cognitive impairment. And once a patient has taken a homeopathic remedy, we want to see positive changes in the pathology and symptoms. The ideal in homeopathic treatment is to restore and maintain health and resiliency in order to **prevent** cognitive decline **prior** to any brain pathology developing.

In this book, there are descriptions of patients and homeopathic remedy 'pictures' in both the healthier state as well as the more serious state. There is a significant difference between the early brain problems indicating some cognitive impairment and the more serious and disabling end stage pathological brain states as defined in this chapter. When cognitive symptoms start to become troublesome and affect everyday function, it is important to recognize the full nature of what is going on and also to make sure the patient is *properly evaluated by a medical specialist*.

Defining and Distinguishing between Dementias and Alzheimers Disease

Contents

- Alzheimer's disease
- Creutzfeldt-Jakob disease
- Lewy body dementia
- Down's syndrome and Alzheimer's disease
- Frontotemporal dementia
- Huntington's disease
- Mixed dementia
- Normal pressure hydrocephalus
- Posterior cortical atrophy
- Parkinson's disease dementia
- Vascular dementia
- Korsakoff syndrome
- Post influenzal and viral dementia

Alzheimer's Disease

Alzheimer's disease (AD) is considered the most common cause of dementia and as such, much of the general information on dementia will be in the discussion of Alzheimer's disease.

Alzheimer's is a progressive disease of cognitive and functional impairment. The disease is named after Alois Alzheimer, the doctor who first described it in 1901. He noticed pathological changes in the brain of a deceased patient who had had dementia. He had followed this patient in the later part of her life where she declined into a severe dementia state. After her death he did an autopsy and took tissue samples of this patient's brain. With two Italian physicians, he used the staining techniques of Bielschowsky to identify amyloid plaques and neurofibrillary tangles. These brain anomalies would become identifiers of what later became known as Alzheimer's disease. I describe the significance of this pathology development and its relationship to prion infection, in various places in this book.

In Alzheimer's disease, gradually, over time, more parts of the brain are affected by these plaques and tangles thereby damaging neuronal activity.

Most conventional studies of dementia are concerning Alzheimer's disease. There are many theoretical models as well as theories about the causative factors and pathophysiological pathways, although, it is mainly agreed upon that accumulation of amyloid plaques and neurofibrillary tangles is the most significant pathological cause.

There are other studies and clinical experiences that attempt to predict what can trigger it or what makes cognitive decline and then dementia states worse or better. I am going to touch on a few of these studies and perspectives.

These studies are part of the broader debate between those conventional researchers and clinicians who believe the trigger is genetic predisposition only, versus those who hold that environmental factors plus genetic predisposition is the cause. One researcher, Michael Nehls, also describes how, based on his research, there are various situational *accelerants* of Alzheimer's disease:

Cumulative evidence from a multitude of experimental and epidemiological studies indicate that behavioural and environmental risk factors, which impair productive AHN, [adult hippocampal neurogenesis] result in reduced episodic memory performance and in reduced psychological resilience. This leads to avoidance of novelty, dysregulation of the hypothalamic-pituitary-adrenal (HPA)-axis and cortisol hypersecretion, which drives key pathogenic mechanisms of AD [Alzheimer's disease] like the accumulation and oligomerization of synaptotoxic amyloid beta, chronic neuroinflammation and neuronal insulin resistance.

[Nehls, 2016]

This has significance in terms of prevention and treatment especially relative to homeopathic treatment and its outcome. He considers early treatment and changes in lifestyle can have a good impact, whereas the Alzheimer's Association currently states on their website: "There is no way to prevent, cure or even slow Alzheimer's disease."

A more recent study gave an additional reason for some positive possibilities. This latest research has determined that there are individuals, even centenarians (over 100 years of age), who died without any symptoms of cognitive decline yet who had pathological changes including significant levels of amyloid plaque and neurofibrillary tangles in their brain.

The term that is now being used to describe this resistance to developing dementia even with pathological brain changes is 'cognitive resilience'. There is an attempt to find the factors for

this resilience — many researchers believe it is genetic.

The study called *Association of Cognitive Function Trajectories in Centenarians With Postmortem Neuropathology, Physical Health, and Other Risk Factors for Cognitive Decline* states the following:

Findings: In this cohort study of 330 self-reported cognitively healthy centenarians, cognitive trajectories revealed only a slight decline in memory functioning, while other domains remained stable over time. Centenarians maintained high levels of cognitive performance despite being exposed to varying levels of risk factors of cognitive decline, including postmortem Alzheimer disease-associated neuropathologies.

Meaning: These findings indicate that prolonged maintenance of cognitive functioning may be supported by mechanisms underlying resilience against risk factors of cognitive decline.

It indicates that the brain, in spite of serious limiting pathological buildup, finds pathways such as described in the concept of neuroplasticity. Neuroplasticity “is the ability of neural networks in the brain to change through growth and reorganization”. You could also say, based on my own clinical observations, that with homeopathy, increased cognitive resilience is higher.

More about the external factors that can have a positive impact will be discussed in the chapter on lifestyle (in Volume 2) since a number of recent books on dementia and lifestyle emphasize a positive and preventative approach. Of course, the accumulating clinical evidence for homeopathy as an effective treatment option for these disorders give sufferers and their caregivers reason for hope.

There are many more studies showing contributing factors. Oddly, a few studies showed that the specific year you were born has an impact on the likelihood of getting Alzheimer’s disease. (Christensen, 2013; Matthews 2013).

But, as well, different types of dysregulations and complications in the body can contribute:

Increased peripheral insulin is associated with reduced Alzheimer’s disease (AD)-related brain atrophy, cognitive dysfunction, and dementia severity, suggesting that insulin signaling may play a role in the pathophysiology of AD.

[Burns et al., 2007]

A number of other studies confirm that diet, blood sugar levels and insulin modulation in combination with exercise can have an impact on symptoms. One study concluded:

These results suggest that patients with Alzheimer’s disease (AD) have reduced insulin clearance and insulin-provoked plasma amyloid beta-peptide (Aβ) elevation. Abnormal regulation of peripheral Aβ by insulin may contribute to AD risk.

[Kulstad et al, 2006]

Many studies also seem to show that calcium dysregulation has a significant impact on the development of amyloid pathological deposits:

Increasing studies suggest that Ca²⁺ dysregulation in AD plays an important role in AD pathology and is associated with other AD abnormalities, such as excessive inflammation, increased ROS, impaired autophagy, neurodegeneration, synapse, and cognitive dysfunction.

[Popugaeva et al, 2020]

Calcium dysregulation has also been shown to have an impact on the development of heart pathology. Sodium and phosphorus are also involved in this process. These have significance for homeopaths since these elements have been made into homeopathic remedies. They are also connected with sea creatures since they are part of the sea environment.

There are also studies that show certain activities and states affect cognitive abilities. For example, a study showed that *increased* cholesterol levels in late life *reduced* the risk of dementia.

[Mielke 2005]

And still other studies have shown that simple exercises such as walking enhances cognitive functioning.

A new systematic review of the literature concludes that there is an increased incidence of Alzheimer's disease in situations where there is higher air pollution.

Conclusion: Evidence is emerging that greater exposure to airborne pollutants is associated with increased risk of dementia.

[Peters et al, 2019]

Even more causative factors are given below. And as much as there are many different observations and pathological discoveries in conventional medicine there are few conclusions about effective overall treatment for Alzheimer's disease or dementia. But in this book there is the homeopathic perspective of restoring health and well-being.

Conventional diagnosis

Alzheimer's disease is a complex of symptoms making it difficult to diagnose. Yet medical specialists have various clinical tests and perspectives for making the diagnosis.

One conventional medical diagnostic tool is the clock drawing test. Someone who has cognitive problems is asked to draw a clock or put the time in a pre-drawn circle. Typically, "10 minutes past 11" is used. Although seemingly simple, this test actually requires a number of cognitive abilities such as verbal understanding, visual memory, abstract thinking and spatial knowledge.

[Dementia Care Central Website]

Being able to successfully complete the test typically means the person is not suffering from dementia. More recently a combination of this methodology and other diagnostic tools has been used to predict 'cognitive age' to predict whether serious further decline will happen:

We identified a 'cognitive clock', a novel indicator of brain health that provides person-specific estimates of cognitive age, and tested the hypothesis that cognitive age is a better predictor of brain health than chronological age in two independent datasets.

[Boyle et al, June 2021]

Symptoms of Alzheimer's disease

Markers that describe its distinction from other types of dementia are increasing but still being defined by medical specialists. Here I discuss, in a similar fashion to the causative factors, the

various symptoms attributed to Alzheimer's disease.

Memory loss

This is the key symptom of Alzheimer's disease. Early signs include difficulty remembering recent events or conversations. As the disease progresses, memory impairments worsen and other symptoms develop.

Thinking and reasoning

Alzheimer's disease causes difficulty concentrating and thinking, especially about abstract concepts such as numbers. Multitasking is especially difficult, and it may be challenging to manage finances, balance checkbooks and pay bills on time. Eventually, a person with Alzheimer's may be unable to recognize and deal with numbers.



Making judgments and decisions

Alzheimer's causes a decline in the ability to make reasonable decisions and judgments in everyday situations. For example, a person may make poor or uncharacteristic choices in social interactions or wear clothes that are inappropriate for the weather. It may be more difficult to respond effectively to everyday problems, such as food burning on the stove or unexpected driving situations.

Planning and performing familiar tasks

Once-routine activities that require sequential steps, such as planning and cooking a meal or playing a favorite game, become a struggle as the disease progresses. Eventually, people with advanced Alzheimer's often forget how to perform basic tasks such as dressing and bathing.

Changes in personality and behavior

Brain changes that occur in Alzheimer's disease can affect moods and behaviors. Problems may include the following:

- Depression
- Apathy
- Social withdrawal
- Mood swings
- Distrust in others
- Irritability and aggressiveness
- Changes in sleeping habits
- Wandering
- Loss of inhibitions
- Delusions, such as believing something has been stolen

Preserved skills

Many important skills are preserved for longer periods even while symptoms worsen. Preserved skills may include reading or listening to books, telling stories and reminiscing, singing, listening to music, dancing, drawing, or doing crafts. These skills may be preserved longer because they are controlled by parts of the brain affected later in the course of the disease.

[Mayo Clinic]

Causes and risk factors

As I mentioned, the conventional consensus is that Alzheimer's is a prion-like disease. As a result of the misshapen proteins they build up and form abnormal structures called 'plaques' and 'tangles'. Eventually nerve cells die and brain tissue is lost. I describe and discuss the actual prion pathological development in the section on Creutzfeldt-Jakob Disease (CJD).

There have been, though, other causative factors and pathological processes under consideration. Some are still being studied:

- Exposure to pollution is a contributing cause
- Progressive inflammation in the brain
- Dysfunction of oligodendrocytes and their associated myelin during aging contributes to axon damage, which then causes amyloid production and tau hyperphosphorylation as side effects
- Chronic infections
 - chronic periodontal infection
 - gut microbiome dysfunction
- Various other infections including those caused by spirochetes and other types of bacteria, virus and fungi
- Heavy metals and homeostasis of biometals

- Retrogenesis is a medical hypothesis about the development and progress of Alzheimer's disease proposed by Barry Reisberg in the 1980s. The hypothesis is that just as the fetus goes through a process of neurodevelopment beginning with neurulation and ending with myelination, the brains of people with AD go through a reverse neurodegeneration process starting with demyelination and death of axons (white matter) and ending with the death of grey matter. Likewise, the

hypothesis is that as infants go through states of cognitive development, people with AD go through the reverse process of progressive cognitive impairment.

Retrogenesis is somewhat like the reverse of the homeopathic concept known as Hering's 'Direction of Cure', particularly if you use Vijakir's more complex embryonic model.

There is no definitive test for Alzheimer's except through autopsy after death. Occasionally, some biomarkers can indicate Alzheimer's so physicians may use diagnostic tests and brain imaging along with the clinical: Taking the medical history, mental status tests, physical and neurological exams. The diagnosis usually comes about through this clinical observation and ruling out other causes for dementia.

Treatment and outcomes

Few if any conventional interventions stop the progress of Alzheimer's disease. Although there are a number of pharmaceutical drugs on the market for the treatment of Alzheimer's disease, the impact is minimal according to The Cochrane Database of Systematic Reviews. Antipsychotics are also typically used, particularly in care homes, to reduce aggression and psychotic behaviors.

Naturopathic therapies include various vitamin and mineral supplementation and even chelation therapies. I have seen some chiropractic and osteopathic cervical spine adjustments give benefit.

Types of Other Dementias

Of course, Alzheimer's is just one of many dementias that can develop. What follows is a brief description of the other most common types.

Creutzfeldt-Jakob Disease (CJD)

This is the most common human disease amongst a group of rare, fatal brain disorders caused by prions. Prions are misfolded proteins with the ability to transmit their misfolded shape onto normal variants of the same protein. It is not known what physically causes the normal protein to misfold, but the abnormal three-dimensional structure is suspected of conferring infectious properties, collapsing nearby protein molecules into the same shape. The word prion derives from 'proteinaceous infectious particle'.

In humans, prions are believed to be the cause of Creutzfeldt-Jakob disease (CJD), its variant (vCJD), Gerstmann Straussler Scheinker syndrome (GSS), fatal familial insomnia (FFI) and kuru. Alzheimer's, Parkinson's disease and amyotrophic lateral sclerosis (ALS), and other dementias have been termed prion-like diseases as previously discussed.

Adapted from <https://en.wikipedia.org/wiki/Prion>

CJD causes a type of dementia that gets worse unusually fast. It is rare, affecting only one in a million people annually worldwide.

Types of prion CJD

Sporadic: develops for no known reason; accounts for 85 % of cases. Affects people between ages 60—65.

Familial: caused by certain changes in the chromosome 20 gene. Accounts for about 10~ 15 %

of cases. Develops at an earlier age than the sporadic type.

Acquired: results from an exposure to an external source of abnormal prion protein. This form accounts for 1 % of CJ diseases.

Two possible sources are medical procedures — iCJD (iatrogenic Creutzfeldt-Jakob disease) and meat or other products from cattle infected with bovine encephalitis (mad cow disease). This infection usually occurs when a cow is fed cow or a sheep is fed sheep. There are now restrictions against this.

In the introductory chapters I discuss this condition and its relationship to all dementias, at length, based on my experience with fish remedies and cannibalism.

In my own research into the phenomena of prion I found there are some scientists, particularly in the beginning of its postulation, who are naysayers about it. They argue that diseases such as scrapie or mad cow disease are caused either by a form of mycobacterium tuberculosis, or another type of bacteria that resembles mold (Streptothrix). Some even postulate CJD is caused by a virus.

Perhaps the real answer lies in between — that the infective agent is a pleomorphic one, able to assume different forms. I discuss the pleomorphic nature of Streptococcus in relationship to cancer in Volume 2 of *Miasms and Nosodes*. This is based on my own clinical experience as well as being described in various conventional research publications. Just one example: Highly pleomorphic staphylococci as a cause of cancer. In *Medical Hypotheses*, Volume 54, Issue 1, January 2000, Pages 91-94, Wainwright M. Department of Molecular Biology and Biotechnology, University of Sheffield, UK.

The pleomorphic nature is reflected dispositionally in patients by a type of mental instability; a ‘confusion of identity’. It is one of the reasons this confusion has a sudden onset in CJD, but is a slower process in Alzheimer’s disease and other dementias with similar pathological changes.

One of the hallmark symptoms of CJD is ‘personality disintegration’:

As the disease (quickly) progresses, there may be rapidly progressive deterioration of cognitive processes and memory (dementia), resulting in confusion and disorientation, impairment of memory control, personality disintegration, agitation, restlessness, and other symptoms. Affected individuals also develop neuromuscular abnormalities such as muscle weakness and loss of muscle mass (wasting); irregular, rapid, shock-like muscle spasms (myoclonus); and/or relatively slow, involuntary, continual writhing movements (athetosis), particularly of the arms and legs. Later stages of the disease may include further loss of physical and intellectual functions, a state of unconsciousness (coma), and increased susceptibility to repeated infections of the respiratory tract (e.g., pneumonia). In many affected individuals, life-threatening complications may develop less than a year after the disorder becomes apparent.

<https://rarediseases.org/rare-diseases/creutzfeldt-jakob-disease/>

Symptoms

- Depression
- Agitation, apathy, and mood swings
- Disintegration of personality
- Confusion

- Disorientation
- Problems with memory, thinking, planning, and judgment
- Difficulty walking
- Muscle stiffness, twitches and involuntary jerky movement
- Vision problems - double vision and hallucinations
- Impaired vision and coordination
- Muscle weakness and wasting

According to reports, rapid symptom development is one of the most important clues. Tests used in diagnosis include: Electroencephalography (EEG), magnetic resonance imaging (MRI), lumbar puncture, and protein misfolding cyclic amplification (PMCA).

Causes and risk factors

The sporadic type has no known cause. The familial type is caused by variations in the prion protein gene.

Age has an influence on sporadic CJD which tends to develop later in life, usually around age 60.

Conventional treatment and outcomes

There is no conventional treatment that can slow or stop the underlying brain cell destruction caused by CJD and other prion diseases. Conventional drugs are considered to be palliative.

With conventional treatment or non-treatment, an estimated 90 % of those diagnosed with sporadic CJD die within a year. People with the familial variant survive somewhat longer.

Lewy Body Dementia

This is a type of progressive dementia that leads to a decline in thinking, reasoning, and independent function because of abnormal microscopic deposits that damage brain cells over time.

Most experts estimate that Lewy body dementia (LBD) is the third most common cause of dementia after Alzheimer's and vascular dementia, accounting for 5—10% of cases.

The hallmark brain abnormalities linked to LBD are named after Dr. F. Lewy, MD, who discovered them during the early 1900s. Alpha-synuclein protein, the chief component of Lewy bodies, is found in the brain, but its normal function isn't yet known.

The Lewy body is the pathological signature of LBD that overwhelms the cell's normal biological functions and causes it to die. There are many possible causes of LBD but researchers are just beginning to understand the reasons why some people are more susceptible to developing LBD. One important reason that has recently come to light is the discovery of an increasing number of genetic variants that increase the likelihood that a person will develop LBD.



Many times this type of dementia is not identified and instead diagnosed as Alzheimer's disease or Parkinson's disease. One of the more prominent sets of symptoms has to do with sleep disorders.

The most common features of LBD are progressive cognitive impairment leading eventually to full-blown dementia, parkinsonian motor symptoms (tremor, slowed mobility, stiffness of muscles, stooped posture, shuffling gait), visual hallucinations, and fluctuations in levels of alertness and cognitive acuity. Other symptoms include acting out dreams (REM sleep behavior disorder) and disturbances of autonomic function (low blood pressure, constipation and urinary frequency). Lewy bodies are also found in other brain disorders such as Alzheimer's and Parkinson's disease dementia.

Lewy Body Dementia Association - <https://www.lbda.org/about-lbd/>

Symptoms

- Changes in thinking and reasoning
- Confusion and alertness that varies significantly from one time of day to another or from one day to the next
- Slowness and gait imbalance
- Well-formed visual hallucinations
- Delusions
- Trouble interpreting visual information

- Sleep disturbances
- Malfunctions of the autonomic nervous system
- Memory loss that may be significant but less prominent than in Alzheimer's ■

Diagnosis

The only way to conclusively diagnose LBD is via autopsy. Therefore the diagnosis of LBD while the patient is still living is made clinically, i.e. based on the presenting symptoms, a doctor will make a professional judgment.

Lewy body dementia may be the same disease as Parkinson's dementia but with two different expressions. It may be hard to distinguish LBD from Alzheimer's especially in the early stages.

Causes and risk factors

Researchers have not yet identified any specific causes of LBD.

Treatment and outcomes

No conventional treatment has been shown to slow or stop the brain cell damage caused by LBD. Current conventional strategies focus on alleviating symptoms. Drugs currently used for LBD symptoms are:

- Cholinesterase inhibitors
- Antipsychotic drugs (should be used with extreme caution)
- Antidepressants
- Clonazepam (may be prescribed for REM sleep disorders)

Down's Syndrome and Alzheimer's Disease

As they age, those with Down's syndrome have a greatly increased risk of developing a type of dementia that's either the same or very similar to Alzheimer's disease.

Down's syndrome - also known as trisomy 21 — is a condition in which a person is born with extra genetic material from chromosome 21, one of the 23 human chromosomes.

Down's syndrome affects learning, language, and memory. Other common health issues include heart defects, conditions affecting bones and muscles, and problems with vision and hearing.

Homeopaths have been treating patients with Down's syndrome with beneficial impact. Remedies historically used have been mainly *Baryta* salts and more recently, a few newly discovered remedies are in use, especially those prepared from primitive plants.

Autopsy studies show that by age 40 the brains of individuals with Down's syndrome have a significant level of amyloid-p plaque and tau tangles.

Despite the presence of these brain changes, not everyone with Down's syndrome develops Alzheimer's.

According to the National Down Syndrome Society, about 30 % of people with Down's syndrome who are in their fifties have Alzheimer's disease, and by age 60 the prevalence increases to 50 %.

Frontotemporal Dementia

Frontotemporal dementia (FTD) refers to a group of disorders caused by progressive nerve cell loss in the brain's frontal or temporal lobes.

Types

Behavioral variant frontotemporal dementia (bvFTD) is characterized by prominent changes in personality and behavior that occur in people in their fifties and sixties but can develop as early as their twenties and as late as their eighties. The nerve cell loss is most prominent in areas that control conduct, judgment, empathy, and foresight about other abilities.

Primary progressive aphasia (PPA) is the second major form that affects language skills, speaking, writing, and comprehension. PPA normally comes on in midlife, before 65, but can also occur later in life.

Disturbances of motor function include three disorders that are part of the FTD degeneration spectrum that produce muscle or motor functions with or without bvFTD or PPA problems.

Amyotrophic lateral sclerosis (ALS), also known as motor neurone disease or Lou Gehrig's disease, causes muscle weakness or wasting.

Corticobasal syndrome is caused by shrinkage in areas of the brain and the degeneration and death of nerve cells over time. It leads to arms and legs becoming uncoordinated or stiff, balance and eventually walking difficulties, involuntary muscle movements in the eyes and muscles, difficulty swallowing and cognitive issues related to thinking, speech and language.

Progressive supranuclear palsy (PSP) causes muscle stiffness, difficulty walking and changes in posture; it also affects eye movements.

Frontotemporal dementia is less common than Alzheimer's in those over 65. In the 45—65 age range, FTD is nearly as common as younger-onset Alzheimer's.

The diagnoses of these disorders are based on expert evaluation by a doctor who is familiar with them.

Causes and risk factors

FTDs are inherited in about a third of all cases. There are no known risk factors except for family history.

Treatment and outcomes

There are no specific treatments of any of the FTD subtypes. There are medications that can reduce symptoms, however FTD inevitably gets worse over time.



Huntington's Disease .

Huntington's disease (HD) is a progressive brain disorder caused by a defective gene. It affects movement, mood, and thinking skills.

This is a dominant genetic condition meaning that children with a parent suffering from Huntington's may eventually develop the disease.

Symptoms

Symptoms usually develop between the ages of 30 50. HD is characterised by uncontrolled movement of the arms, legs, head, face and upper body (chorea-type symptoms).

HD also causes a decline in thinking and reasoning skills, including memory, concentration, judgment and ability to plan and organize.

Another common symptom is obsessive-compulsive behaviour, causing a person to repeat the same question or activity over and over. This is characteristic of homeopathic *Zincum metallicum*, a remedy with chorea-like movements in its symptomatology; these involuntary movements are also found in the *fincum* salts. Although I have not had the opportunity to treat patients with active Huntington's chorea, I would consider Stage 12 remedies and specifically *Californium nitricum*, which is a remedy from the Actinide series. Actinide remedies have deep genetic issues and related problems.

Scientists identified the defective gene of HD in 1993. A diagnostic genetic test is now available.

Treatment and outcomes

There is currently no conventional cure for Huntington's disease and no conventional medical way to slow or stop the brain changes it causes.

Conventional treatments focus on managing symptoms.

Mixed Dementia

Mixed dementia is a condition in which brain changes with more than one origin occur simultaneously.

The most common form has the abnormal protein deposits associated with Alzheimer's coexisting with blood vessel problems linked to vascular dementia. These changes can also coexist with Lewy bodies. So in some cases, a person may have brain changes linked to all three conditions.

Some studies of populations of older individuals in various communities suggest that mixed dementia is the most common form of dementia. [Scheider, 2007]. Although I propose a number of possible diagnoses in the materia medica sections, for the discerning homeopath the conventional diagnosis is not as critical to the homeopathic prescription as the general disposition which includes the presenting symptoms and the history.

Most individuals whose autopsies show they had mixed dementia were diagnosed with one specific type of dementia during life, most commonly Alzheimer's.

Normal Pressure Hydrocephalus

Normal pressure hydrocephalus (NPH) is a condition in which excess cerebrospinal fluid (CSF) accumulates in the brain's ventricles, causing thinking and reasoning problems, difficulty walking, and loss of bladder control.

The pressure when measured during a spinal tap is often normal. As brain ventricles enlarge with the excess CSF, they can damage and disrupt nearby brain tissue.

Prevalence

Normal pressure hydrocephalus primarily affects people in their sixties and seventies. It is often misdiagnosed as Alzheimer's or Parkinson's disease.

Causes and risk factors

NPH can be caused by other brain disorders such as a tumor, head injury, hemorrhage, infection or inflammation. But in most cases, the cause remains unknown.

Symptoms

- Difficulty walking - like they are walking 'on a boat'
- Mild dementia
- Decline in thinking skills
- Loss of bladder control, which tends to appear somewhat later in the disease

Normal pressure hydrocephalus is often overlooked or misdiagnosed.

Brain imaging of the brain's structures can detect enlargement of the ventricles. A clinical examination confirms the diagnosis.

Treatment and outcomes

Few studies have explored the benefits of shunt insertion; there are few interventions that have helped this condition.

Posterior Cortical Atrophy

Posterior cortical atrophy (PCA) refers to the gradual and progressive degeneration of the outer

layer of the brain (the cortex) in the part of the brain located in the back (posterior) of the head.

From the Alzheimer's association website:

It is not known whether posterior cortical atrophy is a unique disease or a possible variant form of Alzheimer's disease. In many people with posterior cortical atrophy, the affected part of the brain shows amyloid plaques and neurofibrillary tangles, similar to the changes that occur in Alzheimer's disease but in a different part of the brain. In other people with posterior cortical atrophy, however, the brain changes resemble other diseases such as Lewy body dementia or a form of Creutzfeldt-Jakob disease. Most cases of Alzheimer's disease occur in people aged 65 or older, whereas the onset of posterior cortical atrophy commonly occurs between ages 50 and 65.

Symptoms

Symptoms of PCA can vary from one person to the next and can change as the condition progresses.

The most common symptoms are consistent with damage to the posterior cortex of the brain, an area responsible for processing visual information.

Sufferers of PCA slowly develop difficulties with visual tasks such as reading a line of text, judging distances, and distinguishing between moving and stationary objects. They experience disorientation, hallucinations and have difficulty with math and spelling.

Diagnosis

Misdiagnosis of posterior cortical atrophy is common, owing to its rarity and unusual and variable presentation. Frequently people first seek the opinion of an ophthalmologist for eye symptoms.

There are no standard diagnostic criteria. The age of onset between 50 65 is another clue.

Causes and risk factors

Similar to Alzheimer's, the causes of PCA are unknown and no obvious genetic mutations have been shown to be linked to the condition.

Treatment and outcomes

There are no treatments known to slow or halt the progression of posterior cortical atrophy.

Parkinson's Disease Dementia

Parkinson's disease dementia (PDD) is a decline in thinking and reasoning that develops in many people living with Parkinson's starting at least a year after diagnosis.

As brain changes caused by Parkinson's gradually spread, they often begin to affect mental functions, including memory and the ability to pay attention, make sound judgments, and plan the steps needed to complete a task.

Prevalence

It is a fairly common neurological disorder in older adults, estimated to affect nearly 2 % of

those over age 65.

Recent studies following people with Parkinson's over the course of their illness estimate that 50—80 % of those with the disease may experience dementia.

Causes and risk factors

Certain factors at the time of Parkinson's diagnosis may increase future dementia risk: older age, greater severity of motor symptoms, and already having mild cognitive impairment. But the immobility is a major factor:

As people become immobile, they see less, hear less, and process less new information, and their brains begin to atrophy from the lack of stimulation (unless they are fundamentally thinkers, and even then the neuroplastic systems require physical movement to generate new cells and nerve growth factor). Whether the cause of the atrophy is Parkinson's or the lack of stimulation, Parkinson's patients develop cognitive deficits at rates higher than the normal population. The cognitive problems can progress to dementia in advanced cases: Parkinson's patients have a six times normal risk of dementia.

Doidge, Norman. *The Brain's Way of Healing* (p. 38). Penguin Publishing Group. Kindle Edition
Interestingly, immobility is also seen in the end stage of Alzheimer's and many other dementias.

One of the conventional treatment modalities for Parkinson's disease is the use of drugs that replace and increase dopamine. The lack of dopamine in the brain was considered the causative factor of Parkinson's disease. There are other medications that change other biochemical aspects of the disease as well.

On the other hand, since the underlying true cause is not recognised or understood in conventional medicine, the energetic stimulus of homeopathy has great benefit. This is because the homeopathic approach considers the unique totality of each individual patient — their disposition, medical history and genetic inheritance, and all their sensitivities and susceptibilities.

Levodopa, still the commonest drug used to treat Parkinson's, can give dramatic relief initially and for some time. It is most effective for countering the rigidity and slow movements but less effective for the tremor and balance problems. These discoveries led many physicians and scientists to conclude that Parkinson's is caused by the loss of dopamine. But while dopamine loss may be the immediate cause, it would be more precise to say that loss of dopamine describes a crucial aspect of the disease.

But what causes the substantia nigra to lose dopamine in the first place? And how do we account for the fact that other brain areas also stop functioning?

Is it because they are not getting proper signals from the substantia nigra, or is there a deeper process affecting the brain that causes all these symptoms? We don't know. This is why Parkinson's disease is called idiopathic - meaning we don't know the ultimate cause for certain. We know what its symptoms are, and we know about some of the major brain areas that are damaged, the pathology. But we have only limited knowledge of the pathogenesis, the underlying processes that cause the pathology.

Doidge, Norman. *The Brain's Way of Healing* (p. 39). Penguin Publishing Group. Kindle Edition
One of the more recent perspectives is that dopamine can be also made in the gut and is found in

all mesenteric organs. This has relevance to my homeopathic experience. I believe one of the more important miasms related to Parkinson's disease is *Helicobacter pylori* and that some remedies, such as those made from plants of the *Pistacia* genus (related to the pistachio seed), have both an impact on the stomach and digestion as well as in patients who have been diagnosed with Parkinson's disease.

The homeopathic treatment of patients with Parkinson's disease dementia is with remedies that match to the patient's disposition. But also we can see some remedies more frequently indicated in patients with Parkinson's disease. These include many Gold series remedies and also some Ferrum series remedies such as *Manganum* and *Cuprum*, *Pistachio*, plant remedies and fish remedies, particularly those high in oils. It is important in cases where homeopathic progress is stuck to consider a miasmatic remedy, one possibility being *Helicobacter pylori*.

Quite a few remedies for Parkinson's are present in the clinical rubric in the Complete Repertory (2020):

Clinical; Parkinson, morbus: aga AGAR alum ANT-T aran aran-ix arg ARG-N am
ars aur AUR-S aven BANI-C bar-c bar-i bar-m bar-s BELL brachy-s bufo buth-
aust camph CAMPH-BR cann-i caust chin chin-b chin-s chlorpr cimid cocain cocc
CON cory-c DUBIN dubin-s ephe-v ergot GELS gink halo helo hippoz HYOS
HYOSIN hyosin-br hyper ign iod KALI-BR kres lac-c lath levo LIL-T LOL lyc
mag MAG-P mang mang-acet mang-o MERC merc-c merc-v nat-m neod nux-v ol-
j olnd oxal parath passi PEG-H perh PHOS PHYS pic-ac plat PLB pras prun psil-c
PULS rauw reser RHUS-T scut STRAM stry sulo-ac sulph syph tab TARENT
tarent-c thiop verat-v ZINC zinc-br zinc-cy ZINC-PIC.

Note that *Oleum jecoris* is in this rubric. It 'represents' many other fish remedies that are less proven and less known clinically, especially those that are oily, such as *Cyprinus carpio*, the carp. And there are remedies, based on my experience, that are missing from this rubric. In the course of the two volumes of this book I will reveal and discuss these additional remedies.

Many of the remedies in the Parkinson's rubric above can also have dementia type symptoms in their mind and disposition state.

The challenge of treating a patient with Parkinson's is that they are usually on very high doses of conventional medications that also generate symptoms, particularly mental and emotional ones. It is more difficult for homeopathic remedies to catalyze deeper changes while the patient is on these medications, which create a kind of proving 'rut'. A solution to this is to administer the medication being used in a homeopathically potentized form (known as isopathy) to clear a pathway for the deeper indicated remedy.



Symptoms of Parkinson's dementia

- Changes in memory, concentration, and judgment
- Trouble interpreting visual information
- Muffled speech
- Visual hallucinations
- Delusions
- Depression
- Irritability and anxiety
- Sleep disturbances - including excessive daytime drowsiness and REM sleep disorder

The dementia associated with Parkinson's disease appears a year or more after the initial diagnosis.

Treatment and outcomes

Conventionally, there are no treatments to slow or stop the brain cell damage caused by PDD and the prognosis worsens over time. The speed of progression can vary widely. Current strategies focus on improving symptoms.

Drugs used include cholinesterase inhibitors and antipsychotic drugs.

The treatment of movement symptoms in Parkinson's can be challenging because carbidopa-levodopa - the chief treatment for this aspect of Parkinson's - can sometimes aggravate hallucinations and confusion in those with Parkinson's or Lewy body dementia.

Vascular Dementia

Vascular dementia (VD) is a decline in thinking skills caused by conditions that block or reduce blood flow to various regions of the brain, depriving them of oxygen and nutrients.

VD can occur after a stroke or mini-strokes.

A growing number of experts prefer the term 'vascular cognitive impairment' (VCI) because they feel it better expresses the concept that cognitive changes can range from mild to severe.

Vascular dementia is widely considered the second most common cause of dementia after Alzheimer's.

A study suggested that microinfarcts (a microscopic stroke less than 1 millimeter in size) were more problematic than a history of larger cerebral accidents:

Microinfarcts are emerging as an important correlate of age-related vascular cognitive impairment and the findings add weight to the argument for strategies to improve general cardiovascular health as a potential preventative strategy against cognitive decline in later life.

Richardson K, Stephan BC, Ince PG, et al, 2012. The neuropathology of vascular disease in the Medical Research Council Cognitive Function and Ageing Study (MRC CFAS). *Curr Alzheimer Res* 9 687.

On the other hand, another study suggests that midlife hypertension particularly in women has an important impact.

Though midlife hypertension was more common in men, it was only associated with dementia risk in women. Sex differences in the timing of dementia risk factors have important implications for brain health and hypertension management.

[Gilzanz 2017]

Subcortical ischemic vascular dementia (SIVD) is a subtype of vascular cognitive impairment (VCI). The syndrome is defined clinically by cognitive impairment and evidence of subcortical vascular brain injury, including lacunar infarcts and deep white matter changes.

Symptoms

The impact of vascular conditions on thinking skills varies depending on the severity of the blood vessel damage and the part of the brain it affects.

Symptoms may be most obvious when they happen soon after a major stroke:

- Confusion
- Disorientation
- Trouble speaking or understanding speech
- Sudden headache
- Difficulty walking
- Poor balance
- Numbness or paralysis on one side of the face or body

Multiple small strokes or other conditions that affect blood vessels and nerve fibres deep inside the brain may cause more gradual cognitive changes as damage accumulates.

Common early signs are impaired planning, uncontrolled laughing and crying, inability to pay attention, impaired function in social situations, and difficulty finding the right words.

In 2011, the American Heart Foundation and the American Stroke Foundation issued a joint scientific statement on vascular contributions to mild cognitive impairment and dementia.

The following criteria suggest the greatest likelihood of vascular cognitive impairment or dementia caused by vascular changes:

Neurocognitive testing

Brain imaging evidence

No evidence that non-vascular factors may be contributing

Causes and risk factors

Any condition that damages blood vessels anywhere in the body can cause brain changes.

Advancing age is a definite risk factor.

How to reduce risk:

- Don't smoke
- Keep blood pressure, cholesterol and blood sugar within recommended limits
- Eat a healthy balanced diet
- Exercise
- Maintain a healthy weight
- Limit alcohol consumption

Treatment and outcomes

Conventional treatment is usually targeted to treat the underlying condition to prevent worsening of the vascular disease.

Vascular dementia shortens life span.

Korsakoff Syndrome

Korsakoff syndrome is a chronic memory disorder caused by severe deficiency of thiamine (vitamin B1) which may be caused by alcohol misuse, and certain other conditions.

Thiamine helps brain cells produce energy from sugar. When levels fall too low, brain cells cannot generate enough energy to function properly.

Korsakoff syndrome is most commonly caused by alcohol misuse, but can also be associated with AIDS, cancers, chronic infections and poor nutrition.

Korsakoff syndrome is often, but not always, preceded by an episode of Wernicke encephalopathy, which is an acute brain reaction to a severe lack of thiamine. In patients with both complaints it is termed Wernicke-Korsakoff syndrome (WKS).

Prevalence

WKS occurs more frequently in men than women and has the highest prevalence in the ages 55~65. Approximately 71 % are unmarried. Between zero and 2 % of the population may be affected, with a higher incidence in certain subpopulations e.g. homeless alcoholics. Like more common types of dementia, it may be underdiagnosed.

Causes and risk factors

It is unclear how Korsakoff syndrome damages the brain.

Symptoms

The chronic symptoms are reminiscent of a toxic alcoholic and its association with drunken

states is quite close. They include confusion, staggering and stumbling, lack of coordination, and abnormal eye movements.

There are typically problems learning new information, inability to remember recent events, and long term memory gaps.

There are seven major symptoms of Korsakoff syndrome which is considered an amnesic-confabulatory syndrome:

- Anterograde amnesia, memory loss for events after the onset of the syndrome
- Retrograde amnesia, memory loss extends back for some time before the onset of the syndrome
- Amnesia of fixation, also known as fixation amnesia (loss of immediate memory, a person being unable to remember events of the past few minutes)
- Confabulation, that is, invented memories which are then taken as true, due to gaps in memory, with such gaps sometimes associated with blackouts
- Minimal content in conversation
- Lack of insight
- Apathy - interest in things is quickly lost, and there is an indifference to change

[\[https://en.wikipedia.org/wiki/Korsakoff_syndrome\]](https://en.wikipedia.org/wiki/Korsakoff_syndrome) Acutely, a patient with Korsakoff syndrome can present with Wernicke encephalopathy which is primarily characterized by a triad of conditions — ophthalmoplegia (lateral nystagmus), ataxia (profound imbalance) and confusion. There can even be severe amnesia and psychosis.

While Korsakoff syndrome is commonly regarded as a condition peculiar to malnourished people with alcohol misuse, it can be caused by a variety of diseases as mentioned above.

Diagnosis

It is a clinical diagnosis as there are no specific laboratory tests. Anyone admitted to the hospital for an alcohol related condition is usually screened for memory loss and cognitive changes.

Treatment and outcomes

Wernicke encephalitis is a medical emergency and the patient should be immediately referred to an emergency medical facility.

Conventional treatment is injectable thiamine for Wernicke encephalitis, and oral supplementation for heavy drinkers.

The underlying alcohol addiction is something else entirely. By the time alcohol consumption moves into Korsakoff's syndrome, the chronic addiction and amount of alcohol consumed is consistently very high. Good support for dealing with the addiction is necessary and I have seen homeopathy being a valuable therapy as well. The remedies *Alcoholics* and *Ignis alcoholis* are an important addition to any homeopathic treatment plan.

Post influenzal and viral dementia

As I've mentioned, there are some researchers who believe that Alzheimer's disease is caused by viruses rather than prions. Certainly some neurological conditions and brain pathologies can be triggered by viruses and these may lead to dementia.

It has been observed that following infections and inflammatory processes, especially when delirium develops, a person is more likely to develop dementia.

For over 200 years homeopaths have been treating individuals with problems following

acute infections, viral infections or influenza. I found many times in my practice that post-viral syndromes prompted patients to set up an initial appointment. Over the years, I have seen many chronic problems follow a bout of influenza or an acute infection. These cases inspired me to investigate nosodes and ultimately write two books on nosodes. I have observed that the same remedy that would have helped the patient during the bout of influenza frequently helps them many months later for their post-influenzal chronic state.

As well, delirium during acute illness is not uncommon and its nature can be a leading indicator for a homeopathic prescription to help the patient. Since the inception of homeopathic therapy, homeopaths have recognized and treated patients with delirium during acutes. The specific characteristics of the delirium, during the acute, can provide the homeopath with indications for a remedy months or years afterwards during chronic disease states. The homeopathic materia medicas and repertories are replete with detailed descriptions of the various presentations of delirium.

So it is no wonder that conventional research has found that a pathway to dementia can be triggered by delirium in acute states:

A 2020 meta-analysis of 23 studies showed that delirium during a hospital stay was associated with 2.3 times greater odds of developing dementia. And work by a team of Brazilian scientists showed that, in a group of 309 people with an average age of 78 years, 32 % of those who developed delirium in hospital progressed to having dementia, compared with just 16 % of those who did not become delirious...

[\https://www.nature.com/artides/d41586-020-03360-8 02 December 2020]

Seven Stages of Alzheimer's Disease and Dementia

There are seven stages to the development of severe, and then final, dementia including, but not limited to, Alzheimer's disease. The stages were first defined as stages of Alzheimer's but have been applied to other dementias now.

Stage 1: Preclinical

Can last 20 years or more

Patient appears normal with occasional forgetfulness

Stage 2: Mild decline

Can last 20 years

There is occasional forgetfulness; others may notice

Patient can still do daily activities

Stage 3: Mild cognitive impairment

Lasts 1-3 years

Forgetfulness is noticed by others

Patient may be anxious, may experience difficulty at work but can still do daily activities

Stage 4: Mild to moderate dementia

Lasts 2—3 years

A formal diagnosis is often made

Patient may have difficulty with driving

They may be anxious, aggressive, or withdrawn and may have difficulty with finances

Stage 5: Moderate to severe dementia

Lasts 1.5—2 years

Patient now has great difficulty with finances

They are unable to drive
May be anxious, aggressive, or withdrawn
Confusion is pronounced; they often forget address and numbers
Hygiene is now often affected

Stage 6: Severe dementia
Lasts 2-2.5 years
Patient is unable to do any daily activities
There may be personality changes - aggression or silence
They sometimes do not recognize close family



May be completely bound to one caretaker Sleep cycles can be severely affected Professional care is needed

Stage 7: Final stage of dementia

Lasts 1—2 years

The patient now needs help with all daily activity

- may become unresponsive
- often refuses to eat
- has difficulty walking
- little or no language
loses control of bladder and bowel
- often less anxiety

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Dealing with the Challenge of Dementia

I have gone over the factors and defining information concerning dementias and Alzheimer's disease in the chapter overview of dementia and Alzheimer's disease.

In homeopathy, a vital concept that is also very relevant to the topic of dementia is 'obstacles to cure'. This understanding was introduced by Samuel Hahnemann, the founder of homeopathy. In the second volume, I will be discussing life style and changes that will help.

Older patients have more lifestyle challenges. One of the most feared aspects of aging is developing dementia. According to conventional statistics, these are not unfounded fears with 10% of people over 65 and 50% of those over 85 developing some sort of dementia. Conventional allopathic treatment does not hold much hope. It is therefore important for a patient and their family to be in charge of their health care and other realms of aging to mitigate any anxiety and enhance the prospects of remaining as healthy as possible in their final years.

As I have mentioned, the most common type of dementia is Alzheimer's, named after Dr. Alois Alzheimer who examined the brains of those who had died of dementia. He found structural changes called amyloid plaques and tau tangles, which are now considered the hallmark pathology of the disease.

Deaths due to dementia have increased by nearly 87 % in the last decade and in 2016, Alzheimer's was the sixth leading cause of death in the United States of America, and even then, not all death certificates will have it as the official cause. The World Health Organization has estimated that by 2050 the number of cases worldwide will rise to 135 million. This is a health crisis.

Alzheimer's does not only impact cognitive functioning but also total system and deep organ vitality. I suspect that many elderly patients that were deemed to have died of COVID-19 were afflicted with Alzheimer's and dementia, which made them susceptible to viruses and bacteria without the ability to effectively deal with them.

When a seemingly healthy family member develops dementia or even signs of early dementia, the impact on all family members is heart wrenching. Many practical caregiving considerations and decisions need to be made. Homeopathic therapy can be a vital part of this.

There are also lifestyle choices that will help. Although I will be presenting suggestions in Volume 2, for more recent lifestyle information I recommend the book, *The Alzheimer's Solution*. The authors, Drs. Dean and Ayesha Sherzai, head up the Brain Health and Alzheimer's Prevention Program at Loma Linda University. Two other books, one by Deepak Chopra called *Super Brain* and the other by Doidge called *The Brain's Way of Healing* are also good resources for possibilities outside of the conventional perspective.

The Role of Homeopathic Therapy

Homeopathy in chronic disease treatment requires patient involvement, or in the case of severe dementia, caregivers' involvement. The homeopathic interview is extensive and focuses on both the person as well as their pathological problems. And a genuine desire to achieve a healthier state is an important part of the process. This desire may have to be part of a plan by caregivers and relatives.

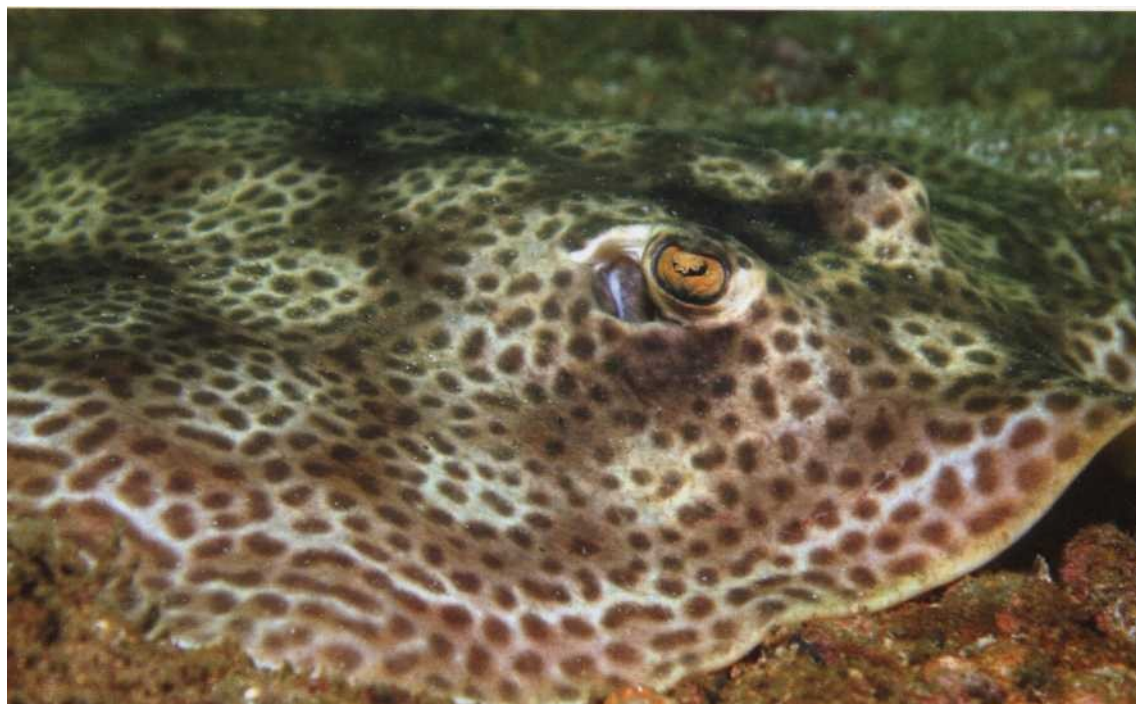
As well, traditionally, Hahnemann, the founder of homeopathy, described what he called 'obstacles to cure' which are things in a person's life that prevent movement towards health. Typically these obstacles are related to lifestyle choices and they need to be changed in order for a person to receive the full benefit of a homeopathic remedy. Simultaneously, it's important to 'seize the moment' of the liberating impact of a homeopathic remedy by enhancing the process of moving to health with self-care actions.

These lifestyle changes include nutrition, exercise, caregiving perspectives and also positive mental, emotional and social stimulation.

The homeopathic perspective is that there are many preceding energetic changes that create susceptibilities and deeper causative factors for patients with dementia. These changes of state, energetically, provoke a long term cascade of symptoms and problems.

Once this chain of events is unleashed, it is important to deal with the physical endchanges and mitigate aggravating factors that are present. Therefore lifestyle choices, types of caregiving are important and dealing with risk factors to achieve optimal health is essential.

Homeopathy has always been a true holistic treatment. It appreciates the whole of the person like no other therapy. Even though this total perspective — the pathology along with the disposition of the patient - is taken into account, what we want to see is a change in the pathology ultimately and a movement towards freedom in all its aspects and wider possibilities. Greater freedom from the limitations of not only the pathology, but any mental and emotional constraints, is the goal of treatment, allowing the person to achieve their potential in this life. This includes the imparting of love and wisdom by seniors and those retired.



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Appendix

Sources of supply

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Glasgow, G76 8DU, Scotland

Phone: +44(0)141 644 1165

Fax: +44 (0)141 319 8919

pharmacy@freemans.scot

<https://www.freemans.scot/index2.html>

Remedia – Salvator Pharmacy

HauptstraBe 4, 7000 Eisenstadt, Austria Phone

+43 2682 622 20 66 hahnemann@remedia.at

www.remedia-homeopathy.com

Ainsworths

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London WIG 8UF

Phone +44 (0)1883 340 332

london@ainsworths.com

<https://www.ainsworths.com/>

Hahnemanns Labs

San Rafael,

CA 94901

Phone (415) 451 6978

orders@hahnemannlabs.com

<https://www.hahnemannlabs.com/>

Helios Pharmacy

8 New Row, Covent Garden

London WC2N 4LJ, UK

Phone +44 (0)207 379 7434 order@helioslondon.com www.helios.co.uk

I&E Organics Apothecary

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WA 98007 & San Diego,

CA 92107

homeopathic.apothecary@gmail.com <https://www.iandeorganics.com/>

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About the Author



Louis Klein is a world class senior practitioner, lecturer, teacher, and professional consultant. He has been studying and practicing homeopathy for over 40 years and has been registered with the Society of Homeopaths in England since 1984. He started his studies with George Vithoulkas and has studied with other masters of homeopathy over the years. He has a Licentiate of Homeopathy from the London College of Classical Homeopathy.

Louis Klein has been on the faculty and guest lectured at the leading schools of homeopathy in North America and Europe. He has lectured extensively throughout the world and is considered an expert on various aspects of the materia medica and applied homeopathy.

He has been instrumental in bringing the profession into the 21st century through the development and research into new techniques and the introduction of new homeopathic remedies. He has written a number of textbooks which have been received enthusiastically. He has published many articles on both clinical techniques in homeopathy and new materia medica. He is the author of a textbook on advanced homeopathy entitled *Clinical Focus Guide to Homeopathic Remedies*. This text has also been translated into German and Japanese. He has published a second text entitled *Luminos Proving*s. As well as his newer Books *Miasms and Nosodes - Origins of Disease VOL. 1, Miasms and Nosodes - Origins of Disease VOL. 2* and *Orchids in Homeopathy*

With his extensive experience, as well as being the past President and one of the founders of the North American Society of Homeopaths (NASH), he has been instrumental in setting educational and professional standards for homeopaths.

Louis Klein was awarded a Fellowship of the Society of Homeopaths in England.

Louis' expertise is his ability as a homeopathic clinician to deal with even the most difficult of cases. His gift is his ability to teach these clinical skills with clarity, depth, and humor. His style is interactive and friendly. Louis Klein's experience and easy access offer a special educational experience to students of all abilities.

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