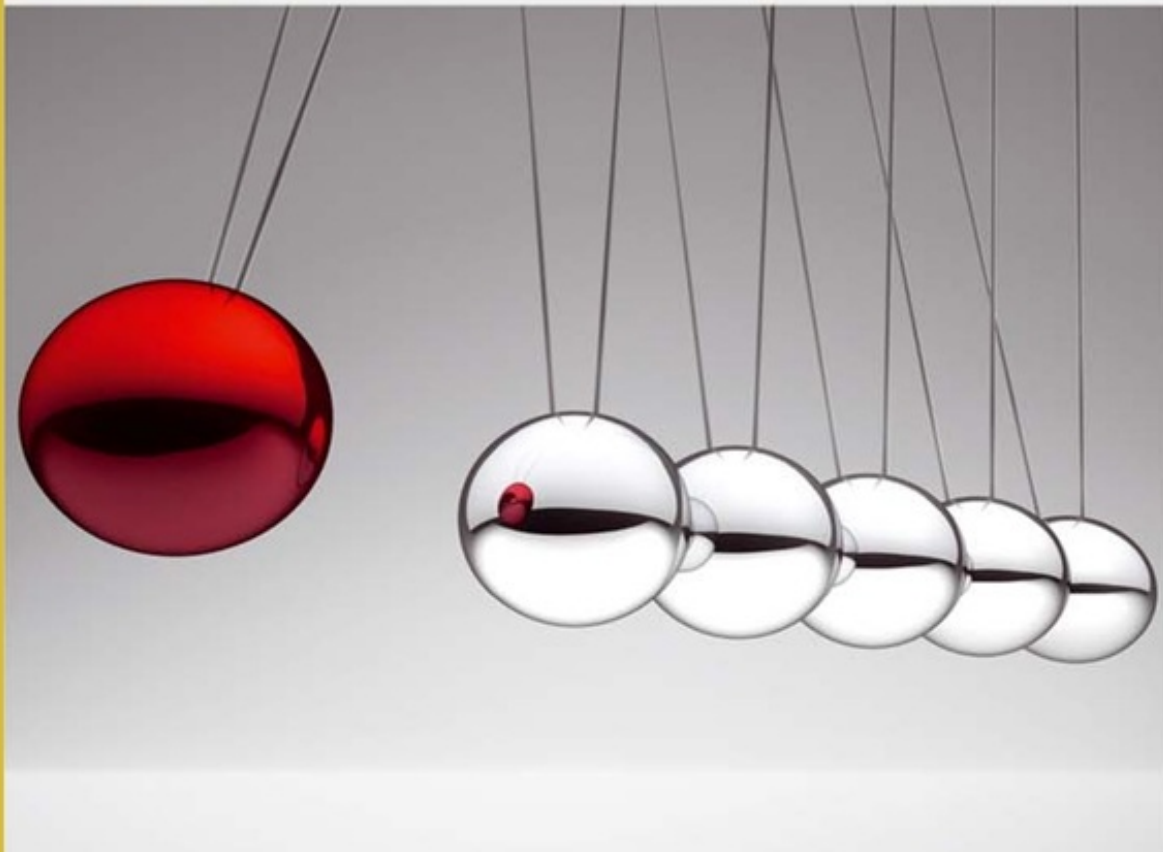


Antonie Peppler

Homeopathy For Body and Soul

For a better understanding
of the
homeopathic anamnesis



“Two very different things appeal to us equally: the habitual and the unfamiliar.”

Jean de La Bruyère

We perceive the new not only as an exciting realm of the unknown but also as something that is insecure, and the often quoted communal customs as a protection for the traditional community. And so – at second glance – it makes sense to set aside for once our own evaluation of concepts and to look for the reasons why we often prefer the safe to the adventurous. And so it is with this book: our objective is to sharpen the “second glance,” the perception of the complexity of individuality behind the facade of the symptoms and indications of illness.

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Introductory Preface by the Author

Over 30 years ago, at the beginning of my career in homeopathy, I asked myself how symptoms arise in a remedy proving (see *final chapter*) and where they come from. Many test persons had similar symptoms, but each expressed it in their own special way, often in colourful vernacular. For example, “I simply can’t stomach that anymore” or “It makes me want to throw up” or “It gives me the shits just to think about it.”



The symptoms of a homeopathic remedy proving described something..., they described a life situation that was typical for the remedy being proved. This insight opened up worlds of understanding for me. It became clear to me that people who had knee pain were supposed to or had to submit to someone or something. They got the knee pain because it was just this “having to bow down” that they did not want to do. Knee pains are a key symptom of *Sticta pulmonaria*, the remedy of maids or service personnel, those who think that they have to **serve** others. *Sticta pulmonaria* gives us the remedy and symptom picture of people who are trying to work their way up, who want respect and recognition for their self-sacrificing work but don’t get it. They are not pleased that those whose attention they are seeking are ignoring them, and, as a result, they develop knee pains. It is not the usual diagnosis of wear and tear, in this case on the knees, but the emotional wound caused by the unfulfilled, unspoken expectations.

More and more, over the course of the years, the symptoms and their interpretation became a language - a language in which it is not possible for a person to lie, and which is the same for all people regardless of their skin color. The interesting – and even ideal - aspect of this symptom language is that it can be applied consistently in homeopathy. Not infrequently it happened that, upon introducing this topic in my seminars, I heard the prophets of doom call out: “but Hahnemann said you are not supposed to interpret.”

Hahnemann, who seeing the tendency of his students to categorize their patients according to their own therapeutic opinions and theories, partly doubted their ability to make exact observations, and specifically warned against lack of patience in the observation of patients. He lived in an era of the most varied medical theories, and accused his colleagues of pressing their patients into these theoretical molds instead of observing them properly and recording their symptoms exactly. His warning not to interpret thus had a completely different meaning.

Those who wish to work with the interpretation of body language in the sense that Hahnemann had in mind, must observe the symptoms of the patient very exactly in order to arrive at a description of the conflict. The consistent application of a body language description, which is as exact and as inwardly deep-reaching as possible, has become an essential pillar of **Creative Homeopathy**.

A number of years ago I had the idea to jot down the psychological significance of diseases as an essential part of Creative Homeopathy, so that my students would have something to refer to when touching upon the various topics in my courses. This was, as I said, years ago, but things went quite differently than expected. To formulate the topics verbally is one thing; to put them down in writing is another.

The topic of Catarrh of the Eustachian Tube can serve as an example: the remedies that are often used here are, for example, Silica with the psychological significance: “Heady, feelings suppressed because of hurt” or Pulsatilla: “Buries head in the sand, avoidance of conflict.” If you were to consider *only these remedies*, then Otitis media would be the result of avoidance of conflict because of the suppression of one’s feelings. The explanation of why a patient develops Catarrh of the Eustachian Tube takes on a new depth, however, when we take into consideration that the rubric also includes Iodium with the psychological

significance: “Does not feel nourished or loved” and Hydrastis: “Rejects life’s pleasures and makes others responsible for it.” A fundamental rejection of life is more difficult to heal than the avoidance of conflict. Taking into consideration the psychologically deeply-acting homeopathic remedies, my understanding of Catarrh of the Eustachian Tube is as follows:

Catarrh of the Eustachian Tube symbolizes the attitudes of withdrawal and denial. The pressure in the ear due to the catarrh leads to some loss of hearing. This is a logical matter: someone “has had enough of it” but feels under pressure through what he hears or perceives, and finally, not wanting to listen to the truth or confront reality, he shuts everything out. He turns the volume down in the hope of not hearing or perceiving everything and so not having to deal with the situation. At the same time the “pressure in the ear” is a warning to the other person: “If you put any more pressure on me, I won’t hear you at all anymore...” or more correctly “... I won’t listen to you at all anymore.” The basis of this is a deep renunciation of life. He has had enough and has identified with a reference person in order to find protection. This leads to the loss of his identity. His own needs are no longer perceived.

This is just one out of numerous examples. Over many years I always learnt a huge amount while assembling the topics of this book - above all, that profound knowledge cannot just be “jotted down quickly.” I should have known this, for both my previous works on “The Psychological Significance of Homeopathic Remedies” also required a lot of preparation time.

However the mind is just faster than matter. To the successful books I have mentioned above, I am today happy to be able to add this further essential contribution to Creative Homeopathy. I hope that its readers may discover many insights for themselves which may contribute to a satisfying and happy life.
August 2005

Antonie Peppler

Post Scriptum: This book documents the state of my knowledge up to August 2005. I reserve the right to the further development of these ideas. If findings stated in later publications differ from those here, then these represent new knowledge. I hold to the motto of Konrad Adenauer: “Why should I be interested in my gossip of yesterday...!”

Toward a Better Understanding

Who Was This Book Written For?

With this work on the language of symptoms I would like to help all aspiring therapists to a better understanding of their patients and the conflicts they experience.

This work gives to those homeopaths who work with **Creative Homeopathy according to Antonie Peppler®** the possibility of an almost mathematical reasoning for their therapeutic approach.

On one hand, through the repertorization of the symptoms, an evaluation is achieved from which, on the basis of the psychological meaning of the remedies, the patient's psychological profile can be read off. On the other hand, through the reading of the symptoms, the patient's potential for conflict can be read off in chronological order.

If both results agree, namely the psychological significance of the remedies and the reading of the potential for conflict, then a positive result from the treatment is only a matter of time. This is of course only true if the patient wants to become healthy.

With the described working method the patient's development and healing process becomes transparent, because every symptom which appears as a reaction indicates a further step along the path of dealing with his conflicts.

From the interpretation of the symptoms and diseases the therapist can always see where the patient is at, in which direction he is evading the issue, and whether or not he is on a linear path of development. In addition, it was important to me to reestablish the concrete connection between the patient and his illness.

The abstraction brought about by the earlier Latinizing of medical terminology, so that the the therapy could not be understood by the patient, resulted in him becoming submissive and dependant. Today, in an age where personal responsibility is becoming more and more important and the patriarchal system is breaking down, it is important that people start to understand themselves more. In this way they can get back to themselves and become authentic again.

It would be just as necessary as welcome if diseases were once again recognized as coherent systems of logically unfolding steps directed both by the conscious and, to an even greater extent, by the unconscious motives of the patient. The overall picture of disease is difficult to grasp owing to the specialization and departmentalization of medical knowledge.

It has hopefully become clear from what has been said that this book is dedicated to **all people** who want to know themselves and to embark on the journey to genuine enjoyment of life.

The danger in this knowledge and self-awareness, however, lies in coloring it with one's own evaluations and judgements and then passing judgment on oneself or others in a negative manner. "Oh look at him, he has herpes. He's thinking something negative but not saying it." This is how such a judgment could sound.

It is a great desire of mine that all ailments be seen completely without judgment as impulses to further development.

And for the person who recognizes from his previous chain of illnesses that he has made life difficult for himself by taking so long to gain an important insight, may he be happy that this insight has finally arrived and his life can now change for the better.

For every illness first comes into being in the moment when a change in a person's previous outlook and way of life is possible, meaningful and desired by his soul. He need now "only" walk the path of awareness from the unconscious to the conscious state of mind. In order to be able to move along this path better, faster and with fewer burdens, the knowledge of the psychological interpretation of a disease or a symptom is of infinite value.

The Basis of My Thought and Observations

Every person, every living being, is a part of the whole, of the cosmos, of the divine. Every one of us has the ability to create new life – in a positive as well as a negative sense. It takes the same effort to make something constructive as it does to make something destructive. Every illness is also a creation. In the beginning was the Idea, and then it was put into action. Often a symptom is created in order to accomplish something. The student who is not enjoying school suddenly develops a headache so he can go home.

Whenever we create something, we always have a motive. Often our motive is dependent upon conditions that exist as the rules of the game or as laws within a group such as a family. The more we conform and make ourselves dependant on these rules, the greater the desire to belong to and be protected by the group.

Many people will probably never think about this at all, and simply do what the other family members, or the other students or co-workers do. Such things as whether we like our own behaviour, whether it is at all authentic and fits our personality, we only think about when we have a motive. Such a motive can be hidden behind a disease. We are unhappy in our situation. We know exactly what we don't want, but don't know what we want.

The high art now consists of being able to make contact with our unconscious mind, with our inner voice, with our divine center (it really doesn't matter what we call this part in us) and to recognize what we want from our own life, what task we have set for ourselves, and what would create fun and joy in our life. To put it briefly: now the time has come to ask the question: "who am I, and what do I want?", the question about our own individuality

Contented people are mostly in very close touch with themselves. They know themselves, they accept themselves, and, because they know that every living being differs from every other, they no longer compare themselves with others.

If I have accepted myself as I am, then I am content. In this situation I can always change something, but I don't have to. Change in this case is something playful and playing is fun. If I think I *have to* change something in myself, if I

think that the others in the group will only like me when I change something in me, then I am dissatisfied and forced to always keep a check on whether everything in me meets the approval of the others. What's more, self-criticism is nothing more than an earlier judgment made by someone else which I have taken on.

The evaluation and judgments of others, such as one's parents, are taken on unconsciously and reappear as self-criticism. Only when one recognizes that the judgment is not one's own, does inner peace appear.

In his work, "The Art of Loving," Erich Fromm writes that we can only love others when we love ourselves. If we substitute the word 'acceptance' for 'love', then it reads: only when we accept ourselves, can we also accept others. Any judgment, condemnation or attempt to change others, is out of place.

Every living being is an individual personality and all who live by this understanding enjoy inner peace. It is a noble art and an essential task in life to find one's own individuality and to accept it.

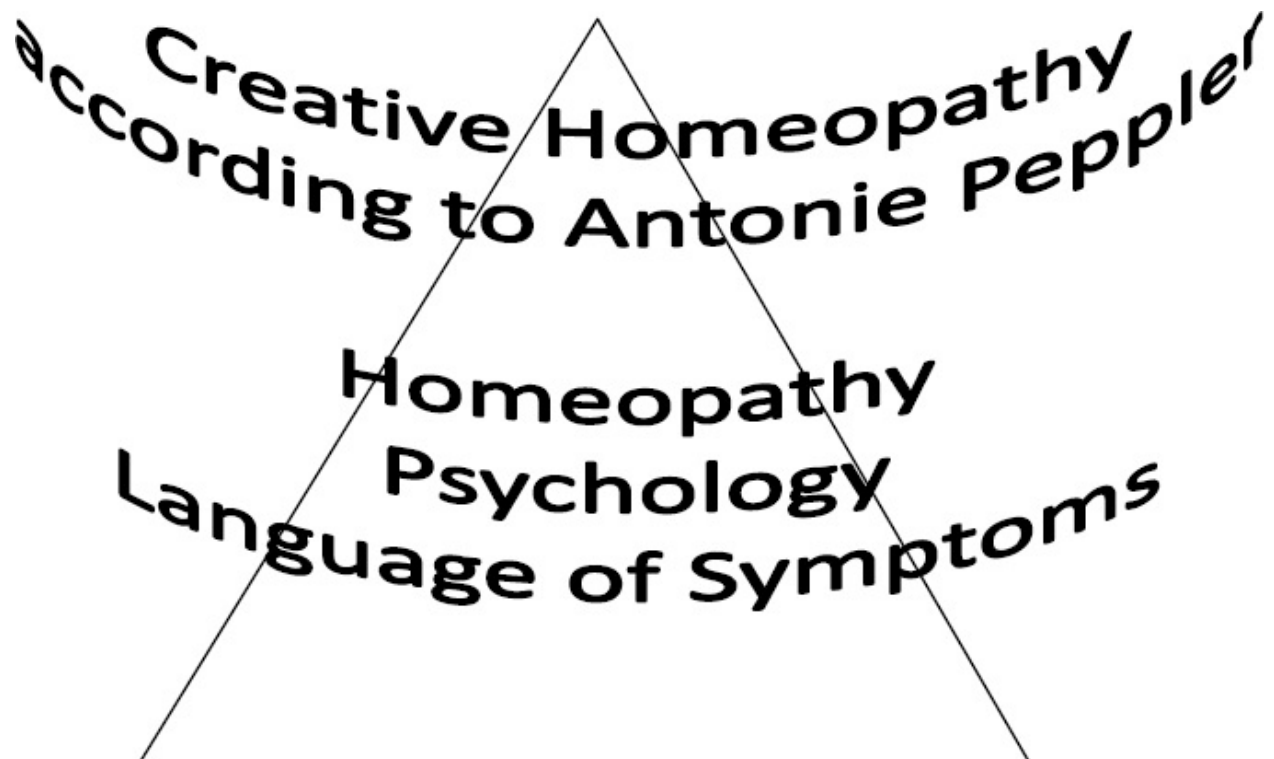
Creative Homeopathy – What is it?

Creative Homeopathy is based on three pillars or three levels:

Homeopathy as developed by Hahnemann, the application of which corresponds to the storage of all experiences in our brain.

Psychology, in order to recognize the patient's position and standing within a group and thereby their conditions for transformation.

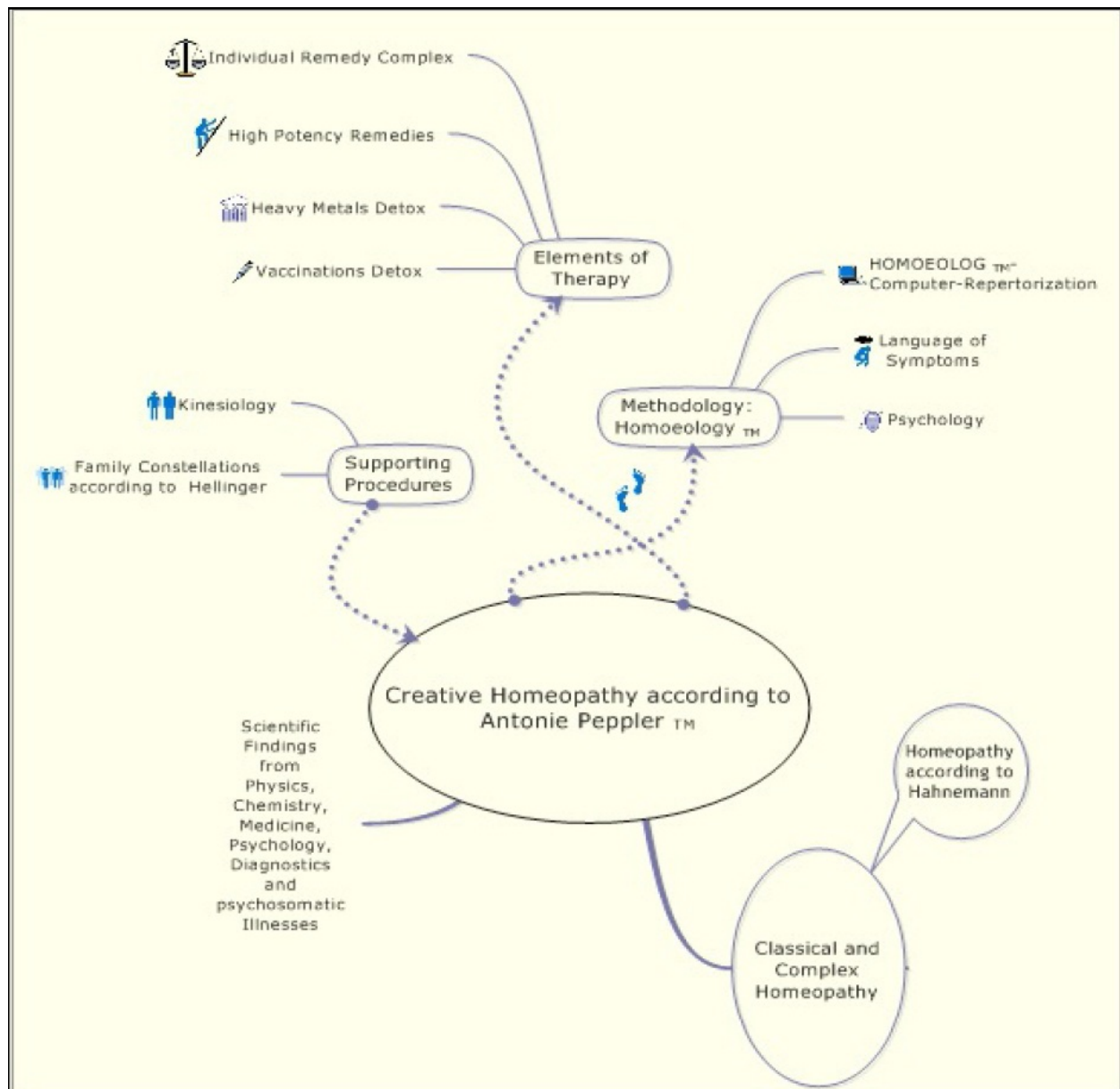
The **Language of Symptoms**, in its interpretation both as an essential aid to the anamnesis (building a case history), and the analysis of conflict.



Symptoms not only do not lie, they show us very directly where in the “human system” the (mostly unconscious) conflict situations are located. The models of explanation in **Creative Homeopathy according to Antonie Peppler®** help to

develop a holistic, conscious and self-responsible view of illness and health. The physical condition of the body and its biological functioning are no longer detached from its mental and emotional processes, but considered in unity with them.

Creative Homeopathy according to Antonie Peppler® in context:



Creative Homeopathy is, however, more than just the sum of its separate parts. From the wholeness emerges a worldview that, while being in a sense ‘new’, is

actually far more natural and primordial. It restores the balance between individualization and self-responsibility.

Let us consider two examples in which the interplay of the language of symptoms, psychology, and the homeopathic remedy picture is superbly demonstrated:

Homeopathic Remedies for Heart Disorders

Aurum metallicum and Naja tripudians

“His heart was broken,” “heartless,” “he took it to heart,” “the broken heart,” “a heart of stone,” “he gave his heart away,” “a hearty child,” “a hearty welcome,” “a heart-wrenching speech” ... our language is full of heart symbolism describing both happy and unhappy love.

Love others, love your surroundings, but, especially, love yourself! People that have too little self-love, low self-esteem, that feel inadequate, that exhaust themselves in the outside world without paying attention to their own energy supply, these are the people that have a susceptibility to heart disorders.

Heart disorders shed light on the way in which a person gives his love to others while denying it to himself. The more intense the course of the illness, the more extreme and systematic is this person’s refusal to allow himself love, self-respect and self-acceptance. Perhaps he looks outside himself for a concrete reason why he is worth less than his fellow man. Others supposedly deserve more love than he does. The person who has unconsciously sacrificed his life to playing a role, and thus fulfilling the expectations of others in order to get recognition, is predestined to heart disorders.

A man, for example, is brought up to play his role as a typical husband and family father so that he has “something to offer” his family. He sees this role mainly in a material way, whereas his wife mostly connects it with emotional care. He has not yet understood that his family is perhaps seeking affection and understanding from him instead of an ever-increasing zeal for work. From his upbringing he knows only that he must offer his family luxury and status, for

which he works and works, thereby distancing himself from them. To be sure, he senses their dissatisfaction, but this only drives him to work even harder to have more to offer, so as to finally satisfy them. The thought that one could speak openly within the family is also often forgotten. To clearly express who would like to have what from whom does not get considered at all in a daily routine that has become more and more set in a rut. The divide between the family members becomes greater and greater, and the hectic game takes on a life of its own.

Finally, from a lack of intimacy with her now unreachable partner, the wife feels she is being forced into the background. She is bored in her role as housewife and defiantly goes off on her own 'trip' of experiencing life without her husband.

It all comes to a stop with a heart attack, when his heart, the organ of his self-love, can no longer balance out the load. He pulls hard on an emergency brake: "Stop – this can't go on any longer." He feels that he is always giving and giving, and getting nothing back in return. To avoid the situation developing up to this point, and to allow the people involved to work together freely, homeopathic remedies help the patient to attain a new perception and a new understanding. If it has already escalated to the point of a stroke, homeopathic remedies assist the people involved to let go of their hardened positions and principal misunderstandings. Open discussion between the partners in the family is urgently needed, and each should tell the other what he or she really desires. In my experience it is much easier to achieve a healing between partners than is commonly thought.

However, the basic prerequisite for this is that they first formulate what could lead to a bit more joy in the relationship. It is completely wrong to assume something for your partner that he or she doesn't even want.

One of the most important remedies for heart disorders, including strokes, is **Aurum metallicum**, Gold.

Aurum metallicum is used for:

- suicidal tendencies
- depression
- disappointed love
- alcoholism
- high blood pressure

- heart disorders that have or have not yet manifested physically

Symptom of Aurum metallicum	Psychological Significance
suicidal disposition	wants to avoid self-responsibility
depression	represses his anger
disappointed love	wants to keep his ideas of harmony
alcoholism	cannot be alone with himself
hypertension	repressed joy in life that has turned to aggression

Further prominent symptoms of Aurum metallicum relating to heart disorders from Kent's Repertory:

anxiety, heart, region of, moving about amel.	Is afraid of again getting nothing in return for his efforts, seeks a way out of this situation

Symptom of Aurum metallicum	Psychological Significance
oppression, heart, ascending stairs	Doesn't dare to live out his personal greatness (the fulfillment of his desires)
sensation as if heart will cease	I would rather quit than keep on just giving and giving
sensation as if heart turning around	I finally want to get something in return
cough, splitting	it almost tears me apart to still not get the recognition I want

The remedy Aurum metallicum is enormously important for a person that has little self-esteem. He lets other people set goals for him and fulfills them with pleasure because only with the achievement of the externally-set goal does he attain a sense of value for himself. However, through this

“must,” the compulsive fulfilling of the goal or expectation, he makes himself dependent on others. He is generally dependent on the evaluation and judgment of others. When one goal has been achieved, then this immediately demands the fulfilling of the next and the next and so on. If no goal is placed before him, then the basis of his self-esteem is removed. The person who needs Aurum metallicum has often lost the connection to his inner voice. He no longer perceives what is good and right for him, and therefore no longer has the possibility to create stability for his actions. The framework of his life, his life content, is not perceived anymore and thus cannot form the basis for his actions.

Another helpful and supportive homeopathic remedy for heart disorders and heart attacks is **Naja tripudians**, the venom of the cobra.

Naja tripudians is used for:

- a toxic condition affecting the heart
- suicidal tendencies
- dyspnea caused by the heart
- chronic inflammation
- Otitis media
- Bronchitis
- Tonsillitis

Symptom of Naja tripudians	Psychological Significance
poisoning	subjugates himself completely to the views of his superiors
when the heart is affected	doesn't get around anymore to being active on his own behalf
dyspnea caused by the heart	no longer wants to share the air with his favorite enemy
chronic inflammation	no longer allows himself to be conscious of whom he wants to react to aggressively
Otitis media	angry at what his inner voice is telling him
Bronchitis	can no longer put up with the conflict in his surroundings
Tonsillitis	angry at what he perceives around himself

Symptom of Naja tripudians	Psychological Significance
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Further prominent symptoms of Naja tripudians relating to heart disorders from Kent's Repertory:

empty sensation, region of heart	doesn't feel any love for himself anymore and thus no longer feels in a position to keep on giving
palpitation, heart, talking impossible	expects something so terrible that he cannot put it into words
heart pain, extending to left scapula	withdraws in favor of the others so that his emotional lightheartedness is lost
Cutting, sharp pain, chest, deep inhalation	giving and receiving are already so out of balance that he can't receive anything more

The Naja tripudians patient ponders over imagined worries and very typically has the feeling of being neglected. The little child that is not allowed to do anything by itself, and is led around on the "leash" in a more or less dominating manner, often becomes the loser. This person has become accustomed to the security and attention of a dominant figure and now demands security and attention from everyone around. When this child goes to school, it expects the same helpful "direction" from the teacher as it did from its reference person. If this need is not fulfilled by its surroundings, defiance and self-pity develop. This child has not yet learned to take responsibility for itself and its actions. It was used to always being spoon-fed or led around on the leash, and having its goals set by someone else. If this now changes, its entire existing worldview is knocked out of balance.

The feeling of "I feel neglected" is the result. The one who is neglected will do anything to force the supposedly required attention onto himself. Such a person has great difficulties in finding a connection to his own potential. He is so much occupied with producing enough guilt-feelings in those around him for being so

neglected that he doesn't have any time or energy for himself or his love towards himself. In this sense self-love must be understood as the process of individualization. Only the person who accepts himself as an individual can be one with himself and nature.

These two remedies are, of course, insufficient to heal all heart disorders. They have been presented as explicit examples so that the background issue of love and self-love is easier to understand. People are very inventive when it comes to denying themselves their right to self-love. And, when a person decides to give his love to others instead of to himself, it requires a lot of effort to uncover the multitudinous facets of thought and behavioral patterns that have been acquired but never questioned.

It is often overlooked that it is only the ability to love themselves that makes people able to allow other beings to share in this love. People are capable of loving everything around them, be it other people, animals, plants or an event such as the passing by of a cloud. This ability contains an enormous amount of potential energy that, through the sharing of a warm feeling, returns to the sender as joy. But the foundation of this feeling is, and always will remain, first bringing oneself and one's uniqueness into harmony with this loving feeling. Therefore it is not surprising that much too often there is confusion between possessing and loving someone. The underlying thought was, perhaps, "if I only 'love' someone enough, then they will change themselves according to my desires."

The possessive form of love is sung about, bemoaned and bewailed. The beloved blossom is put in a vase to wilt, the beloved lady in a golden cage, the beloved cat fed until it can no longer move. A German saying speaks of this: "You say you love the flower and yet you pluck it. That's why I become afraid when you say you love me." For most people it is rather shocking when they hear the statement: "I love you," for a side of themselves still expects to be punished for its idiosyncrasies or to be added to someone's possessions. Perhaps these people have not yet had the opportunity to be themselves enough to accept themselves as they are, and, as a result, to love themselves.

The following is presented as an example of the intertwining of psychological and homeopathic knowledge:

The Generation Conflict and Its Causes

Observations from the practice

As a therapist it is interesting to observe how many conflict issues continue and repeat themselves in families from one generation to the next. The manner of dealing with the conflict however, varies. In one generation you see an active, warlike defiance where another generation rides it out while suffering in silence. This could be observed over and over again in the course of many years. At some point I noticed a certain regularity, and out of that an energetic classification system revealed itself.

Just imagine that every person is a “ball of energy,” in which all of the possibilities to behave or appear in a certain way, *etc.* are present. If we lived out the entire spectrum of all possibilities, however, there would no longer be any identifying qualities left that are characteristic of a person. All personality types would disappear. A person who is introverted and at the same time extroverted is hardly conceivable. For in order to get to know ourselves, we need an opposite, a counterpart, so that we can perceive ourselves in contrast to the other. We naturally first of all notice the person who is different from ourselves. Only after we have gotten to know the other person, do we in some “bright moment” reflect upon our own nature and how we present ourselves. What is important here is that every person only lives out a portion of his “energy ball” and doesn’t make use of the rest. But, as nothing in nature is useless, this other unused part will nevertheless have its meaning.

It occurred to me that a personality only uses a certain portion of its available energy. For the unused portion, it looks for a mirror outside itself. A counterpart, for example a partner, normally lives out the other portion, the mirrored part of the energy field. It can often be observed that one partner is extroverted, externally active and perhaps even has a commanding presence while the other is introverted, withdrawn and anxious. Both appear to be completely different types. But both together make up the imagined ball of energy. In fact it’s nothing new that partners are often different. The story gets interesting, however, when we look at the entire family including the children on this energetic level, for the children apparently make use of the suppressed parts of the parents to incarnate.

This actually happens in a certain sequence. The suppressed parts of the mother are taken on by the first, third, fifth, seventh child, *etc.* The suppressed parts of the father are taken on by the second, fourth, sixth, eighth child, *etc.* If the mother is living out a quiet, self-sacrificing and conformist part in life, then the first child will probably be a naughty little devil always trying to get its own way. This child will drive the mother to despair. She will try everything to bring up the child to be like her, which, of course, doesn't work at all. The more pressure is exerted, the worse the power struggle becomes.

If we look for the sense of this difference between the mother and the first child, it lies in the opportunity it presents to the mother to recognize her so-called uncultivated life parts, not to fight against them, but to re-integrate them in herself. The great difference is that the energy of the children serves as a mirror to allow us to integrate our suppressed energies.

Using other words, we could call the first child the living subconscious mind of the mother. Both aspects, the conscious and the subconscious mirror themselves in the two personalities. If the mother does not have a problem dealing with her subconscious aspect, then both generations will not have many problems with each other. However, the more the subconscious aspect of the mother contains negatively charged issues, the more clearly the relationship to the first, third, fifth child will show up as conflict.

The same energetic tension is also present in the partner relationship. Here, however, the possibilities of avoiding each other, of not having to directly confront the situation, are much greater than in a mother-child relationship. The escape into work, into clubs, into building a house, into the conflict of "how do we bring up the children," *etc.* or the leaning on roleplays so that the partner moves into the position of the parent of the opposite sex, are all possibilities on the adult level to avoid the mirroring process of the conscious/subconscious mind. The parent/child mirror is considerably more unforgiving. Relief for the mother comes first with the second child, for this child corresponds to her partner and is in its way of appearing and acting similar to the mother.

Similarly the father has, of course, the pleasure of a certain sort of support with the first child, whose way of appearing and acting are similar to him.

When the children have different parents, the mother is to be taken as the base. What then is the position of the child in the sequence of children for the mother?

According to my observations only the children born alive count. The child must have taken a breath on its own in order for the unconscious life energy of a parent-part to develop its own independent existence.

The following example taken from life will help to illustrate this topic:

A couple has two children. The oldest, belonging to the subconscious of the mother, is a daughter of 7 years. The second child, belonging to the subconscious of the father, is a son of 5 years. The family went with friends to a beach in Spain famous for glamorous people wearing the latest swim-wear fashions. The wife, who was of rather sturdy build, felt very uncomfortable there and asked her husband, or rather demanded, that he immediately drive them back to their hotel, 20 miles away. He, heartily enjoying the optical beauty around him, was hopping mad, but followed his wife's instructions. It can be assumed that both were silent during the trip back, because no sooner were the parents out of sight than the son, the repressed energetic mirror of the father, without any warning hit his sister, the repressed energetic mirror of her mother, on the head with a sand shovel. The sister cried out and a lengthy fight developed between the siblings.

The moral of the story: if the parents had not suppressed their conflict into the subconscious, the children would not have needed to take care of it for them. So, dear parents, don't get upset when your children fight, but rather sort out your problems with your partner yourself.

Taking one more look at this birth-ordering system, then the first, third, fifth, *etc.* child corresponds to the subconscious of the mother. These children often look like the father and also have many similarities with the father in the way they act. Conversely, the second, fourth, sixth child correspond to the subconscious of the father. These children are often similar to the mother in appearance and behavior.

Less common are cases where the child looks similar to its corresponding parent. Then the relationship of the parents tends to be based on tradition and not necessarily on a soul connection. These children are then often dyslexic and/or hyperactive.

If we extend the energy system to include the grandparents, then it becomes clear that the nieces and nephews correspond exactly to the grandparents. These

two corresponding generations often understand each other without even saying a word – often to the irritation of the children's parents. In practice you not infrequently find that the mother of the children is often jealous of her own mother, or even both parents are, without knowing why. But the repressed energy of the grandparents are the same as those of the grandchildren, and so they both relate on the same level. These generations can give each other a lot without any conflict arising, for, as a rule, they speak the same language.

For many of my patients who found understanding of themselves and their generation conflict within the energetic ordering system, it was a great help to be able to deal differently with their problems and their evaluation of themselves and their relations. In psychology, the view is held that upbringing only has a small influence over a person. The energetic ordering system certainly has much more primal roots and therefore a more lasting effect.

Further Philosophical Considerations

Everything is a reflection of the whole

Because of this every individual remains in their authentic existence. In the course of evolution communal groupings have come into being through confrontation with the forces of nature. These groupings were unconsciously welded together by personal or collective trauma and the battle for survival. Out of these experiences value systems came into existence, which, in the context of evolution, are only dissolved again much later. The protective patterns of behavior that developed out of the original crises become in time tradition.

Today it is often impossible to determine why certain beliefs or rituals exist. Issues that have become widely disassociated from each other are found in the example of hierarchy, of power that in the time of the original social hierarchies in the Copper Age were still directly connected with the areas of physical work and mental activity. Another example is in modern medicine, whose theoretical models are so abstract that for many people they can no longer be consciously understood.

The longer these beliefs are followed without being questioned, the more habitual they become. In a sort of Pavlov effect, this reminds us – although these are cognitive processes and come from our thinking about the social surroundings of the past, present and future – of classical conditioning. Knowledge is not processed further and then considered in a new context, but remains unconsciously static, existing thus as a mere mechanism.

This conforming to a system of order is, however, a relief for many people, because the apparent hindering of personal development makes it possible at the same time to pass the blame onto others. Holding on to such evaluations of our surroundings leads to habits which eventually destroy all pleasure and joy in life. The judgment of behavior takes place within the framework of social and individual norms and dogmas. All blockages, as well as our habits, are the

manifestation of spiritual principles that we hold on to because we think they give us security.

The longer such belief systems exist, even over generations or a number of incarnations, the more difficult it becomes to question them and to disconnect from them. When this has been internalized, then it becomes clear that every experience must be freed from one's unconscious emotional judgments. This process apparently only takes place through the repetition of the original experience. We repeatedly live through situations and issues where, with each repetition, the evaluation can be put into perspective, leaving an experience that is value-free.

Experiences can never be considered as happening alone or in isolation, but as a closely interconnected causal chain. It is these connections that initiate the behavior of people or living beings in general. Every experience that one has in the course of one's life works as a measure of evaluation for all following experiences. Dozens of previous experiences always play a role in determining the judgments involved in an experience of the actual, current situation. Indirect experiences, such as ones coming from the parents in the form of traditions that are passed on, are also subconsciously used in the evaluation of one's own experiences.

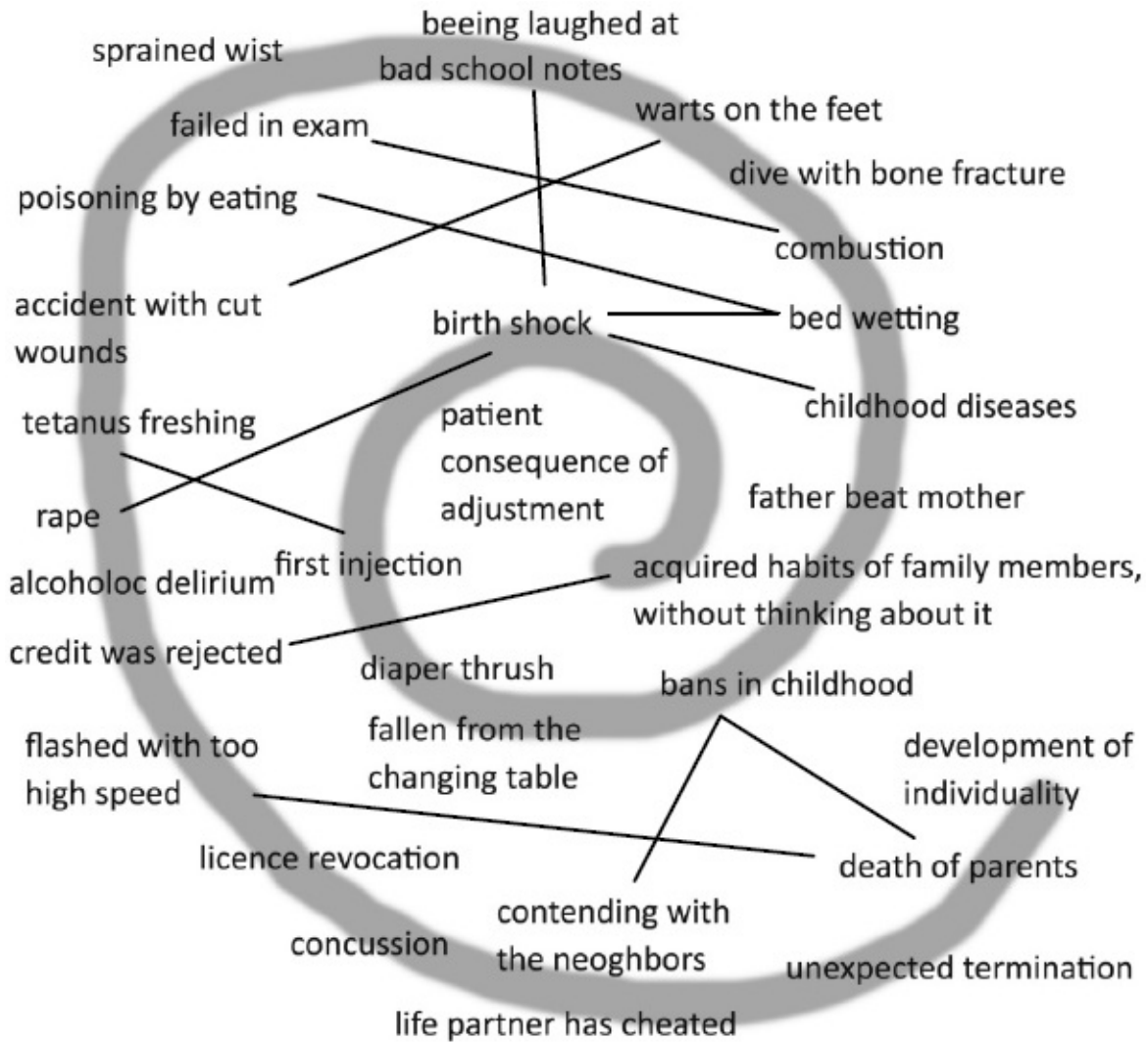


Illustration: In the brain all are interconnected.

In most cases it is very difficult for a person to know which sequences and patterns have manifested themselves.

The connecting of analogies which are considered typical of feminine thinking, and which to many men seems totally impossible to follow, gives a good idea of what is meant by the individual interweaving of evaluated experiences.

Psychology can also provide indications of which experiences and traditions play a role in the evaluation of a particular experience. Everything that we or our ancestors have experienced or that we have brought with us from earlier incarnations is stored within us and provides the foundation for, or at least influences, the evaluation of all future experience.

Our new experiences in the here and now speak to these “old” experiences and activate old value judgments. Negative judgments act considerably more powerfully than positive ones. At the beginning of the spiral (see illustration above) is a person’s birth, which is usually traumatic enough, perhaps followed by shock from the perception of his surroundings and the first vaccinations. With increasing age come more and more experiences from concrete events, all of which become stored as a measure for the evaluation of later experiences. Through the activation of these variously evaluated experiences, our open-mindedness towards life gets lost.

The path to a patient assuming self-responsibility is only made possible by a concern with these individual issues and by the search for their mutual interconnectedness. Through the emotional de-charging of one’s experiences, it becomes ever clearer to the individual that all experience is staged and desired by the self in the attempt to understand the material plane. The divine, creative aspect, the real individual, becomes free and awareness arises of how global the general proposition is, and what consequences it actually contains:

“Every person is the creator of his own reality.”

How to Use this Book

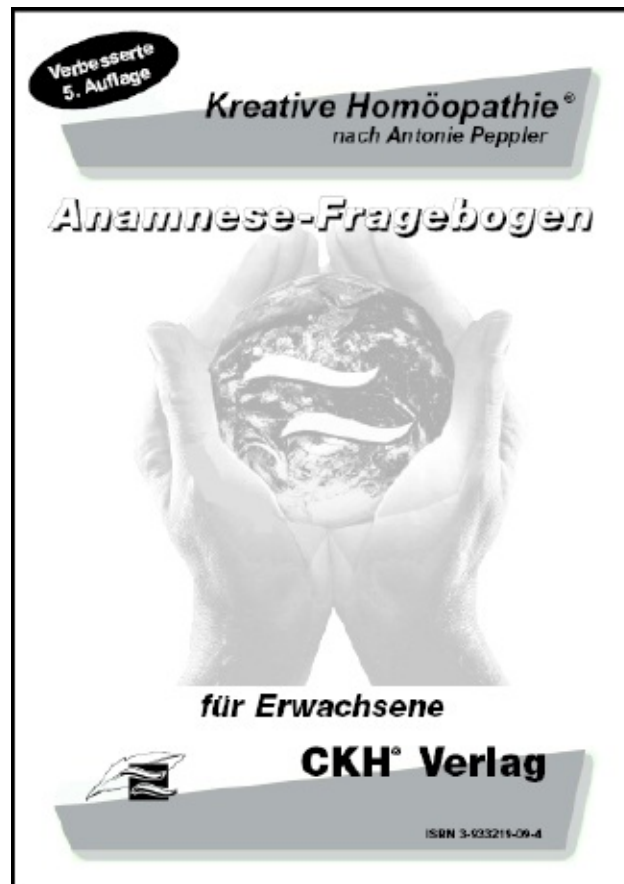


Illustration: Anamnesis Questionnaire, 5th improved edition, german ed.

This book follows the order of the questions in the new 5th edition of the “Anamnesis Questionnaire” from the homeopathic practice of Antonie Peppler. Within the separate topics the head-to-foot schema, for example, is ordered alphabetically or, when necessary, logically. Next to each of the questions in the questionnaire you will find short explanations of the symptoms and diseases as well as an alphabetical list of characteristic homeopathic remedies and their Psychological Significance according to Antonie Peppler®. The remedies listed are meant only as a reference to the methodology described by the author in the preface, and make no claim to be a complete listing of the possible remedies.

The precise location in the book of a specific disorder or symptom can be found most quickly by making use of the comprehensive index. To make finding something as easy as possible, the index does not contain any cross-references, only direct page references for numerous possible associations. One person will go to **C** and look for “**Conjunctivitis**”. Another will look under **P** for “**Pinkeye**”, while a third will simply go to **E** for “**Eye**”.

This book was written as a manual for therapists, and, at the same time, as a reference work for all those interested in medicine and particularly in Creative Homeopathy. Why the cooperation between the therapist and the patient is so important is explained at length in the chapter, “*Who was this book written for?*” The concepts of a Latinized medical science are often so difficult for a patient to understand that he feels not only a victim of his illness, but also, in a certain way, of his therapist. These are concepts that do little to lead one to assuming self-responsibility in relation to disease. Rather than allowing medicine and homeopathy to remain a remote pure science, it is our desire to contribute to making it accessible again, as an understanding of humanity and one’s own self.

Is an illness or symptom not to be found in the book? The following listing can never really be complete, but we will do our best. Therefore we are already considering a follow-up volume and have begun to collect material for it. Please write to us with your suggestions for this supplementary work.

The list on the following pages gives an overview of the content of the specific areas:

Overview of the Questionnaire Sets

The First Questions

- Which child are you? First, second, *etc.*
- How tall are you?
- What ailments are you suffering from? Since when? Where? How?
- At what times?
- What makes your ailments better?
- What makes your ailments worse?

Modalities: Times of Day and Year

- Organ clock
- Time of day
- Season of year

Origins: Pre-History

- Just before your current condition, did you have
 - ... a general illness
 - ... a cold
 - ... fever ?
- Did you perhaps experience
 - ... an accident
 - ... a shock
 - ... extreme emotional stress
 - ... an operation or an injury
 - ... great strain
 - ... or a treatment with medications ?
- Third party diagnoses, if known:
- Current or past allopathic medications used over a longer period of time:

Origins: Infections and Childhood Diseases

- Childhood diseases and infections from A to Z

Origins: Chronic and Serious Illnesses

In order to achieve an optimal presentation, the following pages are ordered according to the so-called head-to-foot schema. They contain illustrations and use both the English and the Latin designations. Some topics such as the skin, circulation or the skeleton have been given separate paragraphs of their own.

Origins: Vaccinations and Allergies

- What vaccinations have you had?
- Do you have known or diagnosed allergies?

Origins: Tooth Restoration and Replacement

- The significance of the teeth

Origins: Heavy Metals and Environmental Pollution

- Have you lived in an environmentally polluted area? What were the main pollutants?

In the book “Albrecht, Peppler: Schwermetalle – Stoffliche Wirkungsweise und psychologische Hintergründe,” CKH® Verlag Großheubach [Heavy Metals – their material effects and psychological background] you will find extensive comments on the psychological issues of the various pollutants and especially heavy metals.

Origins: Operations and Injuries

- What operations have you undergone?

Operations stand for issues of conflict that at the time could not be endured and were suppressed into the subconscious, or for issues that now are being brought to an end in the sense of the attainment of knowledge and awareness. An operation in itself does not tell us whether the conflict has been resolved or whether it has been suppressed, but it can always be a pivotal turning point in the development of a person.

- What injuries have you suffered; where and how?

Origins: Pre-history of Acute Diseases

- Do you have problems at work or with your colleagues, or with what you're doing, or with your boss?
- Do you have the feeling that you do or don't get along really well somewhere in your social surroundings (outside the home).
- If so, where and in what connection?
- Did you experience grief, sorrow, fright, or another form of emotional stress before your ailments began?
- If so, what was the situation?

Modalities: Sleep and Dreams

While asleep, we resolve many conflicts or problems on a neutral, unconscious level. From the answer to this question, it can be seen whether and to what degree the patient is willing to do so. It also gives us clues to the type of conflict involved. If one's sleep is undisturbed, then the nightly resolving of conflict is unproblematic. The conflicts of the day also do not seem to be suppressed. The sleep modalities hint at conflicts that can possibly be resolved.

Origins: Childhood, Family and Partnership

The answer to this question gives insight into the emotional intensity of the patient, and into possible traumatic experiences that may have impressed a pattern of behavior upon him that has lasted his entire life.

Modalities: Warm and Cold, Perspiration

Here we see how the patient deals with warmth and coldness, with issues and processes related to the expansion of consciousness and intimacy. In the questions about tolerance to coldness, it becomes clear how the patient deals with distance and a possible negative judgment. We see if frustration and masochism are unconsciously present, and perhaps even if they have become a basic quality of life considered worth striving for. Important conflict issues are to be found particularly with possible intolerances.

Modalities: Weather

From drafts to storms – a look at sensitivity to weather.

Modalities: Touch, Pressure and Vertigo

With the answer to the question concerning (in)sensitivity to touch or pressure, we see whether the patient experiences intimacy as joy, confinement or even trauma.

Modalities: Prenatal Imprinting and the Birth Process

The answer to this question gives indications of suppression and changes in the natural course of an illness. It is important to know how an illness appeared originally so that a homeopathic correspondence can be found. Every disease has its significance and every symptom its cause. In many cases the cause can be hard to find because it stems from the embryonic stage spent within the mother's womb.

Every patient has suffering, traumas or fears that have been imprinted during pregnancy. An embryo is not yet capable of critical thinking and therefore takes in all of the feelings and value patterns of the mother without reflection. These second-hand feelings are often the basis for later behaviour patterns as a child or adult, only the knowledge of the causes has been lost.

Origins: Conditioning

-
- Are you left-handed or right-handed?

The answer to this question shows whether the patient is fundamentally predisposed to be fatherly rational or motherly emotional, or whether the connection between rationality and emotionality has already been redeemed through ambidextrousness (opening of the bridge) and no judgment of a parent remains.

Modalities: Hunger, Thirst and Appetite

Every substance, every form of matter, carries a mental background and a special theme, and this is also true of foodstuffs. With every foodstuff that we take in, we are integrating an issue that we must then “digest.” If we have already gathered experience in relation to a particular issue, which triggers negative or positive feelings in us - that is, a value judgment has been placed on it - then we will either enjoy taking in this “nourishment” or it will cause problems for us. The answer to this question indicates which issues are negatively charged.

- How is your appetite?
- How is your thirst? Do you have a craving for something?
- How do you feel frequently/most of the time before eating?
- How do you feel frequently/most of the time during, or after eating?
- Foodstuffs: desires and intolerances, with a detailed presentation of a number of foodstuffs.

Modalities: Stomach and Bowels

- How do you feel after eating?

Modalities: Defecation and Urination

- What symptoms predominantly accompany your defecation?
- How is your urination; how is the urge to urinate?

Modalities (Women): Contraception, Menstruation and Discharge

-
- Do you take the pill?
 - Do (did) you have an IUD: Do you use other contraceptives?
 - How strong is your menstrual bleeding?
 - Do (did) you have a vaginal discharge?

Modalities (Women): Birth and Changes

Pregnancy and birth are important milestones in the life of a woman or the entire family. The previous group dynamic, especially the relationship of the couple to each other, changes, particularly with the birth of the first child. At this time feelings of duty and responsibility begin to play a larger role. The joyful, sensual interaction with each other often decreases, especially when a separation was considered but prevented by the coming of a child.

- What complications occurred in the various pregnancies?
- How did the deliveries of your children go?

The First Questions

What do I have to look for during an anamnesis?

It is important to find the issue or situation that acted as a trigger for the illness. In relation to this we look for the experiences, traumata or beliefs that the patient cannot look at with equanimity and impartiality, but ones to which he has given an emotional charge. One-sided emotional evaluations particularly trigger illness when the patient has come to the point of unconsciously deciding to release them. A person basically becomes ill so as to regain at some future time the full spectrum of his possibilities.

It is also important to observe the chronology of the illness so that we can see how the patient deals with conflict. Previous illnesses of family members can also be of value in building an idea of those thought and value structures within the family that are passed on from generation to generation.

Which child are you? First,
second, *Etc.*

The answer to this question gives an indication of emotional and psychological dependencies. The first, third, fifth, seventh, *etc.* child uses the unlived, unconscious life potential of the mother for his life, for his incarnation, while the second, fourth, sixth, eighth, *etc.* child uses the unlived, unconscious life potential of the father.

The awareness arising from this question leads to conclusions as to how this patient probably behaved in terms of the family group dynamics. Here the determining factor is the maturity of the patient and degree to which his conscious awareness has been developed.

[See also: "Albrecht (editor), Creative Homeopathy – Collected Publications of Antonie Peppler, Volume II, CKH® Verlag Großheubach."]

How tall are you?

This question clarifies whether the patient, for example, through short stature, wants to make use of the mothering and fathering instincts of his surroundings, or whether through fast growth and a large stature strives to become independent more quickly. These are underlying life motivations that might have been changed by the time of treatment.

Origins: Acute Ailments and Stress

What ailments are you suffering from?

This is the place for the patient to note down which ailments are currently acute and which have existed chronically for a longer time. The answer shows the therapist what is of most importance to the patient and what he wants to change. The specific ailments that he notes down here are then interpreted, leading to an understanding of the current conflict situation.

Since when have you been suffering from them?

This question initiates a search for the triggering event of the illness. The life situation of the patient when the illness began must be evaluated. This gives a basis for conclusions as to the unconscious, illness-producing beliefs, as well as the patient's miasmatic "inherited" situation.

Where exactly are the ailments located?

This question leads to conclusions as to the conflict potential of the patient. Head pain, for example, has a different significance and thus a different interpretation than back pain.

How do your problems express themselves?

The various pain modalities (see "*Significant Pain Modalities*, page 34), such as drawing, shooting, pressing, etc., are important for a clear interpretation of the conflict situation of the patient. The pain is an indication from the subconscious

mind that beliefs and thought patterns damaging to the development of the individual are manifesting themselves clearly, in order to now be eliminated.

What ameliorates?

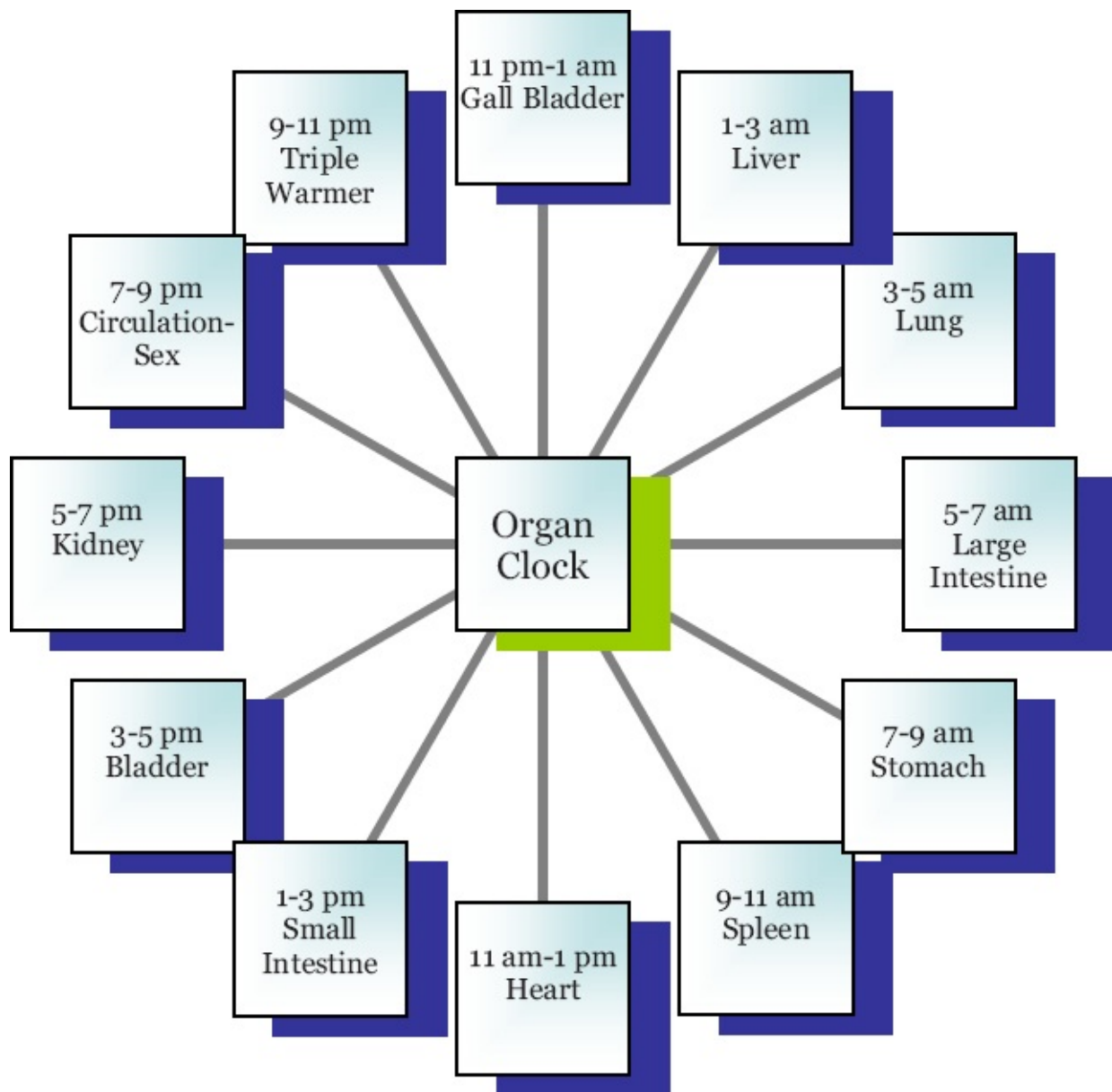
What aggravates?

The answer to this question indicates what basic life motivations a patient has. Does he want to suffer or is he able and willing to enjoy his life. Which essential thought and belief patterns does he follow that give his life its basic scope?

At what times?

The time modalities, which can also be understood with the help of the organ clock below, can provide valuable clues in the search for the conflict issue. The answer to this question helps us to infer what age, what developmental stage, or what developmental possibilities the patient considers to be positive or negative. The same applies to the time of year when certain conflicts arise or are triggered.

The Organ Clock



11 pm-1 am	gall bladder	Living out one's anger or not being able to
1-3 am	liver	Self-awareness, knowing what you want and why you are living
3-5 am	lung	Exchange and communication, giving and receiving
5-7 am	large intestine	Letting go, releasing, expressing criticism
7-9 am	stomach	Security and protection from others, inner certainty
9-11 am	spleen	Habits and lack of processing, holding on to things, self-discovery
11 am-1 pm	heart	Self-love in place of helper syndrome
1-3 pm	small intestine	Processing and integration of life issues
3-5 pm	bladder	Processing of feelings
5-7 pm	kidney	Emotional ties to others and one's own source (ancestors)
7-9 pm	circulation-sex	One's own life rhythm
9-1 pm	triple warmer	Acceptance or rejection of life

Time of Day

Morning aggravates

Corresponds to early childhood. As a baby and child one was not able to develop according to the predisposition of the personality. Morning grouch probably signifies having little independence in childhood. Springtime is analogous to childhood.

Characteristic Remedies:

Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Hippomanes	The embryo takes on the suffering of the mother
Lac vaccinum defloratum	Sacrificing one's personal path for an austere but safe life
Lachesis muta	Suppressed individuality
Lachnanthes tinctoria	Divided, thinking and feeling are separated from each other
Nux vomica	Hiding his real feelings through overactivity
Sulphur	Growth of awareness is suppressed

Late morning aggravates

Corresponds to puberty in which independence and self-responsibility are developed. The development of the personality was hardly possible due to obstacles of tradition and family structures.

Characteristic Remedies:

Baryta muriatica	Feeling of total powerlessness
Cedron	The unfulfilled need for support forces defiant independence
Natrum muriaticum	Holding to that which is tried and true
Stannum metallicum	Disallowed enjoyment of life
Taraxacum officinale	The frustrated do-gooder
Teucrium marum verum	Lack of self-expression, lack of a personal frequency
Viola tricolor	Rejection calls forth hate

Noontime aggravates

Corresponds to an unfulfilled mid-life situation, the zenith of life. Dissatisfied with the success in life that one has had up to now. It needs to be clarified whether the personality allows itself success or not. Summer is analogous to the time of mid-life.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Carbo vegetabilis	Vital energy is not used for own proper needs
Clematis erecta	Denies his own standards in order to be supported
Helonias dioica	Stubbornly forces the realization of mental conceptualizations
Paeonia officinalis	One's own balance is lost through supporting others
Phytolacca decandra	Feels tortured; cries out without success
Ptelea trifoliata	Life has gone sour

Afternoon aggravates

At a ripe age the time has come for the review and correction of one's values in life, the harvest of life is brought in. Is life being lived in accordance with one's own talents and possibilities or not? Does the harvest correspond to one's own needs and ideas? Autumn is analogous to a ripe, mature age.

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Allium cepa	Fights a losing battle
Ferrum arsenicosum	Battle for survival prevents personal development
Kali arsenicosum	Refuses to perceive one's own needs
Melilotus officinalis	Bowing to authority without realizing it
Oleum animale	Lack of being grounded, rejection of the body and material things
Plantago major	Lack of vision leads to a fixed perspective on life
Sinapis nigra	Unjustified guilty feelings block creativity, consequences of sexual shock

Evening aggravates

Corresponds to old age, symbolic for the often negatively judged, "résumé of life." Too much attention was paid to conforming to tradition, and too little to the development of the

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capacity to act
Comocladia dentata	Disappointed vision of relationship
Dirca palustris	Holding on to habitual patterns stemming from manipulation
Gambogia gutta	Lack of trust, a false self-image
Osmium metallicum	Lack of openness, lack of trust, not being in harmony with oneself
Plantago major	Lack of vision leads to a fixed perspective on life
Sticta pulmonaria	The serving maid

Night aggravates

The night corresponds to the subconscious mind. The confrontation with unconscious aspects is problematical. If one's image, the way in which one wants to be seen as a personality, is too important, then the parts of the personality which reside in the subconscious often create anxieties. That which you consider you are, or that you must be, conflicts with what rises out of the subconscious. This prevents the development of the personality. Winter is analogous to the subconscious realm.

Characteristic Remedies:

Cannabis sativa	Has given up his identity
Coffea cruda	Feelings of guilt but does not confront the situation
Phosphorus	Traumatized life energy; always the same
Sambucus nigra	Self-rejection gives rise to masochistic behavior
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Spigelia anthelmia	Breach of trust, the stab in the back
Thuja occidentalis	Shadow sides are encapsulated and isolated

Season of Year

Spring aggravates

Suppression of one's budding creativity or sexuality. As a child it was hardly possible to unfold one's creative potential. Everything new and all unfolding energies are evaluated negatively.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Ambra grisea	Refuses development of the personality
Belladonna	Dammed up, suppressed life energy becomes anger
Calcarea carbonica	Denial of life; wants support
Kali bichromicum	Friendly in a slimy way, ignores own needs
Lachesis muta	Suppressed individuality
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Veratrum album	Self-betrayal

Summer aggravates

The fullness of life cannot be tolerated, success is negatively valued, lack of enjoyment, tendency to asceticism.

Characteristic Remedies:

Bromium	Everyone is in the same boat; self-serving relationships
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Glonoinum	Lack of opportunity and will for expanding awareness
Hydrocyanicum acidum	Holding onto suffering through suppression of feelings
Kali bichromicum	Friendly in a slimy way, ignores own needs
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Podophyllum peltatum	Fear of one’s own suppressed aggression
Selenium metallicu	Comes to terms with the long illness out of weakness

Autumn aggravates

The time of harvest and reflection. Insight that the personality has done little or nothing for itself in keeping with its talents and abilities. The review of one’s individual development does not bring satisfaction.

Characteristic Remedies:

Baryta muriatica	Feeling of total powerlessness
Colchicum autumnale	Overburdened, holding onto an untenable situation
Colocynthis	Gut level anger from conforming and suppression of irritation
Hedera helix	Can only develop when feeling secure
Iris versicolor	Does not accept his own real worth
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Rhododendron chrysanthum	Lives in the future and not in the present
Rhus toxicodendron	Feels pinned down and restricted, wants to flee

Winter aggravates

Problematic confrontation with one's own subconscious mind. Traumata as well as negatively charged issues are stored in the subconscious, which at the time were not able to, or allowed to, come into conscious awareness. Has experienced coarse and frustrating situations. A clear analysis of the real situation is avoided. Repression of hurts and injuries.

Characteristic Remedies:

Aurum arsenicum	The manifestation of self-doubt destroys all self-esteem
Camphora	To remove oneself emotionally from a bad situation
Dulcamara	Authority figures may not be questioned
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Moschus	To prostitute oneself out of the need for protection
Nux moschata	Life energy is blocked due to fear of violence; one grows stiff
Petroleum	Can't see beyond the end of his nose

Essential Pain Modalities

Pain, dragging, bearing downwards

Feels weak-willed, burdened by conformity, divided.

Characteristic Remedies:

Conium maculatum	The connection to one's own basic needs is lost
Lilium tigrinum	Either/or, Madonna-whore-syndrome
Magnesia muriatica	In a state of war; inner and outer conflict
Palladium metallicum	The "obedient child" wants to be praised and admired
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Sepia succus	Longing for harmony, but it must match her own picture of it
Teucrium marum verum	Lack of self-expression, lack of a personal frequency

Pain, as if dislocated

Thinking and feeling are not unified. One is at odds with oneself, and even resentful.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Angustura vera	Bitterness through inner uncertainty
Asarum europaeum	Identification
Calcarea carbonica	Denial of life; wants support
Cinnabaris	Sacrifices the personality for the ostensible helplessness of others
Conium maculatum	The connection to one's own basic needs is lost
Ignatia amara	Through great suppression an emotion becomes its opposite
Lachnanthes tinctoria	Divided, thinking and feeling are separated from each other

Pain, piercing

Rigidly follows a fixed pattern of thought or a fixed concept.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Aurum metallicum	Lack of self-esteem
Bismuthum subnitricum	The need for protection and the inclination to conform restrict the development of the personality
Colocynthis	Gut level anger from conforming and suppression of irritation
Ledum palustre	Nailed up tight, closed and stubborn
Mezereum	Role-play instead of individual development
Plantago major	Lack of vision leads to a fixed perspective on life

Pain, burning

The transformation of a perspective, or a behavioral pattern, has begun and urgently needs to be completed.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Causticum	Great hurt leads to the building of emotional walls
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Phosphorus	Traumatized life energy; always the same
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Spigelia anthelmia	Breach of trust, the stab in the back
Sulphur	Growth of awareness is suppressed

Pain, pressing

Stress and fixed ideas are wearing one down.

Characteristic Remedies:

Asarum europaeum	Identification
Glonoinum	Lack of opportunity and will for expanding awareness
Helleborus niger	I don't want to do it alone
Lycopodium clavatum	The rotten compromise
Natrum sulphuricum	Punishing oneself
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Spigelia anthelmia	Breach of trust, the stab in the back

Pain, pressing, extending outward from within (sensation of a plug)

A long unresolved conflict finally wants to be processed.

Characteristic Remedies:

Corallium rubrum	Cannot open to the otherness of another person
Kreosotum	Feels raped
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Prunus spinosa	Caught in a confused situation through repression
Sabadilla officinalis	Feels like the scum of the earth
Spigelia anthelmia	Breach of trust, the stab in the back
Stannum metallicum	Disallowed enjoyment of life
Verbascum thapsus	Fear of violence that is ignored

Pain, as if broken

The individuality has been betrayed. Gives one's own personality structure too little value, helps others without getting any recognition.

Characteristic Remedies:

Cocculus indicus	Helper syndrome; must be gentle and nice because of fear of others and disappointment
Cuprum metallicum	Bondage, leans on others out of feeling weak
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Eupatorium perfoliatum	Loss of personality structure through a lack of personal responsibility
Paris quadrifolia	Accepts responsibility for others in order to belong
Ruta graveolens	Wearing ineseft down with an unpleasant situation
Symphytum officinale	Suffering to the point of collapse, of being broken
Trillium pendulum	Potentials and possibilities are spoiled by the lack of identity

Pain, pinching

Cannot get involved with oneself, false self-image due to conformity.

Characteristic Remedies:

Carbo vegetabilis	Vital energy is not used for own proper needs
Colchicum autumnale	Overburdened, holding onto an untenable situation
Colocynthis	Gut-level anger from conforming and suppression of resentment
Dulcamara	Authority figures may not be questioned
Gambogia gutta	Lack of trust, a false self-image
Stannum metallicum	Disallowed enjoyment of life
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Pain, clawing

Has a particular focused point of view of oneself and one's life. Holds rigidly to a perspective.

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Anantherum muricatum	Lack of inner stability creates the fear of missing out on something
Kreosotum	Feels raped
Tabacum	Retreats due to uncertainty
Petroleum	Can't see beyond the end of one's nose
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

Pain, convulsive

Cramped in by one's life situation. Insists on and is fixated by one's way of thinking and judging.

Characteristic Remedies:

Angustura vera	Bitterness through inner uncertainty
Cactus grandiflorus	Persevering in an apparently hopeless situation
Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Conium maculatum	The connection to one's own basic needs is lost
Iodium	Does not feel nourished or loved
Magnesium phosphoricum	The eternal, silent battle
Oleander	Lets others impose their values on one
Platinum metallicum	Out of hurt places oneself above others in order to be inviolable

Pain, scratching

Feels ignored, has a “tarnished image.”

Characteristic Remedies:

Asa foetida	Fed up with conforming to others
Colocynthis	Gut level anger from conforming and suppression of resentment
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Gratiola officinalis	Expects to be cast out
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Sabadilla officinalis	Feels like the scum of the earth
Tellurium metallicum	Denies his possibilities, remains rather the tool of others

Pain, as if paralyzed

Shocked, unable to act because thinking and feeling have been separated from each other.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capacity to act
Carbo vegetabilis	Vital energy is not used for own proper needs
Cocculus indicus	Helper syndrome; must be gentle and nice because of fear of others and disappointment
Comocladia dentata	Disappointed vision of relationship
Dioscorea villosa	Cannot let go of emotional behavior patterns
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Rhus toxicodendron	Feels pinned down and restricted, wants to flee

Pain, lancinating

Feels pinned down, confined and alone, because of indoctrination. Is also often unconsciously influenced by others.

Characteristic Remedies:

Bufo rana	Insists that one is not worthy to live
Calcarea fluorica	Seeks support at any cost
Colocythis	Gut-level anger from conforming and suppression of resentment
Elaps corallinus	Creativity arises out of inner pressure
Ginseng	Confined by internalized traditions
Hura brasiliensis	Alone, has lost all friends
Kali iodatum	Ignores the feeling of not being loved
Tarantula hispanica	Self-annihilation through overactivity

Pain, gnawing

Cannot free himself from a self-punishment or an emotional wound. Lacks self-determination.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Kali iodatum	Ignores the feeling of not being loved
Ledum palustre	Nailed up tight, closed and stubborn
Paris quadrifolia	Accepts responsibility for others in order to belong
Phosphorus	Traumatized life energy; always the same
Ruta graveolens	Wearing oneself down in an unpleasant situation

Pain, tearing

Fear of pulling away from something, or having to be torn away. Holds on to a longing, an idea, or perspective.

Characteristic Remedies:

Agnus castus	Denial of his own potential
Aurum metallicum	Lacking feeling of self-esteem
Causticum	Great hurt leads to the building of emotional wall
Lachnanthes tinctoria	Divided, thinking and feeling are separated from each other
Laurocerasus	Would rather have an affair than confront the situation
Oleum animale	Lack of being grounded, rejection of the body and material things.
Niccolum	The severed head; separation of intellect and feeling
Spigelia anthelmia	Breach of trust, the stab in the back

Pain, shooting

Sudden traumatic situations that have been repressed have created a need for security. They are now coming to consciousness and want to be processed.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Capsicum annuum	Has not yet found his inner center or has lost it
Formica rufa	Having one's place in the system and being comfortable is more important than independence
Iris versicolor	Does not accept his own real worth
Naja tripudians	Getting the attention of others by force
Prunus spinosa	Caught in a confused situation caused by repression
Spigelia anthelmia	Breach of trust, the stab in the back

Pain, cutting

Wants to break loose, to cut oneself off from habits and traditions.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Allium sativum	Possessed by the habitual
Calcareo carbonica	Denial of life; wants support
Conium maculatum	The connection to one's own basic needs is lost
Mancinella hippomanes	Feels the potential of personal freedom and thinks he will be punished for it
Strychninum purum	Defies the suffering

Pain, stitching

The opinions and ideas of others infiltrate one's own personality unnoticed.

Characteristic Remedies:

Gratiola officinalis	Expects to be cast out
Manganum aceticum	Life is difficult
Muriaticum acidum	Emotional chaos
Niccolum	The severed head; separation of intellect and feeling
Piper methysticum	Demoralized from burdens because of a lack of willingness to change
Ratanhia peruviana	The helper syndrome distracts from one's own suffering
Sarsaparilla	The suffering spreads out
Silicea	Led by the head, feelings suppressed because of hurt
Taraxacum officinale	The frustrated do-gooder

Pain, as if sprained

Suppression of feelings. The natural, spontaneous, individual way of behaving has been changed and twisted.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Arnica Montana	Withdraws feeling hurt, isolating oneself
Causticum	Great hurt leads to the building of emotional walls
Hippomanes	The embryo takes on the suffering of the mother
Lycopodium clavatum	The rotten compromise
Prunus spinosa	Caught in a confused situation caused by repression
Rhus toxicodendron	Feels pinned down and restricted, wants to flee
Teplitz aqua	Opening emotionally is avoided because of the pain

Pain, contraction-like

Does not rate oneself. Doesn't dare to show emotions or own personality.

Characteristic Remedies:

Caulophyllum	No courage to make a quantum leap due to fear of violence
Chamomilla	Lacks feeling of belonging leading to anger and defiance
Gelsemium	Anticipatory anxiety from holding back emotion
Platinum metallicum	Out of hurt places oneself above others in order to be inviolable
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sabina	Hangs onto old support patterns because of lack of belonging
Ustilago maydis	Actively sacrifices one's life for others

Pain, sore, bruised

Would rather remain dependent than show one's own personality. Lives in stressful relationships.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Aurum metallicum	Lack of self-esteem
Badiaga	Does not feel able to cope with the flow of life
Cuprum arsenicosum	Conformity to the point of self-destruction
Eupatorium perfoliatum	Loss of personality structure through a lack of personal responsibility
Hamamelis virginica	Worshiping suffering as life's meaning
Plantago major	Lack of awareness of life vision leads to a fixed perspective on life
Pyrus americanus	Withdraws in frustration from life

Pain, drawing

Wants something that one doesn't have right now or cannot get. Unbridled desires or ideas are more important than inner equanimity.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Carbo vegetabilis	Vital energy is not used for own proper needs
Chelidonium majus	Remains inactive to detriment of own interests
Kali carbonicum	Ignorance of one's own needs
Nux vomica	Hiding his real feelings through overactivity
Thuja occidentalis	Shadow sides are encapsulated and isolated
Zingiber officinale	Spiritual development occurs only in an ivory tower, isolated from the world

Pain, as if broken

Individuality and conformity to tradition cannot be unified. Thinks one must repress the conformity individual aspect.

Characteristic Remedies:

Angustura vera	Bitterness through inner uncertainty
Melilotus officinalis	Bowing to authority without realizing it
Nux moschata	Life energy is blocked due to fear of violence; one grows stiff
Platinum metallicum	Out of hurt places oneself above others in order to be inviolable
Rhus toxicodendron	Feels pinned down and restricted, wants to flee
Staphysagria	Has cut the inner connection to others, being isolated
Veratrum album	Self-betrayal

Pain, jerking

Experiences of fear and impulses towards liberation which are not fully conscious but in some way recognised, make themselves known.

Characteristic Remedies:

Castoreum canadense	Attempt at emotional distraction
Causticum	Great hurt leads to the building of emotional wall
China officinalis	Feels dependent and enslaved
Clematis erecta	Denies his own standards in order to be supported
Mezereum	Role-play instead of individual development
Rhus toxicodendron	Feels pinned down and restricted, wants to flee
Spigelia anthelmia	Breach of trust, the stab in the back

Pain, pressing together

Feels confined in habits without having the will to change, or even considering change possible.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Asarum europaeum	Identification
Helonias dioica	Stubbornly forces the realization of mental conceptualizations
Taraxacum officinale	The frustrated do-gooder
Teucrium marum verum	Lack of self-expression, lack of a personal frequency
Piper methysticum	Demoralized from burdens because of a lack of willingness to change
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities

Pain, contracting

Has repressed one's own potential and wants to hide it from others.

Characteristic Remedies:

Bufo rana	Insists that one is not worthy to live
Cactus grandiflorus	Persevering in a situation with no apparent way out
Colocynthis	Gut-level anger from conforming and suppression of resentment
Cuprum metallicum	Bondage, leans on others out of feeling weak
Lycopodium clavatum	The rotten compromise
Ptelea trifoliata	Life has gone sour
Ratanhia peruviana	The helper syndrome distracts from one's own suffering

Pain, constricting

Feels rejected and ignored, is shocked.

Characteristic Remedies:

Cactus grandiflorus	Persevering in a situation with no apparent way out
Carbo vegetabilis	Vital energy is not used for own proper needs
Clematis erecta	Denies own standards in order to be supported
Digitalis purpurea	Emotional shock; from being protected into confrontation
Euphrasia officinalis	Doesn't want what is seen to be true
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Kali nitricum	Angry because of suppressed needs
Staphysagria	Has cut the inner connection to others, being isolated

Origins: Pre-History

Just before your current condition, did you have:

- a general illness
- a cold
- a fever

Did you possibly experience:

- an accident
- a shock
- extreme emotional stress
- an operation or an injury
- great strain
- or a treatment with medications ?

The answer to these questions indicates the presence of possible suppressions and repressed conflicts. The patient believed that a certain conflict could not be tackled at the time, and therefore it was pushed off to another level or suppressed. All aspects of suppression and levels must be considered during the anamnesis, as well as the treatment. Previous illnesses or symptoms give indications of causes that lie in the life situation of the patient.

Third party diagnoses, if known:

The answer to this question gives the therapist possible additional information on the symptoms and diseases that the patient himself might see completely differently, or might not pay any attention to, because he has become used to their presence.

Permanent use of allopathic medications:

The use of such medications indicates stress and conflict issues that the patient may have suppressed, instead of dealing with them. Allopathic medication may cause new symptoms of suppression to emerge as side effects, the differentiation of which from the actual illness picture will be necessary, for example in connection with identification of blockages to the therapy.

Origins: Infections and Childhood Diseases

- | | |
|-----|---|
| 1= | your childhood illness |
| 2= | your illness in puberty |
| 3= | your illness as an adult |
| 3a= | those frequently reoccurring or chronic |
| 4= | illnesses of the mother |
| 5= | illnesses of the father |
| 6= | illnesses of the grandparents |
| 6a= | those chronic or fatal |
| 7= | illnesses of relatives |
| 7a= | those chronic or fatal |

Not only is the patient's experience of an illness of interest to the therapist, but also the famililal manifestation, the recurrent appearance of a basic issue within the family. For this reason the family perspective has been given space in the *Anamnesis Questionnaire* of **Creative Homeopathy according to Antonie Peppler®**.

Childhood diseases point to basic themes and beliefs which a person wants to and must confront. These relate to patterns of behavior adopted by the family that can and should be overcome through the experiencing of childhood diseases.

They are indications of which life issues still carry a charge and could therefore act as an instigator of disease.

Diphtheria

The inability to express one's own needs and desires

There is an enormous problem in communication. This person doesn't dare to express his needs to someone else or to confront external impulses. The sweet mouth odor that is typical for diphtheria indicates a slimy-friendly manner of communicating, a sugary sweet verbalization. But one's personal dissatisfaction is not formulated. This person has given up expressing anything that moves him deeply, or integrating influences from other people that deeply impress him. All communication has become superficial.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Apis mellifica	Doing one's duty. Needs to function without aggression
Cantharis vesicatoria	Actively works to the detriment of own interests
Lac caninum	Manipulated by mother or care person
Lachesis muta	Suppressed individuality
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else

Whooping Cough / Pertussis

Recognition by force

This patient has had enough of the peaceful instinct to imitate and conform to others. He now finally wants to be recognized as a personality in his own right and demands acceptance by others. He feels himself, however, "alone against the rest of the world" and fights desperately and convulsively against it.

That which has been swallowed and not digested must now be processed. But the trust in his own abilities is not yet fully developed. He wants to be accepted for his individuality and coughs instead of taking up a position.

Characteristic Remedies:

Antimonium tartaricum	Feels dependent and not taken seriously
Belladonna	Dammed up, suppressed life energy becomes anger
Carbo vegetabilis	Vital energy is not used for own proper needs
Coccus cacti	The pride of the family or group
Corallium rubrum	Cannot open to the otherness of another person
Cuprum metallicum	Bondage, leans on others out of feeling weak
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Kali carbonicum	Ignorance of one's own needs
Nux vomica	Hiding his real feelings through overactivity
Spongia tosta	Wish to get protection by conforming

The Kissing Disease / Mononucleosis (Mono)

The blocked communication process

The most common appearance of Mono, a severe swelling of the tonsils accompanied by high fever (= rage), already points to the basic issue of this illness: the patient is outraged because his individuality is not being respected, but does not feel strong enough (fever with great weakness) to challenge the situation directly.

He doesn't want to "swallow" (swelling of the tonsils) anything that is shoved at him from the outside. Mono stands for unresolved infectious diseases and vaccination damage. Up to now the patient has not sufficiently confronted his conflicts and the individualization process, and is holding on to old habits and security patterns.

It is not for nothing that Mononucleosis frequently appears in puberty or early adulthood, for, to a large extent, it stands for the process of learning to fully stand up for oneself and one's individuality. Patients with Mono have often lost one of their parents –usually the father. This can happen through death or separation. At an early age, often too early, such children set themselves the task of taking on big responsibilities that they cannot, or feel they cannot, handle.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Hepar sulphuris	Wants to change others in order to increase own security
Hura brasiliensis	Alone, has lost all friends
Lachesis muta	Suppressed individuality
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Natrum muriaticum	Holding to that which is tried and true
Phytolacca decandra	Feels tortured; cries out without success
Populus tremuloides	Pressure to achieve from taking on personal responsibility too soon

Poliomyelitis

Weakness as an end in itself

Using helplessness and weakness he manipulates others to his own ends, and forces them to support him. He is not ready to take on responsibility for his life, with all of the consequences that entails. The patient's refusal to live out his own feelings, his own life, leads him to take advantage of others to the point where they completely pamper him. He goes into the victim role, a childlike, passive

behavior, and to justify this role to himself, he puts the blame indirectly onto the others.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Causticum	Great hurt leads to the building of emotional wall
Gelsemium	Anticipatory anxiety from holding back emotion
Lathyrus sativus	Subordination and suffering instead of personal responsibility and strength
Nux vomica	Hiding his real feelings through overactivity
Plumbum metallicum	Play-acting as a means of escape
Sepia succus	Longing for harmony, but it must match own picture of it
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Measles

The peaceful submission

Contempt for one's own potential together with excessive self-criticism. The urge to give up on oneself and follow others gains the upper hand. The helper syndrome often becomes the primary motivation for all actions. A clerical or familial predisposition is also possibly present. There is a desire for a superficial atmosphere of love, peace and harmony. Personal responsibility is not even considered. Through the measles infection a person is forced to occupy himself with the issue of self-esteem. This leads him into difficult situations in which he learns to make demands, and has the feeling that his own potential is valuable.

Characteristic Remedies:

Carbo vegetabilis	Vital energy is not used for own proper needs
Copaiva	Despising oneself out of exaggerated self-criticism
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Euphrasia officinalis	Doesn't want what is seen to be true
Hepar sulphuris	Wants to change others in order to increase his own security
Ignatia amara	Through great suppression an emotion becomes its opposite
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sticta pulmonaria	The serving maid

Mumps

Self determination by force

The attempt to blow oneself up to demonstrate or develop personality. The process of individualization is still blocked and the ability to reach a clear decision for one's own needs must still be trained. A solid stance (the striving for uprightness) for one's own needs must still be acquired.

The parotid glands are to be seen as originating from the gills of earlier aquatic animals. In the ongoing process in which every human being repeats our evolutionary process, the stage of "being carried" by water – being determined by the group – must be replaced by the process of becoming upright. Blowing oneself up is just part of the training for self-determination.

One demands to be recognized as much as everyone else around, and defends oneself from being patronised. External influences and one's inner strength need to come into balance with each other. Included in this process of self-

determination is also one's own sexuality. If this process is problematical, then inflammation of the ovaries or especially the testicles can result.

Characteristic Remedies:

Anthracinum	Conforming rationality hinders integration into a natural wholeness
Clematis erecta	Denies his own standards in order to be supported
Conium maculatum	The connection to one's own basic needs is lost
Jaborandi	Others are conceded so much strength that there is no power left to follow his own path
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Oleum animale	Lack of being grounded, rejection of the body and material things.
Phytolacca decandra	Feels tortured; cries out without success
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

German Measles/ Rubella

Not listening to the inner voice

German measles is an illness that supports the process of letting go of the uncritical acceptance of traditional patterns, of the "this is how we do it" mentality. The personal, individual power of decision is barely developed and the inner voice is not experienced any longer. Up to now habit and tradition have been accepted without question. When he leaves the path of tradition, inner uncertainty arises. This person has, up to now, followed the "normal" path without differentiating. He has not confronted the process of individualization, and even in situations which usually create defiance so as to lead to greater individualization he has simply followed traditional patterns.

Let's look at the example of a young woman who is in love with a young man who doesn't live up to the family image. As personalities they fit together well, but "reason" wins the day and she marries a man who fits well into the family business and the family. It goes without saying that, without offering any opposition, she gives in to the traditional order.

It becomes clear why a German measles infection can have such a dramatic effect during pregnancy: the self-chosen role as mother is unconsciously understood as having been taken on without evaluation and is refused. A measles pathology can develop in the embryo resulting possibly in blindness (not wanting to see), deafness (not wanting to hear), or heart defects (lack of self-love and acceptance of one's own personality that has been passed down over generations).

Characteristic Remedies:

Baryta carbonica	Retarded development out of fear of life or self-responsibility
Carbo vegetabilis	Vital energy is not used for own proper needs
Causticum	Great hurt leads to the building of emotional walls
Coffea cruda	Feelings of guilt but does not confront the situation
Copaiva	Despising oneself out of exaggerated self-criticism
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Silicea	Heady, feelings suppressed because of hurt

Dysentery

Faintheartedness hinders taking action

In a situation lacking inner certainty and basic trust, the framework of life is created by a third party. The protection demanded by the other person is perceived as a disdainful humiliation. But the courage is lacking to rebel against it, or to do something for oneself, or to stand up to the other and his supposed protection. The fear of rebelling against any type of authority is overpowering.

In the follow-up sessions it is important to pay attention to the dysentery issues, particularly beliefs involving suffering that are frequently to be found in earlier generations. In order to guide the patient into action, you need to make him aware that the risks of acting on his own authority, even if perhaps painful, are worth taking.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Baptisia tinctoria	Keeps his mouth shut, conforms, too proud to articulate himself
Capsicum annuum	Has not yet found his inner center or has lost it
Colocynthis	Gut level anger from conforming and suppression of irritation
Ipecacuanha	The situation makes you “want to throw up”; indignation at the disdain of others
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Mercurius solubilis	One’s own life energy finds no form and is sacrificed to the life energy of someone else
Podophyllum peltatum	Fear of one’s own suppressed aggression

Scarlet Fever

Life is suffering

Feelings of loneliness, helplessness and isolation, which up to now were compensated by conforming to a group, cause suffering that was previously simply accepted. An ingrained family or karmic influence in the manner of “*He who suffers will go to heaven,*” or the role of victim, have been fully accepted. The rebellion against this attitude causes a painful feeling of one’s own isolation. Nevertheless, if this step is taken, it leads to a further development of the personality. Children that contract scarlet fever a number of times urgently want

to get out of the roleplay of suffering and conformity in the family. The child refuses to carry the load of parental and familial suffering any longer.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Baryta muriatica	Feeling of total powerlessness
Belladonna	Dammed up, suppressed life energy becomes anger
Euphorbium	Detached from the whole, separation pain
Petroselinum sativum	My mother doesn't love me
Phytolacca decandra	Feels tortured; cries out without success

Tetanus

Clutching tightly on to what is possible

Suffering and weakness should not be seen. Strength of will, with revenge as the goal which is pursued to the bitter end. The urge in a person to force through, regardless of resistance, his ideas for himself and his life, without allowing himself any weakness. Willpower is valued more highly than feelings. Becoming cramped and rigid in visions of what could be accomplished. Tunnel vision. All lightheartedness is lost. Everything becomes a rigid machine that works automatically to accomplish the goal.

Characteristic Remedies:

Belladonna	Dammed up, suppressed life energy becomes anger
Magnesia phosphorica	The eternal, silent battle
Nux vomica	Hiding his real feelings through overactivity
Passiflora incarnata	Would attain his vision for life by force
Physostigma venenosum	Seeks a solution for a desperate situation without changing the fixed perspective
Stramonium	Panic, long suppressed potential discharges itself

Tuberculosis

Flight into illusion

Here we find the urge to idealize structures that have often been taken on from the family as right. The individuality must take second place to the adopted structure. He seeks to flee from a reality that is felt to be hard. This person would rather be resigned than take on self-responsibility, even in the face of possible resistance.

Illusion is preferred to reality. The patient flees into a world of illusions, and it appears easier to dream up an artificial reality in which responsibility and individuality are unconsciously rejected. Aggression and anything negative in life are rejected and declared to be “non-existent.” Through the one-sided polarization, the neglected pole becomes active in the subconscious and manifests as illness.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Kali carbonicum	Ignorance of one's own needs
Sanguinaria canadensis	Believes is not permitted to participate in life
Stannum metallicum	Disallowed enjoyment of life

Typhus

The rejection of life

Existing conflicts and tasks in life appear to be so enormous that the courage to tackle them is lacking. The patient is often frustrated due to shock and, despite being repeatedly invited by life, rejects self-responsibility and self-expression. The challenge of life seems just too vast and frightens the patient. Impressions can no longer be processed, or "digested." Fear becomes overpowering and leads to a total rejection of life.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Baptisia tinctoria	Keeps his mouth shut, conforms, too proud to articulate himself
Muriaticum acidum	Emotional chaos
Opium	In between conscious and subconscious
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Terebinthina	Either feelings or intellect; it's one or the other

Chickenpox / Varicella

Life is a challenge

The perspective (certainly held also by other family members) that life brings only pain and suffering must be overcome. The personality learns to meet life as a challenge that may not always be easy, but mastering it can bring great fun and recognition. The healing process is concerned with “grounding,” the readiness to really accept life in the material world. Finally saying “yes” to life, many things can be accepted more easily. Self-respect is now possible and the patient is ready to ground himself.

A Varicella infection can also occur with minimal skin eruptions. In relation to this one says that the illness has not really “broken out.” The will to change is present, but the undertaking fails nonetheless. This can lead to a “not being completely present,” to meningitis, to “wanting to be carried,” “wanting to be taken care of,” as well as to an encapsulation of the issue. The latter provides the ground for shingles, for suffering due to a lack of transformation towards one's own self.

Characteristic Remedies:

Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Antimonium tartaricum	Feels dependent and not taken seriously
Carbo vegetabilis	Vital energy is not used for own proper needs
Hyoscyamus niger	Feels cheated out of his life
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sinapis nigra	Unjustified guilty feelings block creativity, consequences of sexual shock

Malaria

The end of habits

While the patient is following patterns of thought and behavior customary for generations but which infiltrated from outside sources, he becomes aware of his dependency on other people and traditions. Up to now the question has only been asked whether the personality should follow others or rebel against them. From Malaria the possibility can be recognized of deciding for oneself and one's own inner feeling, one's inner voice. This creates the basis for self-responsibility.

Characteristic Remedies:

Boletus laricis	Everything stays as it always has been; frozen in dependency
China officinalis	Feels dependent and enslaved
Chininum sulphuricum	Awareness of dependence suppressed
Natrum muriaticum	Holding to that which is tried and true
Quercus e glandibus	Has no stance because of the suppression of feelings
Veratrum album	Self-betrayal

Sexually transmitted diseases

Sex is dirty

Desire and the enjoyment of sex is unwanted, or even taboo. Guilty feelings arise as a result of morals inculcated over generations. The patient has also learned in other areas of life to passively react. Every active, “individual impulse” was punished or at least given a negative valuation. The patient avenges his desire through illness. The agitation of suffering from sex is accepted, whereas his own sexual excitement in the sense of activity is not allowed. He takes on the socially-accepted role of the victim.

Characteristic Remedies:

Agnus castus	Denial of his own potential
Aurum metallicum	Lack of self-esteem
Cannabis sativa	Has given up his identity
Coca	Wants to achieve the highest of spiritual goals
Copaiva	Despising oneself out of exaggerated self-criticism
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Nitricum acidum	Hate and thirst for revenge that are not expressed
Petroselinu m sativum	My mother doesn't love me
Thuja occidentalis	Shadow sides are encapsulated and isolated

Localization: Chronic and Serious Illnesses

When you look at all your ailments over the last few years, which areas of the body have they primarily concerned ?

- the upper half of the body
- the middle of the body
- the lower half of the body
- the left side of the body
- the right side of the body
- head, neck, throat and shoulders
- shoulders, arms
- back, chest, abdomen
- hips and legs
- inner organs
- heart and circulation

These questions help to localize the essential issues, the belief and illness patterns as well as the judgments connected with them. The left side of the body stands for the “feminine,” the “connecting” element, emotions, and also for one’s own mother as well as for the past. The right side of the body stands for rationality, the readiness to do battle, the “masculine,” also for one’s own father as well as the here and now. Problems related to identification with one’s own sex can be seen here.

Head, neck and throat symbolize rational knowledge, and what is necessary for existence; shoulders and arms stand for responsibility and taking action; back, chest and abdomen symbolize emotional knowing and the power to present oneself; hips and legs stand for one’s position as well as (goal-) directed movement.

The heart or circulation symbolizes rhythm and the realm of what is one’s own. These groupings of issues are, of course, very general. The specific application –

as well as that of the inner organs – can be found in the individual paragraphs. Problems related to the middle of the body, feelings of being cut up or cut off generally refer to a disturbance of the body's energy flow. Here emotion and rationality are separated from each other on different planes.

General illnesses that one has experienced oneself, or that have occurred among close relations as chronic, long-lasting or frequently reoccurring illnesses:

Determining the illnesses of a particular organ allows one to understand the behavior of a patient in relation to conflict situations fairly accurately. Are we concerned here with a person who is playing the role of victim, or a person who has assumed the role of perpetrator? Is he suffering from his own aggression? Does he direct his aggression against himself or against others, etc.? In such questions the personality can be seen very clearly in its entire course of development.

In order to present the various interrelationships optimally, the following pages are ordered in a head-to-foot schema and include illustrations and labels in both the English and Latin terms. Some systems, such as the skin or the skeletal system, have been placed in separate sections.

Head, Brain and Nervous System

Willpower, logic, reasoning, coordination, self-assertion. Conscious control, creativity that does not flow unless one's individuality can be lived out. Completely repressed sexuality, comprehensive overview, pride und dignity. Guidance and control, intuition, assertion.

The head stands for the conscious control of one's life. It is subordinated to the unconscious emotions and has the task of raising these into consciousness in order to process them. Emotions should be perceived, and then classified and structured, with the use of the head – not the other way around.

Headaches

Headaches are created in the attempt to solve emotional problems rationally. Hurt feelings are rationalized in order not to have to take any action.

Characteristic Remedies:

Coffea cruda	Feelings of guilt but does not confront the situation	
	Gelsemium	Anticipatory anxiety from holding back emotion
	Glonoinum	Lack of opportunity and will for expanding awareness
	Spigelia anthelmia	Breach of trust, the stab in the back
	Sulphur	Growth of awareness is suppressed

Headache in the Forehead

Confrontation, tolerating an unpleasant situation or defying something or someone.

Characteristic Remedies:

Belladonna	Dammed up, suppressed life energy becomes anger
Glonoinum	Lack of opportunity and will for expanding awareness
Hippomanes	The embryo takes on the suffering of the mother
Iris versicolor	Does not accept his own real worth
Natrum muriaticum	Holding to that which is tried and true
Sepia succus	Longing for harmony, but it must match her own picture of it
Silicea	Heady, feelings suppressed because of hurt
Spigelia anthelmia	Breach of trust, the stab in the back

Headache in the Crown of the Head

Closing oneself to inspiration, denying spirituality. Preferring to remain in suffering, to make things hard for oneself.

Characteristic Remedies:

Castoreum canadense	Attempt at emotional distraction
Cimicifuga racemosa	Spirituality is avoided out of a fear of old sufferings
Glonoinum	Lack of opportunity and will for expanding awareness
Helonias dioica	Stubbornly forces the realization of mental conceptualizations
Hippomanes	The embryo takes on the suffering of the mother
Hura brasiliensis	Alone, has lost all friends
Hypericum perforatum	Remains in the pain of sorrow
Sulphur	Growth of awareness is suppressed

Headache in the Back of the Head

Keeping something in the back of your mind, having an unsettled debt with someone: The manifestation of these or similar unresolved issues, most of which are built upon feelings of revenge, is symbolized by the headache in the back of the head.

Characteristic Remedies:

Cajeputum	Has taken an eternal oath
Carbo vegetabilis	Vital energy is not used for own proper needs
Gelsemium	Anticipatory anxiety from holding back emotion
Gratiola officinalis	Expects to be cast out
Nitricum acidum	Hate and thirst for revenge that are not expressed
Onosmodium virginianum	Rigidly clinging to convictions
Piper methysticum	Demoralized from burdens because of a lack of willingness to change
Prunus spinosa	Caught in a confused situation caused by repression
Sanicula aqua	Having to survive with poisoned feelings

Headache in the Temples

A headache in the temples symbolizes a breach of trust that has not been overcome. This leads to a deep hurt. However, the fear of being alone is apparently worse than the hurt. For this reason no confrontation takes place.

Characteristic Remedies:

Castor equi	Doesn't demand a reciprocal value
Colocynthis	Gut level anger from conforming and suppression of irritation
Glonoinum	Lack of opportunity and will for expanding awareness
China officinalis	Feels dependent and enslaved
Chelidonium majus	Remains inactive to detriment of own interests
Dirca palustris	Holding on to habitual patterns stemming from manipulation
Piper methysticum	Demoralized from burdens because of a lack of willingness to change
Spigelia anthelmia	Breach of trust, the stab in the back

Headache in the Sides of the Head

Division between emotion (left side) and reasoning (right side). The two parts cannot be joined together. In his concrete life situation, the patient is caught in the dilemma of the "either-or." In relation to ensuring that he is cared for, his judgment is so structured that he believes he must choose either for his father or his mother in order not to be alone. This situation often causes anger and disappointment, which, however, are held back and kept under control.



Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Gratiola officinalis	Expects to be cast out
Hippomanes	The embryo takes on the suffering of the mother
Lilium tigrum	Either/or, Madonna-whore-syndrome
Magnesia sulphurica	State of war ignored, resignation is not taken note of
Niccolum	The severed head; separation of intellect and feeling
Oleum animale	Lack of being grounded, rejection of the body and material things
Zingiber officinale	Spiritual development occurs only in an ivory tower, isolated from the world

Migraines

Keeping silent in a nasty situation that needs to be changed. Frequently, there is a repetition of the role of the parent of the same sex with all of its one-sided beliefs and judgments. The same-sex parent unconsciously becomes a dominant figure that one cannot disappoint.

Characteristic Remedies:

Coffea cruda	Feelings of guilt but does not confront the situation
Gelsemium	Anticipatory anxiety from holding back emotion
Iris versicolor	Does not accept his own real worth
Lac vaccinum defloratum	Sacrificing one's personal path for an austere but safe life
Melilotus officinalis	Bowing to authority without realizing it
Onosmodium	Rigidly clinging to convictions
Robinia pseudacacia	Honorable defenselessness out of a fear of violence
Sanguinaria canadensis	Believes is not permitted to participate in life

Concussion

The attempt to unsettle one's own center of control and perception is often based on a situation involving a lack of self-determination. The existing life situation demands conformity, which, however, one cannot bear. Attempt to "dumb oneself down" in order not to have to perceive this restricting situation. The strength to hold oneself upright and take charge of the situation is at the time not possible.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Belladonna	Dammed up, suppressed life energy becomes anger
Cicuta virosa	Wants to remain a child to avoid self-responsibility
Hyoscyamus niger	Feels cheated out of his life
Hypericum perforatum	Remains in the pain of sorrow
Natrum sulphuricum	Punishing oneself
Opium	Boundary between conscious and subconscious
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Veratrum album	Self-betrayal

Brain Inflammation / Encephalitis and Meningitis

Karmic traumas that have been brought into this life are not allowed to come to the surface. For this reason the patient feels he must master everything through rationality, but this is not successful. Great need for recognition in order to feel secure and protected. Fear of people. Makes himself small and conforms. The un-lived feeling is often compensated for by practical thinking and the high valuation of material things.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Belladonna	Dammed up, suppressed life energy becomes anger
Cuprum arsenicosum	Conformity to the point of self-destruction
Gelsemium	Anticipatory anxiety from holding back emotion
Glonoinum	Lack of opportunity and will for expanding awareness
Helleborus niger	I don't want to do it alone
Hypericum perforatum	Remains in the pain of sorrow
Kali iodatum	Ignores the feeling of not being loved
Natrum sulphuricum	Punishing oneself
Oxalicum acidum	Being taken care of and having support are needed as reinforcement
Veratrum viride	Practical thinking, fixated on material things

Enlargement of the Head / Hydrocephalus

Remaining stuck in what are apparently painful and unmanageable emotions. The resolution of this situation seems to be so painful that it appears necessary to protect oneself by being in a group. Individual feelings are "rationalized."

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Carbolicum acidum	Stuck in painful, emotional patterns
Helleborus niger	I don't want to do it alone
Kali iodatum	Ignores the feeling of not being loved
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Natrum muriaticum	Holding to that which is tried and true
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Circulatory Disorders in the Brain / TIA (transient ischemic attack) and Stroke / Apoplexy

The one-sided viewpoint: the patient who is threatened with a stroke cannot unite the rational and emotional sides. He is either fixated emotionally (e.g. I will never get over this loss) or rationally (life runs according to my way of thinking). There is often identification with one of the parents due to formative experiences in childhood.

The one-sided judgment, "father is good/mother is bad", or vice versa, is often the result of a manipulation by one of the parents, and results in the blocking of the balance between the two sides of the body. That every "stroke of fate" also has its significance is not perceived. In the same way, exceptions to every conviction are simply not allowed.

Characteristic Remedies:

Baryta carbonica	Retarded development out of fear of life or self-responsibility
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Glonoinum	Lack of opportunity and will for expanding awareness
Lachesis muta	Suppressed individuality
Lathyrus sativus	Subordination and suffering instead of self-responsibility and strength
Opium	Boundary between conscious and subconscious
Phosphorus	Traumatized life energy; always the same
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Falling Sickness / Epilepsy

“Better normal than crazy.” Cannot cope with the change from bright to dark. The conscious mind disciplines the unconscious mind.

Spiritual experiences or traumas want to be in the conscious mind, but they are held back so long that the power of the unconscious issues become too strong and forces them to the surface. The epileptic wants to be a “normal” person at all costs. He would rather bite his tongue than reveal his distinctive experiences from the realm of the unconscious mind. There is, on one hand, a strong need for security and to lean on others, and, on the other hand, a high spiritual potential. The two fight against each other.

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Artemesia vulgaris	Desperate battle for the recognition of others
Bufo rana	insisting on not being lovable
Cicuta virosa	Wants to remain a child to avoid self-responsibility
Hydrocyanicum acidum	Holding onto suffering through suppression of feelings
Opium	Boundary between conscious and subconscious
Passiflora incarnata	Would attain his vision for life by force
Zincum valerianicum	In a disciplined manner traditional security is chosen ahead of personal freedom

Tourette Syndrome / Tics

Unconscious, unresolved hurts and traumas, *e.g.* humiliations, abuse, etc., make their appearance.

Every “tic” shows which issue has not been resolved: Blinking – feels imprisoned and seeks help, Grimacing – feels humiliated and ridiculed, *etc.*

If the existing, unconscious feelings are looked into, taken seriously, and reactivated, then the original, unresolved emotions can be balanced out.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Cedron	The unfulfilled need for support forces defiant independence
Euphrasia officinalis	Doesn't want what is seen to be true
Gelsemium	Anticipatory anxiety from holding back emotion
Hyoscyamus niger	Feels cheated out of his life
Magnesia phosphorica	The eternal, silent battle
Spigelia anthelmia	Breach of trust, the stab in the back
Verbascum thapsus	Fear of violence that is ignored

Schizophrenia

Unresolved, suppressed emotions (also from previous lives), such as feelings of not belonging, guilt, persecution, etc., are often triggered by a traumatic experience. Two separate planes of existence are shoved together. The feeling which forms the basis for both levels – often the issue of “not belonging” – must be transformed.

Characteristic Remedies:

Anhalonium lewinii	Freedom is lonely, identity outside of time and space
Aurum metallicum	Lack of self-esteem
Cicuta virosa	Wants to remain a child to avoid self-responsibility
Psilocybe caerulescens	One's task or goals are the sole content of life or lightheartedness is unbearable
Rauwolfia serpentina	Fighting for values pushed on one by others without perceiving it
Venus mercenaria	Feeling oneself as a outsider leads to a resigned retreat

Parkinson's Disease / Paralysis agitans

In a stressful relationship it was necessary to hold back one's feelings. Despite strong, ambitious efforts, the attempt to get one's surroundings to conform to one's own conceptions or supposed needs was unsuccessful. The suppressed anger or fear shows itself in tremors and the mask-like facial expression.

Characteristic Remedies:

Bufo rana	Insisting on not being lovable
Causticum	Great hurt leads to the building of emotional walls
Cocainum hydrochloricum	Has to convince others, always has to win
Gelsemium	Anticipatory anxiety from holding back emotion
Heloderma suspectum	Sacrifices his spirituality in order to feel protected and to avoid confrontations
Kali bromatum	The deceptions of traditional society
Magnesia phosphorica	The eternal, silent battle
Mygale lasiodora	Hidden hate of others creates self-hate
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Paralysis

Cannot achieve the implementation of his own desires and conceptions in his surroundings. On one hand, there is a strong desire for control out of fear of the unknown or the unpredictable, and, on the other, submissiveness in order not to lose his protection.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capability of acting
Cadmium sulphuratum	Conformity ends in resignation
Opium	Boundary between conscious and subconscious
Causticum	Great hurt leads to the building of emotional walls
Gelsemium	Anticipatory anxiety from holding back emotion
Lathyrus sativus	Subordination and suffering instead of self-responsibility and strength
Plumbum metallicum	Affectation as a means of escape
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Alzheimer's Disease

The lifelong feeling of not belonging has worn him down. The goal of having a sense of belonging is not relinquished, but instead the personality gives up on itself, so forcing the attention of others. Neglects to make the decision to seek or create surroundings that are compatible with one's own abilities and propensities.

Characteristic Remedies:

Aluminium metallicum	Being sent out of paradise, lack of acceptance of self-responsibility
Cannabis indica	Suppressed emotions manipulate conscious perception
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Hyoscyamus niger	Feels cheated out of his life
Natrum muriaticum	Holding to that which is tried and true
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Psilocybe caerulescens	One’s task or goals are the sole content of life or lightheartedness is unbearable
Venus mercenaria	Feeling oneself as a outsider leads to a resigned retreat

Attention Deficit Hyperactivity Disorder (ADHD and Hyperactivity)

These children of often above-average intelligence have values and ideas at odds with their surroundings, which they control through their behavior. They act as “lightning rods” for the self-discipline and suppression of feelings of other family members that has lasted for generations. The more traditional the discipline found in the family, the more resigned or undisciplined (according to disposition) the child is. In addition there comes a strong polarization of the parents in regard to the accepted gender roles.

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Ictodes foetida	Holds back feelings of being disrespected
Lycopus virginicus	Disrespect for one's own greatness
Origanum majorana	Life is only hell and suffering, suffers in order to gain the promised salvation
Piper methysticum	Demoralized from burdens because of a lack of willingness to change
Sarracenia purpurea	To be disgraced, not belonging
Sinapis alba	Emotional persecution mania
Venus mercenaria	Feeling oneself as a outsider leads to a resigned retreat

Inflammation of the Nerves / Neuritis

One is in a constant state of preparedness. Something threatening is expected or reproduced. Irritated by need for protection and safety.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Aesculus hippocastanum	Holds tight to a painful family fate
Cactus grandiflorus	Persevering in a situation with no apparent way out
Coca	Wants to achieve the highest of spiritual goals
Gelsemium	Anticipatory anxiety from holding back emotion
Hypericum perforatum	Remains in the pain of sorrow
Phosphorus	Traumatized life energy; always the same
Urtica urens	No longer centered
Zincum phosphoricum	Indecision due to constant disciplining of the feelings

Stuttering, Speech Impediments

The individuality is not yet sufficiently developed. Doesn't stand up for oneself. Because of dominant figures in one's surroundings, is under pressure from within to show oneself and to express one's needs.

Characteristic Remedies:

Cannabis sativa	Has given up his identity
Causticum	Great hurt leads to the building of emotional walls
Gelsemium	Anticipatory anxiety from holding back emotion
Hyoscyamus niger	Feels cheated out of his life
Kali bromatum	The deceptions of traditional society
Mygale lasiodora	Hidden hate of others creates self-hate
Opium	Boundarie between conscious and subconscious
Stramonium	Panic, long suppressed potential discharges itself

Fainting / Syncope

Old, unconscious memories of violent experiences, in which one was a helpless victim, cause a rejection of life. The feeling of being helpless expresses itself in falling unconscious. Does not want to deal with issues of violence and conflict. In cases of frequent fainting the imprint of a violent event or an unnatural death can be presumed.

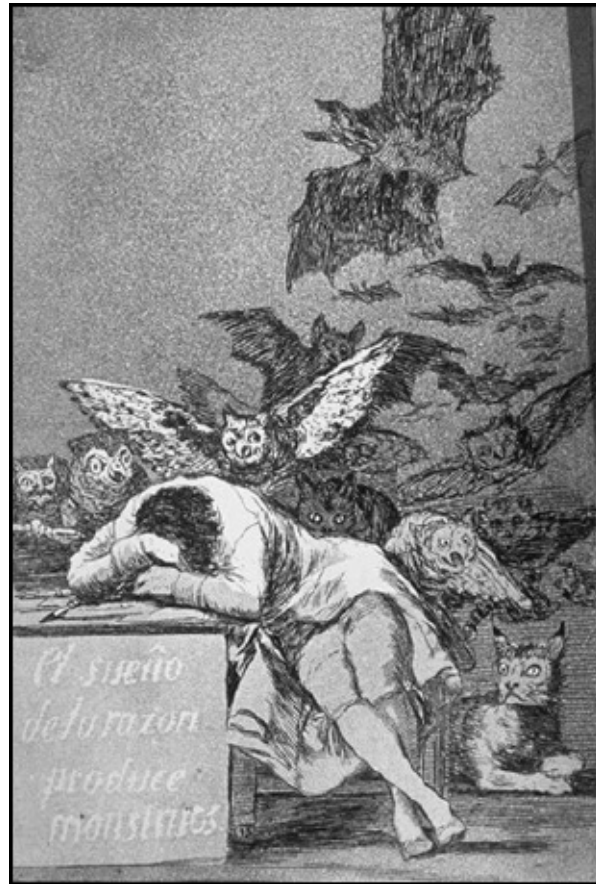
Characteristic Remedies:

Collinsonia Canadensis	Believes the unloved but accustomed situation cannot be escaped
Crataegus oxacantha	Denial of his own life rhythm
Lycopus virginicus	Disrespect for one's own greatness
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Solanum tuberosum aegrotans	Lack of courage for spiritual freedom
Trillium pendulum	Potentials and possibilities are spoiled by the lack of identity
Venus mercenaria	Feeling oneself as a outsider leads to a resigned retreat
Veratrum album	Self-betrayal

Mind

Mind here symbolizes attitudes through which the soul expresses its condition.

Insanity / Psychoses



Goya: "The Sleep of Reason"

Alienated Emotionality.

Previously disciplined and repressed potential can no longer be kept under control and rises to consciousness. Issues from earlier denial and rejection of life demand their rights. Joy and pleasure in life should now step up and take the place of subconscious prohibition. Being responsible for oneself and walking a path of self-determination is rejected. The patient forces a situation in which he is taken care of, even if he must pay a high price for adapting himself to it. The willingness to take self-responsibility must be strengthened. The mentally-ill person, through his own strong emotionality, often opens the way for others to access their emotions.

Characteristic Remedies:

Aurum arsenicum	The manifestation of self-doubt destroys all self-esteem
Cannabis indica	Suppressed emotions manipulate conscious perception
Cereus bonplandii	The image projected by the personality forbids the expression of true feelings
Cuprum arsenicosum	Conformity to the point of self-destruction
Hyoscyamus niger	Feels cheated out of his life
Mancinella hippomanes	Feels the potential of personal freedom and thinks he will be punished for it
Opium	Boundary between conscious and subconscious
Passiflora incarnata	Would attain his vision for life by force
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Stramonium	Panic, long suppressed potential discharges itself
Veratrum album	Self-betrayal

Melancholy / Depression

The withdrawal of life energy for various reasons. Does not claim life's pleasures and joys for oneself.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Calcareo carbonica	Denial of life; wants support
Conium maculatum	The connection to one's own basic needs is lost
Copaiva	Despising oneself out of exaggerated self-criticism
Ignatia amara	Through great suppression an emotion becomes its opposite
Nitricum acidum	Hate and thirst for revenge that are not expressed
Sarracenia purpurea	To be disgraced, not belonging
Sepia succus	Longing for harmony, but it must match her own picture of it

Sleepwalking / Somnambulism



One's life energy and feelings are strictly disciplined, because rationality, acknowledgment and security are more important. Therefore what belongs to oneself is only allowed to live outside of normal consciousness.

Characteristic Remedies:

Artemesia vulgaris	Desperate battle for the recognition of others
Cannabis indica	Suppressed emotions manipulate conscious perception
Kali bromatum	The deceptions of traditional society
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Natrum muriaticum	Holding to that which is tried and true
Opium	Boundary between conscious and subconscious
Silicea	Heady, feelings suppressed because of hurt
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Acute Stress Disorder (Nervous Breakdown)

Wants to fulfill all the expectations of one's surroundings. Feels compelled to develop only little or no relationship with oneself. Recognition from others is more important than oneself. Does not want and is not allowed to be an egoist. Noble values must be held to in the face of every adversity. Overextends oneself in the fulfillment of responsibilities to others.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Artemesia vulgaris	Desperate battle for the recognition of others
Aurum metallicum	Lack of self-esteem
Coffea cruda	Feelings of guilt but does not confront the situation
Gelsemium	Anticipatory anxiety from holding back emotion
Nitrogenium oxygenatum	Autonomous awareness is refused
Origanum majorana	Life is only hell and suffering, suffers in order to gain the promised salvation
Platinum metallicum	Out of hurt places herself above others in order to be inviolable

Suicide

Active Suicide

Defiant punishment. Suicide is the most decisive way to avoid responsibility. The readiness to live out life's pleasures and to overcome its conflicts is lacking. All one's life one has tried to transfer the responsibility for one's existence onto others. Quite frequently suicide is a reaction of defiance to punish one or more reference people after one's death.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Arsenicum album	Fears for his existence; would rather die than change
Aurum metallicum	Lack of self-esteem
Naja tripudians	Getting the attention of others by force
Organum majorana	Life is only hell and suffering, suffers in order to gain the promised salvation

Passive Suicide

Agonizing, defiant punishment. A slow death from serious illness. Similar in its motivation to

Characteristic Remedies:

Alcoholus	Self-denial (loss of individuality and spirituality)
Argentum metallicum	Lack of primal trust, feels no right to exist
Aurum metallicum	Lack of self-esteem
Medorrhinum	Suppression of oneself, of one's individuality
Natrum sulphuricum	Punishing oneself

Anxiety & Fear / Phobias

States of anxiety describe situations in which the personality differentiates itself negatively from others. He is ashamed to be as he is, and compensates for lack of belonging by looking for and expressing weaknesses in himself. He wants to appear weak and negative in comparison to others in order to get support.

This support corresponds to an apparent but unsatisfactory belongingness. The greater the separation from the environment is felt, the greater is the anxiety or

fear. This person must learn the courage to stand up for himself and to be honest with himself.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Actaea spicata	Is afraid of his own emotional abyss and compensates with giving someone else the blame
Aqua marina	Ashamed of one's own individuality
Arsenicum album	Fears for his existence; would rather die than change
Asterias rubens	Conforming to the point of non-recognition
Aurum arsenicum	The manifestation of self-doubt destroys all self-esteem
Carbo vegetabilis	Vital energy is not used for own proper needs
Cenchrus contortrix	Doesn't feel a part of the group

Two Examples:

Fear of Spiders / Arachnophobia

Spiders symbolize the dominating, manipulating rule of women. Men are not accepted as equals and serve only for propagation. Those who desire to maintain a balance in themselves between the masculine and feminine aspects and have no regard for the supremacy of the woman in the family develop a fear of spiders.

Characteristic Remedies:

Cinnabaris	Sacrifices the personality for the ostensible helplessness of others
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Lac caninum	Manipulated by mother or care person
Sarsaparilla	The suffering spreads out
Venus mercenaria	Feeling oneself as a outsider leads to a resigned retreat

Fear of Crowded Spaces, Public Places or Open Areas / Agoraphobia

Refusal to take one's place and to complete one's task. This leads to the rising out of the subconscious of karmic patterns and painful experiences, such as some disgrace or an execution, that cover up one's own unwillingness to accept enjoyment of life. Prefers to remain in the role of the victim.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Baryta carbonica	Retarded development out of fear of life or self-responsibility
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Ferrum metallicum	Life is a bitter struggle
Gelsemium	Anticipatory anxiety from holding back emotion
Glonoinum	Lack of opportunity and will for expanding awareness
Hydrastis Canadensis	Rejects life's pleasures and makes others responsible for it
Hydrocyanicum acidum	Holding onto suffering through suppression of feelings

Face

The prominent and most visible part of a person, his face, gives us clues as to how someone relates to himself, how he accepts himself, and how he relates to life.

Wrinkles on the Forehead

Conforms defiantly in order to belong. Unwilling to put up with a life situation that one does not really stand up for. This is accepted out of the need to belong.

Characteristic Remedies:

Ammonium carbonicum	Lack of security through destruction of the fatherly image
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Chamomilla	Lacks feeling of belonging leading to anger and defiance
Helleborus niger	I don't want to do it alone
Lycopodium clavatum	The rotten compromise
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Staphysagria	Has cut the inner connection to others, being isolated
Stramonium	Panic, long suppressed potential discharges itself

Conditions of the Cheekbone, pain

Too hurt and discouraged to show one's real face and assert oneself.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Capsicum annuum	Has not yet found his inner center or has lost it
Carbo vegetabilis	Vital energy is not used for own proper needs
Causticum	Great hurt leads to the building of emotional walls
Chelidonium majus	Remains inactive to detriment of own interests
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Spigelia anthelmia	Breach of trust, the stab in the back
Verbascum thapsus	Fear of violence that is ignored

Trigeminal/Facial Neuralgia

Significant identification with the role of one of the parents due to being hurt. Adoption of others' opinions. Lacks the courage to assert and carry through his own point of view.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Arsenicum album	Fears for his existence; would rather die than change
Cedron	The unfulfilled need for support forces defiant independence
Magnesia phosphorica	The eternal, silent battle
Mezereum	Roleplay instead of individual development
Spigelia anthelmia	Breach of trust, the stab in the back
Verbascum thapsus	Fear of violence that is ignored
Zincum valerianicum	In a disciplined manner traditional security is chosen ahead of personal freedom

Facial Eruptions

These skin eruptions point to anger with oneself for not showing one's real face. The security of the group is more important.

Characteristic Remedies:

Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Calcareo carbonica	Denial of life; wants support
Dulcamara	Authority figures may not be questioned
Graphites naturalis	Falls between two stools
Hepar sulphuris	Wants to change others in order to increase his own security
Natrum muriaticum	Holding to that which is tried and true
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sepia succus	Longing for harmony, but it must match her own picture of it
Viola tricolor	Rejection calls forth hate

Facial Hair (Beard) on Women

Lack of trust up to an aversion to men, resulting from the belief that men cannot be relied upon. Wants to live out her own male aspect.

Characteristic Remedies:

Borax veneta	Feels used and trashed
Chelidonium majus	Remains inactive to detriment of own interests
Cortisonum	Suppressed life impulses cause inner isolation
Ignatia amara	Through great suppression an emotion becomes its opposite
Sarsaparilla	The suffering spreads out

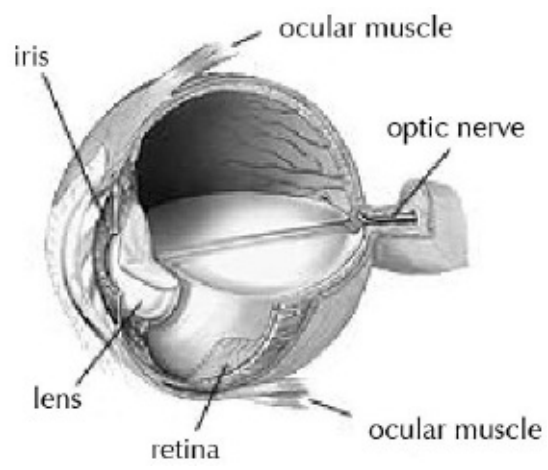
Facial Acne in Puberty

This expresses a change in perception of one's own body and one's own personality, that includes one's sexuality and desires. The struggle with one's needs and feelings, the conscious awareness of one's position within the group, both sexually and generally, is the subject matter of acne.

Instead of blossoming in one's activities, and of testing out the new perceptions with new contacts and then following them through, it is only skin blemishes that "blossom." It is as if the person with acne is trying to prevent these contacts and the process of actualization. The courage is still missing. This person still feels he is not allowed to take his own position, but must conform to others. One doesn't dare to perceive one's self and live it.

Characteristic Remedies:

Carbo animalis	Foregoes displaying own willpower
Sanicula aqua	Having to survive with poisoned feelings
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Causticum	Great hurt leads to the building of emotional walls
Kreosotum	Feels raped
Carbo vegetabilis	Vital energy is not used for own proper needs
Eugenia jambosa	The "fifth wheel on the wagen," accustomed to not showing any feelings
Juglans regia	Can only act rationally, because is emotionally occupied
Kali bromatum	The deceptions of traditional society



Eyes

We perceive our surroundings with our eyes, as far as possible just as they are. If unresolved experiences and evaluations of previously encountered issues merge with the visible external world, our perceptions become emotionally colored and distorted. Then the eye becomes ill.

Here we also find a connection to the liver - to self-esteem. If we make too many compromises, if our feeling of self-esteem is damaged, our eyesight in certain circumstances will also become worse. Our individual way of perceiving is not being appreciated. One “closes” the eyes and withdraw oneself.

Sand in the Eye

Many people have the feeling of having sand in their eye, and, instead of looking at things from their own point of view, are influenced by outside information and unresolved wounds.

Characteristic Remedies:

Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Paeonia officinalis	One’s own balance is lost through supporting others
Corallium rubrum	Cannot open to the different nature of another person
Spigelia anthelmia	Breach of trust, the stab in the back
Natrum muriaticum	Holding to that which is tried and true

Watery Eyes / Lachrymation

The person who continually reacts with floods of tears or watery eyes wants to finally be able to live out grief, and can no longer prevent the overflowing of emotion.

Characteristic Remedies:

Euphrasia officinalis	Doesn't want what is seen to be true
Sabadilla officinalis	Feels like the scum of the earth
Allium cepa	Fights a losing battle
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Ignatia amara	Through great suppression an emotion becomes its opposite
Natrum muriaticum	Holding to that which is tried and true

Eye Pain, stinging

If the eyes are injured (from or as if from a poke or a sting) this is an indication of infiltration. One is looking from the perspective of someone else, a perspective taken on uncritically. The compulsion to see things from another's point of view causes the injury.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Cinnabaris	Sacrifices the personality for the ostensible helplessness of others
Euphrasia officinalis	Doesn't want what is seen to be true
Hippomanes	The embryo takes on the suffering of the mother
Spigelia anthelmia	Breach of trust, the stab in the back
Thuja occidentalis	Shadow sides are encapsulated and isolated

Skin Eruptions on the Eyelid

These show that this person finds it painful to stay in a situation which he has failed to look at carefully and confront the reality of.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Calcarea carbonica	Denial of life; wants support
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sanicula aqua	Having to survive with poisoned feelings
Selenium	Comes to terms with the lingering illness because of weakness
Secale cornutum	Outsider, “black sheep” of the group

Nearsightedness / Myopia

Out of a sense of uncertainty one focuses on things close at hand. Out of a fear of what might be coming towards one, one concerns oneself primarily with inner, spiritual topics. For improved perception one willingly squints to improve the picture definition. One screws up one’s face to look at what’s coming. Control must be maintained in order to remain viable.

For improved perception
Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Euphrasia officinalis	Doesn't want what is seen to be true
Jaborandi	Others are conceded so much strength that there is no power left to follow his own path
Manganum aceticum	Life is difficult
Physostigma venenosum	Seeks a solution for a desperate situation without changing the fixed perspective
Ruta graveolens	Rubbing oneself raw with an unpleasant situation

Farsightedness / Hyperopia

Farsightedness is mostly a problem for those getting on in years. Not wanting to see what is close at hand because of old hurts and experiences. Rejecting the mundane and profane, the feeling of being called to something higher, wanting to bring in a harvest. While in youth it was possible to adapt, to balance life with a "sense of reality," in old age one refuses to do this and perceive only what one wants to see. One constructs life the way one wants it to be.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
Argentum nitricum	Demands a cozy nest
Carbo animalis	Foregoes displaying own willpower
Euphrasia officinalis	Doesn't want what is seen to be true
Onosmodium virginianum	Rigidly clinging to convictions
Sepia succus	Longing for harmony, but it must match her own picture of it
Silicea	Heady, feelings suppressed because of hurt

Night Blindness / Nyctalopia

Lack of orientation, wants to stay in the dark. Doesn't want to perceive the possibilities for change. Insights are disturbing (blinding). The subconscious with its deep, inner aloneness remains in the dark.

Characteristic Remedies:

Cadmium metallicum	High ideals and abilities hinder self-expression
China officinalis	Feels dependent and enslaved
Helleborus niger	I don't want to do it alone
Hyoscyamus niger	Feels cheated out of his life
Physostigma venenosum	Seeks a solution for a desperate situation without changing the fixed perspective
Strychninum purum	Stubbornly defies the suffering
Veratrum album	Self-betrayal

Dryness of the Eyes

The emotions have died away or have been withdrawn. Feelings are no longer shown. Nothing “flows” anymore and many feelings have dried up. It is not for nothing that about one in five opthamological patients suffers to some degree from dryness of the eyes. This is now considered a problem of the industrial age, and can lead to various debilitating eye diseases. Discipline and conforming to others are more important than being oneself.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Crataegus oxacantha	Denial of his own life rhythm
Lachnanthes tinctoria	Divided, thinking and feeling are separated from each other
Natrum muriaticum	Holding to that which is tried and true
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sanicula aqua	Having to survive with poisoned feelings
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Pinkeye / Conjunctivitis

No longer wants to put up with the current manipulated way of viewing life. He is burning to have recognition for his own views. He has, however, little confidence left in his own potential.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Chloralum hydratum	Refusal of life's pleasures because certain aspects of the personality do not want to accept themselves
Euphrasia officinalis	Doesn't want what is seen to be true
Hepar sulphuris	Wants to change others in order to increase his own security
Picricum acidum	Wanting to get out of being dependent
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Silicea	Heady, feelings suppressed because of hurt
Thuja occidentalis	Shadow sides are encapsulated and isolated

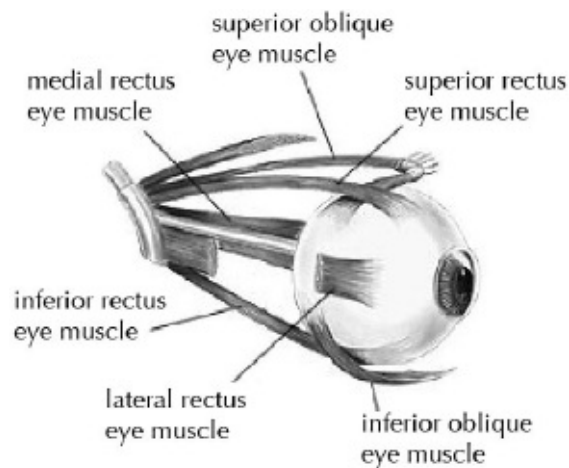
Sty / Hordeolum

He has been all-accepting and is now disappointed by it. The psychological stress from having denied his own life energy and enjoyment grows stronger. The need for direction and security leads to humiliation, which he would rather overlook.

Characteristic Remedies:

Calcarea fluorica	Seeks support at any cost
Kreosotum	Feels raped
Stannum metallicum	Disallowed enjoyment of life
Apis mellifica	Doing one's duty. Needs to function without aggression
Staphysagria	Has cut the inner connection to others, being isolated
Hepar sulphuris	Wants to change others in order to increase his own security

Squint / Strabismus



Wants to look at two things at once. Differing positions and angles of view cannot be united into a single image. Mirror for the differing perspectives of the parents. An overall picture or evaluation always lie under doubts.

Characteristic Remedies:

Cicuta virosa	Wants to remain a child to avoid self-responsibility
Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Gelsemium	Anticipatory anxiety from holding back emotion
Hyoscyamus niger	Feels cheated out of his life
Jaborandi	Others are conceded so much strength that there is no power left to follow his own path
Spigelia anthelmia	Breach of trust, the stab in the back

Walleyed (turning outwards of one or both eyes) / Divergent Strabismus / Exotropia: Not coming to the point, an attempt to get around something, fleeing, desire to escape from the current life situation.

Cross-eyed (turning inwards of one or both eyes) / Convergent Strabismus / Esotropia: Inward focus, need for security. Wants to ignore the outer world, wants to remain a child.

Irregular Curvature of the Cornea / Astigmatism

For generations there have existed valued viewpoints within the family, for example about relationships between men and women, which have been taken on by succeeding generations without question. However, one's own individual point of view does not correspond to that of the ancestors, and this creates uncertainty. One's own identity is measured and judged according to the family evaluation.

How life or the particular issues under appraisal should be seen, whether individually and disconnected from the family, or viewed in the same way with

the feeling of support from them, is to be found in the degree of irregularity of the cornea.

Characteristic Remedies:

Atropinum purum aut sulphuricum	Feelings based on judgements prevent perceiving life in a relaxed manner
Conium maculatum	The connection to one's own basic needs is lost
Gelsemium	Anticipatory anxiety from holding back emotion
Lilium tigrinum	Either/or, Madonna-whore-syndrome
Physostigma venenosum	Seeks a solution for a desperate situation without changing the fixed perspective
Tuberculinum	Escape into illusion; cannot bear reality
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Detached Retina / Retinal Ablation

Traumatic situations that have been experienced in the past are expected to occur again, and do repeat themselves. Avoidance of anxiety-producing situations and a lack of will to deal with conflicts fogs over the ability to see life clearly, with self-responsibility and self-awareness.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Arsenicum album	Fears for his existence; would rather die than change
Aurum metallicum	Lack of self-esteem
Aurum muriaticum	The compulsion to conform destroys self-confidence
Digitalis purpurea	Emotional shock; from being protected into confrontation
Gelsemium	Anticipatory anxiety from holding back emotion
Phosphorus	Traumatized life energy; always the same

Gray Opacity of the Lens / Cataract

The lens, one's perspective, is clouded. The world has turned gray: all joy in life has been lost because the need for security has taken absolute priority. Loss of contrasts because the heights and depths of life have been renounced.

Characteristic Remedies:

Calcarea fluorica	Seeks support at any cost
Cannabis sativa	Has given up his identity
Causticum	Great hurt leads to the building of emotional walls
Jaborandi	Others are conceded so much strength that there is no power left to follow his own path
Magnesia carbonica	Believes his own needs can only be attained through war
Senega	Adopts the life view of others in order to control
Tellurium metallicum	Denies his possibilities, remains rather the tool of others

Increased Intraocular Pressure / Glaucoma

The image of the ideal, loyal community with others brings disappointment. Unresolved traumatic situations create the need to act. But no clarification takes place. The conflict is compensated for by ambition, taking on responsibility for others, and escape into roleplaying.

Characteristic Remedies:

Adrenalinum	Traumatic frenzy to achieve a (survival) goal
Aurum metallicum	Lack of self-esteem
Cocainum hydrochloricum	Has to convince others, always has to win
Comocladia dentata	Disappointed vision of relationship
Glonoinum	Lack of opportunity and will for expanding awareness
Prunus spinosa	Caught in a confused situation caused by repression
Spigelia anthelmia	Breach of trust, the stab in the back

Inflammation of the Iris / Iritis

Views oneself as an unloved and unaccepted personality. These perceptions destroy one's primal trust and inner confidence. The battle for survival, the readiness to conform to traditional values, and defiance against possible rejection, take the place of one's own standards. There is great difficulty in opening oneself to life and other people.

Characteristic Remedies:

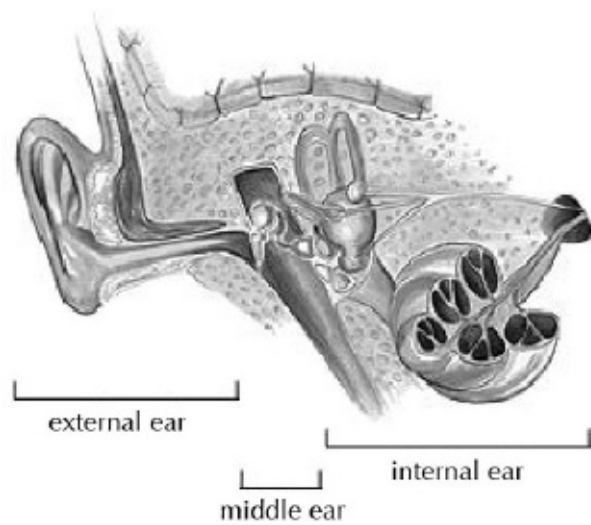
Aurum metallicum	Lack of self-esteem
Cedron	The unfulfilled need for support forces defiant independence
Clematis erecta	Denies his own standards in order to be supported
Gelsemium	Anticipatory anxiety from holding back emotion
Kali iodatum	Ignores the feeling of not being loved
Spigelia anthelmia	Breach of trust, the stab in the back
Terebinthina	Either feelings or intellect; it's one or the other

Color Vision Defects / Color Blindness / Achromatopsia

That which makes life colorful, its diversity and the expression of one's own feelings, is denied. This was customary in one's family of origin and so will it continue to be. Life is seen in certain colors and frequencies. Evaluated aspects, such as bad experiences, are excluded.

Characteristic Remedies:

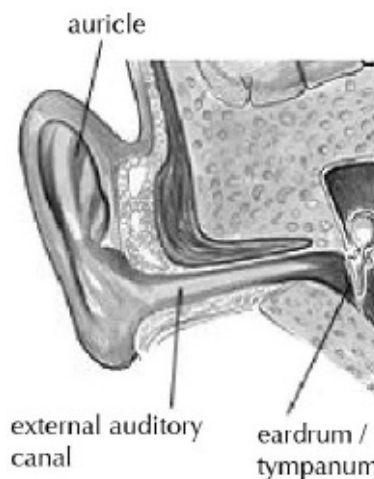
Belladonna	Dammed up, suppressed life energy becomes anger
Carboneum sulphuratum	Thinks he is something special, split personality
Chlorum	Life's stimuli and impulses are rejected
Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Physostigma venenosum	Seeks a solution for a desperate situation without changing the fixed perspective



Ears

The ear is an organ of equilibrium on various levels. That which presses itself upon us from the outside must be brought into harmony with that which exists within us. It's about the balancing of our external and internal worlds. The goal is to integrate the outer world. That the organ of balance can be damaged in this process is no accident: after all much of what we hear can "throw us off track." The understanding that the outer is a mirror of the inner recreates our inner balance.

Inflammation of the Ear Canal / Otitis externa



Inflammation of the ear often begins with the smallest injuries in the external auditory canal. Frequently the earwax, that supple protection is missing. The inflammation symbolizes the anger over thinking that one has to listen to something banal in order to belong or to check on what's going on. Angry that the expectations arising from listening are not fulfilled with something similar in return.

One tries to ignore the required changes with a constant discharge, with the attempt to keep everything “well oiled.” Hardness of hearing, the refusal to perceive, completely blocks every thought of transformation.

Characteristic Remedies:

Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he’s lived
Borax veneta	Feels used and trashed
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Hepar sulphuris	Wants to change others in order to increase his own security
Psorinum	Isolation leads to lack
Tellurium metallicum	Denies his possibilities, remains rather the tool of others

Catarrh of the Eustachian Tube

Catarrh of the Eustachian Tube symbolizes attitudes of rejection or non-cooperation: the pressure in the ear due to the catarrh leads to a reduction in hearing ability. It is a very logical matter: someone has had more than enough of something. However, through what he hears or perceives, he feels under such pressure that he doesn’t want to finally hear the truth or encounter its reality. He “seals himself off.” To avoid having to do something, he turns down all input in the hope of not hearing or perceiving everything.

At the same time the “pressure in the ear” is a warning to others: “If you put more “pressure” on me, then I won’t hear you any more...” - or even more to the point: “...I won’t listen to you any more.” At the bottom of this lies a deep renunciation of life. He has had enough of life and, in order to find protection, identifies himself with a reference person, thereby losing his own identity. His own needs are not perceived.

Characteristic Remedies:

Asarum europaeum	Identification
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Iodium	Does not feel nourished or loved
Kali bichromicum	Friendly in a slimy way, ignores own needs
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Sanguinaria canadensis	Believes is not permitted to participate in life

Inflammation of the Middle Ear / Otitis media

The inner and outer voices announce themselves. Anger over the dichotomy that what comes from outside, from others, does not correspond with what one's inner voice says. Thinks that, in order to join a community, he has to conform without being allowed to enter into confrontations.

At the same time it is a matter of fencing off or disassociation, of not *wanting* to hear. The partner in the conflict can be identified through which ear is involved. Anger at this condition (fever), and at still not being able to express oneself, go along with the attitude of avoidance that is expressed in the reduction of hearing ability.

Characteristic Remedies:

Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Hepar sulphuris	Wants to change others in order to increase his own security
Kali bichromicum	Friendly in a slimy way, ignores own needs
Kali muriaticum	Fundamental renunciation of one's own needs
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Tellurium metallicum	Denies his possibilities, remains rather the tool of others

Inflammation of the Mastoid Process / Mastoiditis

This feared complication of Otitis media attacks the adjacent bone: what is heard becomes so painful that one's solid structure is damaged. The inner voice, one's own inner certainty, is destroyed through the conflict between inner and outer, through the compromise resulting from a need for security.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Calcarea fluorica	Seeks support at any cost
Capsicum annuum	Has not yet found his inner center or has lost it
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Silicea	Heady, feelings suppressed because of hurt

Shingles in the Ear/ Herpes zoster

The rather seldom occurring Herpes zoster, the result of inflammation of the ear canal or the middle ear, unites avoidance of the outer world (hardness of hearing) and the inability to carry out processing (inflammation of the nerves).

Necessary processes of change for the benefit of one's own self-esteem are carried out only with difficulty or not at all.

Characteristic Remedies:

Cedron	The unfulfilled need for support forces defiant independence.
Mezereum	Roleplay instead of individual development
Rhus toxicodendron	Feels predefined and restricted, wants to flee

Ossification of the Auditory Bones / Otosclerosis

“Ossified,” rigid obedience out of a fear of life and one's own individuality. Does not allow oneself to make use of or even perceive the possibilities for development. Not in agreement with what one hears but leaves everything as it is. Refusal through a (self) disciplined toughness that prevents the penetration of outer influences as well as potential steps forward.

Characteristic Remedies:

Adrenalinum hydrochloricum	Traumatic frenzy to achieve a (survival) goal
Baryta carbonica	Feeling of total powerlessness
Calcarea fluorica	Seeks support at any cost
Graphites naturalis	Falls between two stools
Hecla lava	Individual life energy is misused
Phosphorus	Traumatized life energy; always the same
Silicea	Heady, feelings suppressed because of hurt

Sudden Hearing Loss

Intense emotional stress or conflict with a feminine (left side) or masculine (right side) reference person wears one out (sensation of pressure), and can no longer be tolerated. The reference person does not need to be in the immediate vicinity.

Neither the inner nor outer voices are supposed to be perceived. There is frequently a history of strong emotional moments, in which one's self-love (heart) especially is disturbed, or a longing for death takes the upper hand (diminished bloodpressure).

Characteristic Remedies:

Causticum	Great hurt leads to the building of emotional walls
Chininum sulphuricum	Awareness of dependence suppressed
Digitalis purpurea	Emotional shock; from being protected into confrontation
Elaps corallinus	Creativity arises out of inner pressure
Gelsemium	Anticipatory anxiety from holding back emotion
Magnesia muriatica	In a state of war; inner and outer conflict
Niccolum	The severed head; separation of intellect and feeling
Silicea	Heady, feelings suppressed because of hurt

Ringling in the Ear / Tinnitus

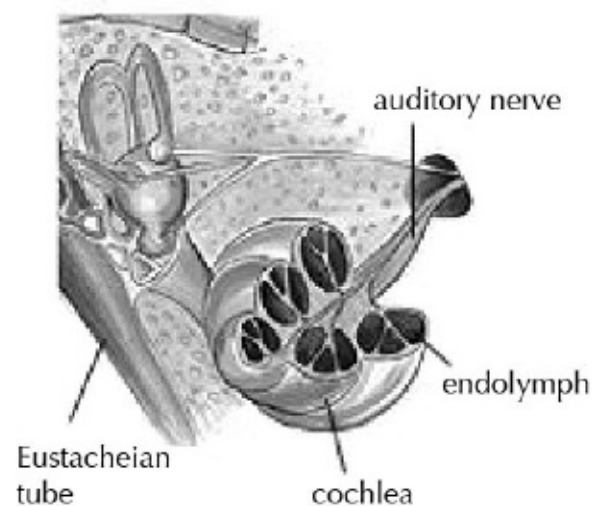
The inner voice is calling. One's own Individual background noise – mostly repetition of sounds heard during traumatic situations. According to one's understanding of such things, it is also possible to speak of contact with spiritual worlds. Disagreements or an extreme divergence between desires and goals and their accomplishment (stress) lead to a disturbance in perception.

Outer voices are blocked (loss of hearing). The inner voice as message-bearer is not clear enough. This leads to further stress and fears, and finally to a vicious circle. Some understanding is missing. The contact with the inner voice, the grounding, must first be reinstated and the underlying individual conflict identified. Frequently this involves unresolved conflicts and contact with the deceased.

Characteristic Remedies:

Actaea spicata	Is afraid of his own emotional abyss and compensates with giving someone else the blame
Baryta carbonica	Retarded development out of fear of life or self-responsibility
Elaps corallinus	Creativity arises out of inner pressure
Magnesia carbonica	Believes his own needs can only be attained through war
Spigelia anthelmia	Breach of trust, the stab in the back

Vertigo (Turning in a Circle) / Ménière's Syndrome



The blockage of the fluid in the inner ear symbolizes the the inability to accept the flow of experiences. The pressure, which usually develops because of the prevailing interrelationship of the male and female aspects, of rationality and emotionality, becomes severe.

The one-sided judgment of emotion and intellect, of mother and father, in the sense of “either-or” is “disgusting” and makes one wants to “throw up.” Ménière’s Syndrome arises out of the refusal to change one’s evaluations, so as to achieve an inner balance.

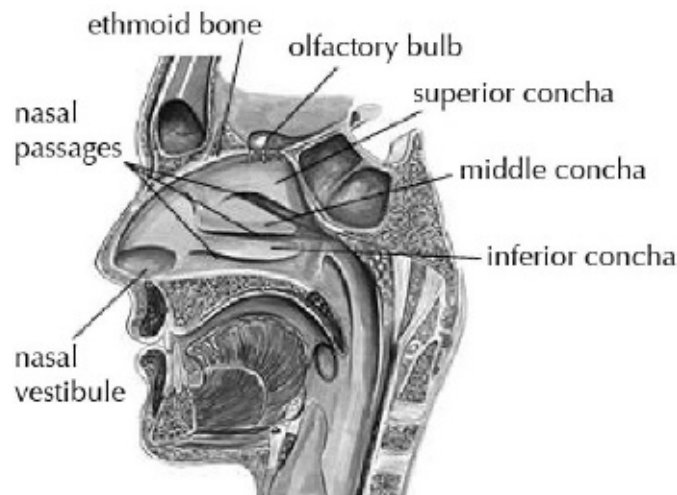
[See also the article: “Vertigo / Ménière’s Disease,” Creative Homeopathy according to Antonie Peppler – Collected Publications of Antonie Peppler, Vol. II, Hans-Jürgen Albrecht (Editor), CKH® Verlag, Großheubach.]

Characteristic Remedies:

Carboneum sulphuratum	Thinks he is something special, split personality
Castoreum canadense	Attempt at emotional distraction
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Onosmodium virginianum	Rigidly clinging to convictions
Tabacum	Retreats due to uncertainty

Nose

In all cultures the nose has stood as a symbol of the personality and the courage to face life. People can: “have their nose in the air,” “stick their nose in other people’s business,” “keep their nose to the grindstone,” or “have their nose bent out of joint.” In another dimension, smelling symbolizes a basic organ of perception for initial contacts: “to turn your nose up at someone” or “look down your nose at someone.” You can “cut off your nose to spite your face” or “keep your nose clean.”



Pimple on the Nose

We use a pimple on the nose to show our anger over the fact that our personality has possibly or actually not been allowed or given the recognition we feel it deserves.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Cannabis sativa	Has given up his identity
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Palladium metallicum	The "obedient child" wants to be praised and admired
Plantago major	Lack of vision leads to a fixed perspective on life
Teucrium marum verum	Lack of self-expression, lack of a personal frequency

Fracture of the Nasal Bone

One's own personality has been put too much in question. Because it has not been respected, we allowed it to go on until the basic structure was damaged.

Characteristic Remedies:

Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Rauwolfia serpentina	Fighting for values pushed on one by others without perceiving it
Symphytum officinale	Suffering until collapse, until broken

Nosebleed / Epistaxis

The personality has lost its joy in life, because it believes it always has to fight for its rights. Inner certainty and assertiveness are lacking and need to be regained.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Carbo vegetabilis	Vital energy is not used for own proper needs
Crocus sativus	Afraid to live out his individuality
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Hamamelis virginica	Worshiping suffering as life's meaning

Nose, red

This is the representative symbol, the beacon of the personality: when the nose is **hot and inflamed**, we become more honest. Take for example the alcoholic under the influence: the suppressed creativity is released and the person becomes more honest. We burn to be recognized and to display our personality. The personality does not feel recognized, but rather disregarded and blamed.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Borax veneta	Feels used and trashed
Carbo animalis	Foregoes displaying own willpower
China officinalis	Feels dependent and enslaved.
Kali carbonicum	Ignorance of one's own needs
Phosphorus	Traumatized life energy; always the same
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Nose, cold

A cold nose shows that the personality finds itself in a frustrating situation, in which it does not feel accepted. The personality has, however, withdrawn itself

from conflict and confrontation.

Characteristic Remedies:

Camphora	To remove oneself emotionally from a bad situation
Carbo vegetabilis	Vital energy is not used for own proper needs
Cistus Canadensis	Scars of the soul block becoming grounded
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Hippomanes	The embryo takes on the suffering of the mother
Lac caninum	Manipulated by mother or care person
Taraxacum officinale	The frustrated do-gooder
Veratrum album	Self-betrayal

Upper Respiratory Infection (URI) Cough – Running Nose – Hoarseness:

The weather changes and the winds (of change) blow. One is cold and afraid of not being given recognition or of being held back from achieving one's goals. This causes many to become feverish with anger, and the red nose symbolizes the demand for respect and attention to one's own personality. One's nose is stuffed up because one has had enough and no longer wants to suffer, or one has no desire to utter another word. Many a frog in the throat develops into a fullgrown toad– no longer does one unobtrusively clear the throat or cough quietly. Recognition is now demanded with a loud bark.

Colds / Coryza / Acute Rhinitis

Proverbially and symbolically: We are fed up, the nose tingles, and we withdraw. The diminishment of our personality or our (frosty) way of dealing with each other brings us to this point. We “crash heads” (headache), but even slimy friendliness – the nose is running – cannot change anything anymore. We have had enough.

Often we cannot and nor do we want to catch even a sniff of the other person: our red nose shows how hurt and how little appreciated our personality feels. There are many reason why a person can “have enough” of someone or something, and there are also many helpful homeopathic remedies for this condition. We mention here a few selected ones:

Characteristic Remedies:

Allium cepa	Fights a losing battle
Carbo vegetabilis	Vital energy is not used for own proper needs
Hydrastis canadensis	Rejects life’s pleasures and makes others responsible for it
Kali bichromicum	Friendly in a slimy way, ignores own needs
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sepia succus	Longing for harmony, but it must match her own picture of it

Chronic Colds / Chronic Rhinitis

A chronic cold always starts with the frequent repetition of a still charged or unresolved issue. Regardless of which particular issue is lying behind the personality’s distress – for example an allergy (see “Allergies”) – the history of such a suffering can only be brought to an end through the dissolution of the issue and of the beliefs connected to it. It helps to strengthen the personality and to bring it out of the realm of thinking into that of feeling.

Characteristic Remedies:

Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Calcareo carbonica	Denial of life; wants support
Natrum muriaticum	Holding to that which is tried and true
Silicea	Heady, feelings suppressed because of hurt
Spongia tosta	Seeks protection in conforming
Sulphur	Growth of awareness is suppressed

Sinus Infections / Sinusitis

Through overfriendliness and “slimy behavior” the sinuses are congested and hence blocked up

Frontal Sinuses

If the frontal sinuses are affected, then it is time to stand up to someone, to confront them, and take action, instead of continually contemplating the various possibilities. The pressure will only become greater. Painful blockage is the result: one racks one’s brains and attempts to force a rational solution (headache of the forehead). One’s slimy conformity has become hardened, apparent, and fixed in a pattern of behavior. Commitment and planning for security have become more important than the fulfillment of one’s needs. The attempt via rational thought to attain the greatest possible security and protection from others: one’s own needs fall by the wayside.

Characteristic Remedies:

Kali bichromicum	Friendly in a slimy way, ignores own needs
Kali iodatum	Ignores the feeling of not being loved
Silicea	Heady, feelings suppressed because of hurt
Sticta pulmonaria	Doing the dirty work

Maxillary Sinuses

If the sinus cavities near the lower cheekbone are involved, this is an indication that prominent features of the personality have been wounded. It is painful to show this (facial pain). The person is afraid to display his profile and to perceive or show himself in his distinctiveness. So the nose becomes chronically blocked because nothing is done or changed. If one bends down, the pressure becomes insufferable for a moment. It helps to bring oneself into an “upright” position – in both senses of the word. Continually recurring colds – returning again to a slimy friendliness – brings short relief but does not resolve the deeper, chronic issues.

Characteristic Remedies:

Comocladia dentata	Disappointed vision of community
Hepar sulphuris	Wants to change others in order to increase his own security
Kali iodatum	Ignores the feeling of not being loved
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Paris quadrifolia	Accepts responsibility for others in order to belong
Phosphorus	Traumatized life energy; always the same
Silicea	Heady, feelings suppressed because of hurt
Verbascum thapsus	Fear of violence that is ignored

Atrophic rhinitis / Coryza foetida, Ozena / Stinky Nose

Retreat into isolation. Atrophy, degeneration of the personality. The slimy friendliness for purposes of finding one's own security is no longer to be put up with. Withdrawal and estrangement. Making absolutely clear to others that, for them you stink.

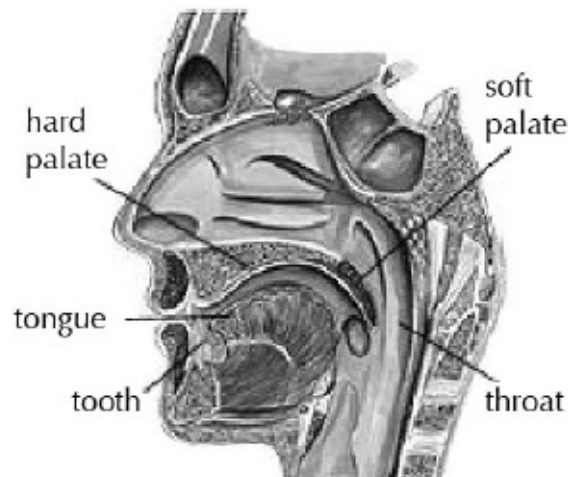
Ozena usually has syphilitic origins and symbolizes that this person generally refrains from pleasure– not only in a sexual sense – and joy. Suffering and the desire to suffer have taken on a high value in his life.

Characteristic Remedies:

Asa foetida	Fed up with conforming to others
Aurum metallicum	Lack of self-esteem
Comocladia dentata	Disappointed vision of relationship
Kali iodatum	Ignores the feeling of not being loved
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Paris quadrifolia	Accepts responsibility for others in order to belong
Phosphorus	Traumatized life energy; always the same
Silicea	Heady, feelings suppressed because of hurt

The Mouth

The mouth, as the entryway to and beginning of the digestive process, stands for the way in which life is integrated. Whether you are “eating something up” or it is “eating away at you,” whether you are “down at the mouth” or “running off at the mouth,” the mouth symbolizes something of the way in which we dare to integrate our surrounding world.



Lips

The lips symbolize the readiness for communication and exchange, verbally as well as non-verbally in things sensual and sexual. They are also symbolic of nurturing. The kiss, emotional nurturing, is very close to the symbol of feeding. How someone relates to these issues and thus to life in general can be read from the form of the lips: more emphasis on feelings (soft, curved lips) or more rational (small, hard lips). The upper lip is formed from the information that has been passed down from one's ancestors, while the lower lip represents one's own position.

Cracked Lips

These show that the willingness for integration or the ability to approach others is disturbed because repeated, extreme situations have led to a negative evaluation of one's experiences. Inwardly torn between one's individual impulse and tradition in issues of emotional or communicative nurturing.

Characteristic Remedies:

Ammonium carbonicum	Lack of security through destruction of the fatherly image
Carbo vegetabilis	Vital energy is not used for own proper needs
Chamomilla	Lacks feeling of belonging leading to anger and defiance
Graphites naturalis	Falls between two stools
Hepar sulphuris	Wants to change others in order to increase his own security
Natrum carbonicum	Doesn't work with others, doesn't work alone
Natrum muriaticum	Holding to that which is tried and true

Cold sores / Herpes labialis

Keeps silent instead of criticizing. The illusion of harmony is endangered as soon as the personality expresses or shows what it finds fault with in another. Commands himself to keep quiet, and the encapsulated aggression erupts in the form of Herpes.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Dulcamara	Authority figures may not be questioned
Natrum muriaticum	Holding to that which is tried and true
Niccolum	The severed head; separation of intellect and feeling
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sarsaparilla	The suffering spreads out
Sepia succus	Longing for harmony, but it must match her own picture of it

Cracks in the Corners of the Mouth / Rhagades

Differences, which have values attached to them, are becoming apparent between the way in which life is integrated according one's ancestors and one's own views. On the one hand there is the demand to be accepted on one's own path, on the other the tolerance is lacking to grant this same freedom to the previous generations.

Characteristic Remedies:

Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Calcareo carbonica	Denial of life; wants support
Causticum	Great hurt leads to the building of emotional walls
Eupatorium perfoliatum	Loss of personality structure through a lack of self-responsibility
Graphites naturalis	Falls between two stools
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Natrum muriaticum	Holding to that which is tried and true
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

The Tongue

The tongue stands for honesty and directness of expression, for the perception of what corresponds to one's own taste. The tongue is used to select what is desired from life, what is good for oneself, what is interesting.

Disorders of the Tongue, pain

These problems mean that a person has retreated from his self-expression and his honesty. In the worse case this results in no longer being able to recognize what one wants from life and what does one good.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Baptisia tinctoria	Keeps his mouth shut, conforms, too proud to articulate himself
Ictodes foetida	Holds back feelings of being disrespected
Phosphorus	Traumatized life energy; always the same
Plumbum metallicum	Affectation as a means of escape
Pyrogenium	Anger over the refusal to live life to its fullest
Vipera berus	Manipulated and overwhelmed

The Palate

The roof of the mouth, the palate, stands for the individual perception and evaluation of life. That which is to “one’s taste” is given recognition and is considered good, right and suitable for integration into one’s life.

Aphthae

Aphthae show the anger that is developed when a personality has conformed to the family’s tastes and now notices that these do not at all fit to its inclinations. It doesn’t believe, however, that it is able to rectify the situation, or, in the case of a small child, that it is in a position to do so.

Characteristic Remedies:

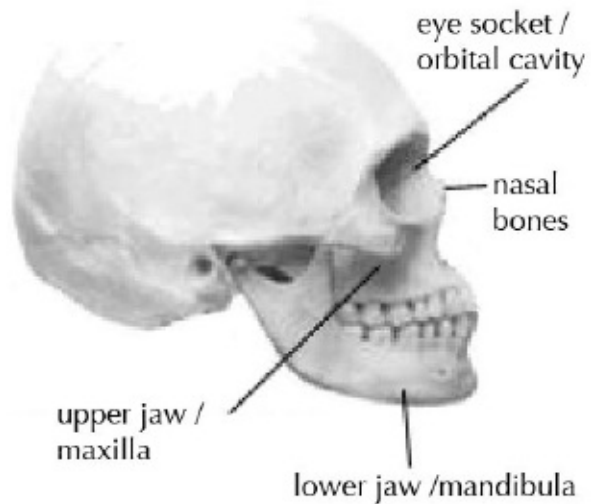
Baptisia tinctoria	Keeps his mouth shut, conforms, too proud to articulate himself
Borax veneta	Feels used and trashed
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Kali muriaticum	Fundamental renunciation of one's own needs
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Natrum muriaticum	Holding to that which is tried and true
Nitricum acidum	Hate and thirst for revenge that are not expressed

Jaw and Chin

To be able to “bite through” is related above all with strength and powerful assertion.

Jaw

The jaw provides the underlying stability needed to integrate life. It stands for strength, willpower and perserverence. The chin refers more to one's stance and the way in which one uses the will.



Dislocation of the Jaw

A dislocation of the jaw can happen when the doggedness of, for example, aligning oneself to the family of origin and so betraying oneself, is overdone.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Bellis perennis	In spite of friendly efforts, is refused and rejected
Calcarea fluorica	Seeks support at any cost
Petroleum	Can't see beyond the end of his nose
Verbascum thapsus	Fear of violence that is ignored

Disorders of the Jaw, pain

In general these disorders point to a visible divergence of the assertiveness of the family (upper jaw) and the assertiveness of one's own will (lower jaw).

Characteristic Remedies:

Causticum	Great hurt leads to the building of emotional walls
Strychninum purum	Stubbornly defies the suffering
Verbascum thapsus	Fear of violence that is ignored
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Disorders of the Upper Jaw, pain

The upper jaw stands for the strength and ability to assert oneself, as it derives from our family and, more specifically, from our genetics.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Mezereum	Roleplay instead of individual development
Phosphorus	Traumatized life energy; always the same
Thuja occidentalis	Shadow sides are encapsulated and isolated
Verbascum thapsus	Fear of violence that is ignored

Disorders of the Lower Jaw, pain

The lower jaw stands for the strength and the ability to assert ourselves that comes up from our own resources. The decision to take a position of the victim and be helpless, although we could act otherwise, leads to pain in the lower jaw.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Causticum	Great hurt leads to the building of emotional walls
Graphites naturalis	Falls between two stools
Lachesis muta	Suppressed individuality
Silicea	Heady, feelings suppressed because of hurt
Spigelia anthelmia	Breach of trust, the stab in the back
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Lockjaw / Trismus

The positions of the different generations, which come from the commitment of differing will impulses, have become restricted and rigid. Both the attempt at conformity as well as a rotten compromise are unsuccessful. Only a decision to stand up for one's own power, for one's own individualisation process, helps to end the inner division.

Characteristic Remedies:

Absinthium	Pressure creates counter pressure; revenge for the suffering experienced
Cicuta virosa	Wants to remain a child to avoid self-responsibility
Cuprum metallicum	Bondage, leans on others out of feeling weak
Hydrocyanicum acidum	Holding onto suffering through suppression of feelings
Hypericum perforatum	Remains in the pain of sorrow
Strychninum purum	Stubbornly defies the suffering
Veratrum viride	Practical thinking, fixated on material things

Disorders of the Temporomandibular Joint (TMJ), pain

The jaw joint symbolizes the interplay of one's own willpower and assertiveness with that of ancestors. Processes of rethinking that occur through the generations and the development of individual desires and decisions lead to problems if the family traditions, "the customary" are abandoned. The disharmony between inherited family patterns and individual demands with regard to asserting oneself in life can lead to disorders of the jaw joint.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Corallium rubrum	Cannot open to the different nature of another person
Niccolum	The severed head; separation of intellect and feeling
Oleum animale	Lack of being grounded, rejection of the body and material things
Rhus toxicodendron	Feels tied down and pickled, wants to escape
Sabadilla officinalis	Feels like the scum of the earth
Vespa crabro	One's own creativity is sacrificed for the sake of the family

Cracking of the Jaw

The cracking of the jaw is a typical example of what we have just discussed. The thought and will impulses of the parents do not match one's own. The left side stands for the mother and the right side for the father.

Characteristic Remedies:

Ammonium carbonicum	Lack of security through destruction of the fatherly example
Bromium	Everyone is in the same boat; artificial community
Chinium sulphuricum	Awareness of dependence suppressed
Lac caninum	Manipulated by mother or care person
Mezereum	Roleplay instead of individual development
Nitricum acidum	Hate and thirst for revenge that are not expressed
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sabadilla officinalis	Feels like the scum of the earth
Thuja occidentalis	Shadow sides are encapsulated and isolated

Chin

The chin stands for a person's willpower and power of decision.

Disorders of the Chin, pain

Disorders or pain in the chin area, such as from an accident, show that a person has relinquished his own willpower because he has experienced violence and wants to prevent any future occurrences.

Characteristic Remedies:

Causticum	Great hurt leads to the building of emotional walls
Graphites naturalis	Falls between two stools
Lycopodium clavatum	The rotten compromise
Natrum muriaticum	Holding to that which is tried and true
Oleander	Lets others put their values on him
Acidum nitricum	Hate and thirst for revenge that are not expressed

Skin and Hair

Skin

The skin symbolizes the border with one's surroundings. Appearances on the skin or changes in skin condition show the imprints of experiences in our contact with other people. If a person has experienced particularly high levels of physical suffering, it shows on his skin. He has evidently decided to work through these old conflicts.

Skin Eruptions

Skin eruptions often trigger in other people the feeling of an indirect accusation. In this reaction one can see the severity and quality of the conflict. The location of the eruption clearly indicates which conflict the patient is suffering from. The skin is a mirror of how things are in the world around us. According to their appearance, skin eruptions correspond to either old, unresolved conflicts, or ones that we have not forgiven or overcome.

Certain skin appearances point to more deep-lying issues: freckles can indicate the spark which ignited a witch burning. At the same time the skin – in the function of an organ of touch – is, in a mainly passive sense, an organ of perception, and in an active sense an organ of communication. It is not for nothing that people talk about “rubbing someone up the wrong way.”

Characteristic Remedies:

Arsenicum album	Existential fear ; would rather die than change
Calcarea carbonica	Denial of life; wants support
Graphites naturalis	Falls between two stools
Natrum muriaticum	Holding to that which is tried and true
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sulphur	Growth of awareness is suppressed

Itching of the Skin

When the skin itches, it shows quite literally that someone “has an itch for something.” Individual interest in life shows itself. Concealed values such as role plays and various suppressions want to be recognized and freed.

Characteristic Remedies:

Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Mezereum	Roleplay instead of individual development
Oleander	Lets others put their values on him
Psorinum	Isolation leads to lack
Sulphur	Growth of awareness is suppressed
Urtica urens	No longer centered

Peeling of the Skin / Desquamation

Peeling of the skin corresponds to a “shedding of the skin.” A smoldering or previously experienced scarlet fever often builds the basis for desquamation. Scarlet fever symbolizes the emancipation from a role of suffering or victimization. The peeling of the skin is an attempt at understanding this process. Further, this includes not only persisting in attitudes of defense and defiance, but also deciding to take action.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Elaps corallinus	Creativity arises out of inner pressure
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Mezereum	Roleplay instead of individual development
Oleander	Lets others put their values on him
Teucrium marum verum	Lack of self-expression, lack of a personal frequency

Skin rash / Eczema

Old hurts, previously repressed, now show themselves to one's consciousness on the outside. The personality has great difficulty in formulating its emotions. Instead of talking about the unresolved suffering or emotional pain, or drawing the consequences, the personality produces a skin rash or skin eruptions. An illusory harmony must preferably be maintained. At the same time making the inner hurt visible requires others to react to this non-verbal accusation.

Characteristic Remedies:

Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Calendula officinalis	To be in the role of the victim, feels torn apart
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Graphites naturalis	Falls between two stools
Hepar sulphuris	Wants to change others in order to increase his own security
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Mezereum	Roleplay instead of individual development
Petroleum	Can't see beyond the end of his nose

Neurodermatitis

also: *Atopic Dermatitis, Atopic Eczema, Endogenous Eczema, Neurodermatitis atopica*

In Neurodermatitis, the paradox must be resolved of “wanting to be supported” and at the same time “being curious about life:” for the person with Neurodermatitis “being taken care of” is connected with a renunciation of life, of individuality.

The basis of Neurodermatitis is the issue of “being taken care of,” the symbol of which is to be found in milk. About 200 years ago the issue “milk” (= being taken care of) became somewhat ambiguous through the development of the smallpox vaccination. The double message of “cow as substitute mother” and “cow as cause of illness” caused the infiltration of a paradox. This is the reason that Neurodermatitis is often triggered by vaccinations.

Characteristic Remedies:

Calcareo carbonica	Denial of life; wants support
Dulcamara	Authority figures may not be questioned
Graphites naturalis	Falls between two stools
Hepar sulphuris	Wants to change others in order to increase his own security
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Natrum carbonicum	Doesn't work with others, doesn't work alone
Natrum muriaticum	Holding to that which is tried and true
Petroleum	Can't see beyond the end of his nose
Sepia succus	Longing for harmony, but it must match her own picture of it
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Psoriasis

Psoriasis stands for deep hurts that have become isolated, encrusted and hence hardened. The conviction that one is not accepted blocks any movement that would be important for a resolution of the conflict. Conformity takes place for the sake of one's own security and protection although this is absolutely unnecessary. It is often connected to a childhood need for security that was never dealt with.

Characteristic Remedies:

Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Clematis erecta	Denies his own standards in order to be supported
Graphites naturalis	Falls between two stools
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Petroleum	Can't see beyond the end of his nose
Phosphorus	Traumatized life energy; always the same

Itch / Scabies

The itch stands for other people, whose dominance causes emotional hurt, "getting under one's skin." The focus on others is so strong that individual needs are not taken into consideration at all. Others are given more respect and considered more important than this person, who takes himself seriously.

Characteristic Remedies:

Calcareo carbonica	Denial of life; wants support
Causticum	Great hurt leads to the building of emotional walls
Cocainum hydrochloricum	Has to convince others, always has to win
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Dulcamara	Authority figures may not be questioned
Oleander	Lets others put their values on him
Selenium	Comes to terms with the lingering illness because of weakness

Hives / Urticaria

One's feelings remain under the skin. Hives stands for significant repressed emotions that urgently need to be expressed. Fighting for recognition from a reference person out of uncertainty and a lack of self-esteem. This recognition is so important that one's own interests get left behind.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Caladium seguinum	Has exhausted himself for nothing
Copaiva	Despising oneself out of exaggerated self-criticism
Dulcamara	Authority figures may not be questioned
Kali iodatum	Ignores the feeling of not being loved
Natrum muriaticum	Holding to that which is tried and true
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Urtica urens	No longer centered

Boil / Furuncle

The long-smoldering anger that others are different to oneself now breaks out. This anger is not expressed because a direct confrontation is seen as being too difficult and possibly having too many consequences. The location of the furuncle gives us detailed information as to the cause of the anger. For example, a furuncle on the buttocks points to the rage over one's own powerlessness: it's time to stop "sitting on your ass" and start "kicking ass!"

Characteristic Remedies:

Ammonium carbonicum	Lack of security through destruction of the fatherly image
Hepar sulphuris	Wants to change others in order to increase his own security
Magnesia carbonica	Believes his own needs can only be attained through war
Nitricum acidum	Hate and thirst for revenge that are not expressed
Secale cornutum	Believes his own needs can only be attained through war
Silicea	Heady, feelings suppressed because of hurt

Abscess

An abscess is generally an unformulated anger attack that comes about because the personality does not have its own individual direction in life. The life energy is little or not at all used, and, when it is, then almost exclusively for the fulfilling of duties and security needs. The suppressed life energy-turned-to-rage shows itself in the abscess, and it's cause can be read from its location.

Characteristic Remedies:

Hecla lava	Individual life energy is misused
Hepar sulphuris	Wants to change others in order to increase his own security
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Pyrogenium	Anger over the refusal to live life to its fullest
Quercus e glandibus	Has no stance because of the suppression of feelings
Silicea	Heady, feelings suppressed because of hurt

Sunburn

A tendency to sunburn indicates incomplete processes of transformation and awareness. The sun in its brightness and warmth symbolizes insight and intimacy. Many people have withdrawn so much due to emotional suffering that the soul has partially left the body. This blocks or makes altogether impossible any further steps in the development of one's awareness, which is needed for resolution of conflict. If these steps are not taken, burns occur. The transformation cannot take place.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Belladonna	Dammed up, suppressed life energy becomes anger
Camphora	To remove oneself emotionally from a bad situation
Cantharis	Actively works to the detriment of own interests
Clematis erecta	Denies his own standards in order to be supported
Glonoinum	Lack of opportunity and will for expanding awareness
Hyoscyamus niger	Feels cheated out of his life
Robinia pseudacacia	Honorable defenselessness out of a fear of violence

Bruises / Hematoma / Ecchymosis

Contact with others is traumatized and painful. The personality thinks it must persist in certain routines and habits in order to achieve protection. This can extend to a complete loss of joy in life.

Characteristic Remedies:

Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Arnica montana	Withdraws feeling hurt, isolating oneself
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Hamamelis virginica	Worshiping suffering as life's meaning
Lachesis muta	Suppressed individuality
Ledum palustre	Nailed up tight, closed and stubborn
Phosphorus	Traumatized life energy; always the same
Vipera berus	Manipulated and overwhelmed

Birthmark / Stork Bite

Birthmarks are old, karmic injuries. The attempt to settle these injuries here and now, to get revenge or make peace, often backfires. For example, the birthmark of the Russian politician, Michael Gorbachev, looks as if he once had a serious injury to his head. His time in office was also not without danger. The acceptance must be developed that many experiences simply are as they are and need no alteration. The evaluation of experiences can also be let go of, without forcing the understanding of them.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capability of acting
Arnica montana	Withdraws feeling hurt, isolating oneself
Bellis perennis	Despite the most friendly of efforts, is rejected and put down
Calcarea fluorica	Seeks support at any cost
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

Skin Cancer / Melanoma

A melanoma stands for deep, apparently irresolvable conflicts within the family. To be born into a family whose other members seem to belong to another species, in short, seem to be “different.” The desire remains, however, for an ideal community. The person will not let go of this desire – as the proverb says, “blood is thicker than water.” The suffering that comes from this forced coexistence becomes visible in the melanoma.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Lachesis muta	Suppressed individuality
Phosphoricum acidum	Resignation; problems repeat themselves constantly

Weakness of the Connective Tissue

Weakness of the connective tissue, along with a lack of inner stability, symbolizes above all an exaggerated willingness to conform. Because of past experiences, the confidence to live out one's own needs, to assert oneself among others, is only minimally present.

Characteristic Remedies:

Calcarea carbonica	Denial of life; wants support
Capsicum annuum	Has not yet found his inner center or has lost it
Ferrum jodatum	Battle for the acceptance and love of others
Hepar sulphuris	Wants to change others in order to increase his own security
Magnesia carbonica	Believes his own needs can only be attained through war
Secale cornutum	Outsider, "black sheep" of the group
Spongia tosta	Seeks protection in conforming

Warts

Encapsulated feelings. The previous expression of emotions or one's individual attitudes towards life, especially aggressive ones, is not welcome inside the group. The group image forbids one to show and live out one's feelings. In order not to lose the support of the group, parts of oneself are withheld, encapsulated, and put "on hold." This person is waiting for other life circumstances under which the personality can show its own impulses, provided that it has not already transformed them due to the taking on of negative judgments, and so banished them to the subconscious.

Characteristic Remedies:

Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Causticum	Great hurt leads to the building of emotional walls
Dulcamara	Authority figures may not be questioned
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Nitricum acidum	Hate and thirst for revenge that are not expressed
Silicea	Heady, feelings suppressed because of hurt
Staphysagria	Has cut the inner connection to others, being isolated

Hair

Hair stands for the completely visible, manifest vitality of a person and for his power to present himself.



Loss of Hair

Hair loss makes the loss of vitality visible. One's own vitality is lost through the active, unsuccessful conforming to others or to a protecting group. In the past the person who no longer had any hair was considered weak and powerless.

Characteristic Remedies:

Carbo vegetabilis	Vital energy is not used for own proper needs
Natrum muriaticum	Holding to that which is tried and true
Sanicula aqua	Having to survive with poisoned feelings
Selenium	Comes to terms with the lingering illness because of weakness
Ustilago maydis	Actively sacrifices his life for others

Hair, Sensitive to Touch

This shows that one wants to distance oneself from dependencies. The vital energy needs to be protected and one does not want to be involved in quarrels.

Characteristic Remedies:

Ambra grisea	Refuses development of the personality
Carbo vegetabilis	Vital energy is not used for own proper needs
Selenium	Comes to terms with the lingering illness because of weakness
Stannum metallicum	Disallowed enjoyment of life

Brittle Hair

Lack of acceptance of one's own personality destroys the vital energy. The goals and beliefs of others are more easily accepted than one's own personality.

Characteristic Remedies:

Borax veneta	Feels used and trashed
Badiaga	Does not feel able to cope with the flow of life
Secale cornutum	Outsider, “black sheep” of the group
Staphysagria	Has cut the inner connection to others, being isolated

Split Hair

Standing between conformity and individuality.

Characteristic Remedies:

Anacardium orientale	Ambivalence; doesn’t know who or what to follow
Staphysagria	Has cut the inner connection to others, being isolated

Greasy Hair

Stands for resistance. One must defend oneself from threatening changes. The vital energy is put under protection. The others should “slip off.” One wants to be intangible. Characteristic Remedies:

Characteristic Remedies:

Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Lyssinum	Helpless rage
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Plumbum metallicum	Affectation as a means of escape

Lackluster, Lusterless Hair

Shows that one has conformed to others, because the “chemistry” doesn’t match. In so doing one’s own vitality is repressed.

Characteristic Remedies:

Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Kali nitricum	Angry because of suppressed needs
Medorrhinum	Suppression of oneself, of one’s individuality
Psorinum	Isolation leads to lack
Tuberculinum	Escape into illusion; cannot bear reality

Gray Hair

Gray hair indicates that one has renounced one’s own individual power in favor of group interests. Because the hair is actually on its way to turning white – as in the image of an old, white-haired, “wise” man – this points to the fact that the personality forgoes doing battle and is becoming more at peace with itself.

Characteristic Remedies:

Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Hippomanes	The embryo takes on the suffering of the mother
Hyoscyamus niger	Feels cheated out of his life
Kali iodatum	Ignores the feeling of not being loved
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Lycopodium clavatum	The rotten compromise
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Secale cornutum	Outsider, “black sheep” of the group
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

Hair That Tangles Easily

Joins with others in traditional roleplays and the helper syndrome. The individual seems too threatening.

Characteristic Remedies

Borax veneta	Feels used and trashed
Mezereum	Roleplay instead of individual development
Natrum muriaticum	Holding to that which is tried and true
Psorinum	Isolation leads to lack

Brittle Hair

Can no longer put up with discipline and conformity to others. Aggression and self-defense are building up. This person is defiant.

Characteristic Remedies

Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Graphites naturalis	Falls between two stools
Kali carbonicum	Ignoranz der eigenen Gefühle
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Throat

The throat forms the bridge from emotional to rational perception, from one's feeling of self (abdomen) to personality (head). If one's feelings and thoughts are not in harmony with each other, then this will clearly affect the neck or throat. There may be something you "can no longer swallow." That which others decide is not in harmony with one's inner self. Conversely it requires strength and courage to stand up for oneself and to express one's feelings.

Skin Eruptions on the Neck

Skin eruptions on the neck symbolize the suffering that was experienced when one followed the opinions of others, or when the task of uniting one's own feelings with one's thoughts was not carried out successfully. Others were more important than one's own feelings.

Characteristic Remedies:

Causticum	Great hurt leads to the building of emotional walls
Clematis erecta	Denies his own standards in order to be supported
Juglans regia	Can only act rationally, because is emotionally occupied
Lac vaccinum defloratum	Sacrificing one's personal path for an austere but safe life
Niccolum	The severed head; separation of intellect and feeling
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Raphanus sativus	Uncertain in his self-image, role model is lacking
Sepia succus	Longing for harmony, but it must match her own picture of it

Swelling of the Lymph Nodes at the Neck

The flow of energy, of life energy, and with it the connection between one's feelings and one's thoughts has been disrupted. Recognition from other people has become more important than one's own feelings. This leads to a vulnerability that makes it even more difficult to connect to one's feelings.

Characteristic Remedies:

Baryta muriatica	Feeling of total powerlessness
Calcareo carbonica	Denial of life; wants support
Cistus canadensis	Scars of the soul block becoming grounded
Hecla lava	Individual life energy is misused
Hepar sulphuris	Wants to change others in order to increase his own security
Iodium	Does not feel nourished or loved
Lycopodium clavatum	The rotten compromise
Silicea	Heady, feelings suppressed because of hurt

Sore Throat

Orientates oneself almost exclusively to the outer and other people. One feels dependent and believes one must do what others want. No longer wants to swallow, to integrate, the desires and ideas of others. The relationship to oneself is as far as possible buried.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Cajeputum	Has taken an eternal oath
Hepar sulphuris	Wants to change others in order to increase his own security
Kali bichromicum	Friendly in a slimy way, ignores own needs
Lachesis muta	Suppressed individuality
Lycopodium clavatum	The rotten compromise
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Phytolacca decandra	Feels tortured; cries out without success

Sore Throat, chronic

This shows that one has made oneself dependent upon the approval of others. The connection to oneself and one's feelings has been completely buried. The orientation to others and the adoption of their values and attitudes as if they were one's own, hinder one's enjoyment of life.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Calcareo fluorica	Seeks support at any cost
Cinnabaris	Sacrifices the personality for the ostensible helplessness of others
Cistus canadensis	Scars of the soul block becoming grounded
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Phytolacca decandra	Feels tortured; cries out without success
Sticta pulmonaria	Doing the dirty work

Sore Throat, right side

One would like to uphold the orientation to others, and, afraid of oneself and one's own power, one does not dare to change the self-image built up out of their judgments. On the other hand, it is difficult to swallow and tolerate the opinion others have of you.

Characteristic Remedies:

Baryta muriatica	Feeling of total powerlessness
Indium metallicum	Fear of one's own vitality
Lac caninum	Manipulated by mother or care person
Lachesis muta	Suppressed individuality
Lycopodium clavatum	The rotten compromise
Lyssinum	Helpless rage
Niccolum	The severed head; separation of intellect and feeling
Phytolacca decandra	Feels tortured; cries out without success
Podophyllum peltatum	Fear of one's own suppressed aggression

Sore Throat, left side

One feels like an outsider, different from the others, and therefore seeks somehow to conform in order not to make a negative impression or be punished for being different. This situation of constant conforming can barely be tolerated.

Characteristic Remedies:

Crotalus horridus	Caught in responsibilities that he was convinced to accept
Kali bichromicum	Friendly in a slimy way, ignores own needs
Lachesis muta	Suppressed individuality
Mancinella hippomanes	Feels the potential of personal freedom and thinks he will be punished for it
Sabadilla officinalis	Feels like the scum of the earth
Secale cornutum	Outsider, “black sheep” of the group
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Teucrium marum verum	Lack of self-expression, lack of a personal frequency

Throat Pain, stitching

The orientation to others instead of to one’s own feelings has led to the adoption of predetermined, penetrating patterns of behavior. But one no longer has any desire to fulfill the conscious or subconscious manipulating expectations of others. Instead of ignoring these expectations and trusting one’s own feelings, the belief has arisen that one has to fight against them or somehow control the situation.

Aethusa cynapium	The need to be in control blocks the development of the personality
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Apis mellifica	Doing one's duty. Needs to function without aggression
Gambogia gutta	Lack of trust, a distorted sense of self
Hepar sulphuris	Wants to change others in order to increase his own security
Kali bichromicum	Friendly in a slimy way, ignores own needs
Kali carbonicum	Ignorance of one's own needs
Magnesia carbonica	Believes his own needs can only be attained through war
Mancinella hippomanes	Feels the potential of personal freedom and thinks he will be punished for it

Vocal Cords

The vocal cords are the organ of self-expression, of introducing oneself to the outer world and the group. They stand for the communication of one's frequency, one's vibrations.

Inflammation of the Vocal Cords

Disturbed self-expression. Angry because of the belief that one has to give too much consideration to others. One is not showing and expressing oneself as one really is.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Iodium	Does not feel nourished or loved
Lycopodium clavatum	The rotten compromise
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism

Thyroid Gland

The thyroid gland shows the motivation that a person has in life, whether he finds life interesting and exciting or whether he says no to life. If his life is directed towards pleasing others in order to be loved, the odds against this happening are very great. A healthy thyroid gland shows that the personality doesn't determine his motivation in life according to others, and has probably developed a lot of autonomy and self-determination, allowing him to enjoy life.

Hyperactivity of the Thyroid Gland / Hyperthyroidism

Running after the love and recognition of others, for example the mother, the father, or one's partner, without being able to fulfill the supposed expectations. Often the chemistry does not go with that of the person being "worshipped". Acceptance and tolerance, towards oneself as well as others, must take the place of adoration.

Characteristic Remedies:

Aqua marina	Ashamed of one's own individuality
Aurum metallicum	Lack of self-esteem
Badiaga	Does not feel able to cope with the flow of life
Calcarea fluorica	Seeks support at any cost
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Iodium	Does not feel nourished or loved
Lycopus virginicus	Disrespect for one's own greatness
Spongia tosta	Seeks protection in conforming

Decreased Thyroid Function / Hypothyroidism

The conviction that one is not able to access the love of others. The frustration of remaining unsuccessful although everything has been done to achieve recognition. There seems to be only one option left: to withdraw and dig oneself in. However, the proper solution is to finally stand up for oneself, to perceive and recognize one's feelings and one's inner voice again.

Characteristic Remedies:

Boletus laricis	Everything stays as it always has been; frozen in dependency
Bromium	Everyone is in the same boat; self-serving relationships
Calcarea phosphorica	Appears small and helpless in order to be supported
Causticum	Great hurt leads to the building of emotional walls
Gymnocladus Canadensis	Rejects life, inwardly switched off
Iodium	Does not feel nourished or loved
Natrum muriaticum	Holding to that which is tried and true
Sarracenia purpurea	To be disgraced, not belonging
Solanum tuberosum aegrotans	Exercises mental control out of a fear of life

Goiter / Struma

Things don't come through, they get caught in the throat because of the need to be loved and recognized by others. Has little courage and too little self-esteem to follow the flow of life without support.

Characteristic Remedies:

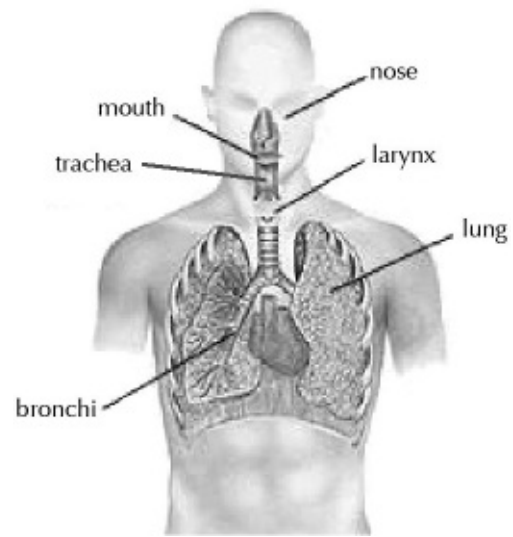
Apis mellifica	Doing one's duty. Needs to function without aggression
Aqua marina	Ashamed of one's own individuality
Aurum metallicum	Lack of self-esteem
Badiaga	Does not feel able to cope with the flow of life
Calcarea carbonica	Denial of life; wants support
Iodium	Does not feel nourished or loved
Spongia tosta	Seeks protection in conforming
Urtica urens	No longer centered

Nodule, Lump on the Thyroid Gland

Being emotionally hurt while running after the love and recognition of others. Refuses to pay attention to one's own behavior or desires.

Characteristic Remedies:

Calcarea sulphurica	Ignores the inner desire for support and relationship
Carbo animalis	Foregoes displaying own willpower
Cistus canadensis	Scars of the soul block becoming grounded
Clematis erecta	Denies his own standards in order to be supported
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Iodium	Does not feel nourished or loved
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Silicea	Heady, feelings suppressed because of hurt



Respiratory System

Colds-Hoarseness-Cough

The weather changes and the winds (of change) blow. One is cold and afraid of not being given recognition, or of being held back from achieving one's goals. This causes many to become feverish with anger; the red nose symbolizes the demand for respect and desire for attention to one's own personality. One has had enough and one no longer wants to suffer, or one has no desire to utter a word. Many a frog in the throat develops into a fullgrown toad – no longer does one unobtrusively clear the throat or cough quietly. Recognition is now demanded with a loud bark.

Colds

One's current situation is unsatisfactory and frustrating. However, the situation is not changed and the existing conflict is not addressed, but put up with, and so it manifests.

Characteristic Remedies:

Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Ferrum metallicum	Life is a bitter struggle
Hepar sulphuris	Wants to change others in order to increase his own security
Kali carbonicum	Ignorance of one's own needs
Rhus toxicodendron	Feels predefined and restricted, wants to flee

Tonsils

The tonsils are the filters for that which one wants to accept and integrate from the outside.

If, through social and family tradition one feels obliged to integrate aspects which one's feelings cannot accept, more serious illnesses can develop. After tonsillitis there is the possibility of appendicitis.



Tonsillitis, acute

Angry at having to integrate external aspects unwillingly. Has given into traditional patterns of behavior too much. One's own personality is still too instable; thinks one still needs outside protection.

Characteristic Remedies:

Baptisia tinctoria	Keeps his mouth shut, conforms, too proud to articulate himself
Baryta muriatica	Feeling of total powerlessness
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Hepar sulphuris	Wants to change others in order to increase his own security
Lachesis muta	Suppressed individuality
Lycopodium clavatum	The rotten compromise
Phytolacca decandra	Feels tortured; cries out without success
Silicea	Heady, feelings suppressed because of hurt

Tonsillitis, chronic

Runs so much after the love and recognition of others that the development of one's own personality is neglected. Sacrifices one's own feelings and individual personality for the security one thinks one will attain. Angry at the thought of having to accept everything.

Characteristic Remedies:

Baryta muriatica	Feeling of total powerlessness
Bromium	Everyone is in the same boat; self-serving relationships
Calcarea carbonica	Denial of life; wants support
Hepar sulphuris	Wants to change others in order to increase his own security
Iodium	Does not feel nourished or loved
Kali iodatum	Ignores the feeling of not being loved
Teucrium marum verum	Lack of self-expression, lack of a personal frequency
Thuja occidentalis	Shadow sides are encapsulated and isolated

Larynx

The larynx is important for our breathing and for our communication with the outer world. It is responsible for our self-expression and the expression of our moods. In order to express one's moods, it is important to have access to one's own feelings.

Inflammation of the Larynx / Laryngitis

The orientation towards others has brought much suffering. Angry about not standing up for oneself. The connection to oneself and one's own feeling was sacrificed to rational thinking and material gain.

Characteristic Remedies:

Bromium	Everyone is in the same boat; artificial community
Carbo vegetabilis	Vital energy is not used for own proper needs
Causticum	Great hurt leads to the building of emotional walls
Iridium metallicum	Inspiration is not to be trusted, only rationality is accepted
Iodium	Does not feel nourished or loved
Rumex crispus	To have your head in the blocks
Spongia tosta	Seeks protection in conforming
Veratrum viride	Practical thinking, fixated on material things

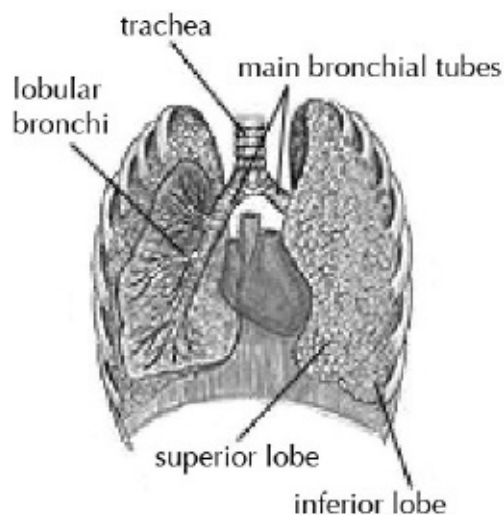
Pseudocrupp / Acute Laryngitis

Doesn't allow oneself to express oneself or one's conflict issues. Doesn't want to spoil things with others, so prefers to let them dominate him.

Characteristic Remedies:

Antimonium tartaricum	Feels dependent and enslaved
Belladonna	Dammed up, suppressed life energy becomes anger
Coccus cacti	The pride of the family
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Hepar sulphuris	Wants to change others in order to increase his own security
Ipecacuanha	The situation makes you “want to throw up”; indignation at the disdain of others
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Lachesis muta	Suppressed individuality
Spongia tosta	Seeks protection in conforming

Bronchitis



There is conflict in one's surroundings, but one is not able to access it. Nothing can be changed, but it causes suffering. No courage to assert one's desires: "that's not the way you do it!" Especially with allergic bronchitis, the production

of mucus is an image that a “slimy relationship” should be retained in order to provide security and a sense of belonging.

Characteristic Remedies:

Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Senega	Adopts the life view of others in order to control
Spongia tosta	Seeks protection in conforming
Stannum metallicum	Disallowed enjoyment of life
Veratrum album	Self-betrayal

Spastic Bronchitis

The personality is too uncertain and tense to make a decision for its own benefit in life. Believes one must be and remain dependent in order to survive.

Characteristic Remedies:

Cuprum metallicum	Bondage, leans on others out of feeling weak
Lobelia inflata	Mistrusts his own abilities
Spongia tosta	Seeks protection in conforming

Bronchitis of Children

Bronchitis in children points to suppressed, unresolved conflicts in their surroundings, especially in relation to the parents, that are often taken on by the children.

Characteristic Remedies:

Antimonium tartaricum	Feels dependent and not taken seriously
Argentum nitricum	Demands a cozy nest
Dulcamara	Authority figures may not be questioned
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Ipecacuanha	The situation makes you “want to throw up”; indignation at the disdain of others
Kali carbonicum	Ignorance of one’s own needs

Bronchial Asthma

Protective dominance takes the place of a free flowering of the individual. To be taken care of and to belong are more important to the asthmatic person than his own individual development. For this reason he lets himself be occupied by someone in his surroundings and accepts the instilling of their values (a “mother hen” for example). He feels himself dominated (occupied) by his reference person, but does not defend himself. The influence that arises from such a situation can go so far that the “occupying person” no longer need be actively involved with the person suffering from asthma; they can already be deceased. In this case they will often be replaced by a “representative.”

The asthmatic has invested much into his supposed security and is now no longer ready to give anything more (difficulty with exhalation). The acceptance of self-responsibility is also missing. Asthma later in life often originates in the prenatal stage. The soul of the child has the wish and has decided to help the apparently weak mother to pass the test of life. This wish, however, remains unfulfilled.

Characteristic Remedies:

Aralia racemosa	The need to lean on someone for support becomes conforming
Arsenicum album	Fears for his existence; would rather die than change
Carbo vegetabilis	Vital energy is not used for own proper needs
Grindelia robusta	The lack of the sense of basic trust results in a battle for survival
Hippomane s	The embryo takes on the suffering of the mother
Ipecacuanha	The situation makes you “want to throw up”; indignation at the disdain of others
Kali carbonicum	Ignorance of one’s own needs
Lobelia inflata	Mistrusts his own abilities

Cardiac Asthma

No acceptance or rejection of life. Clings to a dominating figure out of a fear of life. Wants recognition, but doesn’t believe he will get it.

Characteristic Remedies:

Ambra grisea	Refuses development of the personality
Arnica montana	Withdraws feeling hurt, isolating oneself
Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Aurum metallicum	Lack of self-esteem
Cactus grandiflorus	Persevering in a situation with no apparent way out
Digitalis purpurea	Emotional shock; from being protected into confrontation

Lung

The lungs symbolize the giving and receiving of people among each other. A balance in giving and receiving leads to joyful communication. If this balance is missing, not only are other people rejected, but also life itself.

Inhalation stands for allowing life to come in, whereas exhalation stands for giving something back to life.

In Chinese folk medicine the lungs are the mother of the intestines. If giving and receiving are in balance, then experiences can be “digested” and integrated.

Shortness of Breath / Dyspnea

Dyspnea is generally the condition of refusing life and communication.

Characteristic Remedies:

Aralia racemosa	The need to lean on someone for support becomes conforming
Arsenicum album	Fears for his existence; would rather die than change
Bromium	Everyone is in the same boat; artificial community
Digitalis purpurea	Emotional shock; from being protected into confrontation
Phosphorus	Traumatized life energy; always the same
Spongia tosta	Seeks protection in conforming

Problems with Inhalation

Doesn't want to have anything to do with own life or other people. The refusal to take life in is similar to a defiant waiting for death.

Characteristic Remedies:

Bromium	Everyone is in the same boat; artificial community
Iodium	Does not feel nourished or loved
Kali carbonicum	Ignorance of one's own needs
Nux moschata	Life energy is blocked due to fear of violence; one freezes

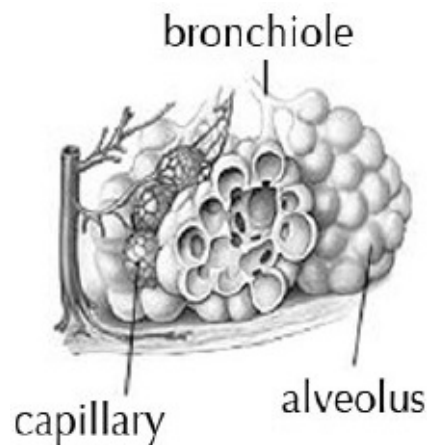
Problems with Exhalation

Problems with exhalation indicate not wanting to give back to life or to other people. Too much has already been done for others, and one doesn't believe anything will ever come back in return.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Arsenicum album	Fears for his existence; would rather die than change
Causticum	Great hurt leads to the building of emotional walls
Chlorum	Life's stimuli and impulses are rejected
Ipecacuanha	The situation makes you "want to throw up"; indignation at the disdain of others
Sambucus nigra	Self-rejection gives rise to masochistic behavior
Senega	Adopts the life view of others in order to control

Inflammation of the Lungs / Pneumonia



Angry that giving and receiving are not in balance and that one did not demand the respect for one's own personality from others. The insistence on living with giving and receiving in balance is not fulfilled. Individual recognition is lacking.

The previously experienced slimy friendliness is at first instinctively rejected. Later one refuses to accept something that isn't right for oneself. Being forced into receiving leads to anger over lack of respect and therefore to inflammation and to violent rejection. Expectoration –"spitting in someone's face" - shows the desire to break off the previous friendship.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Kali carbonicum	Ignorance of one's own needs
Millefolium	The appearance of having no needs as life's content
Phosphorus	Traumatized life energy; always the same
Vanadium metallicum	Feels misunderstood

Inflammation of the Pleura / Pleurisy

Following an inflammation of the lungs, the possibility of “coughing up” one’s dissatisfaction with the slimy friendliness is not taken advantage of, because the belief is still held that one must conform in order to be taken care of. Another form of communication, however, is not considered possible. At the same time one feels unloved, disrespected and used.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capability of acting
Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Kali iodatum	Ignores the feeling of not being loved
Ranunculus bulbosus	Follows the proprieties of the traditional form of communication without criticism
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities

Pulmonary Emphysema

Pulmonary emphysema is a result of inner uncertainty. One wants as much attention and consolation from others as one can get, but can hardly give anything back, due to the rejection of one's self and one's abilities. This leads to a bitter battle for survival that negatively affects one's self-love.

Characteristic Remedies:

Ammonium carbonicum	Lack of security through destruction of the fatherly image
Antimonium tartaricum	Feels dependent and not taken seriously
Calcarea fluorica	Seeks support at any cost
Carbo vegetabilis	Vital energy is not used for own proper needs
Digitalis purpurea	Emotional shock; from being protected into confrontation
Grindelia robusta	The lack of the sense of basic trust results in a battle for survival
Lobelia inflata	Mistrusts his own abilities
Sambucus nigra	Self-rejection gives rise to masochistic behavior

Pulmonary Embolism

Because of injured feelings, a negative attitude towards life has destroyed one's life rhythm and enjoyment of life, which has been replaced by a sense of responsibility that does not allow for balanced giving and receiving with others.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Arnica montana	Withdraws feeling hurt, isolating oneself
Carbo animalis	Foregoes displaying own willpower
Crataegus oxacantha	Denial of his own life rhythm
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Hydrocyanicum acidum	Holding onto suffering through suppression of feelings
Lachesis muta	Suppressed individuality
Opium	Boundery between conscious and subconscious
Tabacum	Retreats due to uncertainty
Veratrum album	Self-betrayal

Chest

Solar Plexus

The solar plexus controls and directs the functions of the inner organs such as the stomach and intestines. The autonomic nervous system symbolizes inner quiet and peace with oneself. This comes through recognition of the personal essence of individuality.

Disorders of the Solar Plexus

Inner restlessness, a feeling of being driven, stress and tension develop through the lack of self-acceptance and over-orientation toward others.

Characteristic Remedies:

Artemesia vulgaris	Desperate battle for the recognition of others
Bufo rana	Cannot stand himself
Calcarea carbonica	Denial of life; wants support
Causticum	Great hurt leads to the building of emotional walls
Cicuta virosa	Wants to remain a child to avoid self-responsibility
Cuprum metallicum	Bondage, leans on others out of feeling weak
Indigo tinctoria	Running on a treadmill
Nux vomica	Hiding his real feelings through overactivity

Breastbone / Sternum

The sternum symbolizes the balance of the polarity between feminine/masculine, giving and receiving, self-confidence and inner strength, that makes all growth possible.

Pain and Disorders of the Breastbone / Sternum

Pain and feelings of oppression that affect the sternum symbolize the refusal to open oneself to one's own self, and so let life in. The most common form of compensation lies in the helper syndrome.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Indium metallicum	Fear of one's own vitality
Mancinella hippomanes	Feels the potential of personal freedom and thinks he will be punished for it
Osmium metallicum	Lack of openness, lack of trust, not being in harmony with oneself
Paeonia officinalis	One's own balance is lost through supporting others

Diaphragm

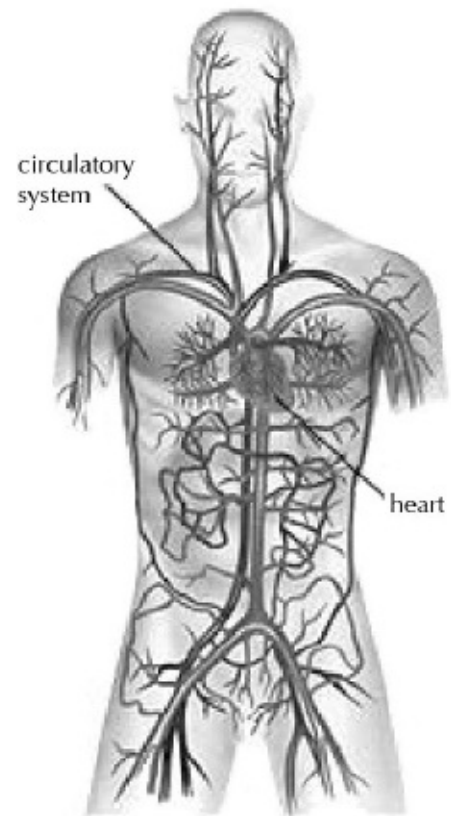
The diaphragm stands for the connection between a conscious exchange in life and the unconscious processing of life issues, together with the ability and readiness to be open to life.

Inflammation of the Diaphragm

Old, negative experiences lead one to hold fast to traditional patterns. The refusal to let go of these prevents one from being self-responsible and thus blocks the ability to enjoy life.

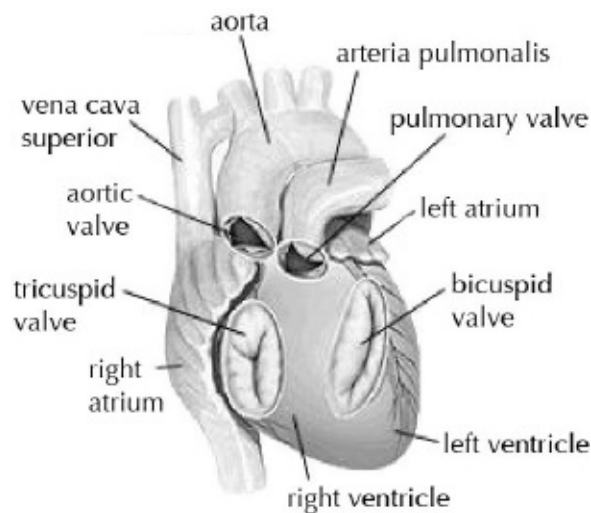
Characteristic Remedies:

Atropinum purum aut sulphuricum	Feelings based on judgements prevent perceiving life in a relaxed manner
Bismuthum metallicum	The need for protection and the inclination to conform restrict the development of the personality
Cactus grandiflora	Persevering in a situation with no apparent way out
Dulcamara	Authority figures may not be questioned
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Ranunculus bulbosus	Follows the proprieties of the traditional form of communication without criticism
Veratrum album	Self-betrayal
Veratrum viride	Practical thinking, fixated on material things



Heart and Coronary Vessels, Blood and Circulatory System

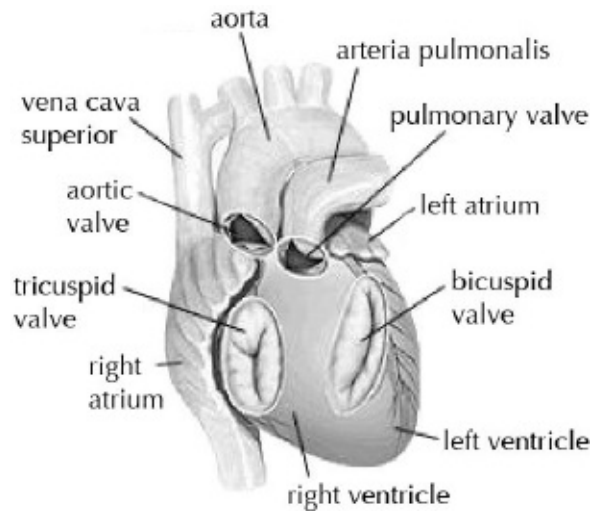
In the development of the human fetus, the heart is the first organ to be formed. Its “beating” marks a milestone in the organization of fetal functions. It is the moment in which the fetus begins to take over control of its own life rhythm.



Heart

The heart, the center for love, is the symbol of self-love. Here it is worked out whether someone has enough self-love to act in ones own best interests and look after oneself well, or if he withdraws to the position of doing good for others, possibly defining himself only through such actions. If these good deeds are an expression of unconditional love, if he doesn't demand anything in return, then the heart stays healthy. If they are, however, the mark of a tacit tradeoff in which giving is bound to unspoken conditions, then this leads to disorders of the heart.

Heart problems arise especially when the expectations connected to what seems to be unselfish actions are not fulfilled.



Disorders of the Heart

Lack of Self-Love

Lack of self-love arising from a deficiency of primal trust. A lot was done for other people, more than for oneself. This pattern of behavior is summed up in a common misunderstanding of “Love others as you love yourself.” People with heart disorders have forgotten about themselves and their own spirituality. In their thoughts they have defined conditions they themselves have chosen, such as, “only when those in my surroundings are happy, can I also be happy,” or, “only when my finances have improved, will I be of value, *etc.*”

Characteristic Remedies:

Aurum muriaticum	The compulsion to conform destroys self-confidence
Cactus grandiflorus	Persevering in a situation with no apparent way out
Crataegus oxacantha	Denial of his own life rhythm
Digitalis purpurea	Emotional shock; from being protected into confrontation
Glonoinum	Lack of opportunity and will for expanding awareness
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Lachesis muta	Suppressed individuality
Latrodectus mactans	Incapacitated
Lycopus virginicus	Disrespect for one's own greatness
Spigelia anthelmia	Breach of trust, the stab in the back
Spongia tosta	Seeks protection in conforming

Inflammation of the Aorta / Aortitis

Disappointments and situations of shock lead to anxiety and a great need for security. This results in a consistent conforming to others and the loss of one's own natural rhythm in life.

Characteristic Remedies:

Adrenalinum hydrochloricum	Traumatic frenzy to achieve a (survival) goal
Aurum arsenicum	The manifestation of self-doubt destroys all self-esteem
Chininum sulphuricum	Awareness of dependence suppressed
Crataegus oxacantha	Denial of his own life rhythm
Glonoinum	Lack of opportunity and will for expanding awareness
Spigelia anthelmia	Breach of trust, the stab in the back

Heart Valve Insufficiency

A great need for protection compels one to conform to other people that are on a totally different wavelength. The resulting feeling of not being loved or recognized collides with the need for security. This dilemma becomes destructive pressure.

Characteristic Remedies:

Calcarea arsenicosa	Demands support at any price
Calcarea fluorica	Seeks support at any cost
Iodium	Does not feel nourished or loved
Lycopus virginicus	Disrespect for one's own greatness
Oxalicum acidum	Being taken care of and having support are needed as reinforcement
Spigelia anthelmia	Breach of trust, the stab in the back
Spongia tosta	Seeks protection in conforming

High Blood Pressure / Hypertension

Putting Yourself Under Pressure

Puts oneself under pressure. Orients oneself to others. Externals are more important than feeling for oneself. One's place in the family must be proved through achievement. Expectation of criticism that is then accepted with great difficulty. External goals, such as material goods, can become the purpose of one's life. Fears the repetition of strokes of fate. Calmness is difficult.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Cactus grandiflorus	Persevering in a situation with no apparent way out
Crataegus oxacantha	Denial of his own life rhythm
Gelsemium	Anticipatory anxiety from holding back emotion
Glonoinum	Lack of opportunity and will for expanding awareness
Rauwolfia serpentina	Fighting for values pushed on one by others without perceiving it
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities

Low Blood Pressure / Hypotension

To Play Dead

Circumvents all conflict. Life seems too complicated; one withdraws. Through an accumulation of these conflicts there develops an anticipatory anxiety and a compulsive orientation to the outside world. The development of hypertension is almost predestined, and is, in fact, often encountered.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Agaricus muscarius	Feels like a loser
Camphora	To remove oneself emotionally from a bad situation
Carbo vegetabilis	Vital energy is not used for own proper needs
Gelsemium	Anticipatory anxiety from holding back emotion
Kali carbonicum	Ignorance of one's own needs
Lachesis muta	Suppressed individuality
Veratrum album	Self-betrayal

Constriction of the Heart / Angina pectoris



As the preliminary stage to a heart attack, Angina pectoris symbolizes categorically the issue of lack of self-love. In order to conceal this and to stabilize one's self-esteem, one attempts, among other things, to "buy" the

affection and recognition of others through doing things for them. Enjoyment of life is limited by the helper syndrome. The group, for example the family, out of gratitude, is then supposed to supply the recognition needed to bolster one's feeling of self-worth. However, disappointment, for example through disrespect or some other breach of trust, is not long in the waiting. Self-love and self-respect must replace a claim for power tarnished by the helper syndrome must come.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Cactus grandiflorus	Persevering in a situation with no apparent way out
Cuprum metallicum	Bondage, leans on others out of feeling weak
Glonoinum	Lack of opportunity and will for expanding awareness
Naja tripudians	Getting the attention of others by force
Spigelia anthelmia	Breach of trust, the stab in the back
Spongia tosta	Seeks protection in conforming
Veratrum viride	Practical thinking, fixated on material things

Inflammation of the Cardiac Muscle / Myocarditis

Suffers from a compulsive conformity to others. Betrayal of own self, needs and one's entire personal rhythm. Believes that it is not possible to escape this painful situation. Everything that is one's own is silently surrendered. Longing for death.

Characteristic Remedies:

Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Cactus grandiflorus	Persevering in a situation with no apparent way out
Crataegus oxacantha	Denial of his own life rhythm
Digitalis purpurea	Emotional shock; from being protected into confrontation
Gelsemium	Anticipatory anxiety from holding back emotion
Kali arsenicosum	Refuses to perceive his own needs
Kali phosphoricum	Drawing everything to oneself in order to have something to offer others
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Vipera berus	Manipulated and overwhelmed

Inflammation of Heart Sac / Pericarditis

A severe emotional hurt or shock was too much to take. It would have been necessary to draw conclusions in favor of self-love.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Apis mellifica	Doing one's duty. Needs to function without aggression
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Cactus grandiflorus	Persevering in a situation with no apparent way out
Digitalis purpurea	Emotional shock; from being protected into confrontation
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Naja tripudians	Getting the attention of others by force
Spigelia anthelmia	Breach of trust, the stab in the back
Veratrum viride	Practical thinking, fixated on material things

Heart Attack

Until recently the heart attack was a disease typically suffered by men. Men take their feelings of self-worth from satisfying the needs of their family. Satisfaction is connected with being taken care of "materially." If one's efforts do not find acceptance, perhaps because the desires of the family lie completely elsewhere, the striving increases more and more. Nobody gets what they want, because communication is lacking about the different individual interests.

And so one waits in vain for one's efforts to be recognised. This can lead to a collapse of self-esteem and an attack on the heart. Within the parameters of the emancipation of women, this same pattern of thought and behavior in relation to being 'looked after': no thanks! More and more women are affected, and this explains the increase in heart attacks.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Glonoinum	Lack of opportunity and will for expanding awareness
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Lachesis muta	Suppressed individuality
Spigelia anthelmia	Breach of trust, the stab in the back
Tabacum	Retreats due to uncertainty
Vanadium metallicum	Feels misunderstood
Veratrum album	Self-betrayal

Panic Disorder / Cardiac Neurosis

Old emotional hurts are making their appearance in order to be processed. On the level of consciousness, however, this is not desired. For this reason there is the fearful attempt to hinder or avoid any possible efforts by the subconscious to repeat the message.

Characteristic Remedies:

Badiaga	Does not feel able to cope with the flow of life
Cactus grandiflorus	Persevering in a situation with no apparent way out
Calcareo arsenicosa	Demands support at any price
Digitalis purpurea	Emotional shock; from being protected into confrontation
Gelsemium	Anticipatory anxiety from holding back emotion
Lycopus virginicus	Disrespect for one's own greatness
Natrum muriaticum	Holding to that which is tried and true
Solanum tuberosum aegrotans	Lack of courage for spirituell freedom
Spigelia anthelmia	Breach of trust, the stab in the back

Rapid Heartbeat / Tachycardia

Not wanting to accept the challenges of life. Experiences life and its dynamic movement as threatening. Wants to exert one's power in order to keep life and the people around one under control.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Collinsonia canadensis	Believes the unloved but accustomed situation cannot be escaped
Crataegus oxacantha	Denial of his own life rhythm
Gelsemium	Anticipatory anxiety from holding back emotion
Lilium tigrum	Either/or, Madonna-whore-syndrome
Lycopus virginicus	Disrespect for one's own greatness
Naja tripudians	Getting the attention of others by force
Pyrogenium	Anger over the refusal to live life to its fullest

Vascular Disorders / Angiopathy

One's personal path in life is a battle. Enjoyment of life was sacrificed for a supposed duty or to the framework of a traditional role. Instead of following the natural, individual flow of life, social or economic roles are considered more important and given more respect. For example, women have (or had), the social duty to bear children for their husbands in order to earn the right to be taken care of. Those who could have better used their talents in other tasks are making a sacrifice to be in the role of wife or mother. This sacrifice becomes their purpose in life.

Men who, for example, have continued to direct the family company instead of looking to their own abilities and talents and living these out, also have a disposition for vascular disorders. Suffering is placed on the altar and made into an ideal.

Characteristic Remedies:

Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Hamamelis virginica	Worshipping suffering as life’s meaning
Lycopus virginicus	Disrespect for one’s own greatness
Millefolium	The appearance of having no needs as life’s content
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Vipera berus	Possessed and overwhelmed

Enlarged Veins / Varicose Veins / Varicosis

Holding on tightly to suffering in the flow of life to the point of self-abandonment. The previous attitude of holding back is seen as painful: nonetheless, the personality runs in despair after some fictitious promise of security, thwarting itself in the process.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Carbo vegetabilis	Vital energy is not used for own proper needs
Causticum	Great hurt leads to the building of emotional walls
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Graphites naturalis	Falls between two stools
Lachesis muta	Suppressed individuality
Lycopodium clavatum	The rotten compromise
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Spider-burst / Spider Veins

Does not feel strong enough to deal with hurts and contempt alone. Makes oneself small and creates dependencies in order to secure protection from others.

Characteristic Remedies:

Berberis vulgaris	The will is broken, confrontation does not happen
Carbo vegetabilis	Vital energy is not used for own proper needs
Causticum	Great hurt leads to the building of emotional walls
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Lachesis muta	Suppressed individuality
Natrum muriaticum	Holding to that which is tried and true
Oxalicum acidum	Being taken care of and having support are needed as reinforcement
Sabadilla officinalis	Feels like the scum of the earth

Inflammation of a Vein / Phlebitis

Situations of shock and blows of fate have led to a deadening of one's reactions. It hardly seems possible to deal with conflict. Although processing the conflicts would bring relief, the personality escapes quietly into duties and responsibilities in order not to lose the apparently secure prevailing life situation.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Arnica montana	Withdraws feeling hurt, isolating oneself
Calcarea fluorica	Seeks support at any cost
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Hamamelis virginica	Worshiping suffering as life's meaning
Lachesis muta	Suppressed individuality
Leptandra virginica	Fixed self-image, spirituality is not allowed
Vipera berus	Manipulated and overwhelmed

Arterial Dilatation / Aneurysm

The effort that had to be made in order to get recognition from the parents was very great. An aneurysm develops on the basis of "not feeling loved." This issue most likely existed in the family of origin. Every effort to get love and recognition in one's surroundings falls short. The attempt to change the situation, such as finding a new partner, is often broken off. One runs after the love of someone else without taking care of oneself.

Characteristic Remedies:

Argentum nitricum	Lack of primal trust, feels no right to exist
Cactus grandiflorus	Persevering in a situation with no apparent way out
Calcarea fluorica	Seeks support at any cost
Carbo vegetabilis	Vital energy is not used for own proper needs
Crataegus oxacantha	Denial of his own life rhythm
Iodium	Does not feel nourished or loved
Kali carbonicum	Ignorance of one's own needs
Spongia tosta	Seeks protection in conforming
Tabacum	Retreats due to uncertainty

Circulatory Disorders / Arteriosclerosis

Disturbances of the circulation point to the conflict of “not feeling understood.” Other people are different. This creates uncertainty. The question arises of “who is right.” Security is the main issue here. The ability to open oneself to life without bias or inhibition has been lost, sacrificed for the sake of security.

Characteristic Remedies:

Calcarea arsenica	Demands support at any price
Calcareo fluorica	Seeks support at any cost
Carbo vegetabilis	Vital energy is not used for own proper needs
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Crataegus oxacantha	Denial of his own life rhythm
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Vanadium metallicum	Feels misunderstood
Zincum phosphoricum	No willpower due to constant disciplining of the feelings

Blood Clot / Thrombosis

Through disappointment or a blow of fate, the issues of protection, safety and support have become more important than the flow of life. Can no longer trust one’s own destiny or enjoyment of life, which has turned into suffering and the fulfillment of duty.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Arnica montana	Withdraws feeling hurt, isolating oneself
Calcarea fluorica	Seeks support at any cost
Carbo vegetabilis	Vital energy is not used for own proper needs
Coca	Wants to achieve the highest of spiritual goals
Hamamelis virginica	Worshiping suffering as life's meaning
Spigelia anthelmia	Breach of trust, the stab in the back
Vipera berus	Manipulated and overwhelmed

Migrating Blood Clot / Embolism

The blood, a symbol of life's joy, is transporting something lumpy and insoluble that somehow gets stuck and entirely blocks the dynamic, joyful flow of life. The personality has apparently pursued life-goals infiltrated from outside to the point of completely disrupting its own dynamic.

Characteristic Remedies:

Carbo vegetabilis	Vital energy is not used for own proper needs
Coca	Wants to achieve the highest of spiritual goals
Crataegus oxacantha	Denial of his own life rhythm
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Hydrocyanicum acidum	Holding onto suffering through suppression of feelings
Lachesis muta	Suppressed individuality
Tabacum	Retreats due to uncertainty
Veratrum album	Self-betrayal

Hemoglobin Deficiency / Anemia

Anemia stands basically for the loss of joy in life. The causes for this can vary from an unpleasant dependency, to the the belief that “life is a battle,” or that one is bound to certain duties. A stubborn attitude toward life makes the situation worse.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
China officinalis	Feels dependent and enslaved
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Helonias dioica	Stubbornly forces the realization of mental conceptualizations
Hydrastis canadensis	Rejects life’s pleasures and makes others responsible for it
Natrum muriaticum	Holding to that which is tried and true
Phosphoricum acidum	Resignation; problems repeat themselves constantly

Blood Cancer/ Leukemia

Does everything to meet the expectations of others. Disavows the expression and structure of one’s own personality. Has become caught in a web of self-chosen responsibilities and if-then thought patterns and no longer takes oneself seriously as an authentic or serious personality. Disparages oneself and believes one must serve others.

Characteristic Remedies:

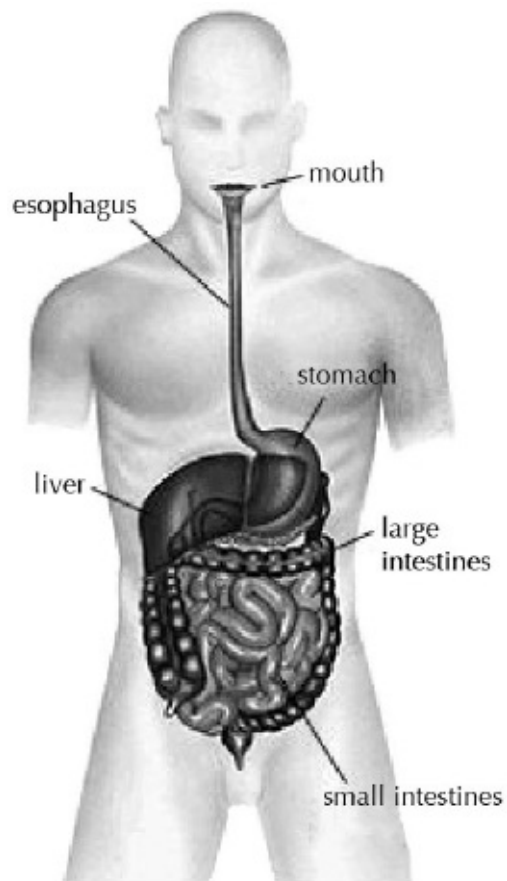
Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Ceanothus americanus	First work, then play
China officinalis	Feels dependent and enslaved
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Echinacea angustifolia	Support and the appearance of security as the content of one's life
Kali phosphoricum	Drawing everything to oneself in order to have something to offer others
Quercus e glandibus	Has no stance because of the suppression of feelings
X-Ray	Destruction of one's own structure

Blood Poisoning / Sepsis / Toxemia

Blood poisoning stands almost literally for a poisoned enjoyment of life, and occurs as a result of the withdrawal and suppression of one's personality. In order to succeed in the group one belongs to, one lets go of one's own creativity, and one represses oneself and one's own interests.

Characteristic Remedies:

Anthracinum	Conforming rationality hinders integration into a natural wholeness
Arsenicum album	Fears for his existence; would rather die than change
Baptisia tinctoria	Keeps his mouth shut, conforms, too proud to articulate himself
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Lachesis muta	Suppressed individuality
Pyrogenium	Anger over the refusal to live life to its fullest
Veratrum viride	Practical thinking, fixated on material things
Vipera berus	Manipulated and overwhelmed



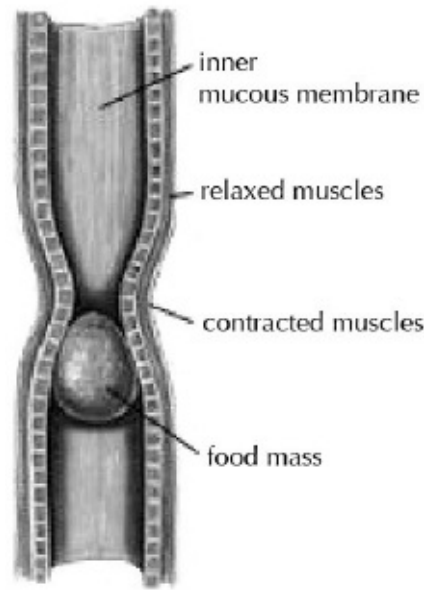
Digestive System

In the field of psychosomatics the digestive system is one of the most popular topics, one which is deeply embedded in our idioms of speech: something makes you “sick to your stomach,” you do not “have the stomach for something,” you are not able “to swallow” something, or you “have the shit scared out you.” All of these are expressions that we use when we instinctively or unheedingly, consciously or unconsciously, actually or theoretically refuse to process something - we refuse to “digest” it.

To digest something means to incorporate it, to make it a part of ourselves. A decision is made on what to integrate and what not. Digestion stands for independent integration, instead of the indiscriminate acceptance, of any dogma thrust at us, which can then be used to manipulate us. It is not surprising then that many of the modern chronic “lifestyle diseases” are located in the digestive system. More and more people are falling prey to being required “to want” to do something, and suffer in the way of self-chosen overexertion, expressed in a number of diseases that are connected to an overstimulation of the senses and incomplete processing of information.

Esophagus

With peristaltic movement this organ symbolizes the integration of what we have decided to “incorporate.” If the integration is refused, it “pops up” again – from hiccoughs all the way to a reversal of the peristaltic movement.



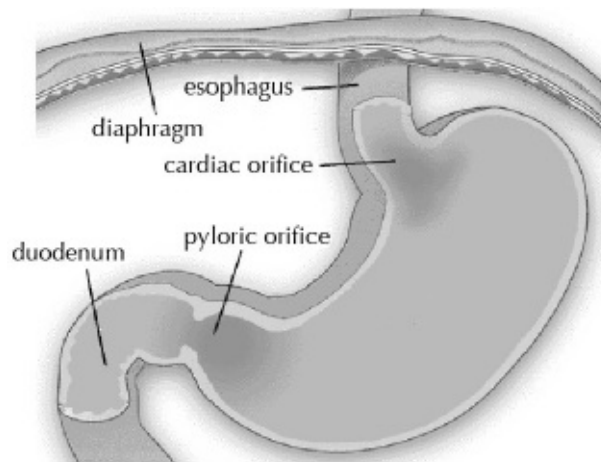
Spasm of the Esophagus

Cramping of the esophagus is also a refusal to accept life. Old negative experiences as well as negative self-judgments prevent further insights and experiences of life. One has “bitten off more than one can chew” and now it cannot be digested. Every foodstuff has its symbolic meaning and stands for a particular emotional state.

With a spasm of the esophagus there seem to be good reasons to avoid certain, unprocessed issues. It is understandable then that these issues – no matter on what level they appear – are refused or avoided. The more issues that we have processed and integrated, the more we have learned and the freer we therefore can be. Security and the need to conform lose their importance.

Characteristic Remedies:

Atropinum purum aut sulphuricum	Feelings based on judgements prevent perceiving life in a relaxed manner
Belladonna	Dammed up, suppressed life energy becomes anger
Lobelia inflata	Mistrusts his own abilities
Lyssinum	Helpless rage
Naja tripudians	Getting the attention of others by force
Sabadilla officinalis	Feels like the scum of the earth
Strychninum purum	Stubbornly defies the suffering
Zincum metallicum	Pseudo-dignity and discipline instead of feelings



Stomach

The stomach symbolizes the warmth of the nest, the feeling of being at home, of primal trust and inner security. It is also centre of processing as well as dissolution.

Here it can be seen which position a person has in society or his group, or which position he decides to take, and what importance he places on it. With the basic feeling of being safe and sound, any integration in life can be undertaken. In the stomach many new things are disassembled and thus prepared for integration. If the inner sense of security is lacking, then it is

sought externally to no avail, leading to stomach disorders. The foundation for digestive problems is laid.

Inflammation of the Stomach Lining / Gastritis

Anger over one's way of doing things, over conformity to others in order to retain security in a group. Great self-criticism, puts himself in question, seeks the causes in himself for why it is not working within the group. Fulfills the expectations of others instead of enjoying his own life.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Arsenicum album	Fears for his existence; would rather die than change
Bismuthum subnitricum	The need for protection and the inclination to conform restrict the development of the personality
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Ipecacuanha	The situation makes you "want to throw up"; indignation at the disdain of others
Mandragora officinarum	Senseless forcing of the illusion of belongingness
Nux vomica	Hiding his real feelings through overactivity
Oxalicum acidum	Being taken care of and having support are needed as reinforcement
Sinapis alba	Delusions of persecution
Veratrum album	Self-betrayal

Heartburn / Acid Reflux

“Digesting” oneself because of a lack of inner security. Too much self-criticism hardly allows for having it out with someone. The sense of duty towards the group one belongs to is too strong for one to be critical and go one’s own way.

Characteristic Remedies:

Cajeputum	Has taken an eternal oath
Capsicum annum	Has not yet found his inner center or has lost it
Carbo vegetabilis	Vital energy is not used for own proper needs
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Natrum phosphoricum	Blocked life energy lets communication become a threat
Nux vomica	Hiding his real feelings through overactivity
Oxalicum acidum	Being taken care of and having support are needed as reinforcement
Robinia pseudacacia	Honorable defenselessness out of a fear of violence
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

Sensation of Pressure, Bloating in the Stomach

Feels uncomfortable in a group because the need for security is experienced as a dependency. The expectations of the group or tradition are painful and a burden to one’s own development. Conflicts are not resolved, but end in pointing the guilty finger. Little relationship with own feelings.

Characteristic Remedies:

Actaea spicata	Is afraid of his own emotional abyss and compensates with giving someone else the blame
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Causticum	Great hurt leads to the building of emotional walls
China officinalis	Feels dependent and enslaved
Lobelia inflata	Mistrusts his own abilities
Niccolum	The severed head; separation of intellect and feeling
Ptelea trifoliata	Life has gone sour
Sarracenia purpurea	To be disgraced, not belonging

Stomach Ache

One's own inner sense of security is missing and is sought within a group such as the family. Does not or cannot deal with emerging conflicts. Although these are smouldering, they are suppressed as compensation through the helper syndrome.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capability of acting
Argentum nitricum	Demands a cozy nest
Bismuthum subnitricum	The need for protection and the inclination to conform restrict the development of the personality
Carbo vegetabilis	Vital energy is not used for own proper needs
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Chionanthus virginica	Withdraws from every conflict, remains silent
Cocculus indicus	Helper syndrome; must be gentle and nice because of fear of others and disappointment
Dioscorea villosa	Cannot let go of emotional behavior patterns
Iris versicolor	Does not accept his own real worth
Lobelia inflata	Mistrusts his own abilities

Stomach Ulcers / Gastric Ulcers

Remains in a group in order to get protection and recognition. But doesn't consider oneself to be a full member of the group, but rather holds oneself stubbornly back in order to be taken up by the others, which doesn't really happen. Often recognizes that one is being used in order to create an image for the family or the company, for example, but one doesn't protest against this, so as not to lose the supposed protection and solidarity with the group. One's own development is sacrificed to an image that replaces the reasonable need for nest warmth and recognition.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Atropinum purum aut sulphuricum	Feelings based on judgements prevent perceiving life in a relaxed manner
Bismuthum subnitricum	The need for protection and the inclination to conform restrict the development of the personality
Calendula officinalis	To be in the role of the victim, feels torn apart
Grindelia robusta	The lack of the sense of basic trust results in a battle for survival
Hamamelis virginica	Worshipping suffering as life's meaning
Iodium	Does not feel nourished or loved
Kreosotum	Feels raped
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Robinia pseudacacia	Honorable defenselessness out of a fear of violence

Stomach Bleeding / Gastric Hemorrhage

The unsuccessful demand for real or imagined nest warmth has destroyed enjoyment of life. One has done everything to live up to an image, but even this has not brought the desired result. Caught in family patterns, one finds no escape back to oneself.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Arsenicum album	Fears for his existence; would rather die than change
Carbo vegetabilis	Vital energy is not used for own proper needs
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Hamamelis virginica	Worshipping suffering as life's meaning
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Nitricum acidum	Hate and thirst for revenge that are not expressed
Phosphorus	Traumatized life energy; always the same
Phytolacca decandra	Feels tortured; cries out without success

Reflux Disease

Certain issues, especially those dealing with violence, cannot be processed. Out of fear, one's own power and life energy are sacrificed to the group, which should now provide protection. Life brings little satisfaction and is renounced. That which could and should be integrated is refused. Everything comes up again in the sense of a rejection of life.

Characteristic Remedies:

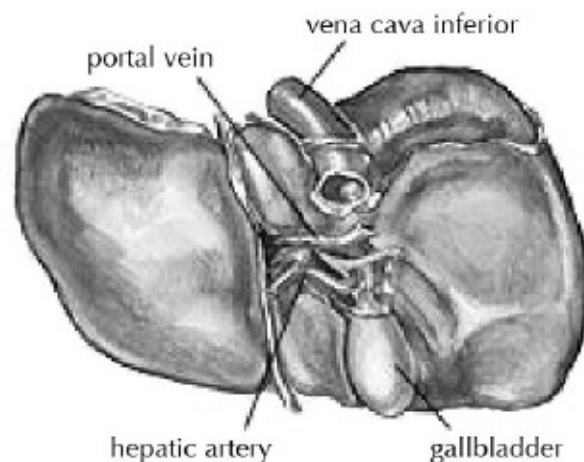
Ambra grisea	Refuses development of the personality
Asa foetida	Fed up with conforming to others
Elaps corallinus	Creativity arises out of inner pressure
Nux moschata	Life energy is blocked due to fear of violence; one freezes

Liver

The liver symbolizes the self-esteem of a person. What is my approach to life? Do I let myself be taken over or do I stay true to myself? Life's path is one of continuous transformation and integration. It is important to enjoy these constant changes, but not to fall prey to them. Whether or not a person is successful at this can be read from the condition of the liver.

The liver has, for example, the task of processing protein. Protein symbolizes other autonomous figures from whom you can learn. But you must not let yourself be defined by them through adopting their judgments and values. It is true that the unfamiliar aspect of the other is also a part of yourself, a possible facet of your life, but as long as you are only looking for security, the chances are high that the other will become more important than oneself. If this happens, one is asking to be taken in.

On another level problems with the protein metabolism develop. The liver is also involved with the metabolism of fats and carbohydrates. Here we are dealing with a clarification of aggression and its transformation into calmness, as well as the way in which we deal with the battle of life, even to the extent of understanding that our life experience is created by no one else but ourselves. Detoxification processes take place in the liver that are psychologically analogous to decisions taken for one's own benefit or against oneself. Those who refuse to accept the challenges of life therefore normally have a dysfunctional liver.



Inflammation of the Liver / Hepatitis

An inflammation of the liver generally indicates a personality that exercises little self-determination, that is caught up in habits and responsibilities, and which nonetheless fights its way defiantly through life against authority.

Characteristic Remedies:

Phosphorus	Traumatized life energy; always the same
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Aurum metallicum	Lack of self-esteem
Magnesia muriatica	In a state of war; inner and outer conflict
Leptandra virginica	Fixed self-image, spirituality is not allowed
Hepar sulphuris	Wants to change others in order to increase his own security
Ptelea trifoliata	Life has gone sour
Podophyllum peltatum	Fear of one's own suppressed aggression
Quercus e glandibus	Has no stance because of the suppression of feelings

Cirrhosis of the Liver

Values that have been instilled or taken on determine one's self-image. This is often associated with a group image such as the family. Those people who are caught up in these unfamiliar ideas and judgments about themselves and have repressed what is their own, are receptive to cirrhosis of the liver.

Characteristic Remedies:

Aurum muriaticum	The compulsion to conform destroys self-confidence
Cannabis sativa	Has given up his identity
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
China officinalis	Feels dependent and enslaved
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Leptandra virginica	Fixed self-image, spirituality is not allowed
Nux vomica	Hiding his real feelings through overactivity
Passiflora incarnata	Would attain his vision for life by force

Fatty Liver Disease

A strong inner uncertainty leads to a failure to live out one's own life energy. This shows itself in suppressed aggression that is stored as fat. The step into self-determination remains incomplete. By thinking one must always be understood by others, one betrays the individual, what one is.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Aurum metallicum	Lack of self-esteem
Capsicum annuum	Has not yet found his inner center or has lost it
Chelidonium majus	Remains inactive to detriment of own interests
Lyssinum	Helpless rage
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Phosphorus	Traumatized life energy; always the same
Picricum acidum	Wanting to get out of being dependent

Jaundice through Liver Disease

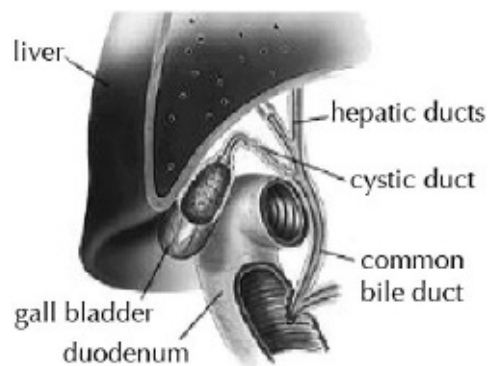
The process of self-determination and detachment from others is hindered and obstructed by lack of confrontation and an externalized need for harmony. It is difficult to accept self-responsibility as a creative impulse.

Characteristic Remedies:

Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Ceanothus americanus	First work, then play
Juglans regia	Can only act rationally, because is emotionally occupied
Leptandra virginica	Fixed self-image, spirituality is not allowed
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Nux vomica	Hiding his real feelings through overactivity
Sepia succus	Longing for harmony, but it must match her own picture of it

Gall Bladder

The gall bladder is the organ in which aggression is transformed into calmness. A diseased gall bladder accumulates aggression.



Biliary Colic

The biliary colic is an anger attack expressed directly in the physical body, the cause of which has not been verbalized. Instead the aggression is directed

towards oneself. Behind every form of anger and rage, however, is an accumulation of blocked life energy. One does not live one's own life, one withdraws and rejects oneself, no longer desiring to participate in life.

Characteristic Remedies:

Berberis vulgaris	The will is broken, confrontation does not happen
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Chionanthus virginica	Withdraws from every conflict, remains silent
Colocynthis	Gut level anger from conforming and suppression of irritation
Dioscorea villosa	Cannot let go of emotional behavior patterns
Iris versicolor	Does not accept his own real worth
Lycopodium clavatum	The rotten compromise
Podophyllum peltatum	Fear of one's own suppressed aggression
Terebinthina	Either feelings or intellect; it's one or the other

Gallstones

Gallstones correspond to fossilized anger over dependencies, mostly of a family origin. Up to now the courage has been missing to activate one's own willpower in life. The directives of a group, often the family, set the standard and direction. One's own will to act is broken. Seeks security instead of living life fully. The suppression of one's own power, which is thereby transformed into aggression, hinders the development of one's potential. Not willing to put one's security at risk.

Characteristic Remedies:

Berberis vulgaris	The will is broken, confrontation does not happen
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Chelidonium majus	Remains inactive to detriment of own interests
China officinalis	Feels dependent and enslaved
Chionanthus virginica	Withdraws from every conflict, remains silent
Magnesia phosphorica	The eternal, silent battle
Nux vomica	Hiding his real feelings through overactivity
Podophyllum peltatum	Fear of one's own suppressed aggression
Terebinthina	Either feelings or intellect; it's one or the other

Pancreas

The pancreas symbolizes the process of self-discovery. The healthy pancreas processes and supports the digestive process on all levels of development, even up to the self as joy and pleasure in life.

Inflammation of the Pancreas / Pancreatitis

Self-doubt takes the upper hand. Thinks one must always be doing something to justify membership of and recognition in the community.

Characteristic Remedies:

Atropinum purum aut sulphuricum	Feelings based on judgements prevent perceiving life in a relaxed manner
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Ceanothus americanus	First work, then play
Iris versicolor	Does not accept his own real worth
Jaborandi	Others are conceded so much strength that there is no power left to follow his own path
Mandragora officinarium	Senseless forcing of the illusion of belongingness
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Podophyllum peltatum	Fear of one's own suppressed aggression

Diabetes mellitus, Type I

Anxiety take the place of desire. Enjoying life is strictly forbidden; pleasure is not accepted and lived out. The causes for diabetes are often to be found in negative evaluations about sexuality and creativity, considered as “forbidden fruit” in the sense of being open to life, and judged to be inwardly unattainable. As compensation the enjoyment of life is turned into control, renunciation, and playing the role of the victim. The suffering of the family is taken on. Family karma is carried as one's life purpose. There is often a close connection and longing for the absent mother.

Characteristic Remedies:

Grindelia robusta	The lack of the sense of basic trust results in a battle for survival
Iris versicolor	Does not accept his own real worth
Lacticum acidum	Wants to get loving care through force
Natrum muriaticum	Holding to that which is tried and true
Opium	Boundary between conscious and subconscious
Phosphorus	Resignation; problems repeat themselves constantly
Phosphorus acidum	Traumatized life energy; always the same
Vanadium metallicum	Feels misunderstood

Diabetes mellitus, Type II

Trapped in the battle of life. Cannot allow oneself to lose and takes oneself too seriously. Can no longer accept enjoyment in life because one reproaches oneself for having lost. Desires spiritual peace but confuses this with defeat.

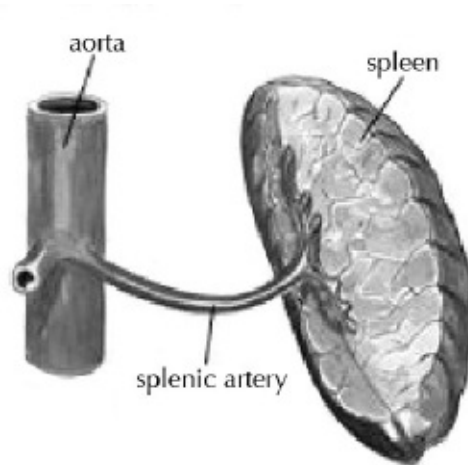
Characteristic Remedies:

Aceticum acidum	Fermenting, unused potentials
Adrenalinum	Traumatic frenzy to achieve a (survival) goal
Helonias dioica	Stubbornly forces the realization of mental conceptualizations
Lycopus virginicus	Disrespect for one's own greatness
Opium	Boundary between conscious and subconscious
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Phosphorus	Traumatized life energy; always the same
Taraxacum officinale	The frustrated do-gooder
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Spleen

The spleen symbolizes enjoyment of life and belongs –in the order of the organs and systems – to the lymph system. In Chinese medicine the spleen stands for the mother, the primal creative principle.

The spleen is considered the entryway for the etheric life forces: here we encounter the issues relating to boundaries: if there are problems with one's health, then it is very difficult to protect oneself from hostile energies. The spleen stands for the insistence on something, but also for perseverance. In a pathological sense the spleen represents stubbornness, rigidly holding on to something, clinging to conditions, situations, and dogmas.



Stitching Pain in the Left Side (Spleen)

Lack of boundaries. Enjoyment of life is at risk. Those around are poking fun at one. One can no longer bear the situation, which is given too much importance, and expresses itself in a painful manner.

Characteristic Remedies:

Bellis perennis	Despite the most friendly of efforts, is rejected and put down
Conium maculatum	The connection to one's own basic needs is lost
Carbo vegetabilis	Vital energy is not used for own proper needs
Ceanothus americanus	First work, then play
Natrum muriaticum	Holding to that which is tried and true
Ranunculus bulbosus	Follows the proprieties of the traditional form of communication without criticism
Taraxacum officinale	The frustrated do-gooder
Theridion curassavicum	Power and the striving for power replace ethics and individuality

Inflammation of the Spleen

Is angry about not being able to enjoy life. The destruction of one's decision-making ability is long-lasting.

Often cannot differentiate between which energies are "good" and which should be avoided. Doing one's duty, dependency and not being able to let go restrict enjoyment of life.

Characteristic Remedies:

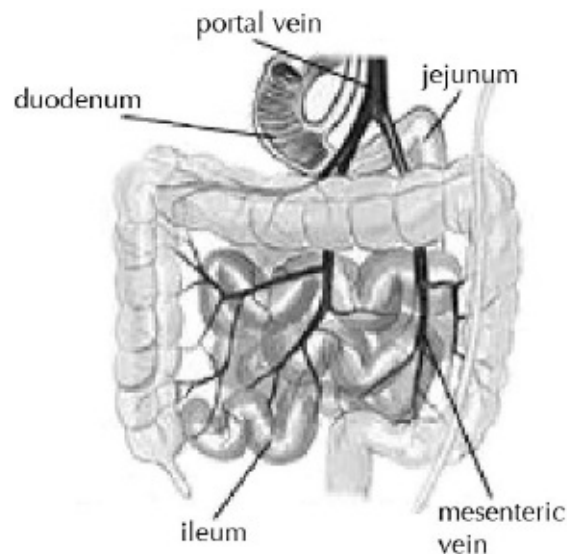
Arnica montana	Withdraws feeling hurt, isolating oneself
Arsenicum album	Fears for his existence; would rather die than change
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Ceanothus americanus	First work, then play
China officinalis	Feels dependent and enslaved
Chinum sulphuricum	Awareness of dependence suppressed
Natrum muriaticum	Holding to that which is tried and true

Intestines

In the intestines we find the processing, the "digesting," of our (physical) impressions: here we take something "foreign" and make it our own. This is a place of transformation. The analogous organ for the integration of spiritual impressions, our "food for thought," is the brain. Not only physical things need to be digested, but also many "bits" of knowledge. Here it is a

question of not only “having to” but also of “wanting to” digest. In this manner new information and life issues are processed and life is integrated.

Disruptions in this process of integration – regardless of their cause - often make their first appearance in the intestines: “to get the shits” is just an example of how such an integration process can be disturbed. The intestines, as an autonomous ordering system, functions in response to mental impulses, reacting very sensitively to existential turmoil, and, without the filter of the intellect, immediately.



Constipation

One of the two major symptoms of the bowel movements that manifests in illnesses is constipation, which is a sign of complete withdrawal from conflict (“not wanting to shit on anyone”).

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Collinsonia canadensis	Believes the unloved but accustomed situation cannot be escaped
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Natrum muriaticum	Holding to that which is tried and true
Nux vomica	Hiding his real feelings through overactivity
Opium papaver somniferum	Boundary between conscious and subconscious

Diarrhea

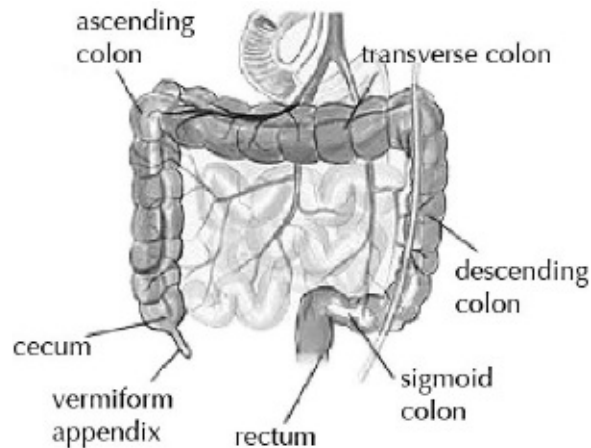
With diarrhea the processing of conflict has gotten completely out of control. Diarrhea stands for "being scared shitless," for being afraid to enter into the sorting out of conflicts. Putting one's life in order is "getting your shit together". If one can't or won't do this, diarrhea may be the result.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Arsenicum album	Fears for his existence; would rather die than change
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Podophyllum peltatum	Fear of one's own suppressed aggression
Veratrum album	Self-betrayal

Small Intestine

The small intestine is the place of processing and integration of impressions, feelings and conflicts, as well as the place of their selection. Here it is decided what should be integrated.



Large Intestine

The large intestine is the place where it is decided what is not needed and should be expelled. The modalities of the bowel movement (see this section) give us information about the status of the processing of a conflict.

Cecum

The cecum is located directly below the joining of the small and large intestines and is not condemned to non-functionality in all life forms. If there are problems here, a blockage at the transition from small to large intestine, then there is a difficulty in deciding which issues one wants to let go of and which ones one wants to consider further. The function of the cecum and the appendix has a great deal to do with integration (into a

group), with being willing to take on and integrate unfamiliar outside issues.

Vermiform Appendix

The appendix is that part of the cecum which especially becomes inflamed when the blood supply, the carrier of life's enjoyment, is interrupted. Still today, in a number of animals such as rabbits and cows, the cecum provides a special form of digestion. Here with the help of body-specific enzymes, foodstuffs that would otherwise be indigestible are broken down and integrated. Today a function similar to that of the adenoids in the immune system is ascribed to this supposedly rudimentary addendum.

Inflammation of the Appendix / Appendicitis

Breaking out from the inculcated traditional evaluation patterns. That which is not digestible should not be integrated. A painful disease process reveals the anger over wrong decisions made under coercion, or through conforming. Breaking out of the traditional concept of the group and its distribution of roles.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Belladonna	Dammed up, suppressed life energy becomes anger
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Colocynthis	Gut level anger from conforming and suppression of irritation
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Phosphorus	Traumatized life energy; always the same
Pyrogenium	Anger over the refusal to live life to its fullest

Inflammation of the Intestines / Colitis & Intestinal Flu

Not having the guts to deal with a frustrating life situation. Aggression is held back in order not to have to change the existing situation. The fear of expressing oneself is shown in "getting the shits."

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Argentum nitricum	Demands a cozy nest
Arsenicum album	Fears for his existence; would rather die than change
China officinalis	Feels dependent and enslaved
Cuprum arsenicosum	Conformity to the point of self-destruction
Nitricum acidum	Hate and thirst for revenge that are not expressed
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Podophyllum peltatum	Fear of one's own suppressed aggression

Intestinal Fungi / Endogenous Mycosis

Unfamiliar ideas and thought-patterns are adopted uncritically and infiltrate one's evaluations, thus influencing one's individuality. Enjoyment of life is destroyed through a divergence in the thought processes between the desire for one's own inner order and the presence of an unfamiliar structure. Torturous diets that make little sense continue until one has made a decision for one's own beliefs, and put them into practice.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Borax veneta	Feels used and trashed
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Natrum muriaticum	Holding to that which is tried and true
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

Crohn's Disease

Because of rigid structures in thought and judgment, one cannot or does not want to integrate important life issues, or resolve and integrate conflicts. Has difficulties with anything new - it could be painful. Set in one's views. Needs security and routine, has a longing for nest warmth and feeling safe and sound.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Argentum nitricum	Demands a cozy nest
Colchicum autumnale	Overburdened, holding to an untenable situation
Graphites naturalis	Falls between two stools
Magnesia muriatica	In a state of war; inner and outer conflict
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Natrum muriaticum	Holding to that which is tried and true
Petroleum	Can't see beyond the end of his nose

Intestinal fistula

The intestinal fistula is a frequent complication, which also appears by itself as a symptom. The possibility of a positive confrontation that could lead to health is not taken advantage of. The more direct path of facing conflict is impossible, and therefore one goes the long way round.

Characteristic Remedies:

Calcarea carbonica	Denial of life; wants support
Calcarea fluorica	Seeks support at any cost
Calcarea sulphurica	Ignores the inner desire for support and relationship
Carbo vegetabilis	Vital energy is not used for own proper needs
Nitricum acidum	Hate and thirst for revenge that are not expressed
Petroleum	Can't see beyond the end of his nose
Staphysagria	Has cut the inner connection to others, being isolated
Thuja occidentalis	Shadow sides are encapsulated and isolated

Ulcerative Colitis

Has a great difficulty in expressing criticism. Wants to be a good child. To “shit on someone” would endanger the childlike demand for protection. Claims on others are made in silence, but get no response. In this way enjoyment of life disappears. Relates to others with a slimy friendliness.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Colchicum autumnale	Overburdened, holding to an untenable situation
Collinsonia canadensis	Believes the unloved but accustomed situation cannot be escaped
Colocynthis	Gut level anger from conforming and suppression of irritation
Elaterium officinarium	A forced separation creates emotional dependency
Hippomanes	The embryo takes on the suffering of the mother
Leptandra virginica	Fixed self-image, spirituality is not allowed
Petroleum	Can't see beyond the end of his nose

Intestinal Inflammation from Foodstuffs

Foodstuffs play a special role by pointing to nutritional allergies. These result from issues connected with food products which cannot be properly processed, or which have been negatively evaluated.

Characteristic Remedies:

Aceticum acidum	Fermenting, unused potentials
Arsenicum album	Fears for his existence; would rather die than change
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Carbo vegetabilis	Vital energy is not used for own proper needs
China officinalis	Feels dependent and enslaved
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Pyrogenium	Anger over the refusal to live life to its fullest

Intestinal Obstruction / Mechanical Ileus

Has been living in an unresolved conflict situation for a long time, and no longer wants to be part of it anymore. Turns the unexpressed potential for aggression against oneself. Would rather die than continue in this way.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Colocynthis	Gut level anger from conforming and suppression of irritation
Lachesis muta	Suppressed individuality
Opium	Boundary between conscious and subconscious
Plumbum metallicum	Affectation as a means of escape
Sambucus nigra	Self-rejection gives rise to masochistic behavior
Tabacum	Retreats due to uncertainty
Veratrum album	Self-betrayal

Intestinal Paralysis / Paralytic Ileus

Cannot take an open and honest position in a warlike conflict situation. Feels paralyzed because there is no progress, but a resolution would only be possible through taking a clear position. Feels like an outsider.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Graphites naturalis	Falls between two stools
Magnesia muriatica	In a state of war; inner and outer conflict
Opium	Boundary between conscious and subconscious
Phosphorus	Traumatized life energy; always the same
Plumbum metallicum	Affectation as a means of escape
Secale cornutum	Outsider, "black sheep" of the group

Intestinal Perforation / Endogenous Bowel Perforation

Continuous infiltration of an unfamiliar nature leads to an abrupt injury, to rupture. Feelings and impressions – nothing can be integrated in a positive sense any longer. Enjoyment of life is completely renounced. Self-abandonment and a longing for peace through suicide define one's value system, in relation to which one has long failed to consider the possibility of living out one's individuality and not integrating everything indiscriminately.

System, Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Silicea	Heady, feelings suppressed because of hurt
Tellurium metallicum	Denies his possibilities, remains rather the tool of others

Rupture / Inguinal Hernia

What was up to now the normal path of family tradition is left behind. Believes one can only go one's own way through (self-)injury, because not enough self-esteem is present. Hernias are often developed in conjunction with separations and letting go of things. Births can also be understood as a letting go.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Aurum metallicum	Lack of self-esteem
Carbo animalis	Foregoes displaying own willpower
Coffea cruda	Feelings of guilt but does not confront the situation
Lycopus virginicus	Disrespect for one's own feelings
Millefolium	The appearance of having no needs as life's content
Nitricum acidum	Hate and thirst for revenge that are not expressed
Nux vomica	Hiding his real feelings through overactivity

Hemorrhoids

Holds to habits and family traditions in order to belong and to be secure. The renunciation of individuality blocks enjoyment of life. Lack of courage to transform one's own desires, if necessary, through criticism. Hemorrhoidal knots correspond to familial entanglements. The exaggerated conformity has led to every form of self-expression being held back from the beginning, and avoided for fear of being hurt.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
Aloe socotrina	Bad experiences lead to a renunciation of life
Carbo vegetabilis	Vital energy is not used for own proper needs
Collinsonia canadensis	Believes the unloved but accustomed situation cannot be escaped
Nux vomica	Hiding his real feelings through overactivity
Paeonia officinalis	One's own balance is lost through supporting others

Anus

The anus – as a sort of “organ of criticism” – stands for the ability to be able to let go.

Anal Fistula

The anal fistula indicates that one does not trust oneself to express clear and direct criticism. Weak self-esteem leads one rather to beat around the bush in a friendly manner.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Aurum muriaticum	The compulsion to conform destroys self-confidence
Cactus grandiflorus	Persevering in a situation with no apparent way out
Calcareo phosphorica	Appears small and helpless in order to be supported
Carbo vegetabilis	Vital energy is not used for own proper needs
Causticum	Great hurt leads to the building of emotional walls
Kreosotum	Feels raped
Nitricum acidum	Hate and thirst for revenge that are not expressed

Anal Fissure

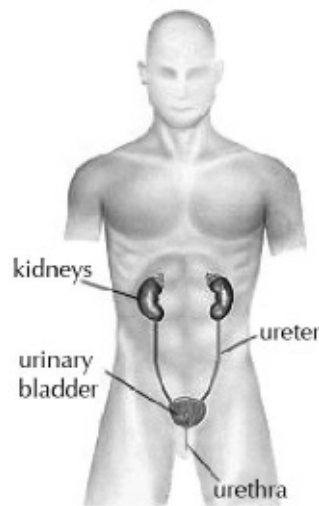
Through the anal fissure, the helper syndrome is disclosed. It seems to be the fate of these people to “work their ass off for someone” without getting any recognition for it. For the fissure to begin to heal, they must realize that they have been trying to buy a sense of belonging through their desire to help.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
Agnus castus	Denial of his own potential
Allium cepa	Fights a losing battle
Calcarea fluorica	Seeks support at any cost
Gratiola officinalis	Expects to be cast out
Mezereum	Role-play instead of individual development
Paeonia officinalis	One's own balance is lost through supporting others
Ratanhia peruviana	Uncertain in his self-image, role model is lacking

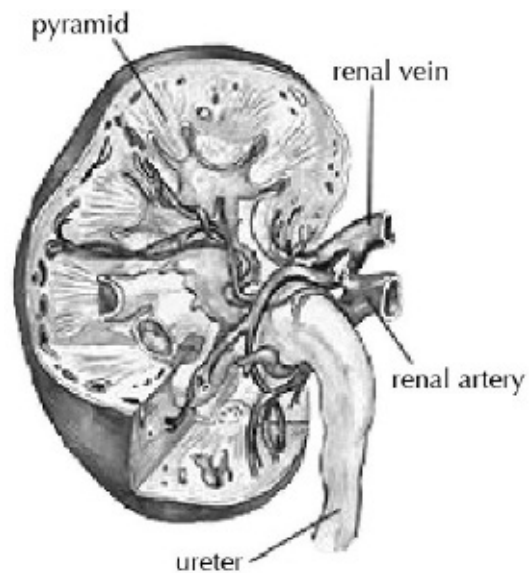
Excretory Organs

Both belong to the flow of life, “letting in,” partnership symbolized by the kidneys, and also “letting go,” letting one’s feelings run free, symbolized by the bladder.



Kidneys

The kidneys symbolize partnerships, harmony in relationships. This includes friendships, mother-child relationships, *etc.* The orientation of people to each other influences the condition of the kidneys.



Inflammation of the Kidneys / Glomerulonephritis

Fixed ideas of how a partnership or relationship should run have been disappointed or hurt in a relationship. One's real feelings are kept under control or split off so that the situation can be maintained. Not acting as it feels right to do.

Characteristic Remedies:

Berberis vulgaris	The will is broken, confrontation does not happen
Cannabis indica	Suppressed emotions manipulate conscious perception
Cantharis	Actively works to the detriment of own interests
Carbolicum acidum	Stuck in painful, emotional patterns
Glonoinum	Lack of opportunity and will for expanding awareness
Helonias dioica	Stubbornly forces the realization of mental conceptualizations
Nitricum acidum	Hate and thirst for revenge that are not expressed
Terebinthina	Either feelings or intellect; it's one or the other

Kidney Stones / Nephrolithiasis

Petrified Emotions

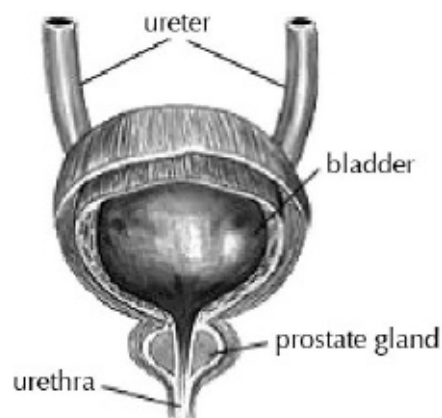
Feelings, especially of aggression, but also others connected with ideas of partnership and emotional ties, become encapsulated and petrified (kidney stones, bladder stones). Afraid that the expression of feelings could cause a complete change in one's life situation, such as a separation.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Berberis vulgaris	The will is broken, confrontation does not happen
Cantharis	Actively works to the detriment of own interests
Juglans regia	Can only act rationally, because is emotionally occupied
Lycopodium clavatum	The rotten compromise
Magnesia phosphorica	The eternal, silent battle
Nitricum acidum	Hate and thirst for revenge that are not expressed
Sarsaparilla	The suffering spreads out

Bladder

The urinary bladder is the organ that collects all of the feelings which have not been lived out.



Urge to Urinate / Tenesmus

Suppressed feelings force themselves into consciousness. They need to be finally brought out into the open so that the conflicts can be resolved.

Characteristic Remedies:

Cantharis	Actively works to the detriment of own interests
Digitalis purpurea	Emotional shock; from being protected into confrontation
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Plumbum metallicum	Affectation as a means of escape
Prunus spinosa	Caught in a confused situation caused by repression
Senecio aureus	Doesn't know what to do with his power
Terebinthina	Either feelings or intellect; it's one or the other
Viola tricolor	Rejection calls forth hate

Involuntary Urination

Suppressed feelings can no longer be kept under control. The repression is only partly successful. A way should be found to vent one's feelings. Fear of change.

Characteristic Remedies:

Causticum	Great hurt leads to the building of emotional walls
Kreosotum	Feels raped
Lac vaccinum defloratum	Sacrificing one's personal path for an austere but safe life
Natrum muriaticum	Holding to that which is tried and true
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sanicula aqua	Having to survive with poisoned feelings
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Inflammation of the Bladder / Cystitis

Repressed feelings and old hurts urgently need to be expressed. The existing state of mind, which is full off illusion and the need for harmony can hardly be maintained anymore. There is a burning need to finally enter into confrontation. Great cowardliness in expressing one's own emotions and ideas, and allowing them to manifest.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Cactus grandiflorus	Persevering in a situation with no apparent way out
Cantharis	Actively works to the detriment of own interests
Lachesis muta	Suppressed individuality
Populus tremuloides	Pressure to achieve from taking on self-responsibility too soon
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sepia succus	Longing for harmony, but it must match her own picture of it
Terebinthina	Either feelings or intellect; it's one or the other

Gout

Gout symbolizes the stubbornness with which the negative feelings are held back. One is "pissed off," but still wants to keep the existing life situation intact. One desires, without success, to stabilize one's standpoint.

Typical gout with a swollen toe: one thinks one needs support and cannot deal with life alone. Feels helpless, but is too proud or stubborn to ask for help.

Characteristic Remedies:

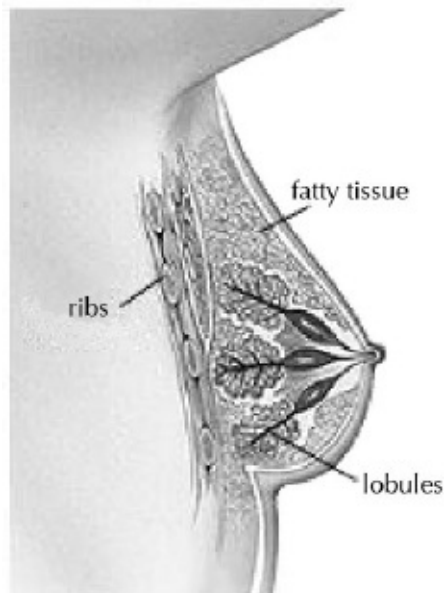
Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Cajeputum	Has taken an eternal oath
Colchicum autumnale	Overburdened, holding to an untenable situation
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Ledum palustre	Nailed up tight, closed and stubborn
Lycopodium clavatum	The rotten compromise
Petroselinum sativum	My mother doesn't love me

Female Sex Organs

Breast / Mammae

The female breast spans the difficult cleft between sexuality, pleasure and the feminine task of maternal care, between individual demands and tradition. Disorders in this area indicate deep disappointments and the manifestation of unconscious patterns of behavior in partnership issues, as well as damage to mutual expectations.

The breasts symbolize passionate “giving.” Since in our culture passion, especially in the sense of sexuality, is taboo, and giving is mostly tied to the helper syndrome, to a purpose, the breast is viewed from conflicting perspectives.



Sagging Breasts

If one's giving was too much bound to a specific purpose, and if one did not get back what was hoped for, then this can lead to a disappointment that finds its expression in sagging breasts.

Characteristic Remedies:

Belladonna	Dammed up, suppressed life energy becomes anger
Chamomilla	Lacks feeling of belonging leading to anger and defiance
China officinalis	Feels dependent and enslaved
Conium maculatum	The connection to one's own basic needs is lost
Iodium	Does not feel nourished or loved

Nipples

The nipples symbolize activity and natural, voluntary giving. If conditions and often unexpressed expectations are attached to the giving, this leads to passivity and illness.

Retracted, Inverted Nipples

A refusal to actively participate in the process of giving is indicated by retracted nipples. Too many disappointments are the cause of this physical and emotional withdrawal, which can very well end up in deep resignation.

Characteristic Remedies:

Carbo animalis	Foregoes displaying own willpower
Condurango	Defiance instead of union and openness
Conium maculatum	The connection to one's own basic needs is lost
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Sarsaparilla	The suffering spreads out
Silicea	Heady, feelings suppressed because of hurt

Cracked Nipples

These stand for the indecision over who has really deserved the nourishment and recognition. Standing between two people, for example between one's child and one's partner or between the parents. One is inwardly torn, but defines oneself through the helper syndrome and represses the conflict.

Characteristic Remedies:

Calendula officinalis	To be in the role of the victim, feels torn apart
Causticum	Great hurt leads to the building of emotional walls
Graphites naturalis	Falls between two stools
Paeonia officinalis	One's own balance is lost through supporting others
Ratanhia peruviana	The helper syndrome distracts from one's own suffering

Sore Nipples During Breastfeeding

When sore nipples develop during breastfeeding, this symbolizes a view of life that is strongly based upon predetermined purposes and goals. The traditional "giving" is angrily refused, because the mother – despite her love for the newborn child – feels caught in an undesired role. In this moment the mother has reduced herself to the function of giving without recognizing that she can still live out all of the other individual areas of her life.

Characteristic Remedies:

Castor equi	Doesn't demand a reciprocal value
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Dulcamara	Authority figures may not be questioned
Millefolium	The appearance of having no needs as life's content
Phytolacca decandra	Feels tortured; cries out without success

Cycle-Dependent Breast Pain / Mastodynia (also Mastalgia)

In Mastodynia, especially breast swelling before menstruation, there hides the subconscious perception that one has to contribute even more to keep the partnership functioning, and must give more.

Characteristic Remedies:

Conium maculatum	The connection to one's own basic needs is lost
Dulcamara	Authority figures may not be questioned
Helonias dioica	Stubbornly forces the realization of mental conceptualizations
Kali carbonicum	Ignorance of one's own needs
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Lac caninum	Manipulated by mother or care person
Thuja occidentalis	Shadow sides are encapsulated and isolated

Inflammation of the Breast / Mastitis

It seems that the price for her own security was apparently too high. Angry over the wrong decision to have to now nourish another, namely the child, without receiving or having received enough herself. Here alternatives are not perceived. The traditional role has been so strongly internalized that it is no longer challenged. The anger over her refusal to nurse is not verbalized, but directed into the process of inflammation.

Characteristic Remedies:

Calcarea fluorica	Seeks support at any cost
Chamomilla	Lacks feeling of belonging leading to anger and defiance
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Hepar sulphuris	Wants to change others in order to increase his own security
Phytolacca decandra	Feels tortured; cries out without success
Silicea	Heady, feelings suppressed because of hurt

Lumps, Knots in the Breast (benign) / Fibroadenoma

The disappointment and anger over not getting something adequate in return for what she has given are “non-verbally” knotted together.

Characteristic Remedies:

Acidum nitricum	Hate and thirst for revenge that are not expressed
Bellis perennis	Despite the most friendly of efforts, is rejected and put down
Calcarea fluorica	Seeks support at any cost
Castor equi	Doesn't demand a reciprocal value
Clematis erecta	Denies his own standards in order to be supported
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it

Breast Cancer

The ideal, the long-awaited Prince Charming on his white horse (with a man, the woman of his dreams, although breast cancer rarely occurs in men), has turned out to be an illusion. The hardened, manifested disappointment and resulting anger relating to giving are no longer verbalized and processed, but more and more encapsulated, and forcefully replaced by blame and recriminations. The expectation of being saved from this dilemma of one's own making, from the conflict between tradition and individuality, has turned out to be unfounded. Refuses to accept the responsibility of learning to take care of herself.

The task is to learn to unconditionally open oneself and let go, to want to and be able to exist alone in joy, in order to experience the ideal of a mutually complementary partnership without feelings of dependency. Taking life positively, even when alone, and welcoming it as a challenge is the basis for a speedy recovery.

Characteristic Remedies:

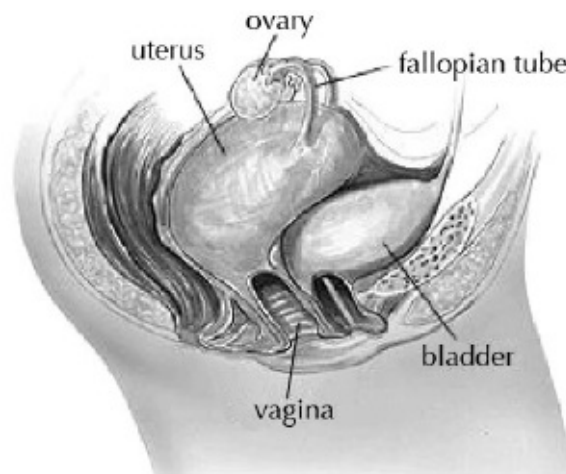
Clematis erecta	Denies his own standards in order to be supported
Comocladia dentata	Disappointed vision of relationship
Eucalyptus globulus	Asocial behavior due to a lack of respect
Helonias dioica	Stubbornly forces the realization of mental conceptualizations
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it

Uterus

The uterus symbolizes the preserving, maturing and protecting aspects of the feminine. In symbolic language the womb is the part of a woman most connected to "Mother Earth." Here is the center of creative potential,

additionally stabilized by the pelvis, and protected in a similar way to the maturing fetus.

Symptoms and health problems in this area appear, above all, when the aspect of preserving and ripening is ignored or no longer perceived. In its place the original act of preservation is reduced – often by the woman herself – to the basic genetical obligation of giving birth. The woman then sees herself as a “baby machine” in the traditional sense and becomes defiant.



Myoma

The “substitute child.” The myoma stands for the main traditional task of the woman -childbirth. The presumption of one’s ancestors and surroundings that one will have children can unconsciously become so powerful that, to satisfy family expectations, myomata appear as a replacement. Traditionally, the ability to bear children is tied to the securing of one’s livelihood. A woman that has children will be taken care of. Alternatively Myomata can also form when one’s professional development or the self-reliant providing for oneself do not lead to a joyful result.

Characteristic Remedies:

Calcarea fluorica	Seeks support at any cost
Kali bromatum	The deceptions of traditional society
Lilium tigrinum	Either/or, Madonna-whore-syndrome
Terebinthina	Either feelings or intellect; it's one or the other
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Ustilago maydis	Actively sacrifices his life for others

Bleeding Myomata

Bleeding always symbolizes an existing injury. With bleeding myomata there is the additional aspect of an injury to the man-woman relationship. The willingness of the woman to give (birth to children) and so fulfil her duty, is not accepted.

Characteristic Remedies:

Acidum nitricum	Hate and thirst for revenge that are not expressed
Calcarea carbonica	Denial of life; wants support
Calcarea phosphorica	Appears small and helpless in order to be supported
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Sabina	Hangs onto old support patterns because of lack of belonging
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

Prolapse of Uterus / Descensus uteri

Children are not born for their own sake, but in order to secure one's existence or because they just "belong" to the whole process. This viewpoint has proved itself to carry too high a price - a limitation of freedom or a reduction of

enjoyment in life. An underlying and probably subconscious feeling of “children, no thanks ” has developed.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Collinsonia canadensis	Believes the unloved but accustomed situation cannot be escaped
Helonias dioica	Stubbornly forces the realization of mental conceptualizations
Lilium tigrinum	Either/or, Madonna-whore-syndrome
Murex purpureus	Without strength of will there is no individual freedom
Podophyllum peltatum	Fear of one’s own suppressed aggression
Sepia succus	Longing for harmony, but it must match her own picture of it
Zincum valerianicum	In a disciplined manner traditional security is chosen ahead of personal freedom

Uterus Cancer

The union of man and woman took place in a mood of expectation that remained unfulfilled. Intercourse led in the worse case to a feeling of being raped or at least of not being loved. But the consequences are not faced, and she refuses to take responsibility and change the situation to one that favours herself. The resulting aggression is turned against herself. It is a similar situation with cervix cancer.

Characteristic Remedies:

Conium maculatum	The connection to one's own basic needs is lost
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Iodium	Does not feel nourished or loved
Kreosotum	Feels raped
Murex purpureus	Without strength of will there is no individual freedom
Sabadilla officinalis	Feels like the scum of the earth
Trillium pendulum	Potentials and possibilities are spoiled by the lack of identity

Ovaries

The ovaries stand for one's possibilities, for potential that can be developed. If creativity is renounced, diseases of the ovaries are the result.

Ovarian Cyst

Because of a need to conform, she feels either not willing or not worthy to make use of her possibilities. This leads to becoming angry with others. This is, however, not displayed, but hidden away and encapsulated to appear then as a cyst.

Characteristic Remedies:

Colocynthis	Gut level anger from conforming and suppression of irritation
Iodium	Does not feel nourished or loved
Kali bromatum	The deceptions of traditional society
Lilium tigrinum	Either/or, Madonna-whore-syndrome
Sabadilla officinalis	Feels like the scum of the earth

Inflammation of an Ovary / Oophoritis (also Ovaritis)

Decides not to live out her own possibilities in order to achieve the goals given her by others. Directs her anger over this situation against herself without realizing that it is also possible to reconsider one's decisions.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Hamamelis virginica	Worshiping suffering as life's meaning
Lac caninum	Manipulated by mother or care person
Melilotus officinalis	Bowing to authority without realizing it
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Pyrogenium	Anger over the refusal to live life to its fullest
Ustilago maydis	Actively sacrifices his life for others

Ovarian Tumor

For reasons of security she remains in a senseless and clearly unsatisfactory situation and completely sacrifices her possibilities. Potential and abilities are

neglected in order not to lose the protection of the group she supposedly belongs to. Creative possibilities are invested into the growth of a tumor, instead of being used for personal growth in a joyful expression of life energy.

Characteristic Remedies:

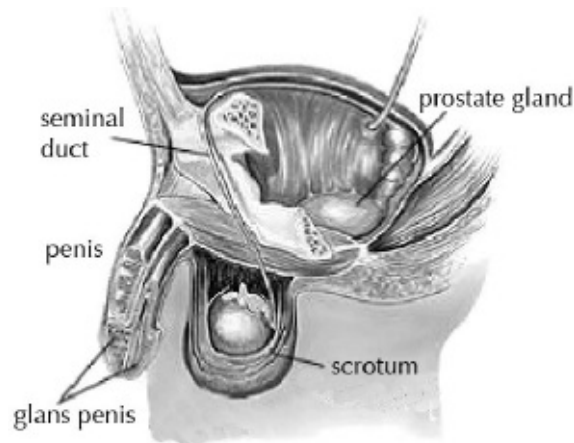
Apis mellifica	Doing one's duty. Needs to function without aggression
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Kali bromatum	The deceptions of traditional society
Podophyllum peltatum	Fear of one's own suppressed aggression
Prunus spinosa	Caught in a confused situation caused by repression
Thuja occidentalis	Shadow sides are encapsulated and isolated

Male Sex Organs

Prostate Gland

The prostate gland stands for male self-respect, strength and recognition of one's own lust for life and (pleasurable) potentials.

If one's own potential for pleasure is burdened with negative judgments, or the traditional male role of providing for the family is taken on too early, or if a man focuses only on this role, it can lead to disorders of the prostate gland. Often then, when the children have left home and the provider role is no longer needed, does its importance in his life become obvious. Instead of enjoying his new freedom with his partner, he falls into a feeling that his manly strength and potency are "not needed anymore."



Impotency

Here, shock and deep hurt can be found in the man-woman relationship. The efforts of the man on behalf of the women in his surroundings, his mother or

partner, are not given any recognition. A feeling of powerlessness has come up, and also, out of frustration, an unwillingness to get involved anymore.

Characteristic Remedies:

Allium cepa	Fights a losing battle
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Causticum	Great hurt leads to the building of emotional walls
China officinalis	Feels dependent and enslaved
Conium maculatum	The connection to one's own basic needs is lost
Cyclamen europaeum	Insist that one is not loveable
Selenium	Comes to terms with the lingering illness because of weakness

Prostate Gland Pain

Pain in prostate gland develops when a man has lost his natural position and his self-respect. Instead of being open to life's pleasure and joy, he sees himself in the position of the provider or even the loser.

Characteristic Remedies:

Allium cepa	Fights a losing battle
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Causticum	Great hurt leads to the building of emotional walls
China officinalis	Feels dependent and enslaved
Conium maculatum	The connection to one's own basic needs is lost
Cyclamen europaeum	Insist that one is not loveable
Selenium	Comes to terms with the lingering illness because of weakness

Inflammation of the Prostate Gland / Prostatitis

This man is angry that he himself and his love of life are being given too little attention by those around him. Repression of his passionate aspects. This has come about mostly through playing the role of provider, which at the same time seems to have little value.

Characteristic Remedies:

Agnus castus	Denial of his own potential
Copaiva	Despising oneself out of exaggerated self-criticism
Nitricum acidum	Hate and thirst for revenge that are not expressed
Selenium	Comes to terms with the lingering illness because of weakness
Staphysagria	Has cut the inner connection to others, being isolated
Thuja occidentalis	Shadow sides are encapsulated and isolated

Prostate Gland Enlargement / Prostatic Hypertrophy

Instead of striving to reach up to his own true size, this man has placed himself in a subservient role that has robbed him of his self-respect. But because he feels himself to be in a position of dependency, he doesn't trust himself to make any changes. Dependency and security instead of passion and joy.

Characteristic Remedies:

Baryta carbonica	Retarded development out of fear of life or self-responsibility
Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Conium maculatum	The connection to one's own basic needs is lost
Digitalis purpurea	Emotional shock; from being protected into confrontation
Iodium	Does not feel nourished or loved
Nux vomica	Hiding his real feelings through overactivity
Selenium	Comes to terms with the lingering illness because of weakness
Staphysagria	Has cut the inner connection to others, being isolated

Cancer of the Prostate Gland

This man is so caught up in his role-play that he cannot see any solution. He is permanently dissatisfied, but not in a position to make a decision on his own behalf. He considers his traditional man's task over, and feels discarded and disrespected. He wants to see his partner and his family happy according to his own standards, and attempts to force the issue but it turns sour. These thought patterns have manifested in such a way that he can no longer bring about the freedom to choose other tasks, goals, or pleasures.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Conium maculatum	The connection to one's own basic needs is lost
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Selenium	Comes to terms with the lingering illness because of weakness
Senecio aureus	Doesn't know what to do with his power

Testicles

The testicles stands for the creative potentials and possibilities of a man, what he wants and where his individual inclinations and ideas about life lie. When he conforms too much to the traditional role of the provider, this does, it's true, give him a direction for his life, but he runs the risk of losing the view of what he has brought with him in terms of his personal qualities and abilities.

Pain in the Testicles

This shows that a man lacks ideas and the courage for taking initiative and entering into confrontation. (The left side relates to the female gender; the right side to the male gender.) He acts against his own best interests, lives out his role as the provider and doesn't really know what to do with his own potential.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Clematis erecta	Denies his own standards in order to be supported
Lycopus virginicus	The rotten compromise
Osmium metallicum	Lack of openness, lack of trust, not being in harmony with oneself
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Pulsatilla partensis	Buries head in the sand, lack of confrontation
Rhododendron chrysanthum	Lives in the future and not in the present
Senecio aureus	Doesn't know what to do with his power
Spongia tosta	Seeks protection in conforming
Staphysagria	Has cut the inner connection to others, being isolated
Ustilago maydis	Actively sacrifices his life for others

Inflammation of a Testicle / Testitis, Orchitis

An inflammation of a testicle points to anger over the disregard of his own possibilities in favor of conforming to the feminine sex, or conforming to the normal expectations of his role.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Baryta muriatica	Feeling of total powerlessness
China officinalis	Feels dependent and enslaved
Clematis erecta	Denies his own standards in order to be supported
Hamamelis virginica	Worshiping suffering as life's meaning
Phytolacca decandra	Feels tortured; cries out without success
Spongia tosta	Seeks protection in conforming

Testicular Cancer

The desire for security through the feminine, often motherly care-giving aspect is overpowering. The resulting patterns of conformity in which one has become caught are dishonest.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Conium maculatum	The connection to one's own basic needs is lost
Phosphorus	Traumatized life energy; always the same
Spongia tosta	Seeks protection in conforming

Hydrocele

The desired or acquired disciplining of the feelings, which are encapsulated or blocked, hinders the use of one's own power and potential.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capability of acting
Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Calcarea sulphurica	Ignores the inner desire for support and relationship
Digitalis purpurea	Emotional shock; from being protected into confrontation
Lyssinum	Helpless rage
Rhododendron chrysanthum	Lives in the future and not in the present
Silicea	Heady, feelings suppressed because of hurt

Undescended Testicles

Undescended testicles symbolize the ancestral experience that it is better to hold back your male potential. In a battle of the sexes, believes himself to be the weaker party.

Characteristic Remedies:

Clematis erecta	Denies his own standards in order to be supported
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Plumbum metallicum	Affectation as a means of escape
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Rhododendron chrysanthum	Lives in the future and not in the present

Penis

The penis is the organ of wanting to and being able to “get involved.” True involvement marks both man and woman as valid beings and leads to unity. The compensating aspect of involvement is the exercise of power, the desire to dominate one’s partner. The powerful one has – or so it seems – control of the situation.

Fig Warts / Condylomata

Condylomata symbolize suppressed, encapsulated possibilities for pleasure. Individual pleasure and joy are sacrificed for security and belonging to a group.

Characteristic Remedies:

Cinnabaris	Sacrifices the personality for the ostensible helplessness of others
Euphrasia officinalis	Detached from the whole, Pain os separation
Millefolium	The appearance of having no needs as life’s content
Nitricum acidum	Hate and thirst for revenge that are not expressed
Sabina	Hangs onto old support patterns because of lack of belonging
Thuja occidentalis	Shadow sides are encapsulated and isolated

Inflammation of the Glans Penis / Balanitis

Negative experiences in the attempt to open oneself to the female gender have created anger and

Characteristic Remedies:

Cannabis sativa	Has given up his identity
Corallium rubrum	Cannot open to the different nature of another person.
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Thuja occidentalis	Shadow sides are encapsulated and isolated

Phimosiis

Women? No, thanks! Rejects the opportunity to become involved with passion and pleasure. In their place come anger, the helper syndrome, and the will to suffer.

Characteristic Remedies:

Cannabis sativa	Has given up his identity
Cinnabaris	Sacrifices the personality for the ostensible helplessness of others
Hamamelis virginica	Worshipping suffering as life's meaning
Kali iodatum	Ignores the feeling of not being loved
Nitricum acidum	Hate and thirst for revenge that are not expressed
Thuja occidentalis	Shadow sides are encapsulated and isolated

Skeleton, Muscles, Joints

Skeleton

The skeleton — one's structure. The skeleton corresponds to the individual personality of a person. If one acts against one's own best interests over a longer period of time, then breaks or bone degeneration develop.



Shoulders

The shoulders stand for the accepting of responsibility. For many people taking responsibility for others forms the content of their lives and becomes a substitute for self-esteem. A burden can appear here that destroys all lightness and buoyancy in life. The incorrectness of explanation that a secretary develops problems with her shoulders because of her sitting

posture becomes apparent in this context. Much more often it is due to the “burden of responsibility” that she previously enjoyed but now suffers under. Most of the time something is expected in return for carrying this responsibility.

Shoulder Pain

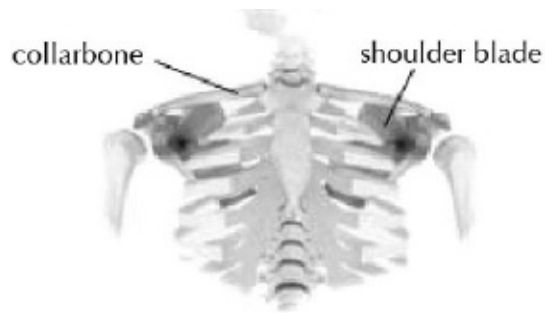
The gratitude of another, the boss or supervisor for example, or even their affection, is not coming to the desired degree. The shoulder pains mean that the taking over of responsibility for others has become too heavy.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Ferrum muriaticum	Being overly ambitious turns life into a battle
Iris versicolor	Does not accept his own real worth
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Lacticum acidum	Wants to get loving care through force
Mezereum	Role-play instead of individual development
Palladium metallicum	The “obedient child” wants to be praised and admired
Paris quadrifolia	Accepts responsibility for others in order to belong
Sarracenia purpurea	To be disgraced, not belonging

Shoulder Blades / Scapulae

The shoulder blades stand for fossilized angel wings.



Pain of the Shoulder Blades

With pain in the area of the shoulder blades, lightness and lightheartedness are missing. Life can no longer be carried on in this way.

Characteristic Remedies:

Badiaga	Does not feel able to cope with the flow of life
Cenchrus contortrix	Doesn't feel a part of the group
Chelidonium majus	Remains inactive to detriment of own interests
Lobelia inflata	Mistrusts his own abilities
Prunus spinosa	Caught in a confused situation caused by repression
Senega	Adopts the life view of others in order to control
Sticta pulmonaria	Doing the dirty work
Thuja occidentalis	Shadow sides are encapsulated and isolated
Zingiber officinale	Spiritual development occurs only in an ivory tower, isolated from the world

Shoulder Joint

The shoulder joint stands for one's abilities and for mobility in one's mode of action.

Shoulder Joint Pain

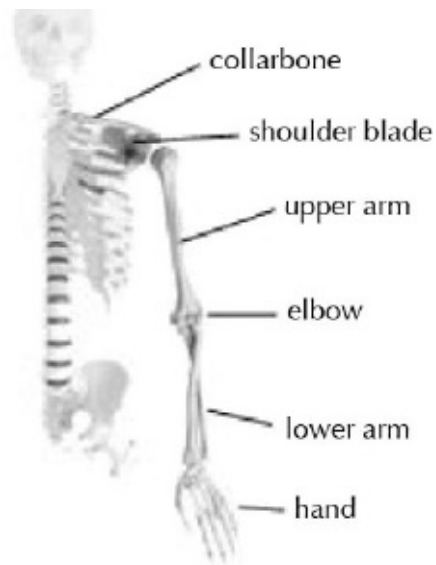
Pain in the shoulder joint indicates a problem with flexibility: one's way of acting has stiffened into monotony.

Characteristic Remedies:

Asterias rubens	Conforming to the point of non-recognition
Crocus sativus	Afraid to live out his individuality
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Hamamelis virginica	Worshipping suffering as life's meaning
Kali muriaticum	Fundamental renunciation of one's own needs
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Sticta pulmonaria	Doing the dirty work
Viola tricolor	Rejection calls forth hate

Arms

The arms symbolize a person's ability to take action. To be poor means not being able to or not wanting to act in your own interests or on behalf of others.



Pain in the Arms

In general, pain in the arms stands for the inability or unwillingness to take action on behalf of oneself or one's own individual interests. The reasons or motivations for this can be manifold.

Characteristic Remedies:

Cajeputum	Has taken an eternal oath
Chelidonium majus	Remains inactive to detriment of own interests
Comocladia dentata	Disappointed vision of society
Dirca palustris	Holding on to habitual patterns stemming from manipulation
Euphorbium	Detached from the whole, pain of separation
Indigo tinctoria	Running on a treadmill
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Lobelia inflata	Mistrusts his own abilities

Upper Arms

The upper arms stand for the strength received from one's ancestors as it expresses itself in one's way of acting.

Pain in the Upper Arms

This pain symbolizes issues of ancestral suffering that have often been taken into one's presentday life as subconscious beliefs or dogmas.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Berberis vulgaris	The will is broken, confrontation does not happen
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Comocladia dentata	Disappointed vision of society
Mezereum	Role-play instead of individual development
Sanicula aqua	Having to survive with poisoned feelings
Sarracenia purpurea	To be disgraced, not belonging
Strychninum purum	Stubbornly defies the suffering

Elbow

The elbows symbolize the ability of a person to defend himself, the way he asserts himself to achieve his goals, or why he does not succeed. A part of this comes from the ancestors and a part from the person himself.

Pain in the Elbow

A pain in the elbow stands for the feeling of not being able to defend oneself. Present is either the predisposition or the experience of not defending oneself, or not being able to.

Characteristic Remedies:

Ammonium carbonicum	Lack of security through destruction of the fatherly image
Argentum metallicum	Lack of primal trust, feels no right to exist
Dioscorea villosa	Cannot let go of emotional behavior patterns
Lycopodium clavatum	The rotten compromise
Mezereum	Role-play instead of individual development
Prunus spinosa	Caught in a confused situation caused by repression
Ratanhia peruviana	The helper syndrome distracts from one's own suffering
Thuja occidentalis	Shadow sides are encapsulated and isolated

Crook in the Arm

The crook in the arm, or bend in the elbow, shows how the behavior patterns of the parents are related to one's own. If there is a strong discrepancy, then pain and other disorders appear here.

Skin Eruptions in the Crook of the Arm

One frequently comes across skin eruptions in the crook of the arm. These point to conformity to existing traditional patterns of behavior passed down from one's ancestors. These patterns do not, however, correspond to the way in which one would personally like to behave.

Characteristic Remedies:

Corallium rubrum	Cannot open to the different nature of another person
Cuprum arsenicosum	Conformity to the point of self-destruction
Hura brasiliensis	Alone, has lost all friends
Lachnanthes tinctoria	Divided, thinking and feeling are separated from each other
Mezereum	Role-play instead of individual development
Natrum carbonicum	Doesn't work with others, doesn't work alone
Sepia succus	Longing for harmony, but it must match her own picture of it
Thuja occidentalis	Shadow sides are encapsulated and isolated

Lower Arm

The lower arm stands for the power to act and the will to act.

Pain in the Lower Arms

Pain in the lower arm says something about beliefs systems that prevent one from acting in one's own individual way.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Berberis vulgaris	The will is broken, confrontation does not happen
Castor equi	Doesn't demand a reciprocal value
Indium metallicum	Fear of one's own vitality
Chelidonium majus	Remains inactive to detriment of own interests
Osmium metallicum	Lack of openness, lack of trust, not being in harmony with oneself
Thuja occidentalis	Shadow sides are encapsulated and isolated

Wrist

The wrist stands for flexibility and mobility in one's way of dealing with things.

Pain in the Wrist

Pain in the wrist paralyses one's flexibility. The cause can come from various factors, such as disappointment, feeling confined or limited, being stubborn.

Characteristic Remedies:

Actaea spicata	Is afraid of his own emotional abyss and compensates with giving someone else the blame
Castor equi	Doesn't demand a reciprocal value
Comocladia dentata	Disappointed vision of community
Ledum palustre	Nailed up tight, closed and stubborn
Lycopodium clavatum	The rotten compromise
Piper methysticum	Demoralized from burdens because of a lack of willingness to change
Rhododendron chrysanthum	Lives in the future and not in the present
Rhus toxicodendron	Feels predefined and restricted, wants to flee

Inflammation of a Tendon and Its Surrounding Sheath / Tendovaginitis

The inflammation of a tendon and its surrounding sheath in the wrist, such as in the carpal tunnel syndrome, shows that the expectation of being able to hold onto others was not fulfilled. One must learn to find inner certainty in oneself.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Apis mellifica	Doing one's duty. Needs to function without aggression
Arnica montana	Withdraws feeling hurt, isolating oneself
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Calcarea fluorica	Seeks support at any cost
Calcarea phosphorica	Appears small and helpless in order to be supported
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Phytolacca decandra	Feels tortured; cries out without success
Ruta graveolens	Rubbing oneself raw with an unpleasant situation

Hands

The hands symbolize the ability to act directly, to “grasp” something tangibly.

Back of the Hand

The back of the hand stands for the respect that someone pays you. You find this hand-kissing theme in the rituals of old.

Skin Eruptions on the Back of the Hand

If the respect of others is lacking, then skin eruptions are not infrequently the result. They bring to light the suffering caused by disrespect or disdain.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Carbo vegetabilis	Vital energy is not used for own proper needs
Carboneum sulphuratum	Thinks he is something special, split personality
Copaiva	Despising oneself out of exaggerated self-criticism
Euphorbium	Detached from the whole, pain of separation
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Mezereum	Roleplay instead of individual development
Sanicula aqua	Having to survive with poisoned feelings

Palm

The palm of the hand stands for the will to do something for others, and to receive something in return.

Skin Eruptions on the Palm

If there is an imbalance in this form of giving and receiving, skin eruptions on the palm are often the result. These clearly show that one is no longer willing to do anything more. Feelings of having been disrespected and humiliated hinder further action.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Cinnabaris	Sacrifices the personality for the ostensible helplessness of others
Corallium rubrum	Cannot open to the different nature of another person
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Formica rufa	Having one's place in the system and being comfortable is more important than independence
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Petroleum	Can't see beyond the end of his nose
Sabadilla officinalis	Feels like the scum of the earth

Finger

The fingers stand for sensitivity and dexterity. Each finger has a further meaning of its own:

The **thumb** stands for the support that one gives or receives.

The **pointer** stands for the assigning of work, and blame.

The **middle finger** stands for one's own personality.

The **ring finger** stands for relationships with the opposite sex.

The **little finger** symbolizes how one relates to oneself and how life issues are processed. A ring on the little finger symbolizes the desire for protection from emotional intimacy and the possible hurt connected with it.

Pain in the Thumb

Pain in the thumb indicates a feeling of lack of support.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Actively sacrifices his life for others	
Ammonium muriaticum	Disappointment through the feminine principle, rejection of life through the destruction of the motherly image
Astacus fluviatilis	The need for security hinders growth
Gymnocladus canadensis	Rejects life, inwardly switched off
Hura brasiliensis	Alone, has lost all friends
Vipera berus	Manipulated and overwhelmed
Staphysagria	Has cut the inner connection to others, being isolated
Calcarea phosphorica	Appears small and helpless in order to be supported

Pain in the Pointer Finger

This pain shows the reasons why someone inwardly assigns blame to someone else while outwardly avoiding any expression of it.

Characteristic Remedies:

Actaea spicata	Is afraid of his own emotional abyss and compensates with giving someone else the blame
Agaricus muscarius	Feels like a loser
Berberis vulgaris	The will is broken, confrontation does not happen
Chelidonium majus	Remains inactive to detriment of own interests
Hura brasiliensis	Alone, has lost all friends
Natrium muriaticum	Holding to that which is tried and true
Sabadilla officinalis	Feels like the scum of the earth
Verbascum thapsus	Fear of violence that is ignored

Pain in the Middle Finger

This pain shows that one would like to respond negatively to one's surroundings, but doesn't do it.

Characteristic Remedies:

Carbo vegetabilis	Vital energy is not used for own proper needs
Castoreum canadense	Attempt at emotional distraction
Cinnabaris	Sacrifices the personality for the ostensible helplessness of others
Iris versicolor	Does not accept his own real worth
Stannum metallicum	Disallowed enjoyment of life
Sticta pulmonaria	Doing the dirty work
Sumbulus moschatus	Feels too weak to deal with his desire for revenge
Veratrum album	Self-betrayal

Pain in the Ring Finger

Pain in the ring finger points to emotional hurts that have not been talked about or resolved in a relationship.

Characteristic Remedies:

Castor equi	Doesn't demand a reciprocal value
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Hura brasiliensis	Alone, has lost all friends
Naja tripudians	Getting the attention of others by force
Osmium metallicum	Lack of openness, lack of trust, not being in harmony with oneself
Veratrum viride	Practical thinking, fixated on material things
Viola tricolor	Rejection calls forth hate
Arnica montana	Withdraws feeling hurt, isolating oneself

Pain in the Little Finger

Pain in the little finger shows that one judges oneself negatively, and becomes highly withdrawn and restrained in the company of others, in order not to be excluded

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Aloe socotrina	Bad experiences lead to a renunciation of life
Comocladia dentata	Disappointed vision of society
Gambogia gutta	Lack of trust, a distorted sense of self
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Millefolium	The appearance of having no needs as life's content
Taraxacum officinale	The frustrated do-gooder
Teucrium marum verum	Lack of self-expression, lack of a personal frequency

Fingernails

The fingernails stabilize one's way of acting in the world. They serve as protection against closeness and are used to show combativeness. An actual willingness to attack is not always behind such a demonstration.

Disorders of the Fingernails

With ailments of the fingernails the personality stands in between the things that one is "supposed to do" and the things that it would like to do as an individual. There are a number of reasons for taking on accepted patterns of behavior.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Arsenicum album	Fears for his existence; would rather die than change
Calcareo fluorica	Seeks support at any cost
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Graphites naturalis	Falls between two stools
Sabadilla officinalis	Feels like the scum of the earth
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Senecio aureus	Doesn't know what to do with his power
Silicea	Heady, feelings suppressed because of hurt

Brittle Nails

Brittle nails show that one's self-structure is destroying the power to resist, or that it is at least unstable. Thinks one must make oneself small.

Characteristic Remedies:

Calcareo carbonica	Denial of life; wants support
Calcareo fluorica	Seeks support at any cost
Dioscorea villosa	Cannot let go of emotional behavior patterns
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Graphites naturalis	Falls between two stools
Silicea	Heady, feelings suppressed because of hurt
X-ray	Destruction of one's own structure

Nail Biting

Holds himself and his desire to attack back in order not to trigger aggression.

Characteristic Remedies:

Ambra grisea	Refuses development of the personality
Arsenicum album	Fears for his existence; would rather die than change
Baryta carbonica	Retarded development out of fear of life or self-responsibility
Cina maritime	Feels at the mercy of someone or something and cannot cope with it
Hyoscyamus niger	Feels cheated out of his life
Nitricum acidum	Hate and thirst for revenge that are not expressed
Silicea	Heady, feelings suppressed because of hurt
Stramonium	Panic, long suppressed potential discharges itself

Whitlow / Paronychia

Feels he doesn't belong and thinks he has to hold himself back in order not to provoke aggression in others.

Characteristic Remedies:

Bufo rana	Cannot stand himself
Eugenia jambosa	The “fifth wheel on the wagon,” accustomed to not showing any feelings
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Hepar sulphuris	Wants to change others in order to increase his own security
Lachesis muta	Suppressed individuality
Mercurius solubilis	One’s own life energy finds no form and is sacrificed to the life energy of someone else
Pyrogenium	Anger over the refusal to live life to its fullest
Silicea	Heady, feelings suppressed because of hurt

Back / Dorsum

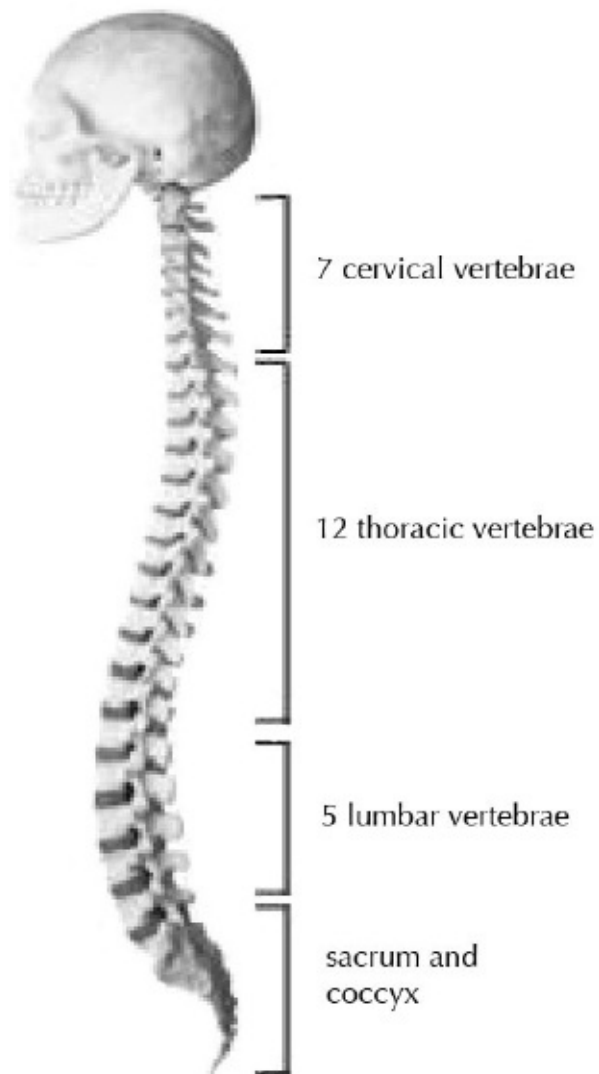
The back symbolizes “straightening oneself up,” uprightness. The more bent over a person walks, the more he shows his willingness to conform in order to achieve security within a group.

Back Pain, general

One is not upright, is dishonest to oneself. Flees into a form of security and collective relationship in which it is necessary to disguise oneself. Remains in old habits.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
Boletus laricis	Everything stays as it always has been; frozen in dependency
Calcareo carbonica	Denial of life; wants support
Carbo vegetabilis	Vital energy is not used for own proper needs
Kali carbonicum	Ignorance of one's own needs
Natrum muriaticum	Holding to that which is tried and true
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Ustilago maydis	Actively sacrifices his life for others



Vertebrae

... and their significance:

A dislocation of one or more vertebrae is usually diagnosed in conventional medicine as damage due to false or improper posture. How precise language can be: the damage from “posture” is literally the result of an unhealthy process of conforming to existing patterns or of permanently “not standing up for oneself.”

The specific vertebra affected indicates the personal issue or trauma which has become necessary for one to confront.

Cervical Region

The region of the cervical vertebrae stands for the conflicts of the present moment, for the “acute” issues. This is where the supposed or actual limitations affecting the present reveal themselves, whether they are self-chosen or come from an outside source. In this regard the neck symbolizes the injured center of affection and tenderness. Anticipatory anxiety arises in order to be prepared for further hurts.

C1 – Atlas – Self-esteem

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Aurum metallicum	Lack of self-esteem
Naja tripudians	Getting the attention of others by force

C2 – Axis – Ambition

Characteristic Remedies:

Causticum Hahnemanni	Great hurt leads to the building of emotional walls
Cocainum hydrochloricum	Has to convince others, always has to win
Lycopodium clavatum	The rotten compromise
Nux vomica	Hiding his real feelings through overactivity
Thuja occidentalis	Shadow sides are encapsulated and isolated

C3 – Freedom

Characteristic Remedies:

Anhalonium lewinii	Freedom is lonely, identity outside of time and space
Arsenicum album	Fears for his existence; would rather die than change
Natrum muriaticum	Holding to that which is tried and true

C4 – Rejection / Acceptance of Life

Characteristic Remedies:

Ambra grisea	Refuses development of the personality
Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Carbo animalis	Foregoes displaying own willpower
Carbo vegetabilis	Vital energy is not used for own proper needs

C5 – Limitation

Characteristic Remedies:

Antimonium tartaricum	Feels dependent and not taken seriously
Argentum nitricum	Demands a cozy nest
Bromium	Everyone is in the same boat; artefical Community
Causticum	Great hurt leads to the building of emotional walls
Najatripudians	Getting the attention of others by force

C6 – Conformity

Characteristic Remedies:

Anacardium orientale	Ambivalence; doesn't know who or what to follow
Anhalonium lewinii	Freedom is lonely, identity outside of time and space
Hepar sulphuris	Wants to change others in order to increase his own security
Nitricum acidum	Hate and thirst for revenge that are not expressed
Sanguinaria canadensis	Believes is not permitted to participate in life

C7 – Clinging

Characteristic Remedies:

Helleborus niger	I don't want to do it alone
Petroleum	Can't see beyond the end of his nose

Neck Pain / Cervical Pain

Neck pain stands for anticipatory anxiety that has its cause in emotional hurt. Unspoken conflicts should be discussed and brought to a resolution. An unpleasant situation is allowed to continue out of fear, or possibly because one considers it the lesser of two evils.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Amylenum nitrosum	Would like to make a new start without making the necessary clarification or change
Badiaga	Does not feel able to cope with the flow of life
Gelsemium	Anticipatory anxiety from holding back emotion
Lyssinum	Helpless rage
Natrum muriaticum	Holding to that which is tried and true
Natrum sulphuricum	Punishing oneself
Strychninum purum	Stubbornly defies the suffering

Stiff Neck

The line of vision is fixed: one looks obstinately in one direction without considering other possibilities. Any other perspective would inevitably lead to changes in one's life.

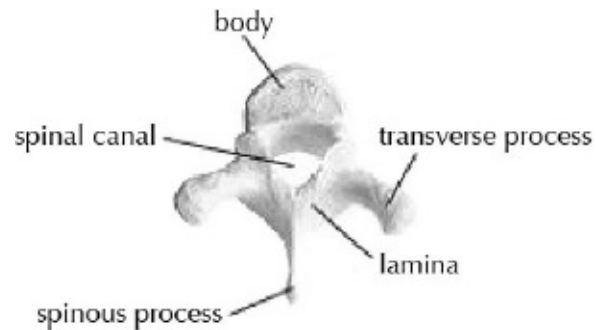
Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Cuprum arsenicum	Conformity to the point of self-destruction
Dulcamara	Authority figures may not be questioned
Indigo tinctoria	Running on a treadmill
Mancinella hippomanes	Feels the potential of personal freedom and thinks he will be punished for it
Phytolacca decandra	Feels tortured; cries out without success
Spigelia anthelmia	Breach of trust, the stab in the back
Zingiber officinale	Spiritual development occurs only in an ivory tower, isolated from the world

Thoracic Region

The thoracic region stands for the fear of repetition of unpleasant situations or unspecific expectations for the future: also for aspects to do with the quality of life, such as "bowing down to others," or being in a subservient position.

Postural damage in this region indicates also the relationship that someone has to his power of decision-making, to "having backbone," to being "backed up" or supported, and how he values his individuality.



Th1 –Position that is taken

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Ammonium carbonicum	Lack of security through destruction of the fatherly image
Spongia tosta	Seeks protection in conforming

Th2 – Disappointment / Hurts

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Cactus grandiflorus	Persevering in a situation with no apparent way out
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Spigelia anthelmia	Breach of trust, the stab in the back
Spongia tosta	Seeks protection in conforming

Th3 – Resignation

Characteristic Remedies:

Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Senega	Adopts the life view of others in order to control

Th4 – Easiness

Characteristic Remedies:

Manganum aceticum	Life is difficult
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Th5 – Self-betrayal

Characteristic Remedies:

Lycopodium clavatum	The rotten compromise
Veratrum album	Self-betrayal

Characteristic Remedies:

Th6 – Chaos of Suppression

Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Muriaticum acidum	Emotional chaos

Th7 – Potential

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Iris versicolor	Does not accept his own real worth
Kali bichromicum	Friendly in a slimy way, ignores own needs
Natrum sulphuricum	Punishing oneself
Nux vomica	Hiding his real feelings through overactivity

Th8 – work

Characteristic Remedies:

Anacardium orientale	Ambivalence; doesn't know who or what to follow
Ceanothus americanus	First work, then play
Lac caninum	Manipulated by mother or care person

Th9 – Deception

Characteristic Remedies:

Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Cyclameneuropaeum	Insist that one is not loveable
Hyoscyamus niger	Feels cheated out of his life
Kali bromatum	The deceptions of traditional society

Th10 – Ideas

Characteristic Remedies:

Cantharis	Actively works to the detriment of own interests
Helonias dioica	Stubbornly forces the realization of mental conceptualizations
Lyssinum	Helpless rage

Th11 – Transformation

Characteristic Remedies:

Carbo vegetabilis	Vital energy is not used for own proper needs
Cedron	The unfulfilled need for support forces defiant independence
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Lachesis muta	Suppressed individuality

Th12 –Primal Force

Characteristic Remedies:

Agnus castus	Denial of his own potential
Lac caninum	Manipulated by mother or care person
Magnetis polus arcticus	Incapacitated by inner uncertainty

Back Pain, thoracic

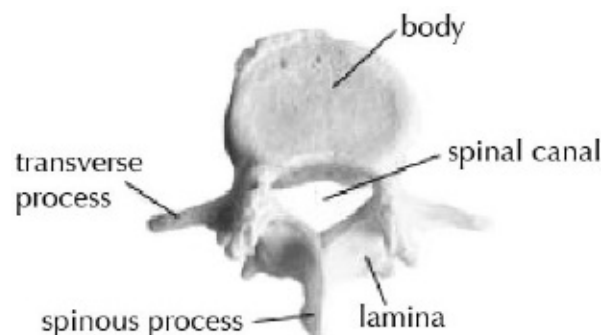
Stays in old patterns of suffering. Expects old experiences to repeat themselves, thereby virtually “inviting” them into one’s life.

Characteristic Remedies:

Bovista lycoperdon	Very heady, mental constructs dissolve into nothing
Silicea	Heady, feelings suppressed because of hurt
Lobelia inflata	Mistrusts his own abilities
Ailanthus glandulosa	Would rather suffer than risk rebelling
Senega	Adopts the life view of others in order to control
Natrum muriaticum	Holding to that which is tried and true
Chelidonium majus	Remains inactive to detriment of own interests
Ranunculus bulbosus	Follows the proprieties of the traditional form of communication without criticism

Lumbar Region

The lumbar region stands for that which one has brought along from the family and/or out of the (karmic) past, especially with reference to issues of inner grounding, primary aspects of sexuality and human relationships, as well as the positive and negative energies connected to them.



L1 - Separation

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Bufo rana	Cannot stand himself
Opium	Boundary between conscious and subconscious
Petroleum	Can't see beyond the end of his nose

L2 – Support

Characteristic Remedies:

Calcarea fluorica	Seeks support at any cost
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Magnesia carbonica	Believes his own needs can only be attained through war

L3 – Misuse of Energy

Characteristic Remedies:

Agnus castus	Denial of his own potential
Cenchrus contortrix	Doesn’t feel a part of the group
Conium maculatum	The connection to one’s own basic needs is lost
Copaiva	Despising oneself out of exaggerated self-criticism
Kreosotum	Feels raped

L4 – Control and Enjoyment of Life

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Chlorum	Life's stimuli and impulses are rejected
Plumbum metallicum	Affectation as a means of escape
Veratrum album	Self-betrayal

L5 - Intuition

Characteristic Remedies:

Cannabis indica	Suppressed emotions manipulate conscious perception
Chamomilla	Lacks feeling of belonging leading to anger and defiance
Ledum palustre	Nailed up tight, closed and stubborn
Natrum carbonicum	Doesn't work with others, doesn't work alone

Sacrum - Creativity

Characteristic Remedies:

Colchicum autumnale	Overburdened, holding to an untenable situation
Crocus sativus	Afraid to live out his individuality
Tarantula hispanica	Self-annihilation through overactivity

Coccyx – Balance

Characteristic Remedies:

Ammonium carbonicum	Lack of security through destruction of the fatherly image
Ammonium muriaticum	Disappointment through the feminine principle, rejection of life through the destruction of the motherly image
Bovista lycoperdon	Very heady, mental constructs dissolve into nothing

Back Pain, lumbar

Consciously, but more often unconsciously, caught in traditional family patterns. Joy and pleasure in one's own life are only allowed when everything is going well for the family of origin. Takes on responsibility for the ancestors by continuing the old patterns.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
Boletus laricis	Everything stays as it always has been; frozen in dependency
Dirca palustris	Holding on to habitual patterns stemming from manipulation
Dulcamara	Authority figures may not be questioned
Natrum muriaticum	Holding to that which is tried and true
Oxalium acidum	Being taken care of and having support are needed as reinforcement
Paris quadrifolia	Accepts responsibility for others in order to belong
Prunus spinosa	Caught in a confused situation caused by repression
Strontium metallicum	Wanting to be free of entanglements

Lumbago

Serving others, conforming because that is what one has seen, experienced and learned– mostly during childhood. Stoops for protection and security.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
Aloe socotrina	Bad experiences lead to a renunciation of life
Antimonium tartaricum	Feels dependent and not taken seriously
Berberis vulgaris	The will is broken, confrontation does not happen
Calcareo fluorica	Seeks support at any cost
Kali carbonicum	Ignorance of one's own needs
Lathyrus sativus	Subordination and suffering instead of self-responsibility and strength
Phytolacca decandra	Feels tortured; cries out without success
Rhus toxicodendron	Feels predefined and restricted, wants to flee

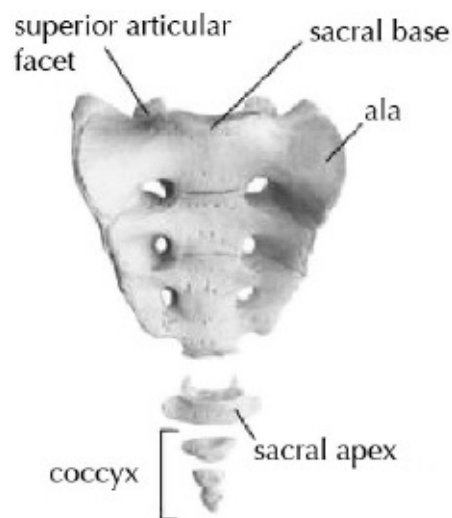
Sciatica

A one-sided perspective develops into powerlessness. Existential threat through dishonesty to oneself. Attempts to force protection and security.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Colocynthis	Gut level anger from conforming and suppression of irritation
Kali iodatum	Ignores the feeling of not being loved
Lac vaccinum defloratum	Sacrificing one's personal path for an austere but safe life
Lachnanthes tinctoria	Divided, thinking and feeling are separated from each other
Magnesia phosphorica	The eternal, silent battle
Plantago major	Lack of vision leads to a fixed perspective on life
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Tellurium metallicum	Denies his possibilities, remains rather the tool of others

Pain in the Sacrum or Coccyx



This pain shows itself when serious changes in life take place. Change in one's life circumstances such as career, pregnancy, *etc.* bring with them a complete shift in inner balance. A fall on the coccyx is to be interpreted in this sense.

Characteristic Remedies:

Cimicifuga racemosa	Spirituality is avoided out of a fear of old sufferings
Gambogia gutta	Lack of trust, a distorted sense of self
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Paris quadrifolia	Accepts responsibility for others in order to belong
Ruta graveolens	Rubbing oneself raw with an unpleasant situation
Strychninum purum	Stubbornly defies the suffering
Teplitz aqua	Opening emotionally is avoided because of the pain

Abnormal Curvature of the Spine / Scoliosis

Lack of uprightness towards oneself that has been in the family for a number of generations. Oriented either towards the dominant male (right) side or the dominant female (left) side.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
Calcareo fluoric	Seeks support at any cost
Conium maculatum	The connection to one's own basic needs is lost
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Mezereum	Roleplay instead of individual development
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Silicea	Heady, feelings suppressed because of hurt
Strontium metallicum	Wanting to be free of entanglements

Slipped Disk / Prolapsed Disk / Herniated Disk

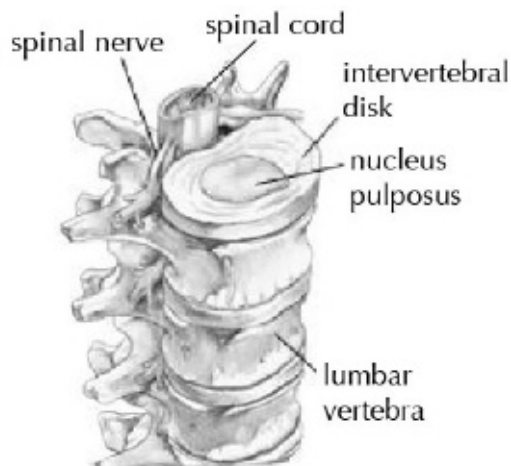
Self-rejection to the point of emotional breakdown. Wanted to force the fulfillment of one's own security or point of view.

(See also the significance of the corresponding vertebra.)

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Calcareo fluorica	Seeks support at any cost
Helonias dioica	Stubbornly forces the realization of mental conceptualizations
Kreosotum	Feels raped
Lilium tigrum	Either/or, Madonna-whore-syndrome
Podophyllum peltatum	Fear of one's own suppressed aggression
Stannum metallicum	Disallowed enjoyment of life

Injury to the Spine



Stubbornly hid one's aggression in order to maintain the normal roleplay. This dishonesty with oneself has taken its revenge through the conflict finding external expression in the injury.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Carbolicum acidum	Stuck in painful, emotional patterns
Hypericum perforatum	Remains in the pain of sorrow
Ledum palustre	Nailed up tight, closed and stubborn
Mezereum	Roleplay instead of individual development
Natrum sulphuricum	Punishing oneself
Nitricum acidum	Hate and thirst for revenge that are not expressed
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Ruta graveolens	Rubbing oneself raw with an unpleasant situation
Symphytum officinale	Suffering until collapse, until broken

Legs

The legs stand for a person's path of development.

Pain in the Legs

Pain in the legs indicates a renunciation of one's own path of development to pursue something different and not individual, such as a traditional path. The right leg signifies the male, fatherly aspect whereas the left leg signifies the female, motherly aspect. One of the tasks of one's personal development is to unify the different aspects of the two parents.

Characteristic Remedies:

Causticum	Great hurt leads to the building of emotional walls
Ledum palustre	Nailed up tight, closed and stubborn
Mezereum	Roleplay instead of individual development
Palladium metallicum	The child who is always „good“, wants to be admired and confirmed
Rhododendron chrysanthum	Lives in the future and not in the present
Sepia succus	Longing for harmony, but it must match her own picture of it
Tellurium metallicum	Denies his possibilities, remains rather the tool of others
Valeriana officinalis	To feel blackmailed

Thighs

The thigh represents the strength for our life's journey that we have brought with us from our parents and our family.

Pain in the Thigh

Pain in the thigh indicates that one's own life path differs from that of the respective parent (right = father; left = mother). It is important and necessary to rebel against habits, to become aware of them for what they are, and make a decision for one's own path in life.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Cinnabaris	Sacrifices the personality for the ostensible helplessness of others
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Indigo tinctoria	Running on a treadmill
Kali carbonicum	Ignorance of one's own needs
Mezereum	Roleplay instead of individual development
Sepia succus	Longing for harmony, but it must match her own picture of it

Knee

The energy of one's own life path and that of one's family come together in the knee. If they greatly diverge, it is important to decide for one's own way and not to "bend the knee" in subservience.

Knee Pain

Pain in the knee indicates a display of defiance against the ideas and expectations of the parents, or a belief in self-subordination. The solution would be to quietly go your own way.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Cajeputum	Has taken an eternal oath
Colocynthis	Gut level anger from conforming and suppression of irritation
Dioscorea villosa	Cannot let go of emotional behavior patterns
Ledum palustre	Nailed up tight, closed and stubborn
Mezereum	Roleplay instead of individual development
Natrum muriaticum	Holding to that which is tried and true
Rhus toxicodendron	Feels predefined and restricted, wants to flee

Lower Leg

The lower legs stand for one's own strength on life's journey.

Pain in the Lower Leg

A pain in the lower leg indicates self-betrayal, and that one is taking others too much into consideration.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Carbo animalis	Foregoes displaying own willpower
Chelidonium majus	Remains inactive to detriment of own interests
Ledum palustre	Nailed up tight, closed and stubborn
Lycopus virginicus	Disrespect for one's own greatness
Mezereum	Roleplay instead of individual development
Pyrogenium	Anger over the refusal to live life to its fullest

Ulcers of the Leg

These point to deep and traumatic experiences along life's path. Such disappointments and emotional injuries are not, however, strong enough to motivate a decision to redirect one's path for one's own benefit. Remains in suffering, rejects life's enjoyment.

Characteristic Remedies:

Anthracinum	Conforming rationality hinders integration into a natural wholeness
Arnica montana	Withdraws feeling hurt, isolating oneself
Arsenicum album	Fears for his existence; would rather die than change
Carbo vegetabilis	Vital energy is not used for own proper needs
Comocladia dentata	Disappointed vision of relationship
Grindelia robusta	The lack of the sense of basic trust results in a battle for survival
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Sabina	Hangs onto old support patterns because of lack of belonging

Ankles

The ankle joint symbolizes the dynamics of movement in one's own life path. Twisting your ankle indicates that you have gone on a circuitous route or left your own life path to please someone else.

Pain in the Ankles

A painful ankle indicates an inner uncertainty in finding one's own way. In order to feel certain, it seems that support is desired and demanded. But, along with this, one's life path is unconsciously influenced by others.

Characteristic Remedies:

Angustura vera	Bitterness through inner uncertainty
Cedron	The unfulfilled need for support forces defiant independence
Helleborus niger	I don't want to do it alone
Kali carbonicum	Ignorance of one's own needs
Lyssinum	Helpless rage
Mezereum	Roleplay instead of individual development
Osmium metallicum	Lack of openness, lack of trust, not being in harmony with oneself
Strontium metallicum	Entanglements and occupation by others influence one's life path

Achilles Tendon

The Achilles tendon stands for the strength and stability with which one exerts one's will, and with which one's own path is taken.

Painful Achilles Tendon

If the Achilles tendon is injured or painful, this points to a deep hurt, which paralyzes one's willpower in terms of one's point of view and life path.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Berberis vulgaris	The will is broken, confrontation does not happen
Cimicifuga racemosa	Spirituality is avoided out of a fear of old sufferings
Cinnabaris	Sacrifices the personality for the ostensible helplessness of others
Ignatia amara	Through great suppression an emotion becomes its opposite
Millefolium	The appearance of having no needs as life's content

Feet

The feet symbolize one's point of view. "To get cold feet" means to withdraw in frustration and to not stand behind one's point of view.

Foot Pain

Foot pain indicates that it seems to be difficult to establish a clear point of view. At best one feels defiant or even helpless. The right to have one's own point of view is not demanded.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Berberis vulgaris	The will is broken, confrontation does not happen
Causticum	Great hurt leads to the building of emotional walls
Colocynthis	Gut level anger from conforming and suppression of irritation
Comocladia dentata	Disappointed vision of relationship
Dirca palustris	Holding on to habitual patterns stemming from manipulation
Ledum palustre	Nailed up tight, closed and stubborn
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

Toes

The toes ensure balance in one's position or point of view, as well as within the dynamics of one's life path.

Pain in the Toes

Painful toes point to rigidity and stubbornness. Memories of old hurts make one stubborn and inflexible. There probably has not been much support from the parents.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Ammonium carbonicum	Lack of security through destruction of the fatherly image
Ammonium muriaticum	Disappointment through the feminine principle, rejection of life through the destruction of the motherly image
Cistus canadensis	Scars of the soul block becoming grounded
Elaterium officinarium	A forced separation creates emotional dependency
Hura brasiliensis	Alone, has lost all friends
Indigo tinctoria	Running on a treadmill
Ledum palustre	Nailed up tight, closed and stubborn

Bones

The bones stand for inner stability and the solidity of of a person's personality structure..

Necrosis of the Bone / Osteonecrosis

The pathological orientation to others or the "circumstances", and the complete neglect of any conflicts, the permanent disrespect of one's inner voice and life impulses have damaged your basic structure so severely that it has been destroyed.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Calcareo fluorica	Seeks support at any cost
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Hecla lava	Individual life energy is misused
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Silicea	Heady, feelings suppressed because of hurt
Sticta pulmonaria	Doing the dirty work
Symphytum officinale	Suffering until collapse, until broken

Porous, Brittle Bones / Osteoporosis

One's stability is tied to performance and fulfillment of tasks. If these tasks are not fulfilled because they are no longer necessary, such as the ability to bear children, the right to be supported is apparently lost. Fear develops, and one's security and stability are broken up.

Characteristic Remedies:

Bufo rana	Cannot stand himself
Calcareo carbonica	Denial of life; wants support
Calcareo phosphorica	Appears small and helpless in order to be supported
Cuprum metallicum	Bondage, leans on others out of feeling weak
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Paris quadrifolia	Accepts responsibility for others in order to belong
Silicea	Heady, feelings suppressed because of hurt
Symphytum officinale	Suffering until collapse, until broken

Inflammation of a Bone / Ostitis

There is little connection to one's feelings. Thinks that other people are more to be trusted than oneself. This substitution for stability can lead to the loss of one's own structure.

Characteristic Remedies:

Aurum arsenicum	The manifestation of self-doubt destroys all self-esteem
Aurum metallicum	Lack of self-esteem
Aurum muriaticum	The compulsion to conform destroys self-confidence
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Hepar sulphuris	Wants to change others in order to increase his own security
Mercurius solubilis	One’s own life energy finds no form and is sacrificed to the life energy of someone else
Nitricum acidum	Hate and thirst for revenge that are not expressed
Silicea	Heady, feelings suppressed because of hurt

Tendons

The tendons symbolize the conversion of one’s will impulses into action.

Inflammation of a Tendon / Tendonitis

The inflammation of a tendon becomes acute when there are reasons to be ambivalent about one’s will impulses. The location of the inflammation clearly indicates the nature of the conflict, or the cause of the indecision.

Characteristic Remedies:

Anacardium orientale	Ambivalence; doesn't know who or what to follow
Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Rhododendron chrysanthum	Lives in the future and not in the present
Rhus toxicodendron	Feels predefined and restricted, wants to flee

Flail Joint

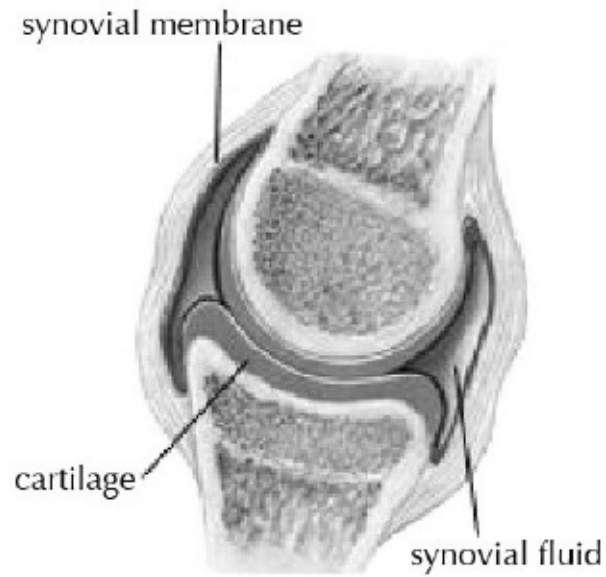
The connection to others, above all to one's family, is burdened by emotional hurt. Indecision hinders one's life dynamics. Nonetheless, an easygoing relationship with one's own security needs to be maintained.

Characteristic Remedies:

Causticum	Great hurt leads to the building of emotional walls
Natrum carbonicum	Doesn't work with others, doesn't work alone
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Pinus silvestris	Denial of one's own life path

Joints

The joints stand for the connection to others, such as other family members.



Inflammation of a Joint

Inflammation of a joint points to rigid patterns of thought in connection with the relationships between people, such as family members.

Characteristic Remedies:

Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Iodium	Does not feel nourished or loved
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Lacticum acidum	Wants to get loving care through force
Ledum palustre	Nailed up tight, closed and stubborn
Lycopodium clavatum	The rotten compromise
Piper methysticum	Demoralized from burdens because of a lack of willingness to change

Inflammation of a Bursa / Bursitis

Bursitis indicates that one has served others, or done much for others, in order to be loved and accepted. The bursa (sack containing friction reducing fluid) reminds us of the “slimy behavior” used in order to be accepted. This is exactly what must be changed.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Arnica montana	Withdraws feeling hurt, isolating oneself
Bellis perennis	Despite the most friendly of efforts, is rejected and put down
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Iodium	Does not feel nourished or loved
Ledum palustre	Nailed up tight, closed and stubborn
Natrum muriaticum	Holding to that which is tried and true
Silicea	Heady, feelings suppressed because of hurt
Sticta pulmonaria	Doing the dirty work

Joint Pain

Joint pain shows the irritation caused by the fact that, in one's relationship with others, things are not going according to plan. Nonetheless, one is still holding onto the relationships, but also to one's own obstructive perspective and pattern of thought. Little tolerance and easygoingness towards oneself and others.

Characteristic Remedies:

Actaea spicata	Is afraid of his own emotional abyss and compensates with giving someone else the blame
Boletus laricis	Everything stays as it always has been; frozen in dependency
Cajeputum	Has taken an eternal oath
Colocynthis	Gut level anger from conforming and suppression of irritation
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Ledum palustre	Nailed up tight, closed and stubborn
Natrum sulphuricum	Punishing oneself
Teucrium marum verum	Lack of self-expression, lack of a personal frequency

Arthritis

Negative feelings that arise because one's own ideas of sharing and being together do not conform to the reality of the situation. The feelings, however, are suppressed and no change is initiated. The ever-growing potential for conflict remains, expressing itself as pain.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Cajeputum	Has taken an eternal oath
Calcarea carbonica Hahnemanni	Denial of life; wants support
Colchicum autumnale	Overburdened, holding to an untenable situation
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Ledum palustre	Nailed up tight, closed and stubborn
Phytolacca decandra	Feels tortured; cries out without success
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Rhus toxicodendron	Feels predefined and restricted, wants to flee

Arthrosis and Osteoarthritis (Arthrosis deformans)

The need for recognition and love has taken on a life of its own. The relationship in which love is expected is nothing but what it is. The opinion is, however, that it should not be like this, and the desired goal is sought with all means, including cutting criticism or self-criticism.

Inner certainty and self-respect have already been lost. The joints now show the inner longing for an intimate connection and the ability to let go, which is lacking.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Colchicum autumnale	Overburdened, holding to an untenable situation
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Hedera helix	Can only develop when feeling secure
Iodium	Does not feel nourished or loved
Kali iodatum	Ignores the feeling of not being loved
Ledum palustre	Nailed up tight, closed and stubborn
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Urtica urens	No longer centered

Inflammation of the Periosteum / Periostitis

Through lack of self-esteem one's personal structure and convictions are endangered. Suffers instead of asserting oneself and thus protecting oneself.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Asa foetida	Fed up with conforming to others
Aurum metallicum	Lack of self-esteem
Aurum muriaticum	The compulsion to conform destroys self-confidence
Hecla lava	Individual life energy is misused
Kali iodatum	Ignores the feeling of not being loved
Mezereum	Roleplay instead of individual development
Silicea	Heady, feelings suppressed because of hurt

Rheumatism

Suffering has become life's content. Beliefs such as: "he who suffers will go to heaven," and, "he who bears a heavy burden will receive much," determine life's course and quality. Cannot deal with family ties (joints) and connections. Wants to reach and secure his desired position, and wants the suffering to go with it. Thinks that the desired harmonious family constellation can be forced through suffering. The wish for harmony that comes to expression corresponds to unconscious patterns of security that can in no way be ignored.

Reproduces brain-imprinted torture in the pain-creation. This is an illness of suppression, of wanting to suffer, of chronic bitterness. Only when the basic dogma, "I want to suffer," is disempowered can healing come. Rheumatism is closely connected with the flu, scarlet fever, and Streptococci.

Characteristic Remedies:

Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Cimicifuga racemosa	Spirituality is avoided out of a fear of old sufferings
Colchicum autumnale	Overburdened, holding to an untenable situation
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Ledum palustre	Nailed up tight, closed and stubborn
Phytolacca decandra	Feels tortured; cries out without success
Rhus toxicodendron	Feels predefined and restricted, wants to flee

Muscles

The muscles stand for vital energy and dynamism, flexibility, strength and agility. They are important for putting ideas into action in order to accomplish something.

Muscle Ache

Muscle aches develop when fixed boundaries, formed because of habits, family traditions and belief systems, are overstepped. In this situation any struggle is taken as a crossing of the existing borders.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
Arnica montana	Withdraws feeling hurt, isolating oneself
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Lacticum acidum	Wants to get loving care through force
Nux vomica	Hiding his real feelings through overactivity
Magnesia phosphorica	The eternal, silent battle
Phytolacca decandra	Feels tortured; cries out without success
Ruta graveolens	Rubbing oneself raw with an unpleasant situation

Muscle Cramps

Muscle cramps develop when one holds tight to a situation that has been inwardly rejected. Muscle cramps point to a one-sided way of thinking that needs to be expanded in order to regain one's dynamism.

Cramp in the Calf

A cramp in the calf indicates that a person is maintaining a point of view or perspective that is unpleasant and should be changed.

Characteristic Remedies:

Carbo animalis	Foregoes displaying own willpower
Carbo vegetabilis	Vital energy is not used for own proper needs
Causticum	Great hurt leads to the building of emotional walls
Cuprum metallicum	Bondage, leans on others out of feeling weak
Ferrum metallicum	Life is a bitter struggle
Natrum muriaticum	Holding to that which is tried and true
Nux vomica	Hiding his real feelings through overactivity
Plumbum metallicum	Affectation as a means of escape

Torn Muscle

The motivation behind the dynamics of one's life is ambivalent. What one wants is not exactly what one has. The deeper cause for torn muscles is a familiar living situation with extremely different parents, both of whom one is trying to please at the same time. It is important to learn to make decisions that benefit oneself and one's needs, and not to tear oneself apart for others.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Calendula officinalis	To be in the role of the victim, feels torn apart
Hamamelis virginica	Worshipping suffering as life's meaning
Hypericum perforatum	Remains in the pain of sorrow
Ledum palustre	Nailed up tight, closed and stubborn
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

Fibromyalgia

Fibromyalgia develops in people who are very cautious and have negative expectations about life. They avoid behaving according to how they really are in order to get protection. Showing their spirituality makes them afraid. Remaining in their old suffering is less risky than having new and painful experiences in one's development. The most common cause of fibromyalgia is a tick bite.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Cimicifuga racemosa	Spirituality is avoided out of a fear of old sufferings
Gelsemium	Anticipatory anxiety from holding back emotion
Magnesia phosphorica	The eternal, silent battle
Nux vomica	Hiding his real feelings through overactivity
Ruta graveolens	Rubbing oneself raw with an unpleasant situation
Veratrum album	Self-betrayal
Veratrum viride	Practical thinking, fixated on material things

Muscular Atrophy

One's life energy is withdrawn in order to force others to give their support and help. This happens particularly when the chemistry between people is incompatible, and closeness with others is sought through a kind of extortion. There is a feeling of much invested and little received in return. This theme can also be a basic reason for muscular atrophy.

Characteristic Remedies:

Bellis perennis	Despite the most friendly of efforts, is rejected and put down
Calcarea fluorica	Seeks support at any cost
Cuprum arsenicosum	Conformity to the point of self-destruction
Lathyrus sativus	Subordination and suffering instead of self-responsibility and strength
Magnesia phosphorica	The eternal, silent battle
Onosmodium virginianum	Rigidly clinging to convictions
Plumbum metallicum	Affectation as a means of escape
Strychninum purum	Stubbornly defies the suffering
Veratrum viride	Practical thinking, fixated on material things

Multiple Sclerosis

Denial of one's own strength, creativity and pleasure because of the negative judgment of a strong but solitary personality in one's surroundings - very often the father. Does not want to be as dominating and manipulative, and thus as lonely as the other, who is judged negatively. One paralyzes and controls one's own power, and ambitiously disciplines oneself without compromise. The blockage of life energy becomes visible as paralysis, and must be urgently removed.

Characteristic Remedies:

Atropinum sulphuricum	Feelings based on judgements prevent perceiving life in a relaxed manner
Aurum metallicum	Lack of self-esteem
Cocainum hydrochloricum	Has to convince others, always has to win
Gelsemium	Anticipatory anxiety from holding back emotion
Lathyrus sativus	Subordination and suffering instead of self-responsibility and strength
Mandragora officinarium	Senseless forcing of the illusion of belongingness
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Psilocybe caerulescens	One's task or goals are the sole content of life or lightheartedness is unbearable

Origins: Vaccinations and Allergies

What vaccinations have you had?

Vaccinations

The answer to this question allows you to discover which developmental issues have become fixated in the patient and which issues he has been almost forced to take on in this lifetime.

Diphtheria Vaccination

Inability to express one's own needs and desires

There is a massive communication problem. One does not dare to formulate one's needs to others or to confront external impulses. The sweet mouth odor that is typical for diphtheria points to a slimy-friendly, "sweet-talking," form of communication. One's personal dissatisfaction, however, is not expressed. One has given up trying to express something that moves one deeply or wanting to integrate something profound from another. Only superficial communication can take place.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Apis mellifica	Doing one's duty. Needs to function without aggression
Cantharis vesicatoria	Actively works to the detriment of own interests
Lac caninum	Manipulated by mother or care person
Lachesis muta	Suppressed individuality
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else.

FSME Vaccination for TBE (Tick Borne Encephalitis)

The good-natured personality

Because of self-criticism one lets oneself be sucked dry. Seeks to escape the suffering with a solution that does not involve having to defend oneself or become aggressive. Waits without success for an equivalent value in return for the exploited energy, right up to the point of helplessness and paralysis.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Absinthium	Pressure creates counter pressure; revenge for the suffering experienced
Arsenicum album	Fears for his existence; would rather die than change
Ledum palustre	Nailed up tight, closed and stubborn
Natrum muriaticum	Holding to that which is tried and true
Rhus toxicodendron	Feels predefined and restricted, wants to flee

Yellow Fever Vaccination

Earthly life is viewed as unalterable, joyless and cruel. Believes that, given these conditions, it is not possible to realize high spiritual ideals. Lack of inner-certainty creates the feeling that one's own impulses seem to be insufficient to activate one's spiritual abilities.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Cadmium metallicum	Conformity ends in resignation
Carbo vegetabilis	Vital energy is not used for own proper needs
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Daphne indica	From traditional role-play to personal freedom
Terebinthina	Either feelings or intellect; it's one or the other

Flu Vaccination

Feels tortured, defeated and dependent. Self-responsibility and creativity in life are not taken on, but transferred as much as possible to living or imaginary dominant figures, who are expected to take the lead in life. Remains in suffering, worshipping others and weakness.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

In the framework of the themes being described, one must take into account that every flu vaccination has its own special focus. More detailed information about these questions can be found in the author's as yet untranslated book: "*Großen Impfbuch der Kreativen Homöopathie*" (The Vaccination Compendium of Creative Homeopathy).

Characteristic Remedies:

Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Camphora	To remove oneself emotionally from a bad situation
Chininum sulphuricum	Awareness of dependence suppressed
Dulcamara	Authority figures may not be questioned
Eupatorium perfoliatum	Loss of personality structure through a lack of self-responsibility
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Gelsemium	Anticipatory anxiety from holding back emotion
Magnesia phosphorica	The eternal, silent battle
Sabadilla officinalis	Feels like the scum of the earth

Hepatitis A Vaccination

A negative, emotionally stressful and difficult life situation appears to be unchangeable. Life is handicapped by one's lack dynamism and awareness about transformation. The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Apocynum cannabinum	In an unresolved, negative blockage of feelings life remains only a phantasy
Arsenicum album	Fears for his existence; would rather die than change
Boletus laricis	Everything stays as it always has been; frozen in dependency
Leptandra virginica	Fixed self-image, spirituality is not allowed
Veratrum album	Self-betrayal

Hepatitis B Vaccination

Feels blocked as a personality. Has great anticipatory anxiety, no longer perceives himself and his own needs, and resists authority.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Acidum nitricum	Hate and thirst for revenge that are not expressed
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Natrum sulphuricum	Punishing oneself
Tabacum	Retreats due to uncertainty

HIB (Meningitis) Vaccination

The urge to free oneself from the opinions of the group and from fear of the new. Angry about not standing up for oneself. Own feelings are less important than intellectual understanding. Material goal-orientated thinking as a balance for the feeling of being unloved.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Belladonna	Dammed up, suppressed life energy becomes anger
Helleborus niger	I don't want to do it alone
Kali iodatum	Ignores the feeling of not being loved
Natrum sulphuricum	Punishing oneself
Oxalicum acidum	Being taken care of and having support are needed as reinforcement
Veratrum album	Self-betrayal
Veratrum viride	Practical thinking, fixated on material things

Whooping Cough / Pertussis Vaccination

Gaining recognition by force

One has had enough of the urge for peaceful imitation and conformity to others. Wants to finally be recognized as the individual that he is, and demands to be accepted as such by others. He also has the view of himself as fighting "alone against the world", and carries on a (despairing and convulsive) struggle against it.

What has been swallowed but not digested is now being processed. But the trust in one's own abilities has not yet been fully developed. Wants to be accepted as an individual, but can only express this through a hacking cough.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Antimonium tartaricum	Feels dependent and not taken seriously
Belladonna	Dammed up, suppressed life energy becomes anger.
Carbo vegetabilis	Vital energy is not used for own proper needs
Coccus cacti	The pride of the family or group
Corallium rubrum	Cannot open to the different nature of another person
Cuprum metallicum	Leans on others out of feeling weak
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Kali carbonicum	Ignorance of one's own needs
Nux vomica	Hiding his real feelings through overactivity
Spongia tosta	Seeks protection in conforming

Polio

Weakness as an end in itself

Through one's helplessness and weakness, one controls others for one's own purposes. Forcing the support one wants. The willingness is missing to take responsibility for one's life with all of the consequences that would bring.

The refusal to live out one's own life and feelings works to one's advantage, in that the attempt to manipulate others can lead to the point of being taken care of completely. Goes into the role of the victim, into a childish, passive behavior and remains there in order not to have to take responsibility for one's life. This is combined with indirectly putting the blame onto others, in order to justify one's victim role to oneself.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Causticum	Great hurt leads to the building of emotional walls
Gelsemium	Anticipatory anxiety from holding back emotion
Lathyrus sativus	Subordination and suffering instead of self-responsibility and strength
Nux vomica	Hiding his real feelings through overactivity
Plumbum metallicum	Affectation as a means of escape
Sepia succus	Longing for harmony, but it must match her own picture of it
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Measles/Rubeola Vaccination

Peaceful subjugation

Disregard for one's own potential through excessive self-criticism. The urge to give up and just follow others takes the upper hand. The helper syndrome often becomes the ostensible motivation for all actions. A clerical disposition or family background is possibly present. Love, peace and harmony are sought in everything. The taking on of self-responsibility does not come into consideration at all. Through the measles vaccination one is forced to confront the issue of self-respect. This leads to difficult situations in which one has to learn and feel that one's potential is valuable.

Characteristic Remedies:

Carbo vegetabilis	Vital energy is not used for own proper needs
Copaiva	Despising oneself out of exaggerated self-criticism
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Euphrasia officinalis	Doesn't want what is seen to be true
Hepar sulphuris	Wants to change others in order to increase his own security
Ignatia amara	Through great suppression an emotion becomes its opposite
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sticta pulmonaria	Doing the dirty work

Mumps-Vaccination

Self-determination by force

The attempt to blow oneself up in order to demonstrate or develop one's personality. The process of individualization is still blocked and the ability to reach a clear decision for one's own needs must still be trained.

The personality learns to blow itself up, so that the individualization, the actual process of becoming upright, can follow. The parotid glands are to be seen as originating from the gills of earlier aquatic animals. In the ongoing process in which every human being repeats our evolutionary development, the stage of "being carried" by water – being determined by the group – must be replaced by the process of becoming upright. Blowing oneself up is just part of the training for self-determination.

One demands to be respected exactly like the others in one's surroundings, and one resists any paternalistic attitudes or actions. Outer influences and one's inner strength need to come into balance. To this self-determination there also belongs

the determination of one's own sexuality. If this process is problematic, it can lead to inflammation of the ovaries or especially the testicles.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Anthracinum	Conforming rationality hinders integration into a natural wholeness
Clematis erecta	Denies his own standards in order to be supported
Conium maculatum	The connection to one's own basic needs is lost
Jaborandi	Others are conceded so much strength that there is no power left to follow his own path
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Oleum animale	Lack of being grounded, rejection of the body and material things
Phytolacca decandra	Feels tortured; cries out without success
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

Smallpox / Variola Vaccination

Negative view of life

Great anticipation of fear, especially fear of violence. Every situation is considered an attack against oneself personally, and seen from the outset as only leading to a bad outcome for oneself. Only takes a dark view of one's future and the fulfillment of one's needs. Doesn't even expect to experience anything

positive as a final result. Fear of violence. Holding on to a pattern that brings him support.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Antimonium tartaricum	Feels dependent and not taken seriously
Arsenicum album	Fears for his existence; would rather die than change
Baptisia tinctoria	Keeps his mouth shut, conforms, too proud to articulate himself
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Thuja occidentalis	Shadow sides are encapsulated and isolated

German Measles / Rubella Vaccination

No attention paid to the inner voice

This is a protest against the breaking away from the uncritical adoption of traditional ways of doing things the way you are supposed to. One's own personal power of decision is hardly developed. The inner voice is not perceived. Underneath it all lies great uncertainty as to whether a person is allowed to take a stand or not. Allows oneself to be determined by the traditional rituals or surroundings, which one bows down to submissively. German measles demands that one develops a greater decisiveness.

Up to now one has followed the "normal" path without differentiating oneself. Has not confronted the process of individualization, and, even in those situations in which one generated defiance in order to develop individuality, only traditional patterns were followed. Take, for example, a young woman who has

fallen in love with a young man who doesn't fit the expectations of her family. As personalities, he and she suit each other well, but "reason" triumphs and she marries a different man, who fits in well with the family and the family company. All of this happens without resistance, and so she follows the traditional order as a matter of course.

It becomes apparent why an infection of German measles can have such a dramatic effect during pregnancy: the self-chosen role as mother is unconsciously recognized as an uncritical acquisition and rejected. This can lead to Rubella embryopathy and the embryo also being infected, with such consequences as becoming blind (not wanting to see), deafness (not wanting to hear) and heart defects (lack of self-love and of acceptance of one's own personality over generations).

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Baryta carbonica	Retarded development out of fear of life or self-responsibility
Carbo vegetabilis	Vital energy is not used for own proper needs
Causticum	Great hurt leads to the building of emotional walls
Coffea cruda	Feelings of guilt but does not confront the situation
Copaiva	Despising oneself out of exaggerated self-criticism
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Silicea	Heady, feelings suppressed because of hurt

Rabies Vaccination

Foaming at the mouth with anger over the lack of belongingness. Is in a process of transition. The familiar, the existing order of things, is no longer valid.

Feeling of homelessness. That which is new, the inner certainty, is not yet stable.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Anantherum muricatum	Lack of inner stability creates the fear of missing out on something
Belladonna	Dammed up, suppressed life energy becomes anger
Cantharis	Actively works to the detriment of own interests
Curare	Sacrifice of vitality; rather a peaceful death than a painful life
Stramonium	Panic, long suppressed potential discharges itself

Tuberculosis (BCG) Vaccination

The flight into illusion

We find here the urge to idealize a familiar structure that one has adopted as being “right.” The individual must now take second place to the adopted structure. Escape and resignation from what seems a cruel world appears easier than taking on self-responsibility against possible opposition.

Illusion is preferred to reality, and the patient flees into a world of illusion and dreams up an artificial reality, in which responsibility and individuality are unconsciously renounced. Anything negative and aggressive in life is rejected and declared to be “non-existent.” Through this one-sided polarization, the neglected pole becomes active in the subconscious and expresses itself as illness.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Kali carbonicum	Ignorance of one's own needs
Sanguinaria canadensis	Believes is not permitted to participate in life
Stannum metallicum	Disallowed enjoyment of life

Typhus Vaccination

The rejection of life

Existing conflicts and tasks in life seem so enormous that the courage to deal with them fails. Often frustrated through shock, one refuses to take responsibility for oneself despite numerous reminders from life. Life's challenges appear to be too great. Cannot find a way to express oneself and is afraid of the challenges life is demanding. Impressions can no longer be "digested," or processed. Fear takes the upper hand and leads to a total rejection of life.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Baptisia tinctoria	Keeps his mouth shut, conforms, too proud to articulate himself
Muriaticum acidum	Emotional chaos
Opium	Boundary between conscious and subconscious
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Terebinthina	Either feelings or intellect; it's one or the other

Tetanus Vaccination

Clinging on to what's possible

Suffering and weakness are not allowed to be seen. Strength of will and revenge is the goal that is followed until the bitter end. Has the urge to realize one's ideas for oneself and one's life regardless of the resistance and without admitting any weakness. Values one's will higher than one's feelings. Becomes fixed and cramped in the idea of what's feasible. Tunnel vision. All lightheartedness has been lost and everything has turned into a frozen, mechanical drive to achieve.

The vaccination leaves its mark and fixates the above-described issue. The person now sets about, almost compulsively, tackling the issue, which he will encounter in different experiences until he becomes conscious of it as a physical disturbance in the form of symptoms.

Characteristic Remedies:

Belladonna	Dammed up, suppressed life energy becomes anger
Magnesia phosphorica	The eternal, silent battle
Nux vomica	Hiding his real feelings through overactivity
Passiflora incarnata	Would attain his vision for life by force
Physostigma venenosum	Seeks a solution for a desperate situation without changing the fixed perspective
Stramonium	Panic, long suppressed potential discharges itself

Allergies

Allergies stand for reactions of defiance as well as the rejection of important learning processes in favor of being taken care of.

From which allergies are you suffering?

Allergies in General

Fights against one's own desires and stages of development. Remains dependent and attached to the group in order not to have to stand "alone against the world." The external allergen symbolizes a desire that urgently wants to be fulfilled. Often an allergy does not come alone, and it is the combination that allows us to make accurate deductions about the life situation of the patient.

Characteristic Remedies:

Asterias rubens	Conforming to the point of non-recognition
Cantharis	Actively works to the detriment of own interests
Causticum	Great hurt leads to the building of emotional walls
Copaiva	Despising oneself out of exaggerated self-criticism
Dulcamara	Authority figures may not be questioned
Histaminum muriaticum	Hyperactivity as a method of survival
Mezereum	Role-play instead of individual development
Terebinthina	Either feelings or intellect; it's one or the other

Allergic to Apples

Conforming is security

The apple is the symbol of temptation, but what is really meant is: “To have the courage to try something new.” Issues such as curiosity, change, trying something new are blocked. A desire for apples indicates the longing to try something new, to change oneself. A strong aversion to apples symbolizes fear of changing oneself and reluctance to find the courage and strength to go into the unknown.

Characteristic Remedies:

Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he’s lived
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Histaminum muriaticum	Hyperactivityactivity as a method of survival
Lyssinum	Helpless rage
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Oxalicum acidum	Being taken care of and having support are needed as reinforcement
Rumex crispus	To have your head in the blocks
Tellurium metallicum	Denies his possibilities, remains rather the tool of others

Allergic to Bees



Protest against the self-less doing of one's duties

The person allergic to bees puts his own feelings and needs aside in favor of fulfilling his duties and functions within coercive hierarchical structures with the credo: "as busy as a bee." In a functioning beehive everyone is taken care of. He fears protesting, for an angry bee stings once and then dies.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Carbolicum acidum	Stuck in painful, emotional patterns
Histaminum muriaticum	Hyperactivityactivity as a method of survival
Lachesis muta	Suppressed individuality
Ledum palustre	Nailed up tight, closed and stubborn
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Rauwolfia serpentina	Fighting for values pushed on one by others without perceiving it
Vespa crabro	One's own creativity is sacrificed for the sake of the family

Allergic to Strawberries



Exists to make life secure for others

The person allergic to strawberries has come to know that he was conceived for the security of the family, in effect as a pension policy. He doesn't see himself as being accepted for who he is, but rather as being used.

Characteristic Remedies:

Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
China officinalis	Feels dependent and enslaved
Dulcamara	Authority figures may not be questioned
Histaminum muriaticum	Hyperactivityactivity as a method of survival
Oxalicum acidum	Being taken care of and having support are needed as reinforcement
Sepia succus	Longing for harmony, but it must match her own picture of it

Allergic to Grain / Wheat

Restriction to Basic Needs

Up to now the restriction to basic needs and modest-living has been a family tradition. But the person allergic to grains wants more. He places himself against the family honor and tradition by striving for abundance in the sense of pleasure and enjoyment, as well.

Characteristic Remedies:

Carbo animalis	Foregoes displaying own willpower
Causticum	Great hurt leads to the building of emotional walls
Clematis erecta	Denies his own standards in order to be supported
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Histaminum muriaticum	Hyperactivityactivity as a method of survival
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Oleander	Lets others put their values on him
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Zincum phosphoricum	No willpower due to constant disciplining of the feelings
Zingiber officinale	Spiritual development occurs only in an ivory tower, isolated from the world

Allergic to Grass

The Sisyphus Complex

Trampled grass straightens itself up again and again without ever asking a question about the meaning of this action. This is a manifestation of the experience: "Nothing can finish us off - we will always make it." The person who is allergic to grass opposes what he sees as meaningless exertion and so places himself against the family tradition.

Characteristic Remedies:

Coffea cruda	Feelings of guilt but does not confront the situation
Colchicum autumnale	Overburdened, holding to an untenable situation
Elaps corallinus	Creativity arises out of inner pressure
Kali carbonicum	Ignorance of one's own needs
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Lyssinum	Helpless rage
Magnesia carbonica	Believes his own needs can only be attained through war
Magnesia muriatica	In a state of war; inner and outer conflict
Ruta graveolens	Rubbing oneself raw with an unpleasant situation
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

Allergic to Gold

Self-value destroys the group

A feeling of self-esteem and its free expression are not allowed. Going without self-esteem in favor of conformity seems to bring the assurance that one will be taken care of.

Characteristic Remedies:

Aurum muriaticum	The compulsion to conform destroys self-confidence
Baryta muriatica	Feeling of total powerlessness
Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Cadmium sulphuratum	Conformity ends in resignation
Cajeputum	Has taken an eternal oath
Calcareo arsenicosa	Demands support at any price
Hura brasiliensis	Alone, has lost all friends
Millefolium	The appearance of having no needs as life's content
Strychninum purum	Stubbornly defies the suffering
Teucrium marum verum	Lack of self-expression, lack of a personal frequency

Allergic to Dogs

Defiance against hierarchy and commitment

The person who is allergic to dogs is protesting against hierarchical or traditional structures, which he on the one hand rejects, and on the other feels excluded from. He feels that he not only doesn't want to do, but also "cannot" do, what everyone else is doing. It is exhausting to continually do battle with the hierarchy or to have to subordinate oneself.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capability of acting
Arnica montana	Withdraws feeling hurt, isolating oneself
China officinalis	Feels dependent and enslaved
Grindelia robusta	The lack of the sense of basic trust results in a battle for survival
Histaminum muriaticum	Hyperactivityactivity as a method of survival
Lyssinum	Helpless rage
Rumex crispus	To have your head in the blocks
Stramonium	Panic, long suppressed potential discharges itself
Veratrum album	Self-betrayal
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Allergic to Cats

The price of freedom is too high

Allergic to cats, one is fed up with being confronted with those issues that one does not allow oneself, such as freedom, lack of ties, a sensual and erotic love relationship. Forbids pleasure and is envious of it at the same time. Not ready to accept the consequences and the price of individuality and freedom.

Characteristic Remedies:

Absinthium	Pressure creates counter pressure; revenge for the suffering experienced
Aethusa cynapium	The need to be in control blocks the development of the personality
Daphne indica	From traditional role-play to personal freedom
Histaminum muriaticum	Hyperactivityactivity as a method of survival
Hyoscyamus niger	Feels cheated out of his life
Lacticum acidum	Wants to get loving care through force
Ledum palustre	Nailed up tight, closed and stubborn
Mezereum	Role-play instead of individual development

Allergic to Medications

Self-punishment instead of self-determination

The person who is allergic to medications is someone who has always conformed and integrated himself within his group as much as possible. He turns his desire for self-determination against himself in a form of masochistic self-punishment.

Characteristic Remedies:

Asarum europaeum	Identification
China officinalis	Feels dependent and enslaved
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Lobelia inflata	Mistrusts his own abilities
Nitricum acidum	Hate and thirst for revenge that are not expressed
Nux vomica	Hiding his real feelings through overactivity
Teucrium marum verum	Lack of self-expression, lack of a personal frequency

Allergic to Milk

This support is not for me

The desire for milk – as an existential need – shows in the highest degree the longing for support and integration. If this desire was transformed into rejection as far back as early childhood, and led to a milk allergy, then the maternal care, experienced possibly as restriction, is refused. The subliminal aggression that results manifests itself as an allergy.

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Ambra grisea	Refuses development of the personality
Angustura vera	Bitterness through inner uncertainty
Iris versicolor	Does not accept his own real worth
Lac vaccinum defloratum	Sacrificing one's personal path for an austere but safe life
Lacticum acidum	Wants to get loving care through force
Millefolium	The appearance of having no needs as life's content
Podophyllum peltatum	Fear of one's own suppressed aggression
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sambucus nigra	Self-rejection gives rise to masochistic behavior

Allergic to Nickel

Intellect and feeling divided in order not to perceive one's conscience

"Off with his head!" – thoughts and feelings are not in harmony. Theory and practice widely diverge. Feelings and intellect are separated because this seems necessary in order to "function" better. Believes that his surroundings are waiting for him to conform.

Characteristic Remedies:

Castoreum canadense	Attempt at emotional distraction
Histaminum muriaticum	Hyperactivityactivity as a method of survival
Magnesia muriatica	In a state of war; inner and outer conflict
Niccolum	The severed head; separation of intellect and feeling
Stannum metallicum	Disallowed enjoyment of life

Allergic to Nuts

The proverbial “hard nut to crack”

Nut allergies develop mostly during childhood. Difficult and apparently insoluble problems seek a resolution. As there is little trust or no interest in such activity in one’s surroundings, resignation is the result. Behind a nut allergy often lies the belief that “you are too little for that” or “you’re too dumb.” The person who is allergic to nuts is often pushy in the course of achieving his goals, while at the same time relating to others with impotent feelings of aggression.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Clematis erecta	Denies his own standards in order to be supported
Coccus cacti	The pride of the family
Coffea cruda	Feelings of guilt but does not confront the situation
Kali phosphoricum	Drawing everything to oneself in order to have something to offer others
Magnesia muriatica	In a state of war; inner and outer conflict
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Secale cornutum	Outsider, “black sheep” of the group
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Viola tricolor	Rejection calls forth hate

Allergic to Horses

The masculine power must be kept under control

The fear of not being able to confront a male dominating figure shows itself on the one side in veneration and on the other in inward defiance. One is not master of one's male aspect, or one does not allow it to be mastered and therefore used. The patient is totally fed up, and this leads to a stuffed-up nose.

One's masculine aspect is not accepted or at least not in its present quality. There is an inner battle that comes to expression in, for example, job difficulties or lack of success in one's career, although the potential for success is there. Perfection is striven for, but it is never good enough.

Characteristic Remedies:

Ammonium muriaticum	Disappointment through the feminine principle.
Atropinum sulphuricum	Feelings based on judgements prevent perceiving life in a relaxed manner
Cannabis indica	Suppressed emotions manipulate conscious perception
Histaminum muriaticum	Hyperactivityactivity as a method of survival
Magnesia sulphurica	State of war ignored, resignation is not taken note of

Allergic to Pollen (Hay fever)

Creativity is undesirable

The person who is allergic to pollen is angry with nature, which is allowed to live freely and spread its pollen, its creative potential, without restriction or hindrance. This person has learned to discipline himself and forbids himself creativity, individuality, fertility and unrestricted development. This happens because of the limitations he has encountered in his surroundings. He has to “behave himself;” while nature doesn’t need to.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Allium cepa	Fights a losing battle
Aralia racemosa	The need to lean on someone for support becomes conforming
Cuprum arsenicosum	Conformity to the point of self-destruction
Euphrasia officinalis	Doesn't want what is seen to be true
Gelsemium	Anticipatory anxiety from holding back emotion
Histaminum muriaticum	Hyperactivityactivity as a method of survival
Kali iodatum	Ignores the feeling of not being loved
Naja tripudians	Getting the attention of others by force
Sticta pulmonaria	Doing the dirty work

Allergic to Silver

Security in place of primal trust

The person who is allergic to silver lives according to the belief: "Trust is good, control is better." Situations calculated to bring the best security determines life's path. The rigidity that this results in, and the amount of energy needed to follow this maxim, wears him down.

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Angustura vera	Bitterness through inner uncertainty
Argentum metallicum	Lack of primal trust, feels no right to exist
Coccus cacti	The pride of the family
Hura brasiliensis	Alone, has lost all friends
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Mancinella hippomanes	Feels the potential of personal freedom and thinks he will be punished for it
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Stannum metallicum	Disallowed enjoyment of life
Taraxacum officinale	The frustrated do-gooder

Allergic to the Sun

Perceiving and understanding call for consequences

An expansion of consciousness is not allowed, or not lived out, because of fear of the consequences. Cannot deal with more knowledge and understanding. A decision is made not to seek knowledge, not to take action. The location of the allergic reaction is of interest here: the dissatisfaction with the dominance of parents shows itself on the upper arm, erotic aspects on the cleavage.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Actaea spicata	Is afraid of his own emotional abyss and compensates with giving someone else the blame
Amylenum nitrosum	Would like to make a new start without making the necessary clarification or change
Asarum europaeum	Identification
Cadmium sulphuratum	Conformity ends in resignation
Camphora	To remove oneself emotionally from a bad situation
Glonoinum	Lack of opportunity and will for expanding awareness
Hippomanes	The embryo takes on the suffering of the mother
Histaminum muriaticum	Hyperactivityactivity as a method of survival

Allergic to Dust

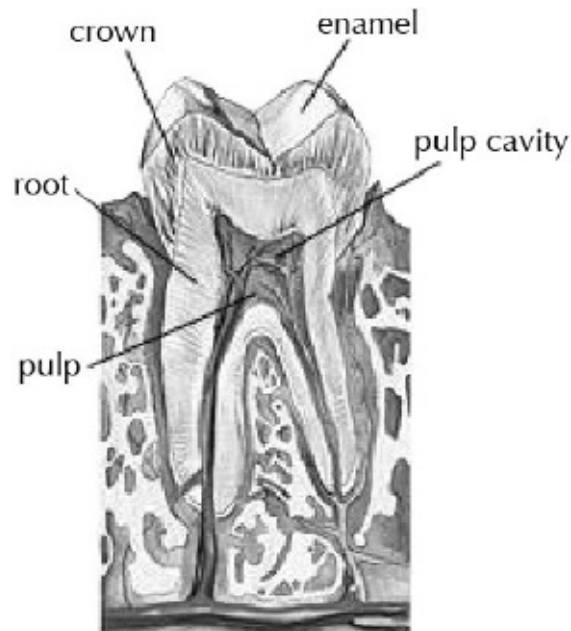
The prince or princess syndrome

The person who is allergic to dust feels a lack of attention or even neglect, because he cannot live as he would like in the surroundings in which he must exist. Rejects the simple life. Often there is a desire for luxury which, however, he will not openly admit to. For this reason the prince or princess syndrome can most certainly appear in the form of a cleaning obsession.

Characteristic Remedies:

Ammonium carbonicum	Lack of security through destruction of the fatherly image
Aurum muriaticum	The compulsion to conform destroys self-confidence
Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Coccus cacti	The pride of the family
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Glonoinum	Lack of opportunity and will for expanding awareness
Histaminum muriaticum	Hyperactivityactivity as a method of survival
Ictodes foetida	Holds back feelings of being disrespected
Ipecacuanha	The situation makes you “want to throw up”; indignation at the disdain of others
Teucrium marum verum	Lack of self-expression, lack of a personal frequency

Origins: Tooth Restoration and Replacement



Teeth

The teeth symbolize power and the willingness to integrate. People who assert themselves, who are certain of themselves, have good teeth. Each tooth has its symbolism and stands for a particular type of conflict.

Attention should be paid to the position of the teeth, for example if a tooth is crooked. The condition and position of the teeth show how confidently a person stands in life. Only with a stable foundation is it possible to bite through and integrate life.

Toothache

A toothache develops when conflicts concerning a particular group of teeth-related issues are not resolved. Conformity to the group is too strong. Wants to

fulfill the expectations of others instead of living out one's own life.

Characteristic Remedies:

Coffea cruda	Feelings of guilt but does not confront the situation
Echinacea angustifolia	Support and the appearance of security as the content of one's life
Hepar sulphuris	Wants to change others in order to increase his own security
Magnesia sulphurica	State of war ignored, resignation is not taken note of
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Natrum carbonicum	Doesn't work with others, doesn't work alone
Staphysagria	Has cut the inner connection to others, being isolated
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

The Significance of the Teeth

- 1 Parental influence
- 2 Support
- 3 Vitality
- 4 Roleplay in the family
- 5 Life motivation
- 6 Position in the community
- 7 Enjoyment or suffering
- 8 Individual freedom.

Tooth Chart For the identification of tooth positions and assignment of meaning	
1st Quadrant (upper right) 18 17 16 15 14 13 12 11	2nd Quadrant (upper left) 21 22 23 24 25 26 27 28
48 47 46 45 44 43 42 41 4th Quadrant (lower right)	31 32 33 34 35 36 37 38 3rd Quadrant (lower left)

Upper right:

- 1.1. Father
- 1.2. Protection, support from the father or of the father (strength of personality)
- 1.3. Vital energy, how do I show my power?
- 1.4. Stability between father and mother (communication and roleplay)
- 1.5. Life motivation, life task as seen rationally
- 1.6. Position within the community, rational
- 1.7. Enjoyment and individuality or rational conformity
- 1.8. Prenatal influence of the father

Upper left

- 2.1. Mother
- 2.2. Protection, support from the mother or of the mother (strength of personality)
- 2.3. Vital energy, how do I show my emotional power?

2.4. Stability between father and mother (communication and roleplay) 2.5. Life motivation, life task, self-assertion on the emotional level 2.6. Position and exchange within the community, emotional 2.7. Enjoyment and individuality or emotional conformity 2.8. Prenatal influence of the mother

Lower left

3.1. Ability for partnership, feminine role 3.2. Stability or subservience within the partnership 3.3. Willingness and ability to change in an emotional sense (dynamic) 3.4. Realization of life tasks in relation to the children 3.5. Imprinted behavior, mother as role model 3.6. Realization of emotional joy in life (mother) 3.7. Ability to communicate emotionally 3.8. Emotional freedom (realization)

Lower right

4.1. Ability for partnership, masculine role 4.2. Stability or subservience within the partnership 4.3. Willingness and ability to change in an emotional sense (dynamic) 4.4. Discovery and realization of life tasks in one's career 4.5. Imprinted behavior, father as role model 4.6. Realization of rational joy in life (father) 4.7. Rational ability to communicate 4.8. Rational freedom (realization)

Tooth Decay / Dental Caries

Tooth decay develops in soft, malleable people, who basically do not want to have anything to do with life and other people. A clear concept for life is missing. In life he is not able to “get his teeth into something.” Depending upon the nature of the tooth decay – the painful acute caries or the often pain-free chronic caries – this situation will either become painfully conscious or remain in the subconscious.

Characteristic Remedies:

Calcarea fluorica	Seeks support at any cost
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Hecla lava	Individual life energy is misused
Kreosotum	Feels raped
Mezereum	Roleplay instead of individual development
Plantago major	Lack of vision leads to a fixed perspective on life
Staphysagria	Has cut the inner connection to others, being isolated

Tartar / Dental Plague / Dental Calculus

Traditional security stabilizes one’s “bite”. Feels too uncertain to confront own individual life.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Alumina	Lacks a personal point of view, does not demand respect for one’s own position
Hyoscyamus niger	Feels cheated out of his life
Iris versicolor	Does not accept his own real worth
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Mezereum	Roleplay instead of individual development
Plumbum metallicum	Affectation as a means of escape

Inflammation of the Gums / Gingivitis

Feels without protection. Thinks one doesn't belong. The stage before feeling rootless and displaced. Because members of the family of origin were driven out of their countries, the lack of roots is experienced as trauma.

Characteristic Remedies:

Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Capsicum annuum	Has not yet found his inner center or has lost it
Comocladia dentata	Disappointed vision of community
Eugenia jambosa	The "fifth wheel on the wagon," accustomed to not showing any feelings
Lyssinum	Helpless rage
Naja tripudians	Getting the attention of others by force
Plumbum metallicum	Affectation as a means of escape
Thuja occidentalis	Shadow sides are encapsulated and isolated

Gum Disease / Parodontitis

Rootless. The feeling of not having enough roots in life. This homelessness causes weakness and prevents one from fighting one's way through life.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Calcium iodatum	Hopeless struggle for support and recognition
Elaterium officinarium	A forced separation creates emotional dependency
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Gratiola officinalis	Expects to be cast out
Iodium	Does not feel nourished or loved

Dental Fistula

The dental fistula symbolizes a personality that does not have the courage to address conflicts directly and to resolve them. Taking the circuitous route seems safer and more diplomatic.

Characteristic Remedies:

Aurum muriaticum	The compulsion to conform destroys self-confidence
Calcareo fluorica	Seeks support at any cost
Causticum	Great hurt leads to the building of emotional walls
Hepar sulphuris	Wants to change others in order to increase his own security
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Hecla lava	Individual life energy is misused
Pulsatilla partensis	Buries head in the sand, lack of confrontation

Inflammation of the Root of a Tooth

Every tooth is connected to an issue of conflict. With the inflammation of the root of a tooth, the personality has up to now suppressed any working on the conflict. Now the (often old) conflict becomes acute.

Characteristic Remedies:

Calcarea fluorica	Seeks support at any cost
Carbo vegetabilis	Vital energy is not used for own proper needs
Causticum	Great hurt leads to the building of emotional walls
Euphorbium	Detached from the whole, pain of separation
Hecla lava	Individual life energy is misused
Kreosotum	Feels raped
Staphysagria	Has cut the inner connection to others, being isolated
Thuja occidentalis	Shadow sides are encapsulated and isolated

Origins: Surgical Operations and Injuries

How many and where were the operations carried out?

Operations

Operations stand for issues of conflict that at the time could not be endured and were suppressed into the subconscious, or for issues that now are being brought to an end in the sense of insight and awareness. An operation in itself does not tell us whether the conflict issue has been resolved or whether it has been suppressed, but it is always an essential, possible turning point in the development of a person.

General Post-operative Care

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Camphora	To remove oneself emotionally from a bad situation
Causticum	Great hurt leads to the building of emotional walls
Chamomilla	Lacks feeling of belonging leading to anger and defiance
Hypericum perforatum	Remains in the pain of sorrow
Nux vomica	Hiding his real feelings through overactivity
Opium papaver somniferum	Boundary between conscious and subconscious
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Ruta graveolens	Rubbing oneself raw with an unpleasant situation
Spigelia anthelmia	Breach of trust, the stab in the back
Staphysagria	Has cut the inner connection to others, being isolated
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Symphytum officinale	Suffering until collapse, until broken

In addition to the descriptions of the standard remedies above, the underlying conflict must be explicitly grasped and considered:

Appendectomy

The often unspoken demand that individuality be sacrificed to tradition has become a huge conflict. The operation leads either to the realization that greater self-determination is indeed possible, or to the defiance of tradition being suppressed to a deeper level.

Bladder operation

Conflicts coming from unexpressed emotions have escalated. The operation will either help to gather the courage to be more open or the conflicts will be

suppressed to a deeper level.

Ear operation

The discrepancy between the inner voice and what comes from the outside urgently needs to be brought into harmony. This is about inner balance, balance in life, and finding a balance between inside and outside. The most important lesson that can be learned from this operation is to stand up for one's individuality is. Otherwise the issue will be suppressed to deeper levels.

Eye operation

The perspective on life or on this particular life situation is not realistic and must be changed. The operation can lead to an understanding of the conflict. Otherwise, the conflict will be suppressed to a deeper level.

Frontal sinus

Instead of being upright and, for example, demanding respect for one's desires and needs from one's surroundings, one has had "slimy, conforming" thoughts for far too long in order to avoid a possible open confrontation. The operation either helps to clarify the conflict or one faces a more ignorant new beginning with further suppression.

Gallbladder operation

Escalation of the conflict that one cannot show one's own anger because one's forefathers did not show theirs. Through this one's supposed security in life has been lost. Either the operation helps one to clarify the conflict or one faces a more ignorant new beginning with further suppression.

Head/Brain operation

The will to self-determination is explicitly avoided and one's abilities are suppressed in order to gain recognition and love from others. The operation can transform this renunciation into self-determination in the sense of insight and change in one's way of life, or the conflict will continue to be suppressed.

Heart operation

Escalation of the conflict of a lack of self-love and disappointment caused by others who were supposed to provide protection. The operation leads either to greater self-love or to self-capitulation in the sense of self-contempt and unlimited conformity.

Hemorrhoids operation

Aggressive issues or issues of suffering tied to reproach inherited from one's ancestors are held inside to the detriment of life's enjoyment. Either the operation helps one to find courage, to be more open, to express criticism and to resolve burdensome issues, or the conflicts will be suppressed to deeper levels.

Inguinal hernia operation

Escalation of the conflict related to the sacrifice of one's own life path to family tradition. There has been a disappointment, a letting go of something, or a perhaps emotional separation, such as in the case of children. The operation leads either to a decision to follow one's own path, or to a remorseful return to the previous conformity. The conflict is then banished to a deeper level.

Intestinal operation

A number of life issues are not processed due to being burdened with negative valuations. This results in chronic anger. The conflict of wanting to take a different direction than before, or than one's ancestors, creates inner weakness. The operation leads either to a greater acceptance of these life issues or to the suppression of the problem to a deeper level. It can activate the realization of inner security and self-determination, but can also result in the further suppression of the process of individualization.

Jaw operation

The conflicts arising from the interplay of one's own power (lower jaw) and the power of one's ancestors (upper jaw) in regard to the integration of life have not yet been resolved. The operation will either lead to the realization that, without negatively evaluating the power of the ancestors, all one's strength is available and at hand, or the debilitating conflict will be suppressed to deeper levels.

Kidney operation

The need not to be alone has become the conflict of wanting to take possession of someone else. Either the operation will assist the disentanglement process, or the conflict will again be suppressed.

Lung operation

The conflict in the imbalance between giving and receiving in a group, and the uncertainty as to whether life is worth living or not, seems to irresolvable. The

operation will either brings forth a process of maturation, or the contempt for life will be suppressed to a deeper level.

Nose operation

One's own personality has been changed or even abused in the sense of conforming to others. This urgently needs to be taken care of, so that a further step in the development of the personality can take place. The operation can lead to insight and change, or the issue will continue to be suppressed, only to appear again on other levels.

Ovarian operation

The suppression of one's own potential and possibilities has become a problem. Either the operation helps one to resolve the conflict, or one faces a more ignorant new beginning with further suppression of one's own possibilities.

Prostate gland operation

Escalation of the potential for conflict arising out of a lack of respect for oneself and others, often by one's wife and family. The operation can lead to the awareness that respect from others can only be attained through self-respect. Otherwise the conflict will continue to be suppressed.

Sinus maxillaris operation

Evades frustrating situations by using his "slimy-friendly" manner. Now the situation has become so acute that an operation will either result in continued ignorance, or in the necessary resolution of the conflict.

Stomach operation

The feeling of the continual lack of belonging and nest-warmth wears one down and creates chronic anger. Nothing done externally to achieve belongingness has been able to bring a feeling of security. The operation either leads to the awareness that security can only be found within, or the loneliness will be suppressed to deeper levels.

Thyroid gland operation

The conflict between running after the love of others or standing up for one's own process of individualization has created much unspoken anger. One's motivation for life has declined. The operation either leads to a maturing

process, or contempt for one's own personality will be suppressed to a deeper level.

Tonsillectomy

The filter function of the tonsils has not been used meaningfully, and instead everything that one's surroundings had to offer was "swallowed" down. After the operation there is a chance to clarify the situation and to learn to stand up for oneself, or else one remains in ignorance and the conflict is suppressed to deeper levels.

Tooth restoration operation

The integration of life has been rejected and various conflicts – there is an issue of conflict connected to each particular tooth – have proved insoluble as yet. Every material, every metal used as a filling contains its special symbolic issue that now becomes activated in the consciousness.

Umbilical hernia operation

The inner center is too weak to withstand the process of individualization, due to memories of violent negative experiences. Either the operation leads to an awareness of one's own strength and inner certainty, or one is left with the further suppression of the individualization process, which shows itself as fear of violence.

Uterus operation

The typical feminine capacity to protect and support life and growth has been given a negative valuation. The outward-oriented masculine tasks, such as working, etc, are more highly valued. Either the operation generates a correction to one's views and what one identifies with, or the potential for conflict between male/female will be suppressed to another level.

Varicose veins operation

Lifestyle cramped so one does not have to live out true potential. Runs after an idealized fiction instead of following life's flow. The operation either brings tolerance and a more realistic approach, or the conflict will be suppressed to deeper levels.

What injuries have you suffered (where and how)?

Injuries

In injuries traumatic experiences are uncovered that resulted in a change of behavior. These traumatic experiences are often interfaces with or repetitions of older conflicts that are either present in the genes or come from previous incarnations.

Birth Trauma

Life is seen from the very start as a process of suffering that repeats itself without mercy. Old, deeply imprinted ancestral or karmic experiences, such as a violent death, determine one's attitude toward life. The willingness is missing to see life as a challenge, as a play, and as a process of individualization for which one is responsible.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Calendula officinalis	To be in the role of the victim, feels torn apart
Hypericum perforatum	Remains in the pain of sorrow
Opium papaver somniferum	Withdraws feeling hurt, isolating oneself
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Ruta graveolens	Rubbing oneself raw with an unpleasant situation
Symphytum officinale	Suffering until collapse, until broken

Cut Wounds

Cut wounds happen when emotional hurts are so serious that inwardly the conflict is cut off, as well as the contact with others. To make a cut in order to come to terms with oneself only postpones the conflict.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Cicuta virosa	Wants to remain a child to avoid self-responsibility
Hamamelis virginica	Worshipping suffering as life's meaning
Hypericum perforatum	Remains in the pain of sorrow
Ledum palustre	Nailed up tight, closed and stubborn
Staphysagria	Has cut the inner connection to others, being isolated
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Terebinthina	Either feelings or intellect; it's one or the other

Whiplash

Feeling of being inwardly driven. Wants to change something in life but takes others too much into consideration, such as the family. Postpones the desired change so long that it redounds back onto oneself from outside as a whiplash trauma.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Hypericum perforatum	Remains in the pain of sorrow
Mezereum	Role-play instead of individual development
Opium	Boundary between conscious and subconscious
Rhododendron chrysanthum	Lives in the future and not in the present
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Ruta graveolens	Rubbing oneself raw with an unpleasant situation
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

A Fall

The need for security was injured. Now one has to learn to stand on one's own two feet. The need for protection and support must be transformed into inner stability. The injuries resulting from the fall need to be considered separately.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Arsenicum album	Fears for his existence; would rather die than change
Causticum	Great hurt leads to the building of emotional walls
Cocculus indicus	Helper syndrome; must be gentle and nice because of fear of others and disappointment
Cuprum metallicum	Bondage, leans on others out of feeling weak
Digitalis purpurea	Emotional shock; from being protected into confrontation
Natrum muriaticum	Holding to that which is tried and true
Phosphoricum acidum	Resignation; problems repeat themselves constantly

Fright und Shock

Thinking about security, preconceptions, and image have shut out any access to reality and one's own needs, which suddenly appear, demanding attention.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Gelsemium	Anticipatory anxiety from holding back emotion
Hyoscyamus niger	Feels cheated out of his life
Ignatia amara	Through great suppression an emotion becomes its opposite
Opium papaver somniferum	Boundary between conscious and subconscious
Phosphorus	Traumatized life energy; always the same
Stramonium	Panic, long suppressed potential discharges itself

Bone Fracture

One's own personality structure has conformed too much to what seemed to be secure, predetermined structures. The conflict is hardening and cannot resolve itself without tolerance. There is a break with one's own individual thought structures.

Characteristic Remedies:

Calcarea carbonica	Denial of life; wants support
Calcarea fluorica	Seeks support at any cost
Calcarea phosphorica	Appears small and helpless in order to be supported
Calendula officinalis	To be in the role of the victim, feels torn apart
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Ruta graveolens	Rubbing oneself raw with an unpleasant situation
Silicea	Heady, feelings suppressed because of hurt
Symphytum officinale	Suffering until collapse, until broken

War Injuries

A long-term conflict and war situation within a group, such as a family, is not taken care of over generations and now has consequences for the further development and quality of life of a personality. It is the inner war that demands the outer war. Does not take up a position for himself.

Characteristic Remedies:

Gelsemium	Anticipatory anxiety from holding back emotion
Magnesia carbonica	Believes his own needs can only be attained through war
Opium	Boundary between conscious and subconscious
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Stannum metallicum	Disallowed enjoyment of life
Verbascum thapsus	Fear of violence that is ignored

Accidents

A severe conflict within a community is ignored. A confrontation, which would have been important, did not take place. The conflict is externalized and comes back as an “accident.” The interpretation of the accident sequence gives a clue as to the original conflict.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Hypericum perforatum	Remains in the pain of sorrow
Opium papaver somniferum	Boundary between conscious and subconscious
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Ruta graveolens	Rubbing oneself raw with an unpleasant situation
Symphytum officinale	Suffering until collapse, until broken

Freezing

Frustrated in his own way of acting or with his life path. Expects something negative without actively coming to grips with it. Remains in a frustrating situation.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capability of acting
Agaricus muscarius	Feels like a loser
Borax veneta	Feels used and trashed
Camphora	To remove oneself emotionally from a bad situation
Colchicum autumnale	Overburdened, holding to an untenable situation
Muriaticum acidum	Emotional chaos
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

Burns

An essential change and transformation in one's life is refused. Thoughts of change, but no actions follow. Habit and the need for security are the most frequent causes. Instead of healthy change, there is the burning. The location of the burn gives information about the needed change. For example, a burn on the hand indicates the desire to make changes in one's habits, but one ducks out of doing so.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Cantharis	Actively works to the detriment of own interests
Causticum	Great hurt leads to the building of emotional walls
Euphorbium	Detached from the whole, pain of separation
Grindelia robusta	The lack of the sense of basic trust results in a battle for survival
Kreosotum	Feels raped
Urtica urens	No longer centered

Origins: Pre-history of Acute Diseases

Are you having problems at work, such as with your colleagues, or with the work you're doing, or with your superiors? Do you have the feeling that you do or don't get along especially well somewhere in your outside social surroundings. If so, where and in what connection?

From the answers to these questions, it can be seen how well a person communicates with others. Conflicts with co-workers or colleagues are often reproductions of conflicts with the parents or brothers and sisters, and give us a clue of what role the patient played in his own family. We are working here with deep-seated, subconscious conflicts that the patient often believes to be insoluble, because of the impressionable quality of the child's mind.

Did you experience grief, sorrow, or fright, or another form of deep emotional stress before your difficulties began? If so, what was the situation?

From the answers to these questions, turning points in people's lives can be found that they are relatively unwilling to look at. These give a clue as to whether the patient is or is not ready for development. The more sensitive a person is to his own emotionality, the more developed is his ability for reflection.

How old are or were your parents?

Through imitation, the parents create a strong pattern for the children. The mother is the feminine role model; the father is the masculine role model. The purpose of this question is to learn whether the parents still have an active

influence on the patient. The power of imitation can be so great that it creates a compulsive repetition, for example all the males in a family lived to be 72 years old.

Modalities: Sleep and Dreams

Sleep

While asleep, we resolve many conflicts or problems on a neutral, unconscious level. From the answer to this question, it can be seen whether, and to what degree, the patient is willing to do so. It also gives us clues to the type of conflict involved. If one sleeps well, then the nightly processing of conflict is unproblematic, and also the conflicts of the day do not seem to be repressed. The sleep modalities give us clues to conflicts that can be resolved.

How are you sleeping?

Poor sleep

The nightly processing of conflicts is problematic. The conflicts of the day are most likely being suppressed on the nightly conflict level.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Aloe socotrina	Bad experiences lead to a renunciation of life
Cajeputum	Has taken an eternal oath
Gymnocladus canadensis	Rejects life, inwardly switched off
Millefolium	The appearance of having no needs as life's content
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Piper methysticum	Demoralized from burdens because of a lack of willingness to change
Tabacum	Retreats due to uncertainty

Cannot fall asleep

During the day there are issues of conflict and stress that block the nightly processing phase. The inner struggles and resistance must be uncovered and taken care of so that a nightly conflict resolution can become possible.

Characteristic Remedies:

Borax veneta	Feels used and trashed
Carbo vegetabilis	Vital energy is not used for own proper needs
Digitalis purpurea	Emotional shock; from being protected into confrontation
Hamamelis virginica	Worshiping suffering as life's meaning
Magnesia carbonica	Believes his own needs can only be attained through war
Magnesia muriatica	In a state of war; inner and outer conflict
Natrum muriaticum	Holding to that which is tried and true
Phosphoricum acidum	Resignation; problems repeat themselves constantly

Cannot sleep the whole night through

Conflict issues from the daytime are suppressed and make their presence felt during the nightly processing phase. Waking up at night should be used to become aware of conflicts, so that the problems are not suppressed any longer.

Characteristic Remedies:

Amylenum nitrosum	Would like to make a new start without making the necessary clarification or change
Baryta muriatica	Feeling of total powerlessness
Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Copaiva	Despising oneself out of exaggerated self-criticism
Hura brasiliensis	Alone, has lost all friends
Physostigma venenosum	Seeks a solution for a desperate situation without changing the fixed perspective
Ratanhia peruviana	The helper syndrome distracts from one's own suffering

Restless sleep

There are struggles during the nightly processing phase. Indecision or certain types of daily behavior appear to be producing conflict. There is obviously an attempt in the nightly conflict resolution to reverse what is perceived to be a false decision. Vaccinations can also activate inner issues and can be a reason for restless sleep, particularly with children who have been recently vaccinated

Characteristic Remedies:

Asterias rubens	Conforming to the point of non-recognition
Coffea cruda	Feelings of guilt but does not confront the situation
Hirudo medicinalis	Sucked dry and unloved
Juglans regia	Can only act rationally, because is emotionally occupied
Magnesia sulphurica	State of war ignored, resignation is not taken note of
Passiflora incarnata	Would attain his vision for life by force
Teucrium marum verum	Lack of self-expression, lack of a personal frequency
Venus mercenaria	Feeling oneself as a outsider leads to a resigned retreat

Crying out in sleep

An essential conflict issue that contains fears or aggression has not been resolved during the day. The battle is fought out in the dream state and it becomes clear which emotions belong to the conflict.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Belladonna	Dammed up, suppressed life energy becomes anger
Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Hyoscyamus niger	Feels cheated out of his life
Ignatia amara	Through great suppression an emotion becomes its opposite
Lachesis muta	Suppressed individuality
Stramonium	Panic, long suppressed potential discharges itself
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Talking in one's sleep

Unresolved conflict issues that have been repressed or not expressed during the day get argued out in the nightly processing phase.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Cactus grandiflorus	Persevering in a situation with no apparent way out
Camphora	To remove oneself emotionally from a bad situation
Castoreum canadense	Attempt at emotional distraction
Coffea cruda	Feelings of guilt but does not confront the situation
Comocladia dentata	Disappointed vision of community
Podophyllum peltatum	Fear of one's own suppressed aggression
Zincum phosphoricum	No willpower due to constant disciplining of the feelings

Cold feet during sleep

Conflicts with one's ideals and role models in the nightly processing phase indicate that the standpoint one has taken is a generally frustrating one.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Aurum metallicum	Lack of self-esteem
Carbo vegetabilis	Vital energy is not used for own proper needs
Chelidonium majus	Remains inactive to detriment of own interests
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Kali arsenicosum	Refuses to perceive his own needs
Paris quadrifolia	Accepts responsibility for others in order to belong
Rhododendron chrysanthum	Lives in the future and not in the present

Grinding of the teeth in sleep

Conforms, but with “clenched teeth.” Disciplines one’s life energy and feelings in order not to have to be alone.

Characteristic Remedies:

Cannabis indica	Suppressed emotions manipulate conscious perception
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Ignatia amara	Through great suppression an emotion becomes its opposite
Kali bromatum	The deceptions of traditional society
Lac vaccinum defloratum	Sacrificing one’s personal path for an austere but safe life
Natrum phosphoricum	Blocked life energy lets communication become a threat
Plantago major	Lack of vision leads to a fixed perspective on life
Sepia succus	Longing for harmony, but it must match her own picture of it

Sleep, raised position

The patient absolutely wants more attention. He wants to “move up in the world,” to be accepted.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Arsenicum album	Fears for his existence; would rather die than change
Calcarea carbonica	Denial of life; wants support
Causticum	Great hurt leads to the building of emotional walls
Natrum muriaticum	Holding to that which is tried and true

Sleep, flat position

Even in one’s “own nest,” one adapts one’s behavior inconspicuously – flat, in line – and without any needs of one’s own.

Characteristic Remedies:

Ambra grisea	Refuses development of the personality
Arsenicum album	Fears for his existence; would rather die than change
Colocynthis	Gut level anger from conforming and suppression of irritation
Ignatia amara	Through great suppression an emotion becomes its opposite
Natrum muriaticum	Holding to that which is tried and true
Nux vomica	Hiding his real feelings through overactivity
Phosphorus	Traumatized life energy; always the same

Sleep, lying on one’s back

Aggression and confrontation are avoided as much as possible. Goes through life inconspicuously following the crowd.

Characteristic Remedies:

Bismuthum subnitricum	The need for protection and the inclination to conform restrict the development of the personality
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Coca	Wants to achieve the highest of spiritual goals
Digitalis purpurea	Emotional shock; from being protected into confrontation
Helleborus niger	I don't want to do it alone
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Stannum metallicum	Disallowed enjoyment of life

Sleep, on the abdomen

To protect oneself and one's emotions – everything that comes from “gut-feelings” – hidden and protected.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capability of acting
Aceticum acidum	Fermenting, unused potentials
Bellis perennis	Despite the most friendly of efforts, is rejected and put down
Cadmium sulphuratum	Conformity ends in resignation
Colocynthis	Gut level anger from conforming and suppression of irritation
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Lac caninum	Manipulated by mother or care person
Podophyllum peltatum	Fear of one's own suppressed aggression

Sleep, left side preferred

The feeling of a lack of belonging results in a negative self-judgment.

Characteristic Remedies:

Baryta carbonica	Retarded development out of fear of life or self-responsibility
Borax veneta	Feels used and trashed
Magnesia muriatica	In a state of war; inner and outer conflict
Sabina	Hangs onto old support patterns because of lack of belonging

Sleep, right side preferred

Accepts his reality with indifference, regardless of whether the existing rules or circumstances are pleasant or not, and doesn't believe that he can change them through his own activity.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Ledum palustre	Nailed up tight, closed and stubborn
Phosphorus	Traumatized life energy; always the same

Sleep, sitting

Because of a severe, unprocessed emotional hurt, one feels a loss of one's own identity and helplessly at the mercy of the circumstances or other people.

Characteristic Remedies:

Borax veneta	Feels used and trashed
Cannabis sativa	Has given up his identity
Capsicum annuum	Has not yet found his inner center or has lost it
Carbo vegetabilis	Vital energy is not used for own proper needs
Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Digitalis purpurea	Emotional shock; from being protected into confrontation
Kali nitricum	Angry because of suppressed needs
Spigelia anthelmia	Breach of trust, the stab in the back

Sleep, stretched out position

During the day there exist rigid regulations that are accepted, in the sense of dependency, and not to be questioned.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Belladonna	Dammed up, suppressed life energy becomes anger
Chamomilla	Lacks feeling of belonging leading to anger and defiance
China officinalis	Feels dependent and enslaved
Dulcamara	Authority figures may not be questioned
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Rhus toxicodendron	Feels predefined and restricted, wants to flee

Sleep, curled up like a dog, fetal position

Rolled up like an embryo and curled up like a hedgehog to avoid conflict, and to return, as far as possible, to the nourishment of the womb.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Baptisia tinctoria	Keeps his mouth shut, conforms, too proud to articulate himself
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Colchicum autumnale	Overburdened, holding to an untenable situation
Colocynthis	Gut level anger from conforming and suppression of irritation
Magnesia phosphorica	The eternal, silent battle
Rheum palmatum	Perversion of needs; rejects what would do good

Sleep, covered up to the top

In order not to be alone and avoided by others for failing to conform to supposedly normal standards, or “standing out,” the patient protects and hides himself and his conflicts.

Characteristic Remedies:

Atropinum sulphuricum	Feelings based on judgements prevent perceiving life in a relaxed manner
Calcarea phosphorica	Appears small and helpless in order to be supported
Camphora	To remove oneself emotionally from a bad situation
Corallium rubrum	Cannot open to the different nature of another person
Dioscorea villosa	Cannot let go of emotional behavior patterns
Magnesia phosphorica	The eternal, silent battle
Rumex crispus	To have your head in the blocks
Sambucus nigra	Self-rejection gives rise to masochistic behavior

Sleep, uncovered

This person finds himself in an unpleasant life situation, and is unconsciously getting himself ready for “having to become active.”

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Cactus grandiflorus	Persevering in a situation with no apparent way out
Coffea cruda	Feelings of guilt but does not confront the situation
Iodium	Does not feel nourished or loved
Kali iodatum	Ignores the feeling of not being loved
Secale cornutum	Outsider, “black sheep” of the group
Spigelia anthelmia	Breach of trust, the stab in the back
Tabacum	Retreats due to uncertainty

Sleep, uncovered feet

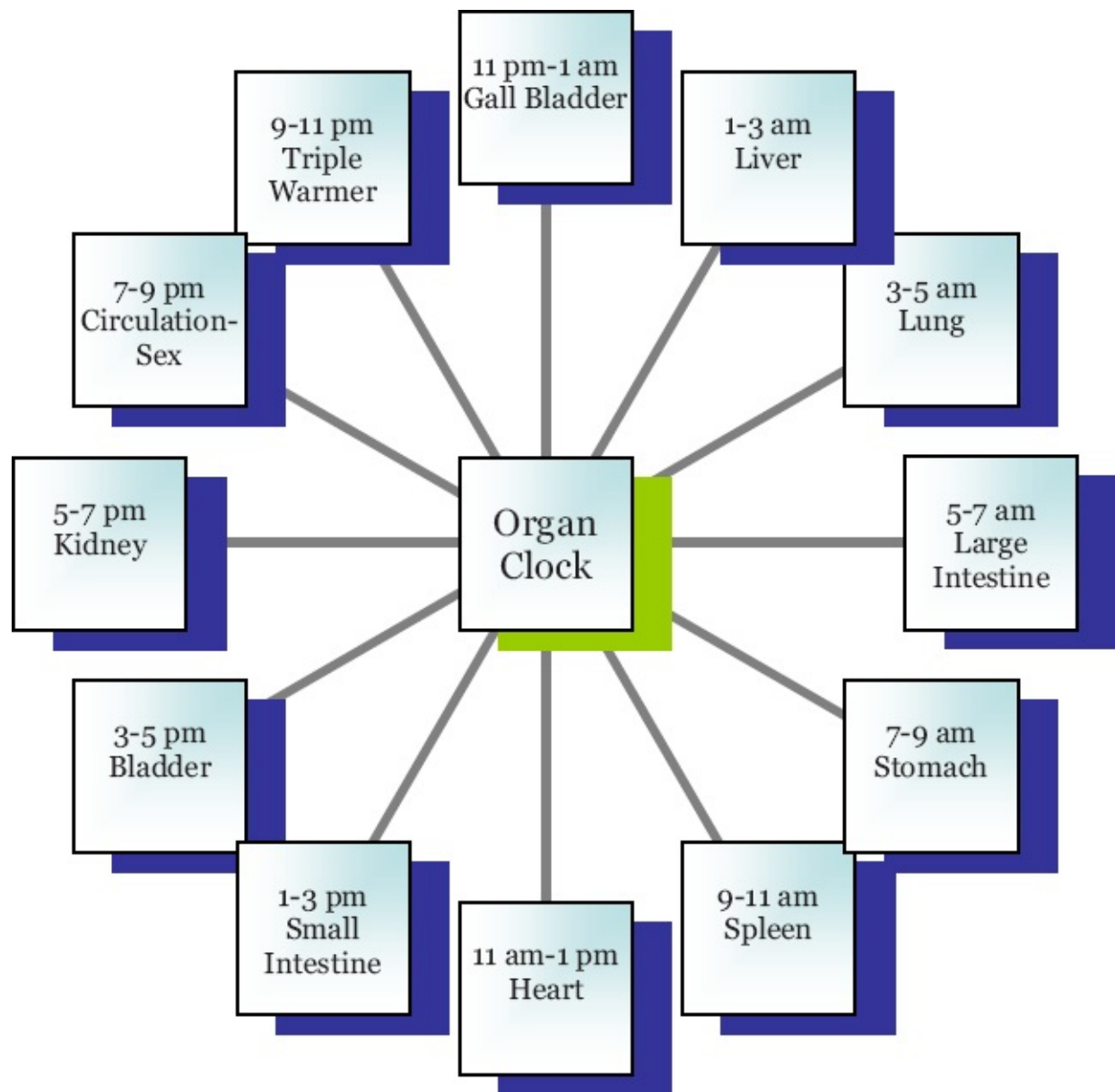
In one’s surroundings there are unresolved conflicts and worries; one wants to flee.

Characteristic Remedies:

Hepar sulphuris	Wants to change others in order to increase his own security
Hura brasiliensis	Alone, has lost all friends
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Mezereum	Role-play instead of individual development
Sanguinaria canadensis	Believes is not permitted to participate in life
Silicea	Heady, feelings suppressed because of hurt
Sulphur	Growth of awareness is suppressed

I wake up at night at around _____ o'clock.

On the organ clock below, you can see the physiological area corresponding to your conflict.



Dreams

Dreams are the language of the subconscious. They clearly show the judgments that a patient has passed on himself when he supposes that he has done something wrong in daily life. Old conflicts also make their appearance in the dream state.

I often have bad dreams about ...

Dreams of Accidents or Injuries

This type of dream points to the causes of apparently unexplainable reactions. The underlying conflict was not resolved and now can only be seen in the dream state.

Characteristic Remedies:

Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Lobelia inflata	Mistrusts his own abilities
Magnesia sulphurica	State of war ignored, resignation is not taken note of
Natrum sulphuricum	Punishing oneself
Niccolum	The severed head; separation of intellect and feeling
Phosphorus	Traumatized life energy; always the same
Sumbulus moschatus	Feels too weak to deal with his desire for revenge

Dreams of Being Pursued

Dreams of being pursued indicate that conflict relating to respecting people's boundaries and setting these boundaries is still unresolved. They point to issues of letting oneself be sucked dry, of refusing to take up a position in regard to others, and to similar patterns of thought and behavior. In the final analysis, these all serve to buy protection.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Hippomanes	The embryo takes on the suffering of the mother
Hirudo medicinalis	Sucked dry and unloved
Kreosotum	Feels raped
Pediculus capitis	Cannot deal with own boundaries and those of others
Veratrum album	Self-betrayal

Dreams of Stressful Situations

Dreams of stress usually show us the situations that trigger stress in us: for one person it is an argument, for another it is the feeling of being driven, standing under pressure, having expanded the helper syndrome a bit too far. For a third, it is anticipatory anxiety, *etc.*

Characteristic Remedies:

Coca	Wants to achieve the highest of spiritual goals
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Gelsemium	Anticipatory anxiety from holding back emotion
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Paeonia officinalis	One's own balance is lost through supporting others
Ratanhia peruviana	The helper syndrome distracts from one's own suffering
Selenium	Comes to terms with the lingering illness because of weakness
Taraxacum officinale	The frustrated do-gooder

Dreams of a lot of Work

Indicates a compensation for one's own vitality and life energy, because the personality does not stand by these and live them out.

Characteristic Remedies:

Calcarea fluorica	Seeks support at any cost
Castoreum canadense	Attempt at emotional distraction
Crocus sativus	Afraid to live out his individuality
Indium metallicum	Fear of one's own vitality
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sabina	Hangs onto old support patterns because of lack of belonging
Zincum phosphoricum	No willpower due to constant disciplining of the feelings

Dreams of Falling

Dreams of falling indicate that the personality does not have a clear and secure relationship with its own feelings. The connection with one's own feelings has become ambiguous in relation to situations of shock that have been stored in the subconscious. One tries to ensure one's security in life by orienting oneself to others.

Characteristic Remedies:

Digitalis purpurea	Emotional shock; from being protected into confrontation
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Mezereum	Role-play instead of individual development
Niccolum	The severed head; separation of intellect and feeling
Sinapis alba	Persecution mania
Solanum tuberosum aegrotans	Exercises mental control out of a fear of life
Thuja occidentalis	Shadow sides are encapsulated and isolated
Zincum phosphoricum	No willpower due to constant disciplining of the feelings

Prophetic Dreams

Earlier emotional pain has made one sensitive. This helps to avoid a repetition of the suffering. This basically cautious attitude is used consciously and unconsciously as a warning signal.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Asa foetida	Fed up with conforming to others
Borax veneta	Feels used and trashed
Bovista lycoperdon	Very heady, mental constructs dissolve into nothing
Cannabis indica	Suppressed emotions manipulate conscious perception
Kali carbonicum	Ignorance of one's own needs
Manganum aceticum	Life is difficult
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Phosphorus	Traumatized life energy; always the same

Erotic Dreams

They indicate that the conflict involved in not being open to life and other people is still around. In a majority of cases repression and compensation take the place of a conscious, solutionoriented confrontation with the problem.

Characteristic Remedies:

Aurum arsenicum	The manifestation of self-doubt destroys all self-esteem
Cajeputum	Has taken an eternal oath
Camphora	To remove oneself emotionally from a bad situation
Iris versicolor	Does not accept his own real worth
Paris quadrifolia	Accepts responsibility for others in order to belong
Piper methysticum	Demoralized from burdens because of a lack of willingness to change
Senecio aureus	Doesn't know what to do with his power
Sinapis nigra	Unjustified guilty feelings block creativity, consequences of sexual shock

Repetitive Dreams

Solutions for an important area of conflict are offered again and again, but not accepted.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Cereus bonplandii	The image projected by the personality forbids the expression of true feelings
Cocculus indicus	Helper syndrome; must be gentle and nice because of fear of others and disappointment
Ignatia amara	Through great suppression an emotion becomes its opposite
Natrum muriaticum	Holding to that which is tried and true
Petroleum	Can't see beyond the end of his nose

Dreams of War

War dreams stand for unresolved battles or conflict situations whose issues need to be processed and resolved. The inner battle triggers the outer battle.

Characteristic Remedies:

Ferrum metallicum	Life is a bitter struggle
Opium papaver somniferum	Boundary between conscious and subconscious
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Stannum metallicum	Disallowed enjoyment of life
Thuja occidentalis	Shadow sides are encapsulated and isolated
Verbascum thapsus	Fear of violence that is ignored

Origins: Childhood, Family and Partnership

Your “most beautiful” and “most terrible” experience:

The answer to this question gives insight into the emotional intensity of the patient and into possible traumatic experiences that may have patterned his behavior throughout his entire previous life.

Did you grow up with both parents? If not, with whom did you live and for how long?

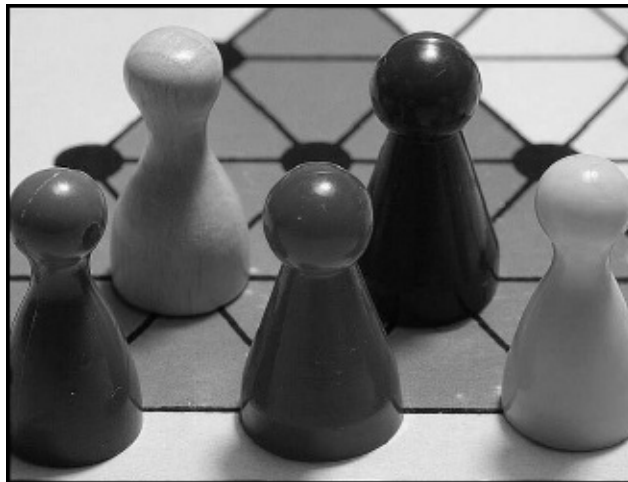
The point here is to see to what degree one is in a position to unite the rational (fatherly) side and the emotional (motherly) side, or whether, through some trauma of abandonment, one carries a positive or negative evaluation of one or the other parent inside.

How do (did) you get along with your parents?
Which parent do you have a better relationship with today?

The answer to this question gives insight into how the patient stands in relation to the normal roleplay within his family. Does he accept or reject the family rituals? Ideally, he has already released his parents from their function as a role model. Here we find clues as to whether the patient values one parent over the other. If there is a negative judgment with the parent of the same sex, the patient has an identification problem with his or her own sex.



How do (did) you get along with your siblings?



The position among the siblings tells us something about the group dynamics within the family. This question can provide clarity on what position the patient has or had within his family. This is the position – in the case of unresolved conflicts – that he will take again in other group situations. Much can be seen

from the position in the group about the value system by which a person defines himself.

What spontaneously comes to mind about your father / mother?

Here the patient is describing their own image of masculinity and femininity that was created on the basis of their experiences and imprinted patterns of thought. It also becomes clear what expectations the patient has in their own life towards their partner of the other sex. From the choice of significant examples the therapist can identify burdensome issues and emotional lacks stemming from the familial support system.

How do you get along with your partner? What spontaneously comes to mind about your partner?

The answer to this question allows us to see whether the patient is still living according to the role that was created from the role model function of the parents, whether this has even taken over, or whether it has already been transformed. It further clarifies whether he is at all able to undertake making a change in what the parents have formed.

Has there been a death in your family? If yes, who? And how did the death come about?

The answer to this question indicates how the patient was confronted with disentanglement and change, and how he handled it.

How well were you able to deal with the death?

The reaction to the death of close relatives shows in what manner the patient deals with the issue of “letting go.”

Modalities: Warmth and Cold, Perspiration

Warmth and Cold

Here we see how the patient deals with warmth and cold, with issues and processes of the expansion of consciousness and intimacy.

In the questions about tolerance of cold, it becomes clear how the patient deals with being kept at a distance and being negatively judged by others. We see if frustration and masochism are unconsciously present, perhaps even to the extent of being the basic quality of life worth striving for.

Important conflict issues are to be found particularly with the following intolerances.

How do you tolerate warmth or cold?

... very well

... good

... so so

... badly

... not at all

Intolerance of aggravation from heat

This symbolizes the rejection of new awareness. Heat intolerance occurs when good reasons are present for not recognizing certain conflicts, in order to prevent

change from taking place.

Characteristic Remedies:

Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Glonoinum	Lack of opportunity and will for expanding awareness
Kali carbonicum	Ignorance of one's own needs
Ledum palustre	Nailed up tight, closed and stubborn
Natrum muriaticum	Holding to that which is tried and true
Podophyllum peltatum	Fear of one's own suppressed aggression
Theridion curassavicum	Power and the striving for power replace ethics and individuality

Intolerance of damp heat

Intolerance to damp heat indicates that an awareness of one's own suppressed feelings and traumas is being avoided.

Characteristic Remedies:

Carbo vegetabilis	Vital energy is not used for own proper needs
Gelsemium	Anticipatory anxiety from holding back emotion
Iodium	Does not feel nourished or loved
Kali bichromicum	Friendly in a slimy way, ignores own needs
Lachesis muta	Suppressed individuality
Natrum sulphuricum	Punishing oneself
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Silicea	Heady, feelings suppressed because of hurt

Stove heat aggravates

Stove heat symbolizes belongingness, people's connectedness to each other. The person who cannot stand stove heat is excluding himself. Perhaps he does not want to belong to the group because of a negative self-judgment or a rejection of the others.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Argentum nitricum	Demands a cozy nest
Euphorbium	Detached from the whole, pain of separation
Glonoinum	Lack of opportunity and will for expanding awareness
Iodium	Does not feel nourished or loved
Laurocerasus	Would rather be unfaithful than confront the situation
Magnesia muriatica	In a state of war; inner and outer conflict
Secale cornutum	Outsider, "black sheep" of the group

Intolerance of the warmth of the sun

The warmth of the sun symbolizes the expansion of consciousness, warmth, intimacy, and a positive attitude towards life. Intolerance of the sun's warmth or light indicates a deeply stored emotional hurt that is not allowed to become visible. Often hardship turns the hurt into a virtue and the suffering into unchangeable fate. Masochism ("He who suffers will go to heaven").

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Asarum europaeum	Identification
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Camphora	To remove oneself emotionally from a bad situation
Coca	Wants to achieve the highest of spiritual goals
Glonoinum	Lack of opportunity and will for expanding awareness
Hippomanes	The embryo takes on the suffering of the mother
Selenium	Comes to terms with the lingering illness because of weakness

Sunstroke

The sun symbolizes intimacy, warmth, and awareness. Does not want to recognize certain situations that are mostly characterized by indecision. Rejects new knowledge and autonomy.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Amylenum nitrosum	Would like to make a new start without making the necessary clarification or change
Argentum metallicum	Lack of primal trust, feels no right to exist
Citrus limonum	Unresponsive and without prospects, is imprisoned in family patterns
Gelsemium	Anticipatory anxiety from holding back emotion
Glonoinum	Lack of opportunity and will for expanding awareness
Melilotus officinalis	Bowing to authority without realizing it
Opium	Boundary between conscious and subconscious

Intolerance of warm baths

Warm baths symbolize emotional intimacy and security as well as the readiness for clarity and knowledge. The person who denies himself warm baths wants to prevent a clarification of his emotional patterns. Often, in a relationship, the fulfilling of responsibilities has taken the place of warmth and closeness.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Calcareo carbonica	Denial of life; wants support
Glonoinum	Lack of opportunity and will for expanding awareness
Iodium	Does not feel nourished or loved
Lachesis muta	Suppressed individuality
Natrum muriaticum	Holding to that which is tried and true
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Thuja occidentalis	Shadow sides are encapsulated and isolated

Intolerance of warm wraps

Warm wraps symbolize protection and being “supported.” People who cannot tolerate this feel wrapped up in unresolved conflicts, by which they feel constricted and easily wounded.

Characteristic Remedies:

Colocynthis	Gut level anger from conforming and suppression of irritation
Nux vomica	Hiding his real feelings through overactivity
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sulphur	Growth of awareness is suppressed

Intolerance of warm clothing

Intolerance of, or feeling worse in, warm clothing symbolize, in the sense that “clothes make the man,” decoration and personal protection. On the other hand, depending upon whether a personality wants to display something of itself or only image, clothing can also mean constriction. A personality that cannot stand what it experiences as the confining warmth of clothing sees itself pushed into a

role, and wants to free itself from this confinement and limitation. The need for freedom is clearly present.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Aurum muriaticum	The compulsion to conform destroys self-confidence
Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Chelidonium majus	Remains inactive to detriment of own interests
Coffea cruda	Feelings of guilt but does not confront the situation
Lac caninum	Manipulated by mother or care person
Lachesis muta	Suppressed individuality
Spongia tosta	Seeks protection in conforming

Intolerance to warm rooms

A warm room symbolizes community and togetherness, having a common space that at the same time provides security. In a warm room intimacy can arise, in which, if need be, conflict can become clearly visible.

Characteristic Remedies:

Allium cepa	Fights a losing battle
Apis mellifica	Doing one's duty. Needs to function without aggression
Carbo vegetabilis	Vital energy is not used for own proper needs
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Ranunculus bulbosus	Follows the proprieties of the traditional form of communication without criticism
Sanicula aqua	Having to survive with poisoned feelings
Senega	Adopts the life view of others in order to control

Intolerance of dry cold

Dry cold symbolizes emotionless frustration or disappointment, as well as levelheaded analysis. The person who cannot stand dry cold has probably had bad experiences with dry, analytical and often cold-blooded people, and these conflicts are still unresolved.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Causticum	Great hurt leads to the building of emotional walls
Coffea cruda	Feelings of guilt but does not confront the situation
Hepar sulphuris	Wants to change others in order to increase his own security
Kali carbonicum	Ignorance of one's own needs
Magnesia phosphorica	The eternal, silent battle
Sabadilla	Feels like the scum of the earth
Spongia tosta	Seeks protection in conforming

Intolerance of wet cold

Wet cold symbolizes an emotionally-charged, impotent frustration which must be accepted as inviolable reality. A person who has, for example, grown up and suffered in a family, in which the parents were formal and institutional and without any emotional closeness, will be affected by wet cold.

Characteristic Remedies:

Antimonium tartaricum	Feels dependent and not taken seriously
Borax veneta	Feels used and trashed
Calcarea carbonica	Denial of life; wants support
Calcarea phosphorica	Appears small and helpless in order to be supported
Dulcamara	Authority figures may not be questioned
Gelsemium	Anticipatory anxiety from holding back emotion
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Silicea	Heady, feelings suppressed because of hurt

Intolerance of cold wind

Cold and wind stand for new analytical or sobering impulses. The person who cannot stand cold wind rejects new impulses because he possibly wants to remain in the illusory thought structures he has had up to now. Continues to suppress unpleasant life issues.

Characteristic Remedies:

Asterias rubens	Conforming to the point of non-recognition
Causticum	Great hurt leads to the building of emotional walls
Mezereum	Role-play instead of individual development
Phosphorus	Traumatized life energy; always the same
Rumex crispus	To have your head in the blocks
Sanicula aqua	Having to survive with poisoned feelings
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Teplitz aqua	Opening emotionally is avoided because of the pain

Intolerance to cold wraps

Cold wraps symbolize an possibly frustrating but analytical framework, that serves to provide structure, safety and protection. The person who wants to live out his emotions, or finds himself within a frustrating structure, will not be able to tolerate cold wraps.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Hepar sulphuris	Wants to change others in order to increase his own security
Lachesis muta	Suppressed individuality
Nitricum acidum	Hate and thirst for revenge that are not expressed
Petroleum	Can't see beyond the end of his nose
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Ruta graveolens	Rubbing oneself raw with an unpleasant situation
Silicea	Heady, feelings suppressed because of hurt

Do you get cold easily or are you always warm?

Chilliness

The answer to this question about being chilly gives us a clue as to how this person takes life: is his attitude positive, is he a “warm” person, or is he frustrated, rejecting life? Can he and does he want to deal with his emotions or not?

Chilliness

Becoming easily cold indicates a simultaneous rejection of and a longing for closeness. One rejects closeness, the attention and support for or of others, but at the same time desires them. This wish, however, remains unexpressed, as the other person is expected to figure it out himself. The cool and distant attitude, where intimacy is consciously refused in order not to enter into new dependencies. The “cool withdrawal” is often the expression of uncertainty and earlier disappointments.

Characteristic Remedies:

Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Asarum europaeum	Identification
Dulcamara	Authority figures may not be questioned
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Heloderma suspectum	Sacrifices his spirituality in order to feel protected and to avoid confrontations
Ledum palustre	Nailed up tight, closed and stubborn
Pyrogenium	Anger over the refusal to live life to its fullest
Silicea	Heady, feelings suppressed because of hurt

Perspiration

Perspiration and sweating stands generally for the expansion of one's personal boundaries, which were created by rules, dogmas and habits.

Do you perspire?

Perspiration: Locations Perspiration in the armpits

Armpit sweat means only with great difficulty can a personality put into action what it would like to see done. Restrictive rules, a bad atmosphere in their surroundings, etc, prevented them as children from realizing their needs. Even today they believe that their desires and activities are forbidden although they have to do them anyway. This is exhausting work.

Characteristic Remedies:

Cedron	The unfulfilled need for support forces defiant independence.
Dulcamara	Authority figures may not be questioned
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Lac caninum	Manipulated by mother or care person
Osmium metallicum	Lack of openness, lack of trust, not being in harmony with oneself
Petroleum	Can't see beyond the end of his nose
Sanicula aqua	Having to survive with poisoned feelings
Tellurium metallicum	Denies his possibilities, remains rather the tool of others

Perspiration on the chest

Chest sweat indicates a defined concept as to how the giving and receiving in a group or in life is to take place. But life doesn't function that way, and so it is a lot of work to battle against one's own ideas.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Bovista lycoperdon	Very heady, mental constructs dissolve into nothing
Lycopodium clavatum	The rotten compromise
Nitricum acidum	Hate and thirst for revenge that are not expressed
Phosphorus	Traumatized life energy; always the same
Sanicula aqua	Having to survive with poisoned feelings
Selenium	Comes to terms with the lingering illness because of weakness
Sepia succus	Longing for harmony, but it must match her own picture of it

Foot perspiration

This person is in a life situation from which he wants to escape, but he doesn't do this in order to maintain the security within the group. The standpoint he has taken is false and dishonest, but a change doesn't seem possible.

Characteristic Remedies:

Calcarea carbonica	Denial of life; wants support
Carbo vegetabilis	Vital energy is not used for own proper needs
Hura brasiliensis	Alone, has lost all friends
Lycopodium clavatum	The rotten compromise
Phosphorus	Traumatized life energy; always the same
Plumbum metallicum	Affectation as a means of escape
Sanicula aqua	Having to survive with poisoned feelings
Silicea	Heady, feelings suppressed because of hurt

Facial perspiration

In no way does he want to show his true face, so as not to lose the security he has enjoyed so far.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Comocladia dentata	Disappointed vision of community
Hura brasiliensis	Alone, has lost all friends
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Rheum palmatum	Perversion of needs; rejects what would do good
Sepia succus	Longing for harmony, but it must match her own picture of it
Veratrum album	Self-betrayal

Perspiration on the hands

This means that a personality should finally take action, in terms of its life impulses, on its own behalf. Doesn't really want to do things for others, but is afraid of losing his security and everything he is accustomed to, or has grown up with "having to help out."

Characteristic Remedies:

Agnus castus	Denial of his own potential
Bromium	Everyone is in the same boat; arteficial community
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Lilium tigrinum	Either/or, Madonna-whore-syndrome
Nitricum acidum	Hate and thirst for revenge that are not expressed
Phosphorus	Traumatized life energy; always the same
Spigelia anthelmia	Breach of trust, the stab in the back
Tabacum	Retreats due to uncertainty

Head perspiration

In order to maintain a secure position in the group, he rejects directing his life himself. Thinks a lot without it resulting in any action.

Characteristic Remedies:

Calcareo carbonica	Denial of life; wants support
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Glonoinum	Lack of opportunity and will for expanding awareness
Oleum animale	Lack of being grounded, rejection of the body and material things
Physostigma venenosum	Seeks a solution for a desperate situation without changing the fixed perspective
Sanicula aqua	Having to survive with poisoned feelings
Silicea	Heady, feelings suppressed because of hurt
Veratrum album	Self-betrayal

Perspiration on the back of the head

It is exhausting to hold back the old debts with others that perhaps have been around for a long time, and are connected to anger and rage. Being secure in the present group is the main priority.

Characteristic Remedies:

Calcareo carbonica	Denial of life; wants support
Nitricum acidum	Hate and thirst for revenge that are not expressed
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Sanicula aqua	Having to survive with poisoned feelings
Sepia succus	Longing for harmony, but it must match her own picture of it
Silicea	Heady, feelings suppressed because of hurt
Spigelia anthelmia	Breach of trust, the stab in the back
Veratrum album	Self-betrayal

Neck perspiration

Negative self-evaluation causes closeness and tenderness to be refused. It would make sense to relinquish the boundaries of this self-judgment, which can often verge on the masochistic.

Characteristic Remedies:

Calcarea carbonica	Denial of life; wants support
Elaps corallinus	Creativity arises out of inner pressure
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Magnesia carbonica	Believes his own needs can only be attained through war
Sambucus nigra	Self-rejection gives rise to masochistic behavior
Sanicula aqua	Having to survive with poisoned feelings
Stannum metallicum	Disallowed enjoyment of life
Strychninum purum	Stubbornly defies the suffering

Perspiration on the forehead

This is an attempt to somehow hold one’s stance in an unsettling situation. The inner strength and power needed to stand up for oneself and one’s opinion are missing. It is exhausting to keep up this defiant attitude towards life.

Characteristic Remedies:

Antimonium tartaricum	Feels dependent and not taken seriously
Carbo vegetabilis	Vital energy is not used for own proper needs
China officinalis	Feels dependent and enslaved
Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Glonoinum	Lack of opportunity and will for expanding awareness
Ipecacuanha	The situation makes you “want to throw up”; indignation at the disdain of others
Veratrum album	Self-betrayal

Perspiration: Modalities

Perspiration during excitement

The courage to stand up for oneself and one’s opinion is missing.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Cocculus indicus	Helper syndrome; must be gentle and nice because of fear of others and disappointment
Coffea cruda	Feelings of guilt but does not confront the situation
Conium maculatum	The connection to one's own basic needs is lost
Lycopodium clavatum	The rotten compromise
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Sepia succus	Longing for harmony, but it must match her own picture of it
Teucrium marum verum	Lack of self-expression, lack of a personal frequency

Perspiration during fever

Believes he has to hold back and control impulses such as anger and irritation for the benefits of belonging.

Characteristic Remedies:

Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Calcareo carbonica	Denial of life; wants support
Carbo animalis	Foregoes displaying own willpower
Nux vomica	Hiding his real feelings through overactivity
Phosphorus	Traumatized life energy; always the same
Sambucus nigra	Self-rejection gives rise to masochistic behavior
Sepia succus	Longing for harmony, but it must match her own picture of it
Veratrum album	Self-betrayal

Perspiration brings relief

The attempt to conform to the ideas of others is given up in favor of one's own individuality. Finally confronting the situation, in order to find a resolution of one's own liking, is tiring and yet liberating at the same time. Comes to himself, breaks through his own boundaries.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Arsenicum album	Fears for his existence; would rather die than change
Calendula officinalis	To be in the role of the victim, feels torn apart
Cuprum metallicum	Bondage, leans on others out of feeling weak
Eupatorium perfoliatum	Loss of personality structure through a lack of self-responsibility
Natrum muriaticum	Holding to that which is tried and true
Senega	Adopts the life view of others in order to control
Veratrum album	Self-betrayal

Perspiration, to the point of exhaustion

Extreme withdrawal. Not able to loosen and expand one's own boundaries.

Characteristic Remedies:

Antimonium tartaricum	Feels dependent and not taken seriously
Arsenicum album	Fears for his existence; would rather die than change
Camphora	To remove oneself emotionally from a bad situation
Carbo animalis	Foregoes displaying own willpower
Carbo vegetabilis	Vital energy is not used for own proper needs
Iodium	Does not feel nourished or loved
Natrum carbonicum	Doesn't work with others, doesn't work alone
Secale cornutum	Outsider, "black sheep" of the group

Perspiration, cold

Doesn't want to feel the inner battle for his own self-recognition any longer. Distances himself from himself and, too cowardly to work for the expansion of

his own boundaries, has withdrawn.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Camphora	To remove oneself emotionally from a bad situation
Carbo vegetabilis	Vital energy is not used for own proper needs
Hura brasiliensis	Alone, has lost all friends
Pyrogenium	Anger over the refusal to live life to its fullest
Secale cornutum	Outsider, “black sheep” of the group
Veratrum album	Self-betrayal
Veratrum viride	Practical thinking, fixated on material things

Perspiration, clammy, sticky

Continually makes compromises in the battle to demolish his individual boundaries, and remains stuck in his existing patterns of security.

Characteristic Remedies:

China officinalis	Feels dependent and enslaved
Cuprum arsenicosum	Conformity to the point of self-destruction
Daphne indica	From traditional role-play to personal freedom
Lycopodium clavatum	The rotten compromise
Phosphorus	Traumatized life energy; always the same
Secale cornutum	Outsider, “black sheep” of the group
Tabacum	Retreats due to uncertainty
Veratrum album	Self-betrayal

Light Perspiration, quickly breaking out into a sweat

The need for security is great. Every step taken with the intention to expand one’s own boundaries is demanding.

Characteristic Remedies:

Dioscorea villosa	Cannot let go of emotional behavior patterns
Kali carbonicum	Ignorance of one's own needs
Lycopodium clavatum	The rotten compromise
Natrum muriaticum	Holding to that which is tried and true
Rheum palmatum	Perversion of needs; rejects what would do good
Selenium	Comes to terms with the lingering illness because of weakness
Sepia succus	Longing for harmony, but it must match her own picture of it
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

Night sweats

Daytime conflicts, ignored because they are too difficult for one's daytime consciousness to deal with, are worked on in the nightly processing phase. Everything that has been suppressed or isolated is exposed as a limitation that must be overcome.

Characteristic Remedies:

Carbo animalis	Foregoes displaying own willpower
Colocynthis	Gut level anger from conforming and suppression of irritation
Lobelia inflata	Mistrusts his own abilities
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Phosphorus	Traumatized life energy; always the same
Populus tremuloides	Pressure to achieve from taking on self-responsibility too soon
Sambucus nigra	Self-rejection gives rise to masochistic behavior
Thuja occidentalis	Shadow sides are encapsulated and isolated

Perspiration difficult

The possibility of demanding that one's own needs be met is hardly considered. He is too afraid of losing the protection of others, of the group.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Eupatorium perfoliatum	Loss of personality structure through a lack of self-responsibility
Gelsemium	Anticipatory anxiety from holding back emotion
Kali carbonicum	Ignorance of one's own needs
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Plumbum metallicum	Affectation as a means of escape
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sulphur	Growth of awareness is suppressed

Perspiration, intermittent or partial

The courage to overcome one's own limitations and to show this publicly is only possible or necessary in certain areas.

Characteristic Remedies:

Ambra grisea	Refuses development of the personality
China officinalis	Feels dependent and enslaved
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Rheum palmatum	Perversion of needs; rejects what would do good
Secale cornutum	Outsider, "black sheep" of the group
Stannum metallicum	Disallowed enjoyment of life
Thuja occidentalis	Shadow sides are encapsulated and isolated

Perspiration, constant or profuse

Holding fast to existing beliefs, convictions and judgments has led to a long drawn-out and exhausting struggle to maintain one's own individual boundaries.

Characteristic Remedies:

China officinalis	Feels dependent and enslaved
Kali carbonicum	Ignorance of one's own needs
Lobelia inflata	Mistrusts his own abilities
Phosphorus	Traumatized life energy; always the same
Sambucus nigra	Self-rejection gives rise to masochistic behavior
Sarracenia purpurea	To be disgraced, not belonging
Selenium	Comes to terms with the lingering illness because of weakness
Thuja occidentalis	Shadow sides are encapsulated and isolated

Perspiration, offensive

The struggle to stand up for one's own individuality is problematical, due to repressed, negative feelings. It gets nasty when you don't live for yourself.

Characteristic Remedies:

Acidum nitricum	Hate and thirst for revenge that are not expressed
Artemesia vulgaris	Desperate battle for the recognition of others
Colocynthis	Gut level anger from conforming and suppression of irritation
Copaiva	Despising oneself out of exaggerated self-criticism
Dioscorea villosa	Cannot let go of emotional behavior patterns
Ledum palustre	Nailed up tight, closed and stubborn
Staphysagria	Has cut the inner connection to others, being isolated
Tellurium metallicum	Denies his possibilities, remains rather the tool of others

Perspiration, staining the linen

A fear of life forces the personality to want to find something to lean on. The resignation that one will never come to one's own individuality is concealed. This has to leave its "mark" behind somewhere.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Baryta carbonica	Retarded development out of fear of life or self-responsibility
Carbo vegetabilis	Vital energy is not used for own proper needs
Dulcamara	Authority figures may not be questioned
Ferrum metallicum	Life is a bitter struggle
Lac vaccinum defloratum	Sacrificing one's personal path for an austere but safe life
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Thuja occidentalis	Shadow sides are encapsulated and isolated

Perspiration, warm

Situations of shock and sorrow have brought the personality to the point of identifying with others or withdrawing itself from life. For this reason life happens through someone else. The process of individualization is at a standstill.

Characteristic Remedies:

Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Asarum europaeum	Identification
Camphora	To remove oneself emotionally from a bad situation
Carbo vegetabilis	Vital energy is not used for own proper needs
Ignatia amara	Through great suppression an emotion becomes its opposite
Kali carbonicum	Ignorance of one's own needs
Opium	Boundary between conscious and subconscious
Sepia succus	Longing for harmony, but it must match her own picture of it

Regulation of Warmth and Temperature

The answer to this question indicates whether one is strong or resigned in the way one handles life.

How well do you regulate warmth?

One foot cold – the other warm

Goes his way but only halfheartedly rational (right side warm) or emotional (left side warm). Cannot get his thoughts and feelings together regarding his life's

path. Often the parents are (or were) very different and did not really follow a common path in life.

Characteristic Remedies:

Chelidonium majus	Remains inactive to detriment of own interests
China officinalis	Feels dependent and enslaved
Digitalis purpurea	Emotional shock; from being protected into confrontation
Ipecacuanha	The situation makes you “want to throw up”; indignation at the disdain of others
Lycopodium clavatum	The rotten compromise
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

Tendency to fever

Prefers to direct his anger against himself out of fear of punishment or restriction.

Characteristic Remedies:

Boletus laricis	Everything stays as it always has been; frozen in dependency
Capsicum annuum	Has not yet found his inner center or has lost it
China officinalis	Feels dependent and enslaved
Eupatorium perfoliatum	Loss of personality structure through a lack of self-responsibility
Natrum muriaticum	Holding to that which is tried and true
Pyrogenium	Anger over the refusal to live life to its fullest

Tendency to chills

The personality is disappointed and frustrated, but is no longer confrontational. Security and being taken care of are more important than the assertion of one's individuality.

Characteristic Remedies:

Boletus laricis	Everything stays as it always has been; frozen in dependency
Eupatorium perfoliatum	Loss of personality structure through a lack of self-responsibility
Gambogia gutta	Lack of trust, a distorted sense of self
Natrum muriaticum	Holding to that which is tried and true
Nux vomica	Hiding his real feelings through overactivity
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sarracenia purpurea	To be disgraced, not belonging
Silicea	Heady, feelings suppressed because of hurt

Hot flushes

Unconscious emotions, such as shame, anger and lust, make themselves distinct. Feelings that are forbidden rise up nonetheless. To show all one's feelings would destroy the picture that others have, or one has, of oneself. This destruction of the outer image is not desired.

Characteristic Remedies:

Cimicifuga racemosa	Spirituality is avoided out of a fear of old sufferings
Gambogia gutta	Lack of trust, a distorted sense of self
Lachesis muta	Suppressed individuality
Lobelia inflata	Mistrusts his own abilities
Sepia succus	Longing for harmony, but it must match her own picture of it
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Sumbulus moschatus	Feels too weak to deal with his desire for revenge
Thuja occidentalis	Shadow sides are encapsulated and isolated

Warmth regulation, hot

The life energy, the life potential is strong, and is kept under control in order to belong to a group or the family. This control is however not always successful.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capability of acting
Aconitum napellus	Negative thinking for the sake of self-protection
Aesculus hippocastanum	Holds tight to a painful family fate
Arnica montana	Withdraws feeling hurt, isolating oneself
Apurum metallicum	Lack of self-esteem
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Senega	Adopts the life view of others in order to control

Tendency to high fever

Intense anger, great rage, but it is not used to resolve the conflict. The result is a continual suppression.

Characteristic Remedies:

Belladonna	Dammed up, suppressed life energy becomes anger
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Hyoscyamus niger	Feels cheated out of his life
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Stramonium	Panic, long suppressed potential discharges itself

General coldness of the body

The life energy has turned inwards. In the life situation in which the personality finds itself, it seems important not to allow any intimacy. Frustration and distance define the situation. Has withdrawn into oneself.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Arsenicum album	Fears for his existence; would rather die than change
Camphora	To remove oneself emotionally from a bad situation
Dulcamara	Authority figures may not be questioned
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Plumbum metallicum	Affectation as a means of escape
Silicea	Heady, feelings suppressed because of hurt

Tendency to cold feet

Is frustrated with one's own standpoint. Does not stand up for oneself, and is afraid of what is coming.

Characteristic Remedies:

Cuprum arsenicosum	Conformity to the point of self-destruction
Hippomanes	The embryo takes on the suffering of the mother
Paris quadrifolia	Accepts responsibility for others in order to belong
Rhododendron chrysanthum	Lives in the future and not in the present
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Sepia succus	Longing for harmony, but it must match her own picture of it

Tendency to cold hands

Doesn't have the courage to act on behalf of oneself and one's own interests.

Characteristic Remedies:

China officinalis	Feels dependent and enslaved
Comocladia dentata	Disappointed vision of relationship
Ginseng	Confined by internalized traditions
Lycopus virginicus	Disrespect for one's own greatness
Mezereum	Role-play instead of individual development
Robinia pseudacacia	Honorable defenselessness out of a fear of violence
Sepia succus	Longing for harmony, but it must match her own picture of it
Veratrum album	Self-betrayal

Generally never has a fever

Has already acquiesced so much to the authorities in one's life that one can't even feel intense anger anymore. Resignation, is no longer willing to show honest feelings. The personality has given up and no longer shows itself.

Characteristic Remedies:

Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Conium maculatum	The connection to one's own basic needs is lost
Cyclamen europaeum	Insist that one is not loveable
Helleborus niger	I don't want to do it alone
Kali carbonicum	Ignorance of one's own needs
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Natrum phosphoricum	Blocked life energy lets communication become a threat
Oleander	Lets others put their values on him
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Silicea	Heady, feelings suppressed because of hurt

Tendency to shivering and chills

Feelings, from rage, anger or irritation through to fear are held back. In this way uncertainty has transformed itself into resignation.

Characteristic Remedies:

Angustura vera	Bitterness through inner uncertainty
Arsenicum album	Fears for his existence; would rather die than change
China officinalis	Feels dependent and enslaved
Ferrum metallicum	Life is a bitter struggle
Gelsemium	Anticipatory anxiety from holding back emotion
Magnesia sulphurica	State of war ignored, resignation is not taken note of
Natrum muriaticum	Holding to that which is tried and true
Veratrum album	Self-betrayal

Tendency to sweating or profuse sweating

This shows how demanding it is to stand up for one's own individuality, and step by step to expand the boundary between conformity and living for yourself.

Characteristic Remedies:

Amylenum nitrosum	Would like to make a new start without making the necessary clarification or change
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Calcareo carbonica	Denial of life; wants support
Lycopodium clavatum	The rotten compromise
Phosphorus	Traumatized life energy; always the same
Sanicula Aqua	Having to survive with poisoned feelings
Sulphur	Growth of awareness is suppressed
Thuja occidentalis	Shadow sides are encapsulated and isolated

Modalities: Weather

Thunderstorms and Sultriness

Thunderstorms symbolize conflict and confrontation, but also the release of energy that such situations bring. Humidity corresponds to the threatening mood before a confrontation.

Thunderstorms and sultriness before thunderstorms aggravate

The person who is reluctant to fight cannot put up with the sultriness, which stands for the threat of approaching conflict. Deep fears of or an intolerance of thunderstorms indicate a heightened compulsive need to bring an apparently unsatisfying life struggle into harmonious balance, or at least to keep it under control.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Causticum	Great hurt leads to the building of emotional walls
Gelsemium	Anticipatory anxiety from holding back emotion
Melilotus officinalis	Bowing to authority without realizing it
Natrum muriaticum	Holding to that which is tried and true
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Phosphorus	Traumatized life energy; always the same
Sepia succus	Longing for harmony, but it must match her own picture of it

Thunderstorms ameliorate

The purifying storm. A change towards the re-creation of a form of harmony that matches one's own ideals is so longed for that any means are acceptable to reach this goal, even dissension or brute force.

Characteristic Remedies:

Carcinominum	The “apparently” irresolvable conflict
Lycopodium	The rotten compromise
Sepia succus	Longing for harmony, but it must match her own picture of it

Rain aggravates

Water, like all fluids, symbolizes the emotions. With rain, feelings are set free. Those who suppress or discipline their feelings in favor of a secure position within a group have difficulties with rainy weather.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Gelsemium	Anticipatory anxiety from holding back emotion
Hamamelis virginica	Worshiping suffering as life's meaning
Lac caninum	Manipulated by mother or care person
Lachesis muta	Suppressed individuality
Magnesia carbonica	Believes his own needs can only be attained through war
Phytolacca decandra	Feels tortured; cries out without success
Rhus toxicodendron	Feels predefined and restricted, wants to flee

Rain ameliorates

A blockage or disciplining of the feelings is finally dissolved and they begin “to flow” again.

Chamomilla	Lacks feeling of belonging
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leading to anger and defiance

Fog aggravates

Fog stands for heavy, non-transparent feelings that haven't been formulated but can be felt by all. The fact that they are difficult to grasp makes this problem difficult to solve.

Characteristic Remedies:

Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Chamomilla	Lacks feeling of belonging leading to anger and defiance
China officinalis	Feels dependent and enslaved
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Plumbum metallicum	Affectation as a means of escape
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sepia succus	Longing for harmony, but it must match her own picture of it
Veratrum album	Self-betrayal

Snow aggravates

Frozen, frustrated feelings that manifest in all clarity enter one's consciousness.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Causticum	Great hurt leads to the building of emotional walls
Lachesis muta	Suppressed individuality
Natrum carbonicum	Doesn't work with others, doesn't work alone
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Rhus toxicodendron	Feels predefined and restricted, wants to flee

A change of weather aggravates

The weather symbolizes the predominant mood. A change in weather corresponds to a change in mood, which can bring something surprising to light. People who are hurt, who suppress a lot and can't afford to be surprised, react sensitively to a change in the weather.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capability of acting
Dulcamara	Authority figures may not be questioned
Gelsemium	Anticipatory anxiety from holding back emotion
Melilotus officinalis	Bowing to authority without realizing it
Ranunculus bulbosus	Follows the proprieties of the traditional form of communication without criticism
Rhododendron chrysanthum	Lives in the future and not in the present
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Silicea	Heady, feelings suppressed because of hurt

Sensitivity to Weather

With the question about weather sensitivity, we find out if and how the patient deals with emotional atmosphere or mood.

Do you consider yourself to be weather sensitive?

Wind, Storms and Drafts

Wind, storms and drafts symbolize new impulses, which either show themselves in life as possibilities for expansion, or which force themselves compulsively upon us.

Drafts

Drafts mean that a personality should finally bring fresh air into long-existing issues of conflict. The further suppression of conflict issues leads to resignation.

Characteristic Remedies:

Camphora	To remove oneself emotionally from a bad situation
Capsicum annuum	Has not yet found his inner center or has lost it
China officinalis	Feels dependent and enslaved
Dulcamara	Authority figures may not be questioned
Nux vomica	Hiding his real feelings through overactivity
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Silicea	Heady, feelings suppressed because of hurt
Verbascum thapsus	Fear of violence that is ignored

Wind aggravates

The wind corresponds to dynamism, to new impulses which can produce conflict if the need for security is too great.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Asarum europaeum	Identification
Carbo vegetabilis	Vital energy is not used for own proper needs
Causticum	Great hurt leads to the building of emotional walls
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Sepia succus	Longing for harmony, but it must match her own picture of it
Spongia tosta	Seeks protection in conforming

Storms aggravate

This symbolizes new impulses that are coming with vehemence. Those people who are always seeking after security have a special difficulty here because new things are not welcome.

Characteristic Remedies:

Causticum	Great hurt leads to the building of emotional walls
Gelsemium	Anticipatory anxiety from holding back emotion
Melilotus officinalis	Bowing to authority without realizing it
Natrum carbonicum	Doesn't work with others, doesn't work alone
Natrum muriaticum	Holding to that which is tried and true
Petroleum	Can't see beyond the end of his nose
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

Intolerant to a falling wind or Föhn.

The rising dynamic puts traditional as well as emotional and rational relationships in question without the personality drawing a conclusion. The attempt to solve the conflict rationally is unsuccessful and leads to resignation.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Gelsemium	Anticipatory anxiety from holding back emotion
Hepar sulphuris	Wants to change others in order to increase his own security
Ignatia amara	Through great suppression an emotion becomes its opposite
Lachesis muta	Suppressed individuality
Rhododendron chrysanthum	Lives in the future and not in the present

Modalities: Touch, Pressure and Vertigo

Touch and Pressure

With the answer to the question concerning (in)sensitivity to touch or pressure, we see whether the patient experiences intimacy as joy, or confinement, or even trauma.

Are you sensitive to touch or pressure?

Lying on something hard aggravates

This can lead to an unconscious remembrance of the servants' quarters, dungeon, or torture table, and the unpleasant memories associated with them. If lying on something hard aggravates, then this issue is still negatively charged.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Baptisia tinctoria	Keeps his mouth shut, conforms, too proud to articulate himself
Baryta carbonica	Retarded development out of fear of life or self-responsibility
Kali carbonicum	Ignorance of one's own needs
Lachesis muta	Suppressed individuality
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Silicea	Heady, feelings suppressed because of hurt

Lying on something hard ameliorates

If lying on something hard ameliorates, then issues such as an austere life, or punishment such as the dungeon, torture, *etc.* are judged to have been fair.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Belladonna	Dammed up, suppressed life energy becomes anger
Kali carbonicum	Ignorance of one's own needs
Magnesia muriatica	In a state of war; inner and outer conflict
Natrum muriaticum	Holding to that which is tried and true
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sepia succus	Longing for harmony, but it must match her own picture of it
Stannum metallicum	Disallowed enjoyment of life

Bumping into something aggravates

Old blows or wounds are being subconsciously remembered.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Hypericum perforatum	Remains in the pain of sorrow
Lachesis muta	Suppressed individuality
Phosphorus	Traumatized life energy; always the same
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Ruta graveolens	Rubbing oneself raw with an unpleasant situation
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

Being touched aggravates

Being touched unconsciously triggers old situations of violence, or the shock that was connected with them. "Let sleeping dogs lie."

Characteristic Remedies:

Antimonium tartaricum	Feels dependent and not taken seriously
Arsenicum album	Fears for his existence; would rather die than change
Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Cuprum metallicum	Bondage, leans on others out of feeling weak
Gelsemium	Anticipatory anxiety from holding back emotion
Ignatia amara	Through great suppression an emotion becomes its opposite
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Sanicula aqua	Having to survive with poisoned feelings

Tight clothes aggravate

In the sense that “clothes make the man,” clothes symbolize personal protection and also decoration. On the other hand, clothing can, depending upon whether a personality wants to display something of itself or only its image, also mean a constriction. A personality that is intolerant of restrictive clothing sees itself pushed into a role, and tries to free itself from this constriction and limitation, or not allow it at all. A connection with previous situations of torture is also possible.

Characteristic Remedies:

Populus tremuloides	Pressure to achieve from taking on self-responsibility too soon
Cajeputum	Has taken an eternal oath
Calcareo fluorica	Seeks support at any cost
Carbolicum acidum	Stuck in painful, emotional patterns
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Ignatia amara	Through great suppression an emotion becomes its opposite
China officinalis	Feels dependent and enslaved
Natrum muriaticum	Holding to that which is tried and true

Touching the sex organs aggravates

This can lead to an unconscious remembrance of old traumas, such as rape or circumcision.

Characteristic Remedies:

Staphysagria	Has cut the inner connection to others, being isolated
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Kreosotum	Feels raped
Indium metallicum	Fear of one's own vitality
Ignatia amara	Through great suppression an emotion becomes its opposite
Hamamelis virginica	Worshiping suffering as life's meaning
Ailanthus glandulosa	Would rather suffer than risk rebelling
Veratrum album	Self-betrayal

Vertigo

The question as to the modalities of vertigo gives us a clue as to whether the patient is lying to himself, where and how he is deceiving himself, and how determined he is with respect to himself.

Do you become easily or often dizzy?

Vertigo, morning

During the nightly conflict processing issues have been activated that were suppressed during the day. There seem to be good reasons for this suppression.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Castor equi	Doesn't demand a reciprocal value
Caulophyllum	No courage to make a quantum leap due to fear of violence
Mancinella hippomanes	Feels the potential of personal freedom and thinks he will be punished for it
Natrum muriaticum	Holding to that which is tried and true
Niccolum	The severed head; separation of intellect and feeling
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Trillium pendulum	Potentials and possibilities are spoiled by the lack of identity

Vertigo, noon

Noon, in the same way as summer, is the time of one's greatest energy potential. Vertigo at noon shows that one's strength, one's potential, is being denied. Thinks one must keep oneself under control and hold back.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Calcarea phosphorica	Appears small and helpless in order to be supported
China officinalis	Feels dependent and enslaved
Dulcamara	Authority figures may not be questioned
Hamamelis virginica	Worshipping suffering as life's meaning
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Magnesia muriatica	In a state of war; inner and outer conflict
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Vertigo, evening

In the evening we take stock of the day. Vertigo in the evening shows that too little self-esteem has been developed and shown. Fears, impulses to conform or revenge oneself were stronger than the desire to stand up for oneself.

Characteristic Remedies:

Eugenia jambosa	The "fifth wheel on the wagon," accustomed to not showing any feelings
Iris versicolor	Does not accept his own real worth
Lycopus virginicus	Disrespect for one's own greatness
Magnesia carbonica	Believes his own needs can only be attained through war
Niccolum	The severed head; separation of intellect and feeling
Nitricum acidum	Hate and thirst for revenge that are not expressed
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Selenium	Comes to terms with the lingering illness because of weakness

Vertigo, at night

At night, while we sleep, conflicts are processed that seem insoluble to our daytime consciousness. However, the self-deception is so great that the nightly processing is also blocked.

Characteristic Remedies:

Clematis erecta	Denies his own standards in order to be supported
Hamamelis virginica	Worshiping suffering as life's meaning
Hypericum perforatum	Remains in the pain of sorrow
Lac caninum	Manipulated by mother or care person
Physostigma venenosum	Seeks a solution for a desperate situation without changing the fixed perspective
Sanguinaria canadensis	Believes is not permitted to participate in life
Sarracenia purpurea	To be disgraced, not belonging

Vertigo, upon motion

Forbids oneself dynamic activity and self-determination, because these are blocked by prohibitions, dogmas and old traumas.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Conium maculatum	The connection to one's own basic needs is lost
Gratiola officinalis	Expects to be cast out
Lycopus virginicus	Disrespect for one's own greatness
Physostigma venenosum	Seeks a solution for a desperate situation without changing the fixed perspective
Sinapis nigra	Unjustified guilty feelings block creativity, consequences of sexual shock
Sumbulus moschatus	Feels too weak to deal with his desire for revenge

Vertigo, upon descending

Thinks one must subordinate oneself, bow down, that one is not worth anything, that one must reduce one's possibilities. Thinks, for example, that at fifty one has no more career opportunities, and feels vulnerable in relation to one's surroundings.

Characteristic Remedies:

Borax veneta	Feels used and trashed
Carbolicum acidum	Stuck in painful, emotional patterns
Conium maculatum	The connection to one's own basic needs is lost
Ferrum metallicum	Life is a bitter struggle
Gelsemium	Anticipatory anxiety from holding back emotion
Ginseng	Confined by internalized traditions
Sanicula aqua	Having to survive with poisoned feelings
Stannum metallicum	Disallowed enjoyment of life

vertigo, in old people

One's own individuality was not lived out. Joy and pleasure in life was sacrificed to conformity.

Characteristic Remedies:

Ambra grisea	Refuses development of the personality
Baryta carbonica	Retarded development out of fear of life or self-responsibility
Calcareo phosphorica	Appears small and helpless in order to be supported
Cuprum metallicum	Bondage, leans on others out of feeling weak
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sinapis nigra	Unjustified guilty feelings block creativity, consequences of sexual shock

Vertigo, with anxiety

Anxiety is produced when a personality refuses to overcome its conflicts. Existing problems and conflicts could be resolved if, instead of nurturing them, one finally confronted the old traumas.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Arnica montana	Withdraws feeling hurt, isolating oneself
Cactus grandiflorus	Persevering in a situation with no apparent way out
Digitalis purpurea	Emotional shock; from being protected into confrontation
Ignatia amara	Through great suppression an emotion becomes its opposite
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Opium	Boundary between conscious and subconscious

Vertigo, after vexation

Did not confront the conflicts, did not express oneself. Took refuge in the role of the victim, although a resolution would have been possible.

Characteristic Remedies:

Calcarea carbonica	Denial of life; wants support
Ignatia amara	Through great suppression an emotion becomes its opposite
Nux vomica	Hiding his real feelings through overactivity

Modalities:

Prenatal Influences and the Birth Process

Imprinting

This is a good place to look for indications of suppression and changes in the natural course of an illness. It is important to know how an illness appeared originally, so that a homeopathic correspondence can be found. Every disease has its significance and every symptom its cause. In many cases the cause is difficult to find because it originates from the embryonic and fetal period within the mother's womb. While in the womb, every patient has taken on imprints of the mother's suffering, traumas, or fears. An embryo is not yet capable of critical thinking, and therefore takes in all of the feelings and value judgments of the mother without reflection. These imprinted feelings often form the basis for patterns of behavior in the child or later adult. However, the knowledge of their origins has been lost.

Did your mother experience any severe or difficult situations during her pregnancy with you?

From the answer to this question it can be seen if the patient, as embryo, has been exposed to any marked influences through the mother. Issues taken on in this manner create close ties between the patient and his mother that must absolutely be dissolved.

Did you have dyspnea or cyanosis during your birth?

From the answer to this question, it can be seen what the patient's attitude is towards life, whether he has taken a positive stance in life or not.

Cyanosis

Cyanosis corresponds to a rejection of life, to “not wanting to be in the world.”

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Camphora	To remove oneself emotionally from a bad situation
Carbo vegetabilis	Vital energy is not used for own proper needs
Digitalis purpurea	Emotional shock; from being protected into confrontation
Naja tripudians	Getting the attention of others by force
Opium	Boundar between conscious and subconscious

Were eyedrops admin-istered after birth?

Gonorrhea Prevention

The question regarding the use of medications shortly after birth lets us deduce whether the child sees his position within his family, his “safe little nest,” as one he sees as exciting, filled with duties, or one he cannot accept at all.

Characteristic Remedies:

Apis mellifica	Doing one’s duty. Needs to function without aggression
Argentum nitricum	Demands a cozy nest
Nitricum acidum	Hate and thirst for revenge that are not expressed

Were you a twin in the embryonic stage?

Predisposition to twins

The “twins question” indicates whether the patient is willing to, and believes he is able to, make it through life alone, or whether he prefers to seek a feeling of community and belongingness. One is also able to read here how the patient deals with the process of disentanglement.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Cocainum hydrochloricum	Has to convince others, always has to win
Hura brasiliensis	Alone, has lost all friends
Natrum carbonicum	Doesn't work with others, doesn't work alone

Birth

The answer to the question about one's own birth gives indications as to the basic structure and character of a person.

What else do you know about your birth?

The Birthing Process

Difficult, slow delivery

The process of separation between mother and child is difficult for diverse reasons (e.g. karmic background).

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Belladonna	Dammed up, suppressed life energy becomes anger
Caulophyllum	No courage to make a quantum leap due to fear of violence
Ignatia amara	Through great suppression an emotion becomes its opposite
Natrum muriaticum	Holding to that which is tried and true
Secale cornutum	Outsider, “black sheep” of the group

Premature rupture of membranes

Her “water broke.” The time has come for the acceptance of personal responsibility. The protective nurturing was lost prematurely. The first step towards personal responsibility is now urgently necessary.

Characteristic Remedies:

Aqua marina	Ashamed of one’s own individuality
Camphora	To remove oneself emotionally from a bad situation
Natrum muriaticum	Holding to that which is tried and true

Vacuum extraction

Pulled into life. Shows that even at this early age one’s attitude towards life is burdened with fear. Negative expectations are already a hindrance to life.

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Cicuta virosa	Wants to remain a child to avoid self-responsibility
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Cuprum metallicum	Bondage, leans on others out of feeling weak
Hydrocyanicum acidum	Holding onto suffering through suppression of feelings
Pyrus americanus	Withdraws in frustration from life

Forceps delivery

Pulled into life. One's own cautious attempt to come into life is forcefully assisted.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Carbolicum acidum	Stuck in painful, emotional patterns
Gelsemium	Anticipatory anxiety from holding back emotion
Magnesia phosphorica	The eternal, silent battle

Caesarian section

The separation of the child from the mother takes place in a single cut. The natural process of letting go is missing. This results often in the feeling of still having to take care of something important in life. With a C-section the process of creating the boundary between oneself and others does not take place in a fundamental way. There often follows the misconception that others think like oneself.

Characteristic Remedies:

Staphysagria	Has cut the inner connection to others, being isolated
Calendula officinalis	To be in the role of the victim, feels torn apart
Cicuta virosa	Wants to remain a child to avoid self-responsibility

Fetal Position

Face presentation

Greeting the world in an arrogant manner because one was injured.

Characteristic Remedies:

Aceticum acidum	Fermenting, unused potentials
Sambucus nigra	Self-rejection gives rise to masochistic behavior
Viola tricolor	Rejection calls forth hate

Breech position

Defiance, not doing it like the others want, “mooning” the world.

Characteristic Remedies:

Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Paeonia officinalis	One's own balance is lost through supporting others

Transverse position

Doing it differently, wanting to live life differently than others.

Characteristic Remedies:

Atropinum purum aut sulphuricum	Feelings based on judgements prevent perceiving life in a relaxed manner
Lathyrus sativus	Subordination and suffering instead of self- responsibility and strength
Paeonia officinalis	One's own balance is lost through supporting others

Newborn Jaundice

The child refuses to let go of the mother and take over responsibility for its life. Aversion to life. The confrontation has not yet taken place; the child refuses to give up its ties with the mother.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Bovista lycoperdon	Very heady, mental constructs dissolve into nothing
China officinalis	Feels dependent and enslaved
Natrum sulphuricum	Punishing oneself
Sepia succus	Longing for harmony, but it must match her own picture of it

Rhesus Incompatibility

Lack of identity. The mismatched chemistry of the parents appears in the child. The first child is the suppressed part of the mother, the second child the suppressed part of the father. With the second child complications arise because the partner is actually not accepted due to great differences.

Characteristic Remedies:

Calcarea fluorica	Seeks support at any cost
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live

Origins: Conditioning

Are you right-handed or lefthanded?

Conditioning

Right-handed or lefthanded? The answer to this question shows whether the patient is fundamentally predisposed to be fatherly rational or motherly emotional or whether the connection between rationality and emotionality has already been redeemed through ambidextrousness (opening of the bridge), and no judgment of one of the parents remains.

Ambidextrous

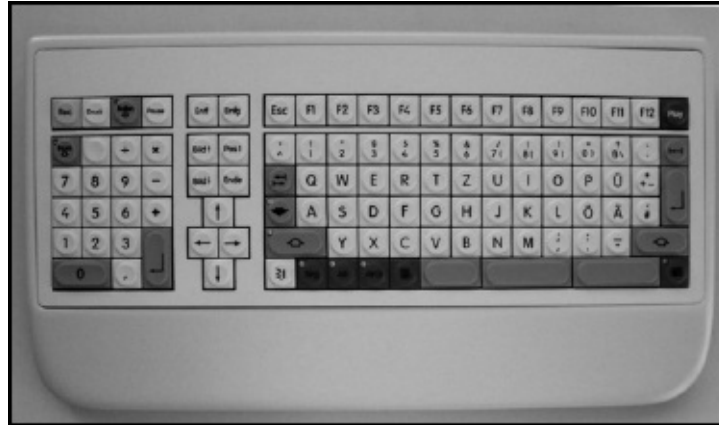
There is a connection between the male/female polarity. This personality has a different level of perception than others.

Right-handed

His manner of acting has a rational emphasis.

Lefthanded

The personality has decided to act emotionally. Emotionality is strongly present in earlier generations or in the family



Switched left-handers

The intention to confront emotional issues more is not fulfilled. Forced into rationality.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Camphora	To remove oneself emotionally from a bad situation
Carbo vegetabilis	Vital energy is not used for own proper needs
Digitalis purpurea	Emotional shock; from being protected into confrontation
Naja tripudians	Getting the attention of others by force
Opium	Boundary between conscious and subconscious

Modalities: Hunger, Thirst and Appetite

Appetite

The questions about appetite shed light on how far the patient is prepared to integrate life, and with what motivation he does this.

How is your appetite?

Appetite, ravenous hunger

Out of the feeling of not being loved and accepted, discipline in living out one's own needs comes into being. There is the "hunger for life" and the unfulfilled desire for life. One denies one's individuality, and one's need for experience bursts out abruptly. Instead of experience, however, one chooses foodstuffs.

Characteristic Remedies:

Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Ignatia amara	Through great suppression an emotion becomes its opposite
Iodium	Does not feel nourished or loved
Natrum muriaticum	Holding to that which is tried and true
Nux vomica	Hiding his real feelings through overactivity
Petroselinum sativum	My mother doesn't love me
Sanicula aqua	Having to survive with poisoned feelings

Poor appetite

Life is not accepted. Only in ascetic self-discipline and self-denial can the good be found. Not worthy to fulfil his own needs. The rejection of life extends to a longing for death.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Calcareo phosphorica	Appears small and helpless in order to be supported
China officinalis	Feels dependent and enslaved
Cyclamen europaeum	Insist that one is not loveable
Ignatia amara	Through great suppression an emotion becomes its opposite
Natrum muriaticum	Holding to that which is tried and true
Phosphorus	Traumatized life energy; always the same

Appetite, with disgust

Rejection of oneself and life, and feeling of not being wanted. Feels trapped and entangled in conflicts.

Characteristic Remedies:

Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Gambogia gutta	Lack of trust, a distorted sense of self
Gratiola officinalis	Expects to be cast out
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Ipecacuanha	The situation makes you "want to throw up"; indignation at the disdain of others
Kali arsenicosum	Refuses to perceive his own needs
Prunus spinosa	Caught in a confused situation caused by repression
Sabadilla officinalis	Feels like the scum of the earth

Appetite comes suddenly at night

Sleep, and hence the nightly processing of conflict, is avoided. Indecision prevails as to whether security or love of life is more important. The decision in favour of security draws in appetite as compensation, instead of hunger for life and pleasure in life. Doesn't dare to openly express his needs and to communicate. Thinks he must satisfy them in secret.

Characteristic Remedies:

Anacardium orientale	Ambivalence; doesn't know who or what to follow
Anantherum muricatum	Lack of inner stability creates the fear of missing out on something
Cantharis	Actively works to the detriment of own interests
Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Ignatia amara	Through great suppression an emotion becomes its opposite
Natrum carbonicum	Doesn't work with others, doesn't work alone
Oxalicum acidum	Being taken care of and having support are needed as reinforcement
Tellurium metallicum	Denies his possibilities, remains rather the tool of others

Normal appetite

Life is accepted. Things are as they are. Changes are not necessary and are not striven for, nor taken into consideration.

Good appetite

Life is accepted with joy. Pleasure, joy, and success are not denied, but rather recognized as a form of motivation.

Thirst

How is your thirst? From the answer to this question, it can be seen whether the patient is essentially able and willing to integrate emotions. In this regard anything fluid represents feelings. The realm of feelings is understood here as an organ of perception that is necessary in order to have certain experiences in life, which are then organized by the mind. Thirst symbolizes the readiness to confront feelings, and hence life itself.

How is your thirst? Do you have a craving for something?

Constant thirst

Has distanced oneself from one's feelings in order to avoid being hurt. Keeps oneself and the flow of one's life under control. In this case thirst is the compensation for feelings that have not been lived out or expressed, and for the resulting need for feedback. This compensation takes place on the material level.

Characteristic Remedies:

Aceticum acidum	Fermenting, unused potentials
Aethusa cynapium	The need to be in control blocks the development of the personality
Aloe socotrina	Bad experiences lead to a renunciation of life
Camphora	To remove oneself emotionally from a bad situation
Eupatorium perfoliatum	Loss of personality structure through a lack of self-responsibility
Iodium	Does not feel nourished or loved
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Niccolum	The severed head; separation of intellect and feeling

Seldom thirsty

Avoids the realm of feelings in order not to be even more confronted with negative self-evaluation or emotional hurt. There doesn't seem to be any solution to this life situation.

Characteristic Remedies:

Antimonium tartaricum	Feels dependent and not taken seriously
Apis mellifica	Doing one's duty. Needs to function without aggression
China officinalis	Feels dependent and enslaved
Gelsemium	Anticipatory anxiety from holding back emotion
Helleborus niger	I don't want to do it alone
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Sabadilla officinalis	Feels like the scum of the earth

Thirst in small quantities

The current life situation seems problematical. Confronts feelings as little as possible so as to avoid a potential escalation.

Characteristic Remedies:

Cactus grandiflorus	Persevering in a situation with no apparent way out
Capsicum annuum	Has not yet found his inner center or has lost it
Cimicifuga racemosa	Spirituality is avoided out of a fear of old sufferings
Cuprum arsenicosum	Conformity to the point of self-destruction
Hyoscyamus niger	Feels cheated out of his life
Sanicula aqua	Having to survive with poisoned feelings
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Tabacum	Retreats due to uncertainty

Thirst in large quantities

Is caught in a helper syndrome in which a lot of feeling for others is being generated. This is necessary as compensation for one's own unlive feelings. However, one's own conflicts and suffering remain unaffected.

Characteristic Remedies:

Badiaga	Does not feel able to cope with the flow of life
Calendula officinalis	To be in the role of the victim, feels torn apart
Camphora	To remove oneself emotionally from a bad situation
Cocculus indicus	Helper syndrome; must be gentle and nice because of fear of others and disappointment
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Lac vaccinum defloratum	Sacrificing one's personal path for an austere but safe life
Natrum muriaticum	Holding to that which is tried and true
Podophyllum peltatum	Fear of one's own suppressed aggression

Thirst for warm drinks

Longing for attention, consolation and protection.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Caladium seguinum	Has exhausted himself for nothing
Hypericum perforatum	Remains in the pain of sorrow
Sabadilla officinalis	Feels like the scum of the earth

Thirst for cold drinks

Wants to remain “cool” in order not to endanger one’s protection and security. Feelings should be kept under control because otherwise aggression could surface.

Characteristic Remedies:

Bovista lycoperdon	Very heady, mental constructs dissolve into nothing
Causticum	Great hurt leads to the building of emotional walls
Cocculus indicus	Helper syndrome; must be gentle and nice because of fear of others and disappointment
Crocus sativus	Afraid to live out his individuality
Dulcamara	Authority figures may not be questioned
Rhus toxicodendr on	Feels predefined and restricted, wants to flee
Spongia tosta	Seeks protection in conforming
Veratrum album	Self-betrayal

Thirst at night

Has shielded oneself from pleasure or conflict potential. In the nightly processing phase the conflicts are so present that the suppressed feelings must be brought in as compensation.

Characteristic Remedies:

Coffea cruda	Feelings of guilt but does not confront the situation
Niccolum	The severed head; separation of intellect and feeling
Elaps corallinus	Creativity arises out of inner pressure
Aloe socotrina	Bad experiences lead to a renunciation of life
Natrum sulphuricum	Punishing oneself
Eupatorium perfoliatum	Loss of personality structure through a lack of self-responsibility
Spongia tosta	Seeks protection in conforming
Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations

Thirst during fever

Suppressed feelings like anger, rage, bitterness and fear surface vehemently and demand to be processed.

Characteristic Remedies:

Angustura vera	Bitterness through inner uncertainty
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Podophyllum peltatum	Fear of one's own suppressed aggression
Secale cornutum	Outsider, "black sheep" of the group
Thuja occidentalis	Shadow sides are encapsulated and isolated
Veratrum album	Self-betrayal
Verbascum thapsus	Fear of violence that is ignored

How do you feel some-times, or frequently, before, during, or after eating?

Eating

The answer to this question indicates how one is dealing with the integration of life and whether one can process what is taking place. Eating symbolizes togetherness, and integrating life in the community.

Depressed before eating

This personality does not feel respected or accepted, especially by the parents, because it is not being provided for. In order to ensure the treatment it wants, it holds tight to convention, but is not satisfied with this.

Characteristic Remedies:

Ammonium carbonicum	Lack of security through destruction of the fatherly image
Ammonium muriaticum	Disappointment through the feminine principle, rejection of life through the destruction of the motherly image
Clematis erecta	Denies his own standards in order to be supported
Kali bichromicum	Friendly in a slimy way, ignores own needs
Magnesia muriatica	In a state of war; inner and outer conflict
Tarantula hispanica	Self-annihilation through overactivity

Starving before eating

This person has “forgotten” about himself and has not paid attention to his own needs. He feels cut off from others, hurt and unsupported.

Characteristic Remedies:

Chelidonium majus	Remains inactive to detriment of own interests
Iodium	Does not feel nourished or loved
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Sabadilla officinalis	Feels like the scum of the earth
Spigelia anthelmia	Breach of trust, the stab in the back
Staphysagria	Has cut the inner connection to others, being isolated
Verbascum thapsus	Fear of violence that is ignored

Indecisive before eating

The basic needs are cared for but the personality is uncertain whether to get involved with survival.

Characteristic Remedies:

Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Hydrastis canadensis	Rejects life’s pleasures and makes others responsible for it
Lycopodium clavatum	The rotten compromise
Oleander	Lets others put their values on him
Petroselinum sativum	My mother doesn’t love me
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Ptelea trifoliata	Life has gone sour

Nausea during eating

It is unpleasant to open up to life because of the burden of negative self-evaluation and dependency. The processing of issues that have already been evaluated (foodstuffs) causes feelings of nausea.

Characteristic Remedies:

Bromium	Everyone is in the same boat; artificial community
Chinium sulphuricum	Awareness of dependence suppressed
Colchicum autumnale	Overburdened, holding to an untenable situation
Ferrum metallicum	Life is a bitter struggle
Helleborus niger	I don’t want to do it alone
Oleander	Lets others put their values on him
Ptelea trifoliata	Life has gone sour
Sabadilla officinalis	Feels like the scum of the earth

Better during eating

The taking in of nourishment compensates for the apparently cold feelings in one’s surroundings. But one is uncertain whether or not to open up to life.

Characteristic Remedies:

Anacardium orientale	Ambivalence; doesn't know who or what to follow
Dioscorea villosa	Cannot let go of emotional behavior patterns
Kali phosphoricum	Drawing everything to oneself in order to have something to offer others
Nux vomica	Hiding his real feelings through overactivity
Spongia tosta	Seeks protection in conforming
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Feels stronger after eating

One has filled up with new strength, and can now go back to the struggle of life, and do further work on the current issues. The material level has joined with the unconscious, psychic level. Necessary information has arrived.

Characteristic Remedies:

Ferrum metallicum	Life is a bitter struggle
Ferrum muriaticum	Being overly ambitious turns life into a battle
Iodium	Does not feel nourished or loved
Natrum carbonicum	Doesn't work with others, doesn't work alone

Feels full after eating

One compensates for lack of joy and activity in life with the intake of foodstuffs. One is unsatisfied with this, but refuses to deal consciously with the issue.

Characteristic Remedies:

Calcareasulphurica	Ignores the inner desire for support and community
Carbo vegetabilis	Vital energy is not used for own proper needs
Colchicum autumnale	Overburdened, holding to an untenable situation
Kali carbonicum	Ignorance of one's own needs
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Nux vomica	Hiding his real feelings through overactivity
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Stannum metallicum	Disallowed enjoyment of life

Ravenous hunger directly after eating

Great potential for conflict due to negative self-judgments, little connection to others: all of these issues must be suppressed. Existing fears and a feeling of not being loved must continually be calmed and satisfied, but only on the material level. Eating as the repression of psychic conflicts.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Argentum metallicum	Lack of primal trust, feels no right to exist
Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Gratiola officinalis	Expects to be cast out
Iodium	Does not feel nourished or loved
Sarracenia purpurea	To be disgraced, not belonging
Staphysagria	Has cut the inner connection to others, being isolated
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Foodstuffs

As every substance, every form of matter, has a spiritual background and a special theme, so also do foodstuffs. With every foodstuff that we take in, we are integrating an issue that we must then “digest.” If we, in reference to a particular issue, have already gathered experience which, if evaluated, triggers in us negative or positive feelings, then we will either enjoy taking in this “nourishment” or it will cause us problems. The answer to this question indicates which issues are negatively charged.

Foodstuffs: What cravings or intolerances do you have?

Sweet

Sweet symbolizes a love-substitute, a longing for nurturing attention. Love, however, is not a commodity, nor is it pleasing behavior, a partnership of convenience, or a needing of each other. Nonetheless, it is often so considered and employed.

“I love you” unfortunately often means a mutual demand that the other acts as you want them to. “Together we stand” leads to a desire for sweets. Here a loss of identity has quietly crept in.

Honey stands for the rewarding result of fulfilling a duty. A need for it points to the longing for material rewards.

Chocolate stands for a lack of openness and the longing for the lightheartedness of childhood. The need for chocolate indicates a desire to open up to something, to pleasure, to another person, to a situation. Chocolate releases endorphins like the body does when a sport goes beyond the stress limits, or after orgasm during a wonderful erotic time together. It should be now like it once was “then”, such

as in childhood. One doesn't have the courage to go for it, however, and compensates instead.

Pudding stands for a reward, a commendation for conforming, and sugar itself for loving nurturing and the giving of nest warmth.

Desire for sweets

The longing for something sweet stands for the lack of courage to demand attention and closeness, or even to trust an intimate relationship.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Calcarea carbonica	Denial of life; wants support
Calcarea fluorica	Seeks support at any cost
Cocainum hydrochloricum	Has to convince others, always has to win
Elaps corallinus	Creativity arises out of inner pressure
Magnesia muriatica	In a state of war; inner and outer conflict
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sabadilla officinalis	Feels like the scum of the earth

Aversion or disgust for something sweet

Such an aversion stands for the doubt and recognition that one's own definition, or the definition one has made one's own, of community as it was experienced, does not correspond to one's views. Every compensation from the dishonest community is rejected.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Causticum	Great hurt leads to the building of emotional walls
Hippomanes	The embryo takes on the suffering of the mother
Kali carbonicum	Ignorance of one's own needs
Lac caninum	Manipulated by mother or care person
Nitricum acidum	Hate and thirst for revenge that are not expressed
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Senecio aureus	Doesn't know what to do with his power

Intolerance to sweets

This is the expression of a rejection of compensation, of a love-substitute, probably due to bad experiences. Only real love and affection are worth striving for. The substitute is angrily rejected without, however, finding the will and courage to demand the real thing.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Graphites naturalis	Falls between two stools
Ignatia amara	Through great suppression an emotion becomes its opposite
Natrum carbonicum	Doesn’t work with others, doesn’t work alone
Oxalicum acidum	Being taken care of and having support are needed as reinforcement
Spigelia anthelmia	Breach of trust, the stab in the back
Thuja occidentalis	Shadow sides are encapsulated and isolated

Sour

Something sour symbolizes a burden, the negative challenges in life.

Longing for sour



The longing for something sour symbolizes the search for challenges. The joy in making it through unpleasant situations is a bit masochistic. One of the worst illnesses is boredom, which one attempts to escape from with burdensome, time-consuming negative (sour) situations.

Characteristic Remedies:

Corallium rubrum	Cannot open to the different nature of another person
Ferrum muriaticum	Being overly ambitious turns life into a battle
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Natrum muriaticum	Holding to that which is tried and true
Podophyllum peltatum	Fear of one’s own suppressed aggression
Sabadilla officinalis	Feels like the scum of the earth
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Veratrum album	Self-betrayal

Aversion or disgust for sour foods

One’s own readiness to suffer is the cause for dissatisfying circumstances, but instead of acting, one chooses to compensate, to reject and to ignore.

Characteristic Remedies:

Belladonna	Dammed up, suppressed life energy becomes anger
Cocculus indicus	Helper syndrome; must be gentle and nice because of fear of others and disappointment
Ferrum metallicum	Life is a bitter struggle
Ferrum muriaticum	Being overly ambitious turns life into a battle
Ignatia amara	Through great suppression an emotion becomes its opposite
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Sabadilla officinalis	Feels like the scum of the earth
Sulphur	Growth of awareness is suppressed

Intolerance to sour foods

This person does not want to have anything to do with the unpleasant, difficult, and negative challenges of life. Even the experience of conforming to get security is no longer worth striving for.

Characteristic Remedies:

Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Antimonium tartaricum	Feels dependent and not taken seriously
Arsenicum album	Fears for his existence; would rather die than change
Asterias rubens	Conforming to the point of non-recognition
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Ferrum metallicum	Life is a bitter struggle
Mandragora officinarum	Senseless forcing of the illusion of belongingness
Podophyllum peltatum	Fear of one's own suppressed aggression

Spicy

Spicy stands for the "spice of life," for interests, excitement and curiosity.

Longing for spicy, piquant or highly seasoned food

The longing for something spicy, for the spice of life, is almost literally the need for adventure, the need to sense oneself and to reflect. This is the desire to live beyond just the satisfaction of basic needs and the existing boredom, and expresses itself especially in the longing to have unusual experiences.

Characteristic Remedies:

China officinalis	Feels dependent and enslaved
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Hepar sulphuris	Wants to change others in order to increase his own security
Lac caninum	Manipulated by mother or care person
Nux vomica	Hiding his real feelings through overactivity
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sanguinaria canadensis	Believes is not permitted to participate in life
Sepia succus	Longing for harmony, but it must match her own picture of it

Aversion or disgust for spicy foods

Indicates a fear of change. There is the belief that life with all its challenges is only struggle and conflict

Characteristic Remedies:

Magnesia carbonica	Believes his own needs can only be attained through war
Magnesia sulphurica	State of war ignored, resignation is not taken note of
Phosphorus	Traumatized life energy; always the same
Sanguinaria canadensis	Believes is not permitted to participate in life
Tarantula hispanica	Self-annihilation through overactivity

Intolerance to spicy foods

If the aversion to something spicy becomes intolerance, this indicates a renunciation of one’s experience: one is afraid to question because this might endanger one’s security. One’s current life situation, which is what one wants, is not geared up for a challenge.

Characteristic Remedies:

Bismuthum subnitricum	The need for protection and the inclination to conform restrict the development of the personality
Ignatia amara	Through great suppression an emotion becomes its opposite
Naja tripudians	Getting the attention of others by force
Phosphorus	Traumatized life energy; always the same
Selenium	Comes to terms with the lingering illness because of weakness
Sepia succus	Longing for harmony, but it must match her own picture of it
Sulphur	Growth of awareness is suppressed
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Salt

Salt stands for the interesting or exciting in life. With “that extra something,” change, variety and dynamism in life rule.

Longing for salt

One has become a “pillar of salt”, has lost all dynamism in one’s life. A person who salts his food without ever first trying it shows that he would like to get rid of the fixed set of beliefs which run his life.

Characteristic Remedies:

Aqua marina	Ashamed of one's own individuality
Argentum nitricum	Demands a cozy nest
Calcareo carbonica Hahnemanni	Denial of life; wants support
Corallium rubrum	Cannot open to the different nature of another person
Mancinella hippomanes	Feels the potential of personal freedom and thinks he will be punished for it
Natrum muriaticum	Holding to that which is tried and true
Sanicula Aqua	Having to survive with poisoned feelings
Veratrum album	Self-betrayal

Aversion or disgust for salt

This indicates a stagnation that spreads when a person has a compulsion to cling to something existing. It is possible that he finds himself in a life situation which he believes he cannot let go of.

Characteristic Remedies:

Aceticum acidum	Fermenting, unused potentials
Bufo rana	Insists not being lovable
Carbo vegetabilis	Vital energy is not used for own proper needs
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Corallium rubrum	Cannot open to the different nature of another person
Graphites naturalis	Falls between two stools
Lyssinum	Helpless rage
Natrum muriaticum	Holding to that which is tried and true
Selenium	Comes to terms with the lingering illness because of weakness
Silicea	Heady, feelings suppressed because of hurt

Intolerance to salt

Intolerance to salt means that a person is in a life situation that he absolutely wants to maintain. It doesn't matter whether this concerns idealized goals or an eagerness for confrontation.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Arsenicum album	Fears for his existence; would rather die than change
Carbo vegetabilis	Vital energy is not used for own proper needs
Coca	Wants to achieve the highest of spiritual goals
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Magnesia muriatica	In a state of war; inner and outer conflict
Natrum muriaticum	Holding to that which is tried and true
Silicea	Heady, feelings suppressed because of hurt

Meat

Meat stands in general for doing battle and for the achievement of one's own interests. It symbolizes the battle of life that must be won.

Pork stands for the battle for survival and the continual manifestation of one's own existential fears.

Beef stands for the capacity for devotion and dedication.

Chicken stands for a lack of personal interests and the sacrifice of one's potential.

Lamb stands for concern and patience, as well as un-lived possibilities and needs up to the point of "being used."

Veal stands for "being taken care of," for being supported in battle. At the same time one's own needs are suppressed.

Longing for meat

The longing for meat is associated with vitality and willpower, preferably for the purpose of winning the battle of life.

Characteristic Remedies:

Aloe vera	Bad experiences lead to a renunciation of life
Causticum	Great hurt leads to the building of emotional walls
Ferrum metallicum	Life is a bitter struggle
Helleborus niger	I don't want to do it alone
Iodium	Does not feel nourished or loved
Kreosotum	Feels raped
Lilium tigrum	Either/or, Madonna-whore-syndrome
Magnesia carbonica	Believes his own needs can only be attained through war
Staphysagria	Has cut the inner connection to others, being isolated

Aversion or disgust for meat

Aversion to meat symbolizes being combat-weary in life. One has become resigned without reaching equanimity.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Arsenicum album	Fears for his existence; would rather die than change
Calcareo carbonica Hahnemanni	Denial of life; wants support
Carbo vegetabilis	Vital energy is not used for own proper needs
Graphites naturalis	Falls between two stools
Lachnanthes tinctoria	Divided, thinking and feeling are separated from each other
Nitricum acidum	Hate and thirst for revenge that are not expressed
Oleum animale	Lack of being grounded, rejection of the body and material things

Intolerance to meat

Conflict, struggle, and challenge – the earthly and the human, the vigorous and the powerful – the challenges of life are renounced.

Characteristic Remedies:

Carbo animalis	Foregoes displaying own willpower
Causticum	Great hurt leads to the building of emotional walls
Colchicum autumnale	Overburdened, holding to an untenable situation
Ferrum metallicum	Life is a bitter struggle
Kali bichromicum	Friendly in a slimy way, ignores own needs
Magnesia muriatica	In a state of war; inner and outer conflict
Ptelea trifoliata	Life has gone sour
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

Smoked food

Smoked food symbolizes the stabilizing and hardening of a situation so that it remains calculable.

Desire for smoked food

Life has been preserved and therefore made certain and predictable. In this manner old hurts can be kept under control.

Characteristic Remedies:

Calcarea phosphorica	Appears small and helpless in order to be supported
Causticum	Great hurt leads to the building of emotional walls
Kreosotum	Feels raped
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Tuberculinum	Escape into illusion; cannot bear reality

Aversion or disgust for smoked food

A preserved, predictable life is rejected. Old hurts are now only kept under control through use of the intellect.

Characteristic Remedies:

Calcarea carbonica	Denial of life; wants support
Colchicum autumnale	Overburdened, holding to an untenable situation
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Silicea	Heady, feelings suppressed because of hurt

Intolerance to smoked food

Can no longer put up with a preserved, predictable life.

Characteristic Remedies:

Calcarea carbonica	Denial of life; wants support
Colchicum autumnale	Overburdened, holding to an untenable situation
Silicea	Heady, feelings suppressed because of hurt

Soup

Soup symbolizes a simple, unproblematic, preprepared life that is easy to integrate.

Desire for soup



One longs for a community life with a little less friction and struggle. For this one is ready even to be prompted by others, to the point of allowing oneself to be manipulated. Often connected with unwillingness for conflict.

Characteristic Remedies:

Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Calcareo arsenicosa	Demands support at any price
Ferrum metallicum	Life is a bitter struggle
Natrum muriaticum	Holding to that which is tried and true
Oleum animale	Lack of being grounded, rejection of the body and material things
Staphysagria	Has cut the inner connection to others, being isolated

Aversion to soup

Wants to go one's own way rather than a way that one could take with others. Wants to stand up for oneself. Has no interest any longer in letting oneself be taken in and manipulated.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Arsenicum album	Fears for his existence; would rather die than change
Belladonna	Dammed up, suppressed life energy becomes anger
Chamomilla	Lacks feeling of belonging leading to anger and defiance
Kali iodatum	Ignores the feeling of not being loved
Oleum animale	Lack of being grounded, rejection of the body and material things
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Staphysagria	Has cut the inner connection to others, being isolated

Soup aggravates

The desire for an ideal community has proven to mean the sacrifice of one's own personality. This should now be changed. One forces oneself into confrontation.

Characteristic Remedies:

Kali carbonicum	Ignorance of one's own needs
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Carbo vegetabilis	Vital energy is not used for own proper needs
China officinalis	Feels dependent and enslaved
Colchicum autumnale	Overburdened, holding to an untenable situation
Lachesis muta	Suppressed individuality
Niccolum	The severed head; separation of intellect and feeling
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Staphysagria	Has cut the inner connection to others, being isolated

Fish

Fish stands for swimming along, following the flow of life.

Desire for fish



This indicates a longing for lightness and opportunism, for a life in harmony, and also in the traditional sense of “going with the flow.” Desire for individualization without having to expose oneself to battles. The salmon that swims against the stream stands for a warlike attitude, for defiance.

Characteristic Remedies:

Calcarea phosphorica	Appears small and helpless in order to be supported
Cistus canadensis	Scars of the soul block becoming grounded
Mandragora officinarum	Senseless forcing of the illusion of belongingness
Natrum muriaticum	Holding to that which is tried and true
Natrum phosphoricum	Blocked life energy lets communication become a threat
Nitricum acidum	Hate and thirst for revenge that are not expressed
Phosphorus	Traumatized life energy; always the same
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Veratrum album	Self-betrayal

Aversion or disgust for fish

Through swimming with the current, one has conformed too much. Can no longer put up with it despite the feeling of no longer belonging to the group.

Characteristic Remedies:

Carbo vegetabilis	Vital energy is not used for own proper needs
Colchicum autumnale	Overburdened, holding to an untenable situation
Graphites naturalis	Falls between two stools
Gratiola officinalis	Expects to be cast out
Kali iodatum	Ignores the feeling of not being loved
Natrum muriaticum	Holding to that which is tried and true
Phosphorus	Traumatized life energy; always the same
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Intolerance to fish

The aversion to one's own opportunistic actions has become strong. The process of individualization demands that one asserts one's own interests to the disadvantage of the group, in defiance of tradition.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Caladium seguinum	Has exhausted himself for nothing
Chininum arsenicosum	Putting up with dependency until the bitter end
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Magnesia muriatica	In a state of war; inner and outer conflict
Sepia succus	Longing for harmony, but it must match her own picture of it
Urtica urens	No longer centered

Eggs

Eggs symbolize creative powers, the unfolding of possibilities which a person can play with.

Longing for eggs



The longing for eggs shows the desire to make more out of life, and deal with it in a playful way. This attitude wants to replace a rejection of life and a need for security.

Characteristic Remedies:

Calcarea carbonica	Denial of life; wants support
Calcarea phosphorica	Appears small and helpless in order to be supported
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Natrum phosphoricum	Blocked life energy lets communication become a threat
Oleander	Lets others put their values on him
Oleum animale	Lack of being grounded, rejection of the body and material things

Aversion or disgust for eggs

There is so much friction in the battle of life that one's own possibilities are denied and disregarded.

Characteristic Remedies:

Belladonna	Dammed up, suppressed life energy becomes anger
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Calcareo fluorica	Denial of life; wants support
Colchicum autumnale	Overburdened, holding to an untenable situation
Ferrum metallicum	Life is a bitter struggle
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Nitricum acidum	Hate and thirst for revenge that are not expressed
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

Intolerance or disgust for eggs

The battle of life, which one feels one must fight, cuts off individual possibilities. The confrontation with and the memory of one's own potential triggers uneasiness.

Characteristic Remedies:

Colchicum autumnale	Overburdened, holding to an untenable situation
Ferrum metallicum	Life is a bitter struggle
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Calcarea fluorica	Seeks support at any cost
Ferrum muriaticum	Being overly ambitious turns life into a battle
Chininum arsenicosum	Putting up with dependency until the bitter end
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Anthracinum	Conforming rationality hinders integration into a natural wholeness
Staphysagria	Has cut the inner connection to others, being isolated

Fat

Fat symbolizes well-hidden aggression that is to be repressed or ignored.

Longing for fat

Wants to confront existing subliminal aggression in order to resolve important conflicts and traumas.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Bacillus proteus	Shock from strange, human sounds; archaic shock trauma
Calcareo carbonica	Denial of life; wants support
Calcareo phosphorica	Appears small and helpless in order to be supported
Hepar sulphuris	Wants to change others in order to increase his own security
Mezereum	Role-play instead of individual development
Nitricum acidum	Hate and thirst for revenge that are not expressed
Sanicula aqua	Having to survive with poisoned feelings

Aversion or disgust for fat

Does not feel strong enough to confront difficult problems and aggressive conflicts. Would like to hold onto the existing protection or situation.

Characteristic Remedies:

Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Calcareo fluorica	Seeks support at any cost
Carbo vegetabilis	Vital energy is not used for own proper needs
Cyclamen europaeum	Insist that one is not loveable
Gratiola officinalis	Expects to be cast out
Lyssinum	Helpless rage
Natrum muriaticum	Holding to that which is tried and true
Ptelea trifoliata	Life has gone sour
Rheum palmatum	Perversion of needs; rejects what would do good

Intolerance to fat

The existing familiar conflict-charged situation has become unbearable. However, there is no possibility of changing it without risking the protection one desires.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Asa foetida	Fed up with conforming to others
Calcarea fluorica	Seeks support at any cost
Carbo vegetabilis	Vital energy is not used for own proper needs
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Colchicum autumnale	Overburdened, holding to an untenable situation
Ipecacuanha	The situation makes you “want to throw up”; indignation at the disdain of others
Juglans regia	Can only act rationally, because is emotionally occupied
Robinia pseudacacia	Honorable defenselessness out of a fear of violence

Milk

Milk symbolizes motherly nurturing. A form of nurturing that is being offered and taken without one really choosing.

Longing for milk

The longing for milk has to the highest degree to do with the desire, the existential need, for nurturing and integration. Desires to feel welcome, accepted and included, especially when the existing situation doesn't fulfill this need.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capability of acting
Aurum arsenicum	The manifestation of self-doubt destroys all self-esteem
Calcareo carbonica	Denial of life; wants support
Chelidonium majus	Remains inactive to detriment of own interests
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sabadilla officinalis	Feels like the scum of the earth
Sabina	Hangs onto old support patterns because of lack of belonging
Sanicula aqua	Having to survive with poisoned feelings

Aversion or disgust for milk

Maternal nurturing is unconsciously felt as confining. The way in which communities manipulate and retain power under the guise of (maternal) nurturing is rejected. Feels at the mercy of others and abused.

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Calcarea carbonica	Denial of life; wants support
Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Ignatia amara	Through great suppression an emotion becomes its opposite
Lac vaccinum defloratum	Sacrificing one's personal path for an austere but safe life
Stannum metallicum	Disallowed enjoyment of life

Intolerance to milk

The nurturing is, on the one hand, felt to be confining and so rejected; on the other hand, the fear of violence is so great that one makes oneself small in order to get protection. This life situation is characterized by an inner ambivalence.

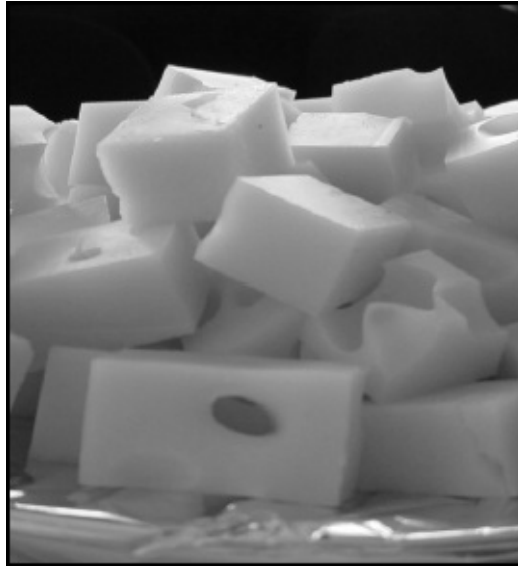
Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Ambra grisea	Refuses development of the personality
Antimonium tartaricum	Feels dependent and not taken seriously
Kali carbonicum	Ignorance of one's own needs
Magnesia muriatica	In a state of war; inner and outer conflict
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Podophyllum peltatum	Fear of one's own suppressed aggression
Sepia succus	Longing for harmony, but it must match her own picture of it

Cheese

Cheese symbolizes nurturing and a sense of belonging that has “fermented (gone sour)” and doesn't really hold together.

Longing for cheese



The emotional hurts in life are so strong that nurturing gone sour must be accepted and put up with.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Asterias rubens	Conforming to the point of non-recognition
Calcarea phosphorica	Appears small and helpless in order to be supported
Cistus canadensis	Scars of the soul block becoming grounded
Collinsonia canadensis	Believes the unloved but accustomed situation cannot be escaped
Ignatia amara	Through great suppression an emotion becomes its opposite
Mandragora officinarum	Senseless forcing of the illusion of belongingness
Moschus	To prostitute oneself out of the need for protection
Sepia succus	Longing for harmony, but it must match her own picture of it

Aversion or disgust for cheese

The nurturing that has gone sour is experienced as domination and humiliation. The thought of becoming free of it still seems problematical. A reconciliation is fought hard for.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Chelidonium majus	Remains inactive to detriment of own interests
China officinalis	Feels dependent and enslaved
Hepar sulphuris	Wants to change others in order to increase his own security
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Oleander	Lets others put their values on him
Nitricum acidum	Hate and thirst for revenge that are not expressed
Staphysagria	Has cut the inner connection to others, being isolated

Intolerance to cheese

The manner of the nurturing and the expectations of one's surroundings make one furious. Life takes on a resigned quality.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Colocynthis	Gut level anger from conforming and suppression of irritation
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Ptelea trifoliata	Life has gone sour
Rhus toxicodendron	Feels predefined and restricted, wants to flee

Bread

Bread symbolizes the basic requirements for the struggle for life and existence. There is the need to recognize life as a challenge and ultimately as the result of one's own creative manifestation. The victim recognizes himself as the creative perpetrator.

Longing for bread

Reduces himself and his own need to the bare minimum so that his struggle for life can succeed.

Characteristic Remedies:

Abrotanum	Imprisoned in his head, confined without the capability of acting
Ferrum metallicum	Life is a bitter struggle
Ferrum muriaticum	Being overly ambitious turns life into a battle
Gratiola officinalis	Expects to be cast out
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Magnesia carbonica	Believes his own needs can only be attained through war
Natrum muriaticum	Holding to that which is tried and true
Plumbum metallicum	Affectation as a means of escape
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

Aversion or disgust for bread

No longer wants anything to do with life in the sense of fighting life's battles.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Cyclamen europaeum	Insist that one is not loveable
Kali carbonicum	Ignorance of one's own needs
Lycopodium clavatum	The rotten compromise
Magnesia carbonica	Believes his own needs can only be attained through war
Mancinella hippomanes	Feels the potential of personal freedom and thinks he will be punished for it
Natrum phosphoricum	Blocked life energy lets communication become a threat
Oleum animale	Lack of being grounded, rejection of the body and material things

Intolerance to bread

No longer can and no longer wants to put up with life as a struggle for existence.

Characteristic Remedies:

Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Carbo animalis	Foregoes displaying own willpower
Causticum	Great hurt leads to the building of emotional walls
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Nitricum acidum	Hate and thirst for revenge that are not expressed
Sepia succus	Longing for harmony, but it must match her own picture of it
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Zingiber officinale	Spiritual development occurs only in an ivory tower, isolated from the world

Cakes and Baked Goods

This involves the primal issue of the development of one's needs: the desire for adequate provision of basic needs in a manner that corresponds to one's own ideas. One no longer wants to be fobbed off with alms and breadcrumbs. Something sweet, like affection, should be the reward to sweeten the struggle for survival.

Longing for cake or baked goods

Desire to upgrade and enhance oneself and the struggle for survival.

Characteristic Remedies:

Bufo rana	Insists not being loveable
Calcareo carbonica	Denial of life; wants support
China officinalis	Feels dependent and enslaved
Magnesia carbonica	Believes his own needs can only be attained through war
Magnesia muriatica	In a state of war; inner and outer conflict
Plumbum metallicum	Affectation as a means of escape
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sabadilla	Feels like the scum of the earth

Aversion or disgust for cake or baked goods

One no longer wants to mislead oneself or to be misled about one's discontentment by sweet distractions.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Lycopodium clavatum	The rotten compromise
Phosphorus	Traumatized life energy; always the same
Ptelea trifoliata	Life has gone sour
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sumbulus moschatus	Feels too weak to deal with his desire for revenge

Intolerance to cake or baked goods

Life as a challenge is rejected, and so any and every compensation is nasty.

Characteristic Remedies:

Antimonium crudum	Polarity is cruel; doesn't want anything to do with life's trials and tribulations
Argentum nitricum	Demands a cozy nest
Carbo vegetabilis	Vital energy is not used for own proper needs
Cyclamen europaeum	Insist that one is not loveable
Ipecacuanha	The situation makes you "want to throw up"; indignation at the disdain of others
Natrum sulphuricum	Punishing oneself
Ptelea trifoliata	Life has gone sour
Sumbulus moschatus	Feels too weak to deal with his desire for revenge

Fruit

Fruit generally symbolizes success, the harvest, the result of one's vital energy.

Longing for fruit

Wants and allows himself the success of his actions and commitments. If something is done only for others, no success or respect will follow.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Antimonium tartaricum	Feels dependent and not taken seriously
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Ignatia amara	Through great suppression an emotion becomes its opposite
Magnesia sulphurica	State of war ignored, resignation is not taken note of
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Veratrum album	Self-betrayal

Aversion or disgust for fruit

This person believes he has not earned success, that he is not entitled to success.

Characteristic Remedies:

Baryta carbonica	Retarded development out of fear of life or self-responsibility
Carbo vegetabilis	Vital energy is not used for own proper needs
Causticum	Great hurt leads to the building of emotional walls
Ferrum muriaticum	Being overly ambitious turns life into a battle
Ignatia amara	Through great suppression an emotion becomes its opposite
Kali bromatum	The deceptions of traditional society
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Rumex crispus	To have your head in the blocks
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

Intolerance to fruit

Does not allow himself any success, the fruits of his labor. Nothing is good enough, everything could be better. This attitude is connected to strong self-doubts.

Characteristic Remedies:

Asterias rubens	Conforming to the point of non-recognition
Iris versicolor	Does not accept his own real worth
Natrum sulphuricum	Punishing oneself
Oleander	Lets others put their values on him
Podophyllum peltatum	Fear of one's own suppressed aggression
Rhododendron chrysanthum	Lives in the future and not in the present
Selenium	Comes to terms with the lingering illness because of weakness
Taraxacum officinale	The frustrated do-gooder

Vegetables

Vegetables symbolize togetherness, strength and zest for life.

Desire for vegetables



This is the desire for a natural and playful group

Characteristic Remedies:

Allium cepa	Fights a losing battle
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Arsenicum album	Fears for his existence; would rather die than change
Asarum europaeum	Identification
Calcareo sulphurica	Ignores the inner desire for support and relationship
Carbo animalis	Foregoes displaying own willpower
Chamomilla	Lacks feeling of belonging leading to anger and defiance
Lycopus virginicus	Disrespect for one's own greatness
Magnesia carbonica	Believes his own needs can only be attained through war
Onosmodium virginianum	Rigidly clinging to convictions

Aversion or disgust for vegetables

Renounces the generally playful community because dependency and friction have become a habit.

Characteristic Remedies:

Belladonna	Dammed up, suppressed life energy becomes anger
Helleborus niger	I don't want to do it alone
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Lyssinum	Helpless rage
Magnesia muriatica	In a state of war; inner and outer conflict
Magnesia carbonica	Believes his own needs can only be attained through war
Ruta graveolens	Rubbing oneself raw with an unpleasant situation

Intolerance to vegetables

Up to now he has experienced community mainly as security and dependency and therefore does not believe in a community of individuals.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Calcareo carbonica	Denial of life; wants support
Cuprum metallicum	Bondage, leans on others out of feeling weak
Helleborus niger	I don't want to do it alone
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Kali carbonicum	Ignorance of one's own needs
Lycopodium clavatum	The rotten compromise
Magnesia carbonica	Believes his own needs can only be attained through war
Natrum carbonicum	Doesn't work with others, doesn't work alone
Petroleum	Can't see beyond the end of his nose

Salads

Salads symbolize a functioning community as a mix of diverse individuals.

Desire for salad



Symbolizes the desire for a cheerful and colorful mixed community.

Characteristic Remedies:

Elaps corallinus	Creativity arises out of inner pressure
Lepidium bonariense	Defenseless and closed in
Lycopus virginicus	Disrespect for one's own greatness
Magnesia sulphurica	State of war ignored, resignation is not taken note of

Aversion or disgust for salads

Resignation. Doesn't believe that a mixed community of diverse individuals can function.

Characteristic Remedies:

Magnesia carbonica	Believes his own needs can only be attained through war
Bacillus proteus	Shock from strange, human sounds; archaic shock trauma

Intolerance to salads

The experience one is having in a community of differing people is negative. One's own individual process of self-determination that would bring the needed tolerance has not been completed.

Characteristic Remedies:

Allium cepa	Fights a losing battle
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Calcarea carbonica	Denial of life; wants support
Capsicum annuum	Has not yet found his inner center or has lost it
Carbo vegetabilis	Vital energy is not used for own proper needs
Ipecacuanha	The situation makes you "want to throw up"; indignation at the disdain of others
Lachesis muta	Suppressed individuality
Lycopodium clavatum	The rotten compromise
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

Coffee

Coffee symbolizes the feeling of guilt for having acted against oneself. One's own impulses, the inner voice are sacrificed to the group.

Desire for coffee



Coffee is a motor of motivation. One has a guilty conscience because of the belief that one is not allowed to live out one's impulses. Tries to cover up the disappointment and resignation due to the lack of recognition of one's achievements.

Angustura vera	Bitterness through inner uncertainty
Capsicum annum	Has not yet found his inner center or has lost it
Carbo vegetabilis	Vital energy is not used for own proper needs
Coffea cruda	Feelings of guilt but does not confront the situation
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Lepidium bonariense	Defenseless and closed in
Mezereum	Role-play instead of individual development
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Selenium	Comes to terms with the lingering illness because of weakness
Solanum tuberosum aegrotans	Exercises mental control out of a fear of life

Aversion or disgust for coffee

Has slowly become aware that his conduct does not arise out of his individuality, but is motivated from outside. Refuses to compensate any longer.

Characteristic Remedies:

Calcarea carbonica	Denial of life; wants support
Chamomilla	Lacks feeling of belonging leading to anger and defiance
Coffea cruda	Feelings of guilt but does not confront the situation
Dulcamara	Authority figures may not be questioned
Lycopodium clavatum	The rotten compromise
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Natrum muriaticum	Holding to that which is tried and true
Nux vomica	Hiding his real feelings through overactivity
Spigelia anthelmia	Breach of trust, the stab in the back
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable

Intolerance to coffee

Permanently motivating oneself to actions that do not correspond to one's deepest desires and needs is wearing one down. Cannot "stomach" the permanent self-deception with which he covers up the actions taken against himself in order to acquire the supposed necessities. No longer can, no longer wants to compensate.

Characteristic Remedies:

Aurum muriaticu m	The compulsion to conform destroys self-confidence
Cantharis	Actively works to the detriment of own interests
Caulophyl lum	No courage to make a quantum leap due to fear of violence
Causticum	Great hurt leads to the building of emotional walls
Chamomil la	Lacks feeling of belonging leading to anger and defiance
Formica rufa	Having one's place in the system and being comfortable is more important than independence
Ignatia amara	Through great suppression an emotion becomes its opposite
Nux vomica	Hiding his real feelings through overactivity
Thuja occidentali s	Shadow sides are encapsulated and isolated

Black Tea

Black tea symbolizes the breaking down of limits and restrictions. It is significant that, of all people, the Dutch and British brought tea to Europe. The colonial empire is indicative of the tearing down of boundaries, which at that time took place on the material plane.

Desire for black tea

The time for conformity has passed. Wants to break down adopted restrictions and finally live out one's individuality. Even the impulse to flee into spirituality is now a hindrance

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Calcarea sulphurica	Ignores the inner desire for support and relationship
Hepar sulphuris	Wants to change others in order to increase his own security
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Lepidium bonariense	Defenseless and closed in
Pyrus americanus	Withdraws in frustration from life
Selenium	Comes to terms with the lingering illness because of weakness
Thea chinensis	Ready to walk over dead bodies in order to go beyond one's own limitations
Thuja occidentalis	Shadow sides are encapsulated and isolated

Aversion or disgust for black tea

One is not willing or not courageous enough to expand one's boundaries and to get rid of negative expectations.

Characteristic Remedies:

Carbo animalis	Foregoes displaying own willpower
Carbolicum acidum	Stuck in painful, emotional patterns
China officinalis	Feels dependent and enslaved
Dioscorea villosa	Cannot let go of emotional behavior patterns
Ferrum muriaticum	Being overly ambitious turns life into a battle
Phosphorus	Traumatized life energy; always the same
Selenium	Comes to terms with the lingering illness because of weakness
Thea chinensis	Ready to walk over dead bodies in order to go beyond one's own limitations
Thuja occidentalis	Shadow sides are encapsulated and isolated

Intolerance to black tea

The attempt to break down one's own limitations have the led to negative experiences, such as humiliation. And now one no longer wants nor is one able to let go of family habits.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
China officinalis	Feels dependent and enslaved
Coffea cruda	Feelings of guilt but does not confront the situation
Ferrum metallicum	Life is a bitter struggle
Lobelia inflata	Mistrusts his own abilities
Rumex crispus	To have your head in the blocks
Selenium	Comes to terms with the lingering illness because of weakness
Spigelia anthelmia	Breach of trust, the stab in the back
Thuja occidentalis	Shadow sides are encapsulated and isolated

Red and White Wine

Red wine stands for the sensuous enjoyment of life, white wine for mental inspiration, also the desires implied by both, and the striven-for lightness.

Longing for white or red wine



Longs for joy and pleasure in life in order leave behind conformity, control, and the confrontation with power structures.

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Chlorum	Life's stimuli and impulses are rejected
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Lycopus virginicus	Disrespect for one's own greatness
Mezereum	Role-play instead of individual development
Spigelia anthelmia	Breach of trust, the stab in the back
Sumbulus moschatus	Feels too weak to deal with his desire for revenge
Theridion curassavicum	Power and the striving for power replace ethics and individuality

Aversion or disgust for white or red wine

Lightness and ease are not allowed to be experienced, or one can't get anything started with them. Inspiration is not welcomed, is rejected and avoided.

Characteristic Remedies:

Coffea cruda	Feelings of guilt but does not confront the situation
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Glonoinum	Lack of opportunity and will for expanding awareness
Juglans regia	Can only act rationally, because is emotionally occupied
Mancinella hippomanes	Feels the potential of personal freedom and thinks he will be punished for it
Natrum muriaticum	Holding to that which is tried and true
Sabadilla officinalis	Feels like the scum of the earth
Zincum phosphoricum	No willpower due to constant disciplining of the feelings

Intolerance to white or red wine

The processing of sensual and spiritual inspiration and the insights connected to it is consciously or unconsciously blocked, because one believes one doesn’t want to enjoy life. Other goals take precedence.

Characteristic Remedies:

Cactus grandiflorus	Persevering in a situation with no apparent way out
Coccus cacti	The pride of the family
Naja tripudians	Getting the attention of others by force
Opium	Boundary between conscious and subconscious
Ranunculus bulbosus	Follows the proprieties of the traditional form of communication without criticism
Rhododendron chrysanthum	Lives in the future and not in the present
Silicea	Heady, feelings suppressed because of hurt
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Beer

A lot of froth with no beer. Beer stands for superficiality, companionship of a casual, easygoing, and not very deep kind.

Longing for beer

Problems, necessities and restrictions have been wearing one down. The desire for less depth is fulfilled with a beer.

Characteristic Remedies:

Aconitum napellus	Negative thinking for the sake of self-protection
Caladium seguinum	Has exhausted himself for nothing
Causticum	Great hurt leads to the building of emotional walls
Cocculus indicus	Helper syndrome; must be gentle and nice because of fear of others and disappointment
Kali bichromicum	Friendly in a slimy way, ignores own needs
Manganum aceticum	Life is difficult
Spigelia anthelmia	Breach of trust, the stab in the back
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Aversion or disgust for beer

Easygoingness and superficiality seem to be dangerous. Old negative experiences could be overlooked. Life's goals are serious, lightness is missing.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Atropinum sulphuricum	Feelings based on judgements prevent perceiving life in a relaxed manner
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Cyclamen europaeum	Insist that one is not loveable
Ferrum metallicum	Life is a bitter struggle
Palladium metallicum	The "obedient child" wants to be praised and admired
Spigelia anthelmia	Breach of trust, the stab in the back
Stannum metallicum	Disallowed enjoyment of life

Intolerance to beer

This person has had bad experiences with superficiality, and is afraid that these might now repeat themselves. Is afraid of restrictions.

Characteristic Remedies:

Actaea spicata	Is afraid of his own emotional abyss and compensates with giving someone else the blame
Aloe socotrina	Bad experiences lead to a renunciation of life
Chlorum	Life's stimuli and impulses are rejected
Colocynthis	Gut level anger from conforming and suppression of irritation
Euphorbium	Detached from the whole, pain of separation
Rhus toxicodendro n	Feels predefined and restricted, wants to flee
Teucrium marum verum	Lack of self-expression, lack of a personal frequency

Alcohol

The inner certainty and access to one's own feelings are missing. Self-deprecating, putting others on a pedestal and judging them to be better than oneself. Low self-esteem.

Longing for alcohol

Alcohol allows one to access oneself and one's feelings. Letting-go of duties and goals that don't correspond to those of the personality.

Characteristic Remedies:

Asarum europaeum	Identification
Asterias rubens	Conforming to the point of non-recognition
Aurum arsenicum	The manifestation of self-doubt destroys all self-esteem
Capsicum annuum	Has not yet found his inner center or has lost it
Carbolicum acidum	Stuck in painful, emotional patterns
Coca	Wants to achieve the highest of spiritual goals
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Nux vomica	Hiding his real feelings through overactivity

Aversion or disgust for alcohol

Has had negative experiences with himself or other people who have indulged in alcohol. The effect of these on his life, and the contempt he has felt from others, have often caused him to refuse alcohol.

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Characteristic Remedies:

Antimonium tartaricum	Feels dependent and not taken seriously
Arsenicum album	Fears for his existence; would rather die than change
Hyoscyamus niger	Feels cheated out of his life
Ignatia amara	Through great suppression an emotion becomes its opposite
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Phytolacca decandra	Feels tortured; cries out without success
Rhus toxicodendron	Feels predefined and restricted, wants to flee
Sabadilla officinalis	Feels like the scum of the earth

Intolerance to alcohol

One's experiences with alcohol have activated painful feelings. The feeling of self-confidence that one felt under the influence of alcohol was deceptive and fleeting.

Characteristic Remedies:

Calcarea fluorica	Seeks support at any cost
Conium maculatum	The connection to one's own basic needs is lost
Lobelia inflata	Mistrusts his own abilities
Nux moschata	Life energy is blocked due to fear of violence; one freezes
Nux vomica	Hiding his real feelings through overactivity
Rhododendron chrysanthum	Lives in the future and not in the present
Selenium	Comes to terms with the lingering illness because of weakness
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Tobacco

Tobacco symbolizes the differentiation of oneself from others. Excessive self-criticism causes inner uncertainty, which in turn activates criticism from outside. This results in isolation and withdrawal.

Longing for tobacco

In critical situations and conflicts the preferred choice is retreat into a protective "smoke screen." Escape seems to be the safest option.

Characteristic Remedies:

Camphora	To remove oneself emotionally from a bad situation
China officinalis	Feels dependent and enslaved
Coca	Wants to achieve the highest of spiritual goals
Eugenia jambosa	The “fifth wheel on the wagon,” accustomed to not showing any feelings
Plantago major	Lack of vision leads to a fixed perspective on life
Spigelia anthelmia	Breach of trust, the stab in the back
Staphysagria	Has cut the inner connection to others, being isolated
Tabacum	Retreats due to uncertainty

Aversion or disgust for tobacco

Withdrawal or self-criticism doesn’t help. One wants to express one’s desires and needs, but has great difficulty entering into the confrontation.

Characteristic Remedies:

Camphora	To remove oneself emotionally from a bad situation
Ignatia amara	Through great suppression an emotion becomes its opposite
Lycopodium clavatum	The rotten compromise
Nux vomica	Hiding his real feelings through overactivity
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Stannum metallicum	Disallowed enjoyment of life
Staphysagria	Has cut the inner connection to others, being isolated
Taraxacum officinale	The frustrated do-gooder

Intolerance to tobacco

Regardless of whether one is a smoker or non-smoker, the retreat into the smoke-screen of desirelessness and self-denial is unbearable. The situation stinks, one wants to say something but believes the current situation forbids it. So one tries to communicate one's opinion nonverbally, in an uptight way (clearing one's throat or coughing), or bluntly (profuse expectoration).

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Ignatia amara	Through great suppression an emotion becomes its opposite
Nux vomica	Hiding his real feelings through overactivity
Plantago major	Lack of vision leads to a fixed perspective on life
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Spigelia anthelmia	Breach of trust, the stab in the back
Spongia tosta	Seeks protection in conforming
Staphysagria	Has cut the inner connection to others, being isolated

Modalities: Agreeableness of Meals

How do you feel after eating?

Agreeableness of Meals

The answer to this question indicates how the patient deals with the integration of particular life issues, and how severe the current stress situation with its superficial issues actually is. In acute symptoms, we find the most superficial and seemingly obvious issues, the ones that are also the first to be resolved. Often the patient has already made up an explanation for himself (“I have a stomachache because...”) that only contains an apparent solution. This is because only the current life situation and not the actual causes have been considered. The causes can be found when one also looks at the fact that every foodstuff also has a symbolic meaning. When this symbolism is present, it will trigger and hence activate psychic conflicts.

Nausea after eating

The issues of the foodstuffs eaten were negatively charged. There is little willingness “to stomach” these issues.

Characteristic Remedies:

Ferrum arsenicosum	Battle for survival prevents personal development
Nux vomica	Hiding his real feelings through overactivity
Oleum animale	Lack of being grounded, rejection of the body and material things
Ptelea trifoliata	Life has gone sour
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sepia succus	Longing for harmony, but it must match her own picture of it
Stannum metallicum	Disallowed enjoyment of life
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Spontaneous vomiting

The issues in the foodstuff eaten activate nasty experiences, or the nasty mood in the surroundings is not tolerable.

Characteristic Remedies:

Aceticum acidum	Fermenting, unused potentials
China officinalis	Feels dependent and enslaved
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Ipecacuanha	The situation makes you “want to throw up”; indignation at the disdain of others
Oleander	Lets others put their values on him
Sanicula aqua	Having to survive with poisoned feelings
Sepia succus	Longing for harmony, but it must match her own picture of it
Veratrum album	Self-betrayal

Abdominal pain after eating

The surrounding situation is being kept under control or left unresolved. The conflicts are not being shown openly.

Characteristic Remedies:

Baryta muriatica	Feeling of total powerlessness
Chininum arsenicosum	Putting up with dependency until the bitter end
Gratiola officinalis	Expects to be cast out
Kali arsenicosum	Refuses to perceive his own needs
Sarsaparilla	The suffering spreads out
Staphysagria	Has cut the inner connection to others, being isolated
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Thuja occidentalis	Shadow sides are encapsulated and isolated

Diarrhea after eating

Afraid to confront one's life and its unresolved issues. Remaining dependent is preferable to asserting oneself.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Arsenicum album	Fears for his existence; would rather die than change
Chininum arsenicosum	Putting up with dependency until the bitter end
Colocynthis	Gut level anger from conforming and suppression of irritation
Podophyllum peltatum	Fear of one's own suppressed aggression
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sulphuricum acidum	Hectic so that suppressed conflicts do not become noticeable
Thuja occidentalis	Shadow sides are encapsulated and isolated

Flatulence after eating

Particular conflict issues have been evaluated, and cannot be processed without encountering problems. To resolve the activated issues, one "farts around" spreading a bad atmosphere and keeping silent.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Aurum metallicum	Lack of self-esteem
Borax veneta	Feels used and trashed
Carbo animalis	Foregoes displaying own willpower
Carbo vegetabilis	Vital energy is not used for own proper needs
Coccus cacti	The pride of the family
Dioscorea villosa	Cannot let go of emotional behavior patterns
Magnesia muriatica	In a state of war; inner and outer conflict
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

Eructation after eating

Unresolved, but still charged conflict issues “come up” again. A confrontation is needed.

Characteristic Remedies:

Allium sativum	Possessed by the habitual
Carduus marianus	Unresponsive and without prospects, is imprisoned in family patterns
Comocladia dentata	Disappointed vision of community
Ferrum metallicum	Life is a bitter struggle
Natrum muriaticum	Holding to that which is tried and true
Onosmodium virginianum	Rigidly clinging to convictions
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Stannum metallicum	Disallowed enjoyment of life

Heartburn after eating

The sense of responsibility to a group, *e.g.* the family, is too strong to be able to enter the processing phase of the conflicts. A resolution of the conflicts would lead to a distancing from this group.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
Anacardium orientale	Ambivalence; doesn't know who or what to follow
Aqua Karlsbad	Confusion, wrong, unreflected projection
Coccus cacti	The pride of the family
Crocus sativus	Afraid to live out his individuality
Iodium	Does not feel nourished or loved
Natrum muriaticum	Holding to that which is tried and true
Sepia succus	Longing for harmony, but it must match her own picture of it

Stomachache after eating

Continually fulfilling the expectations of others leads to the feeling of inner uncertainty, which prevents life from being integrated and the life issues from being processed. Needs to let go of the demand for nest warmth in order to develop inner strength.

Characteristic Remedies:

Hura brasiliensis	Alone, has lost all friends
Osmium metallicum	Lack of openness, lack of trust, not being in harmony with oneself
Plumbum metallicum	Affectation as a means of escape
Ptelea trifoliata	Life has gone sour
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Robinia pseudacacia	Honorable defenselessness out of a fear of violence
Sanguinaria canadensis	Believes is not permitted to participate in life
Sepia succus	Longing for harmony, but it must match her own picture of it

Modalities: Defecation and Urination

What symptoms predominantly accompany your defecation?

Defecation

The answer to this question indicates whether and how the patient expresses criticism – whether he is able to let go of what he no longer needs, or is in general able to let go. Defecation stands for the result of the “digestive” process – spiritual as well as material. That which one no longer needs or what has been rejected shows up on the material plane.

Constipation

Constipation symbolizes the holding back of criticism or being afraid to “shit on someone.” One hardly makes an effort to see one’s needs fulfilled.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Collinsonia canadensis	Believes the unloved but accustomed situation cannot be escaped
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Natrium-muriaticum	Holding to that which is tried and true
Nux vomica	Hiding his real feelings through overactivity
Opium papaver somniferum	Boundary between conscious and subconscious

Diarrhea

Diarrhea stands for being afraid to confront life. The individualization process is denied in favor of security and conformity. Chronic diarrhea, or "getting the shits," symbolizes the ongoing fear of, for example, a dominating person or of life in general.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Arsenicum album	Fears for his existence; would rather die than change
Bryonia alba	Holding onto norms and traditions because the individuality is not yet developed
Croton tiglium	Holding fast to a confining situation in order to be safe and sound
Podophyllum peltatum	Fear of one's own suppressed aggression
Veratrum album	Self-betrayal

Worms / Trichinosis

Trichinosis symbolizes a death wish because of the predominant feeling of not being able to deal with life and its demands. One is disappointed or feels rejected by those who are supposed to be providing one's security. Often a loved one has died and the desire to follow them becomes overwhelming.

Characteristic Remedies:

Calcareo carbonica	Denial of life; wants support
Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Filix mas	Addiction to trends instead of living out your individuality
Sabadilla officinalis	Feels like the scum of the earth
Spigelia anthelmia	Breach of trust, the stab in the back
Teucrium marum verum	Lack of self-expression, lack of a personal frequency

Defecation, morning

Defecating in the morning indicates that the conflicts processed during the night are now released.

Characteristic Remedies:

Opium	Boundary between conscious and subconscious
Phosphorus	Traumatized life energy; always the same
Sulphur	Growth of awareness is suppressed

Defecation, at night

In the nightly bowl movement is the "urge" to process conflicts. One wants to and is able to let go. The nightly processing phase was successful.

Characteristic Remedies:

Ammonium carbonicum	Lack of security through destruction of the fatherly image
Colocynthis	Gut level anger from conforming and suppression of irritation
Natrum muriaticum	Holding to that which is tried and true
Sulphur	Growth of awareness is suppressed

Stool, light-colored

A light-colored stool shows that anger and rage are being held back. One accepts too much from others.

Characteristic Remedies:

Chelidonium majus	Remains inactive to detriment of own interests
Hepar sulphuris	Wants to change others in order to increase his own security
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Podophyllum peltatum	Fear of one's own suppressed aggression
Sanicula aqua	Having to survive with poisoned feelings

Stool, hard

If one doesn't have the courage to resolve one's conflicts and doesn't allow oneself to express one's needs and criticism, this shows itself in a hard stool. Confrontations are problematical.

Characteristic Remedies:

Agaricus muscarius	Feels like a loser
Calcarea carbonica	Denial of life; wants support
Natrum muriaticum	Holding to that which is tried and true
Magnesia muriatica	In a state of war; inner and outer conflict
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Sarracenia purpurea	To be disgraced, not belonging

Stool, fatty, greasy

A fatty stool symbolizes the unwillingness to openly express oneself and one's critical attitude. Isolates oneself and the things one is critical about.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Boletus laricis	Everything stays as it always has been; frozen in dependency
Causticum	Great hurt leads to the building of emotional walls
Iodium	Does not feel nourished or loved
Phosphorus	Traumatized life energy; always the same
Picricum acidum	Wanting to get out of being dependent
Sulphur	Growth of awareness is suppressed
Thuja occidentalis	Shadow sides are encapsulated and isolated

Stool, mucous, slimy

A slimy stool stands for a personality that, in order to remain a part of the group, hides itself and its critical attitude behind overactivity and "slimy" friendliness. Fear of life, fear of other people is often the cause of this type of behavior.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Cantharis	Actively works to the detriment of own interests
Carbo vegetabilis	Vital energy is not used for own proper needs
Colchicum autumnale	Overburdened, holding to an untenable situation
Elaterium officinarium	A forced separation creates emotional dependency
Nux moschata	Life energy is blocked due to fear of violence; one freezes

Stool, bloody

The suppression of one's own personality and the concealment of critical life issues have so limited one's enjoyment of life that it shows up in a bloody stool (as well as in other possible symptoms).

Characteristic Remedies:

Collinsonia canadensis	Believes the unloved but accustomed situation cannot be escaped
Ferrum phosphoricum	Continual battle of life repeats itself in the same old way
Lachesis muta	Suppressed individuality
Leptandra virginica	Fixed self-image, spirituality is not allowed
Podophyllum peltatum	Fear of one's own suppressed aggression

Stool, offensive

A stinky stool stands for someone who emotionally avoids reality, who accumulates nasty criticisms which he is not able to put into words.

Characteristic Remedies:

Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Gambogia gutta	Lack of trust, a distorted sense of self
Pyrogenium	Anger over the refusal to live life to its fullest
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities
Tuberculinum	Escape into illusion; cannot bear reality

Stool, dry

In the case of a dry stool, being emotionally depleted one is only able to perceive oneself, one's criticism of the surroundings and their possible forms of expression, without any emotion.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Lac vaccinum defloratum	Sacrificing one's personal path for an austere but safe life
Opium papaver somniferum	Boundary between conscious and subconscious
Sanicula aqua	Having to survive with poisoned feelings
Trillium pendulum	Potentials and possibilities are spoiled by the lack of identity
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Stool, ball-like, sheep dung

A small, round stool like that of sheep pellets symbolizes the withholding of criticism and one's own personality. Absolutely wants to keep the current life situation going.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Chelidonium majus	Remains inactive to detriment of own interests
Natrum muriaticum	Holding to that which is tried and true
Opium	Boundary between conscious and subconscious
Plumbum metallicum	Affectation as a means of escape

Stool, thin like a pencil

Wants to disappear into “thin” air, doesn’t want to show himself – this is symbolized by a pencilthin stool.

Characteristic Remedies:

Eugenia jambosa	The “fifth wheel on the wagen,” accustomed to not showing any feelings
Formica rufa	Having one's place in the system and being comfortable is more important than independence
Hyoscyamus niger	Feels cheated out of his life
Mercurius solubilis	One's own life energy finds no form and is sacrificed to the life energy of someone else
Natrum carbonicum	Doesn't work with others, doesn't work alone
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

Stool, mushy

Mushy stool symbolizes that someone does not stand up for himself and his desire to express criticism.

Characteristic Remedies:

Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Iris versicolor	Does not accept his own real worth
Lacticum acidum	Wants to get loving care through force
Podophyllum peltatum	Fear of one's own suppressed aggression
Rhus toxicodendron	Feels predefined and restricted, wants to flee

Stool, sputtering

When unprocessed issues of criticism are fearfully held back until the pressure is overpowering and can no longer be tolerated, this expresses itself in a sputtering stool.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Eugenia jambosa	The "fifth wheel on the wagen," accustomed to not showing any feelings
Natrum sulphuricum	Punishing oneself
Thuja occidentalis	Shadow sides are encapsulated and isolated

Defecation, painful

A painful stool symbolizes the unwillingness to express angry criticism. Instead one punishes oneself.

Characteristic Remedies:

Colocynthis	Gut level anger from conforming and suppression of irritation
Ignatia amara	Through great suppression an emotion becomes its opposite
Natrum sulphuricum	Punishing oneself
Podophyllum peltatum	Fear of one's own suppressed aggression
Rheum palmatum	Perversion of needs; rejects what would do good

Defecation, urgent

An urgent stool expresses the “urgent” desire to finally show one’s own identity and be able to deliver one’s criticism.

Characteristic Remedies:

Cuprum arsenicosum	Conformity to the point of self-destruction
Ipecacuanha	The situation makes you “want to throw up”; indignation at the disdain of others
Mercurius solubilis	One’s own life energy finds no form and is sacrificed to the life energy of someone else
Nux vomica	Hiding his real feelings through overactivity
Sulphur	Growth of awareness is suppressed

Defecation, with Pressure but without Success

This symbolizes indecisiveness as to whether the formulation of criticism is proper or whether it will only bring problems.

Characteristic Remedies:

Ambra grisea	Refuses development of the personality
Anacardium orientale	Ambivalence; doesn't know who or what to follow
Graphites naturalis	Falls between two stools
Natrum muriaticum	Holding to that which is tried and true
Nux vomica	Hiding his real feelings through overactivity

Defecation with convulsions

The suppressed anger and the withheld criticism have become so strong that they are now difficult to control.

Characteristic Remedies:

Capsicum annuum	Has not yet found his inner center or has lost it
Colocynthis	Gut level anger from conforming and suppression of irritation
Mercurius corrosivus	Weakness in his personal structure causes unfounded and untrue self-criticism
Nux vomica	Hiding his real feelings through overactivity
Sulphur	Growth of awareness is suppressed

Defecation, stinging

This symbolizes the conformity of the personality to a holding back of criticism that is normal in these surroundings.

Characteristic Remedies:

Berberis vulgaris	The will is broken, confrontation does not happen
Magnesia muriatica	In a state of war; inner and outer conflict
Mezereum	Role-play instead of individual development
Natrum muriaticum	Holding to that which is tried and true
Nitricum acidum	Hate and thirst for revenge that are not expressed
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Ratanhia peruviana	The helper syndrome distracts from one's own suffering

Watery stool

Constant fear of not being able to master life without others. Holds back criticism and personal desires in order not to be alone.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Copaiva	Despising oneself out of exaggerated self-criticism
Dulcamara	Authority figures may not be questioned
Elaterinum officinarium	A forced separation creates emotional dependency
Podophyllum peltatum	Fear of one's own suppressed aggression

Stool, acrid, excoriating

This person has decided not to express criticism. Chafing stool stands for the suffering caused by this decision.

Characteristic Remedies:

Arsenicum album	Fears for his existence; would rather die than change
Gambogia gutta	Lack of trust, a distorted sense of self
Iris versicolor	Does not accept his own real worth
Natrum muriaticum	Holding to that which is tried and true
Veratrum album	Self-betrayal

Stool, recedes

A stool that slips back stands for someone who holds himself and his criticism back. Great indecision as to whether it is proper to express criticism.

Characteristic Remedies:

Agnus castus	Denial of his own potential
Eugenia jambosa	The “fifth wheel on the wagen,” accustomed to not showing any feelings
Kali sulphuricum	Refuses to become aware that he ignores his own needs
Lac vaccinum defloratum	Sacrificing one’s personal path for an austere but safe life
Sanicula aqua	Having to survive with poisoned feelings
Thuja occidentalis	Shadow sides are encapsulated and isolated

Stool, involuntary

An involuntary stool, one that can no longer be held back, symbolizes the inability to control and put an end to one’s own desire to express criticism. The pressure and anger have become so great that little importance is given to rational and tactical considerations of one’s self-interest.

Characteristic Remedies:

Aloe socotrina	Bad experiences lead to a renunciation of life
Belladonna	Dammed up, suppressed life energy becomes anger
Colocynthis	Gut level anger from conforming and suppression of irritation
Opium	Boundary between conscious and subconscious
Pyrogenium	Anger over the refusal to live life to its fullest
Veratrum album	Self-betrayal

Urination

Urine symbolizes the feelings that are not perceived by oneself, or not expressed, or not processed. The description of the urination process gives an indication of how the patient deals with emotional issues. Everything fluid symbolizes feelings. Whether one's feelings are formulated, blocked or repressed shows itself in the urination process.

Describe your urination and your urge to urinate.

Urination, copious, increased quantity

Urination in copious amounts symbolizes a condition in which many feelings are not expressed but held back. This blockage of the feelings must then be relieved on the physical plane.

Characteristic Remedies:

Carbo vegetabilis	Vital energy is not used for own proper needs
Colocynthis	Gut level anger from conforming and suppression of irritation
Gelsemium	Anticipatory anxiety from holding back emotion
Ignatia amara	Through great suppression an emotion becomes its opposite
Lycopodium clavatum	The rotten compromise
Phosphoricum acidum	Resignation; problems repeat themselves constantly

Urination, small quantity

Urination in reduced amounts stands for holding back in a tense situation. This can go as far as remaining aloof without any accommodation or compensation. It can happen up to the point that the feeling of having a right to life, a right to live out one's individuality, is lost.

Characteristic Remedies:

Apis mellifica	Doing one's duty. Needs to function without aggression
Fluoricum acidum	The "chemistry" doesn't match; cannot live and let live
Helleborus niger	I don't want to do it alone
Sanguinaria canadensis	Believes is not permitted to participate in life
Squilla maritima	Patterns of defenselessness and helplessness block the positive possibilities

Urination, frequent

Shows continual blockages of the feelings that are resolved through compensation.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect
for one's own position	
Borax veneta	Feels used and trashed
Cannabis indica	Suppressed emotions manipulate conscious perception
Cantharis	Actively works to the detriment of own interests
Kreosotum	Feels raped

Urination, light-yellow

No willingness to express one's feelings clearly.

Characteristic Remedies:

Baryta muriatica	Feeling of total powerlessness
Bufo rana	Insists not being loveable
Daphne indica	From traditional role-play to personal freedom
Hydrocyanicum acidum	Holding onto suffering through suppression of feelings
Kalmia latifolia	Compulsion to be loyal as hindrance to one's development
Raphanus sativus	Uncertain in his self-image, role model is lacking

Urination, malodorous

Negative feelings are not verbalized, but taken care of through compensation.

Characteristic Remedies:

Asa foetida	Fed up with conforming to others
Benzoicum acidum	Conserves grievances out of the conviction that it could become worse
Bufo rana	Insists not being loveable
Caladium seguinum	Has exhausted himself for nothing
Carbo vegetabilis	Vital energy is not used for own proper needs
Nitricum acidum	Hate and thirst for revenge that are not expressed
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Viola tricolor	Rejection calls forth hate

Urination, painful

The belief that one has the right to have one's own feelings has been lost due to the intense conforming to others.

Characteristic Remedies:

Cannabis indica	Suppressed emotions manipulate conscious perception
Cannabis sativa	Has given up his identity
Cantharis	Actively works to the detriment of own interests
Capsicum annum	Has not yet found his inner center or has lost it
Clematis erecta	Denies his own standards in order to be supported
Natrum muriaticum	Holding to that which is tried and true
Nux vomica	Hiding his real feelings through overactivity

Urination, involuntary

One's feelings have been under control for a long time. The personality is no longer strong enough to maintain this discipline. The feelings are now demanding their rights on a different level.

Characteristic Remedies:

Argentum nitricum	Demands a cozy nest
Causticum	Great hurt leads to the building of emotional walls
Gelsemium	Anticipatory anxiety from holding back emotion
Kreosotum	Feels raped
Natrum muriaticum	Holding to that which is tried and true
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Phosphoricum acidum	Traumatized life energy; always the same
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Urination, at night

Emotions become released and run free during the unconscious nightly processing phase.

Characteristic Remedies:

Cactus grandiflorus	Persevering in a situation with no apparent way out
Causticum	Great hurt leads to the building of emotional walls
Lac caninum	Manipulated by mother or care person
Kreosotum	Feels raped
Phosphoricum acidum	Resignation; problems repeat themselves constantly
Podoyhyllum peltatum	Fear of one's own suppressed aggression
Sulphur	Growth of awareness is suppressed

Modalities (Women): Contraceptives, Menstruation and Discharge

Do you take the pill? Do (did) you use an IUD? Do you use other forms of contraception?

The answer to this question indicates the degree to which the patient has been exposed to the long-term effects of, for example, hormones or copper. The woman's relation to contraceptives also shows how afraid she is of further pregnancies. A lack of sexual desire can develop from such fears. In the consultation, it is valuable to look for any energetic ties in the sense of identification with a member of the family who became disgraced because of an illegitimate child. Is coitus allowed only for the purpose of bearing children or can it also be for pleasure? This is an issue that can also influence one's quality of life considerably.

How strong is your menstruation?

The answer to this question indicates how intensely the confrontation with the man-woman conflict is lived out.

What does your menstruation look like?

The answer to this question indicates what evaluations are present in the man-woman conflict.

Do you have pain or other symptoms during menstruation? Describe in detail.

The answer to this question indicates the degree to which the man-woman relationship is encumbered with negative experiences, and which of these

negative experiences originate from ancestors.

When was your first menstruation? When was your last one?

The answer to this question indicates how soon the patient was willing to confront the question of a man–woman relationship, and also whether she is still confronting it on a physical level.

How many days apart are your periods? How long do they last?

The answer to this question indicates to what degree the patient gives rein to her own rhythm, or how much her rhythm is influenced by conflict patterns relating to the man–woman relationship. The answer to the second question indicates how much time and energy the man– woman conflict issue consumes in the life of the patient.

Menstruation

The menstruation cycle symbolizes the pain of the torn unity between man and woman. In Greek mythology this unity is described as a sphere that was divided into man and woman. The task of finding your other half is tied to painful experiences that show themselves in the cycle and pain of menstruation. The experience patterns of men and women are usually very different, so that their contact with each other often leads to hurts and misunderstandings.

Menstruation, heavy, profuse

Every form of bleeding stands for hurt or injury. A strong menstrual bleeding symbolizes severe injury in the man/woman relationship, or, possibly because of a view of women that was taken on from earlier generations, discloses the discrepancies in the thought patterns connected therewith.

Characteristic Remedies:

Ammonium carbonicum	Lack of security through destruction of the fatherly image
Calcareo carbonica	Denial of life; wants support
Crocus sativus	Afraid to live out his individuality
Helonias dioica	Stubbornly forces the realization of mental conceptualizations
Lachesis muta	Suppressed individuality
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Secale cornutum	Outsider, “black sheep” of the group

Menstruation, weak, insubstantial

Avoids a confrontation with the man–woman conflict and wants to withdraw from this conflict. The “battle of the sexes” is felt to be dissatisfying and exhausting. Any energy expended here is considered lost and something that could be better used somewhere else.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one’s own position
Caulophyllum	No courage to make a quantum leap due to fear of violence
Causticum	Great hurt leads to the building of emotional walls
Lachesis muta	Suppressed individuality
Oleum animale	Lack of being grounded, rejection of the body and material things
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Sepia succus	Longing for harmony, but it must match her own picture of it

Menstruation, bright red

Has given in to the apparent suffering and tries to circumvent conflicts instead of working them through.

Characteristic Remedies:

Melilotus officinalis	Bowing to authority without realizing it
Millefolium	The appearance of having no needs as life's content
Sabadilla officinalis	Feels like the scum of the earth
Sabina	Hangs onto old support patterns because of lack of belonging
Sanguinaria canadensis	Believes is not permitted to participate in life
Secale cornutum	Outsider, "black sheep" of the group
Trillium pendulum	Potentials and possibilities are spoiled by the lack of identity
Ustilago maydis	Actively sacrifices his life for others

Menstruation, dark

Deep injuries have formed the personality, and there is a total lack of ideas for the resolution of the conflict. The distance between man and woman is considerable.

Characteristic Remedies:

Crocus sativus	Afraid to live out his individuality
Hamamelis virginica	Worshipping suffering as life's meaning
Ignatia amara	Through great suppression an emotion becomes its opposite
Magnesia muriatica	In a state of war; inner and outer conflict
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Pulsatilla pratensis	Buries head in the sand, lack of confrontation
Secale cornutum	Outsider, "black sheep" of the group
Zingiber officinale	Spiritual development occurs only in an ivory tower, isolated from the world

Menstruation, lumpy

The patient has accepted the existing wounds in the man–woman relationship as a justified punishment and is now atoning without protest.

Characteristic Remedies:

China officinalis	Feels dependent and enslaved
Cimicifuga racemosa	Spirituality is avoided out of a fear of old sufferings
Coccus cacti	The pride of the family
Cyclamen europaeum	Insist that one is not loveable
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Ustilago maydis	Actively sacrifices his life for others
Zingiber officinale	Spiritual development occurs only in an ivory tower, isolated from the world

Menstruation, offensive

The nasty and painful aspects of the man–woman relationship can hardly be kept hidden. At the same time the desire to protest and make a change in the relationship has become more than obvious.

Characteristic Remedies:

Belladonna	Dammed up, suppressed life energy becomes anger
Carbo vegetabilis	Vital energy is not used for own proper needs
Ignatia amara	Through great suppression an emotion becomes its opposite
Lilium tigrinum	Either/or, Madonna-whore-syndrome
Kali carbonicum	Ignorance of one's own needs
Kreosotum	Feels raped
Sulphur	Growth of awareness is suppressed

Menstruation, ailments before

The wounds in the man–woman relationship are so severe that these appear as the threat of conflict. The conflict is obviously seen as too painful and insoluble.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Magnesia carbonica	Believes his own needs can only be attained through war
Magnesia phosphorica	The eternal, silent battle
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Sepia succus	Longing for harmony, but it must match her own picture of it
Ustilago maydis	Actively sacrifices his life for others

Menstruation, ailments at the beginning

She attempts to escape the man–woman conflict, but only briefly acknowledges this. Afterwards this is suppressed through ignorance, helplessness, or defiance.

Characteristic Remedies:

Berberis vulgaris	The will is broken, confrontation does not happen
Calcarea phosphorica	Appears small and helpless in order to be supported
Caulophyllum	No courage to make a quantum leap due to fear of violence
Chamomilla	Lacks feeling of belonging leading to anger and defiance
Kali carbonicum	Ignorance of one's own needs
Lachesis muta	Suppressed individuality
Natrum muriaticum	Holding to that which is tried and true

Menstruation, ailments during

A hidden, war-like man–woman conflict appears to produce only hurt and no solutions. There is a complication in that the tie to the women in the family ensures that the prevalent pattern of behavior in the man–woman relationship in terms of identification must be maintained. This creates an essential dividedness that makes an individual, peaceful solution difficult.

Characteristic Remedies:

Ammonium carbonicum	Lack of security through destruction of the fatherly image
Castoreum canadense	Attempt at emotional distraction
Graphites naturalis	Falls between two stools
Magnesia carbonica	Believes his own needs can only be attained through war
Magnesia muriatica	In a state of war; inner and outer conflict
Senecio aureus	Doesn't know what to do with his power
Sepia succus	Longing for harmony, but it must match her own picture of it

Menstruation, ailments after

Perseveringly holds on to the “battle” between men and women without seeking a solution.

Characteristic Remedies:

Berberis vulgaris	The will is broken, confrontation does not happen
Ferrum metallicum	Life is a bitter struggle
Kreosotum	Feels raped
Magnesia carbonica	Believes his own needs can only be attained through war
Natrum muriaticum	Holding to that which is tried and true
Natrum phosphoricum	Blocked life energy lets communication become a threat
Platinum metallicum	Out of hurt places herself above others in order to be inviolable
Ustilago maydis	Actively sacrifices his life for others

Menstruation, painful in the middle of the cycle

Desire for or rejection of children due to the influence of former generations.

Characteristic Remedies:

Daphne indica	From traditional roleplay to personal freedom
Oxalicum acidum	Being taken care of and having support are needed as reinforcement

Menstruation, problems in puberty

The example of the parents has given the man–woman relationship a negative imprint. Often the daughter takes on the emotional tasks of the mother. The behavior within the family constellation remains unconscious and can indeed be contaminated with suffering.

Characteristic Remedies:

Asarum europaeum	Identification
Causticum	Great hurt leads to the building of emotional walls
Drosera rotundifolia	Attempts to digest something completely foreign; must harmonize
Graphites naturalis	Falls between two stools
Hippomanes	The embryo takes on the suffering of the mother
Kali carbonicum	Ignorance of one's own needs
Phytolacca decandra	Feels tortured; cries out without success
Pulsatilla pratensis	Buries head in the sand, lack of confrontation

Menstruation, menstrual problems during menopause

In climacteric, it becomes evident whether a woman has developed into a personality with its own individuality or whether her self-confidence has remained limited to her ability to bear children. If this process stagnates or has not even been begun, she will hold on to the old role, and to a man–woman conflict with its corresponding emotional wounds.

Characteristic Remedies:

Calcarea carbonica	Denial of life; wants support
Crocus sativus	Afraid to live out his individuality
Lachesis muta	Suppressed individuality
Sabina	Hangs onto old support patterns because of lack of belonging
Sepia succus	Longing for harmony, but it must match her own picture of it
Trillium pendulum	Potentials and possibilities are spoiled by the lack of identity
Ustilago maydis	Actively sacrifices his life for others

Do (did) you have a vaginal discharge?

Vaginal Discharge

The answer to this question about discharge indicates the motivation for not living out one's creative potential to the full. The discharge could be described somewhat melodramatically as "the tears of the uterus." The uterus, as the oven of creative potential, has too little to do. There is a lack of satisfaction either on the sexual or the creative level. Life's content is not fulfilling.

Profuse discharge

Afraid to live out one's own creative potential because, for reasons of conformity and security, it has been reduced to the apparent demands of one's surroundings, such as the family.

Characteristic Remedies:

Alumina	Lacks a personal point of view, does not demand respect for one's own position
Kreosotum	Feels raped
Lac caninum	Manipulated by mother or care person
Lachesis muta	Suppressed individuality
Lobelia inflata	Mistrusts his own abilities
Magnesia sulphurica	State of war ignored, resignation is not taken note of
Sepia succus	Longing for harmony, but it must match her own picture of it

White discharge

This is often caused by a fungal infection and corresponds to the unconscious adoption of the sexual values of the family.

Characteristic Remedies:

Borax veneta	Feels used and trashed
Chelidonium majus	Remains inactive to detriment of own interests
Graphites naturalis	Falls between two stools
Lyssinum	Helpless rage
Sarracenia purpurea	To be disgraced, not belonging

Yellow discharge

Conformity to one's familial patterns is the first commandment. Reduces her own will down to a frugal level.

Characteristic Remedies:

Carbo animalis	Foregoes displaying own willpower
Lac acidum	Wants to get loving care through force
Lac vaccinum defloratum	Sacrificing one's personal path for an austere but safe life
Murex purpureus	Without strength of will there is no individual freedom
Sabina	Hangs onto old support patterns because of lack of belonging
Sepia succus	Longing for harmony, but it must match her own picture of it

Thin discharge

Cannot live out her own creative potential due to inner turmoil, probably arising from a man–woman conflict that expresses itself externally as dissension. In this situation feelings and intellect are difficult to bring together. The belief in oneself is missing.

Characteristic Remedies:

Bufo rana	Cannot stand himself
Carbo vegetabilis	Vital energy is not used for own proper needs
Lobelia inflata	Mistrusts his own abilities
Niccolum	The severed head; separation of intellect and feeling
Nitricum acidum	Hate and thirst for revenge that are not expressed
Magnesia carbonica	Believes his own needs can only be attained through war
Phosphoricum acidum	Resignation; problems repeat themselves constantly

Thick discharge:

This stands for the holding on to family rituals, but also the desire to break out of them.

Characteristic Remedies:

Aurum metallicum	Lack of self-esteem
Borax veneta	Feels used and trashed
Bovista lycoperdon	Very heady, mental constructs dissolve into nothing
Calcareo carbonica	Denial of life; wants support
Colocynthis	Gut level anger from conforming and suppression of irritation
Kali bichromicum	Friendly in a slimy way, ignores own needs
Sepia succus	Longing for harmony, but it must match her own picture of it
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Ropy, stringy discharge

Sticks to tradition. This is a woman who holds to the traditional rituals in an over-friendly manner or takes a dominant position in traditional rituals and customs.

Characteristic Remedies:

Asarum europaeum	Identification
Bovista lycoperdon	Very heady, mental constructs dissolve into nothing
Coccus cacti	The pride of the fami
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Kali bichromicum	Friendly in a slimy way, ignores own needs
Mezereum	Roleplay instead of individual development
Stannum metallicum	Disallowed enjoyment of life
Trillium pendulum	Potentials and possibilities are spoiled by the lack of identity

Brown discharge

Takes over the position and role of mother, or the motherly duties in the relationship between men and women, in order to “belong” to the group. The recognition for doing this, however, seems to be denied.

Characteristic Remedies:

Ammonium muriaticum	Disappointment through the feminine principle, rejection of life through the destruction of the motherly image
Hirudo medicinalis	Sucked dry and unloved
Kreosotum	Feels raped
Lilium tigrinum	Either/or, Madonna-whore-syndrome
Mandragora officinaria	Senseless forcing of the illusion of belongingness
Nitricum acidum	Hate and thirst for revenge that are not expressed
Secale cornutum	Outsider, “black sheep” of the group
Spigelia anthelmia	Breach of trust, the stab in the back

Bloody discharge

Dependency has developed from the inability to deal with conflict. One's individuality is subjugated to traditional patterns, and sacrificed to the point of the loss of enjoyment in life.

Characteristic Remedies:

China officinalis	Feels dependent and enslaved
Murex purpureus	Without strength of will there is no individual freedom
Pyrogenium	Anger over the refusal to live life to its fullest
Sepia succus	Longing for harmony, but it must match her own picture of it
Trillium pendulum	Potentials and possibilities are spoiled by the lack of identity
Zincum metallicum	Pseudo-dignity and discipline instead of feelings

Slimy, mucous discharge

Commitment and tradition have a high value. This woman is trying hard to keep her position in a group, or to achieve a recognized position.

Characteristic Remedies:

Aesculus hippocastanum	Holds tight to a painful family fate
Agnus castus	Denial of his own potential
Alumina	Lacks a personal point of view, does not demand respect for one's own position
Bovista lycoperdon	Very heady, mental constructs dissolve into nothing
Calcareo phosphorica	Appears small and helpless in order to be supported
Hydrastis canadensis	Rejects life's pleasures and makes others responsible for it
Palladium metallicum	The "obedient child" wants to be praised and admired
Sepia succus	Longing for harmony, but it must match her own picture of it
Stannum metallicum	Disallowed enjoyment of life
Ustilago maydis	Actively sacrifices his life for others

Acrid, excoriating discharge

Despite the sacrifice of conforming to the normal roleplay, the recognition she desires does not come. A decision in favour of following her individual development is close at hand, but not taken.

Characteristic Remedies:

Chamomilla	Lacks feeling of belonging leading to anger and defiance
Ferrum arsenicosum	Battle for survival prevents personal development
Fluoricum acidum	The “chemistry” doesn’t match; cannot live and let live
Iodium	Does not feel nourished or loved
Lachesis muta	Suppressed individuality
Mezereum	Roleplay instead of individual development
Nitricum acidum	Hate and thirst for revenge that are not expressed
Ranunculus bulbosus	Follows the proprieties of the traditional form of communication without criticism
Sepia succus	Longing for harmony, but it must match her own picture of it

Offensive discharge

The creative potential is sacrificed even though she experiences a lot of negativity in the group to which she belongs. The courage to live out her individuality is not yet present because loneliness and isolation is mistaken for individuality.

Characteristic Remedies:

Argentum metallicum	Lack of primal trust, feels no right to exist
Carbolicum acidum	Stuck in painful, emotional patterns
Kreosotum	Feels raped
Nitricum acidum	Hate and thirst for revenge that are not expressed
Psorinum	Isolation leads to lack
Sabina	Hangs onto old support patterns because of lack of belonging
Sanicula aqua	Having to survive with poisoned feelings
Sarracenia purpurea	To be disgraced, not belonging
Sepia succus	Longing for harmony, but it must match her own picture of it

Modalities (Women): Childbirth and Change

Childbirth

Pregnancy and birth are important turning-points in the life of a woman, as well as the entire family. The previous group dynamic, especially the couple's relationship, changes particularly with the birth of the first child. By this time feelings of duty and responsibility begin to play a larger role. The joyful, easygoing way with each other often decreases, especially when the coming of a child caused or prevented a separation. Birth stands symbolically for the first letting-go, the first independent action in life.

What complications did you have in your pregnancies?

The answer to this question indicates the level on which, or the traumas through which, mother and child are connected, possibly including karmic.

How did the birth of your children go?

The answer to this question indicates something about the tie between mother and child. This question also activates the unconscious memory of one's own birth.

The Childbirth Process

Difficult, slow birth

The process of letting go between mother and child is difficult for diverse reasons (for example, because of the karmic background).

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Belladonna	Dammed up, suppressed life energy becomes anger
Caulophyllum	No courage to make a quantum leap due to fear of violence
Ignatia amara	Through great suppression an emotion becomes its opposite
Natrum muriaticum	Holding to that which is tried and true
Secale cornutum	Outsider, “black sheep” of the group

Premature rupture of membranes

Rupture of the amniotic membranes. The time to take over responsibility for herself has come. The protection of being taken care of has been prematurely lost. The first steps in self-responsibility are urgently necessary.

Characteristic Remedies:

Aqua marina	Ashamed of one's own individuality
Camphora	To remove oneself emotionally from a bad situation
Natrum muriaticum	Holding to that which is tried and true

Vacuum extraction

Pulled into life. Shows that even at this early age the attitude towards life is burdened with fear. Negative expectations are already a hindrance to life.

Characteristic Remedies:

Aethusa cynapium	The need to be in control blocks the development of the personality
Arsenicum iodatum	Convinced he has never been nourished and loved for as long as he's lived
Cicuta virosa	Wants to remain a child to avoid self-responsibility
Crotalus horridus	Caught in responsibilities that he was convinced to accept
Cuprum metallicum	Bondage, leans on others out of feeling weak
Hydrocyanicum acidum	Holding onto suffering through suppression of feelings
Pyrus americanus	Withdraws in frustration from life

Forceps delivery

Pulled into life. One's own cautious attempt to come into life is forcefully assisted.

Characteristic Remedies:

Arnica montana	Withdraws feeling hurt, isolating oneself
Carbolicum acidum	Stuck in painful, emotional patterns
Gelsemium	Anticipatory anxiety from holding back emotion
Magnesia phosphorica	The eternal, silent battle

Caesarian section

The division between mother and child takes place in a single cut. The natural process of letting go is missing. This results often in the feeling of still having to take care of something important in life. With a C-section the process of creating the boundary between oneself and others basically does not take place. There often follows the misconception that others think like oneself.

Characteristic Remedies:

Staphysagria	Has cut the inner connection to others, being isolated
Calendula officinalis	To be in the role of the victim, feels torn apart
Cicuta virosa	Wants to remain a child to avoid self-responsibility

With childbed (puerperal) fever

The child was conceived out of a sense of traditional duty. A “proper” woman gives her man a child in order to receive recognition and to be taken care of. By the time of the birth the real motivation becomes apparent. When there is fever, this symbolizes the anger over giving up independence, freedom and the right to decide for herself in favor of possibly being provided for.

Characteristic Remedies:

Ailanthus glandulosa	Would rather suffer than risk rebelling
Baptisia tinctoria	Keeps his mouth shut, conforms, too proud to articulate himself
Cimicifuga racemosa	Spirituality is avoided out of a fear of old sufferings
Echinacea angustifolia	Support and the appearance of security as the content of one’s life
Millefolium	The appearance of having no needs as life’s content
Pyrogenium	Anger over the refusal to live life to its fullest
Terebinthina	Either feelings or intellect; it’s one or the other
Veratrum viride	Practical thinking, fixated on material things

Medications for Contractions

The answer to this question indicates something about the frictionless interaction between mother and child as well as the stability of their rhythms.

Were labor inducing or preventing drugs or other medications used during pregnancy or birth?

Use of medication

All interventions, also in terms of birthing assistance, interfere with the natural interplay between mother and child.

Characteristic Remedies:

Caulophyllum	No courage to make a quantum leap due to fear of violence
Cimicifuga racemosa	Spirituality is avoided out of a fear of old sufferings
Crataegus oxacantha	Denial of his own life rhythm
Opium	Boundary between conscious and subconscious

In which birth position was your child delivered?

Birth Positions

The answer to this question indicates the emotional situation of the mother before the birth, as well as the type of relationship between the parents.

Face presentation

Greeting the world in an arrogant manner because one was injured.

Characteristic Remedies:

Aceticum acidum	Fermenting, unused potentials
Sambucus nigra	Self-rejection gives rise to masochistic behavior
Viola tricolor	Rejection calls forth hate

Breech birth

Defiance, not doing it like the others want, showing one's arse to the world.

Characteristic Remedies:

Cina maritima	Feels at the mercy of someone or something and cannot cope with it
Guajacum officinale	Not allowed to rebel or speak out, manipulated by others
Paeonia officinalis	One's own balance is lost through supporting others

Transverse position

Doing it differently, wanting to live life differently than others.

Characteristic Remedies:

Atropinum purum aut sulphuricum	Feelings based on judgements prevent perceiving life in a relaxed manner
Lathyrus sativus	Subordination and suffering instead of self-responsibility and strength
Paeonia officinalis	One's own balance is lost through supporting others

Did you have postpartum depression?

The postpartum depression shows whether the child was wanted, a soul really invited, or whether it is felt to be the fulfilment of a duty. It shows whether the life path of the mother is now burdened or whether there will a joyful journey together.

What did you feel when you first held your child in your arms?

This question is directed toward the nature of the relationship between mother and child. Is intimacy present, or are later confrontations and battles already preprogrammed?

Glossary of Important Homeopathic Terms, Remedy Proving, and Sample Case

The word **repertory** is a term originating from the field of archiving which describes an index of what is held in the archive, or, in the academic use of the word, a comprehensive written list of diverse facts.

In homeopathy this term is used for the recording and listing of symptoms and disease descriptions as well as their corresponding homeopathic remedies. These are sorted either schematically or alphabetically.

Repertorisation refers to the selection of symptoms and their corresponding homeopathic remedies with the goal of finding their interrelationship. The final purpose is to determine the homeopathic remedy or remedies that match the patient.

A **Materia medica** displays the homeopathic remedies in a reverse order with the symptoms ordered according to the remedy. This is also a reference work of indexed homeopathic remedies as well as a collection and description of various symptoms that have been found to belong to a particular remedy. The healing powers of a remedy are developed in accordance with different principles within the framework of a remedy proving.

The **remedy proving**, conducted on a healthy, virtually symptom-free test person, activates in them subconscious experiences that relate to the issues of the remedy being proved. The subconscious mind expresses itself through the displaying of symptoms. Symptoms which are either the same or similar to these proving symptoms can also appear directly in a person who is ill without them having made a remedy proving. In this case the sick person is in exactly the same life situation that was activated in the test person through the proving.

This rule of similarity was put into written formulation for the first time in 1796 by Samuel Hahnemann, the founder and rediscoverer of homeopathy. His classical statement reads: *“In order to cure gently, rapidly, certainly and*

permanently in each case of disease, choose a medicine which can, of itself, arouse a similar suffering (homoion pathos) in the one it is supposed to cure.” Or in the Latin short form: “*Simila similibus curentur,*” that is, “*Like cures like.*” This is the **homeopathic principle of similarity.**

In addition to the early provings, which were conducted by the pioneers of homeopathy using relatively low potencies, **mental remedy proving** using high potency homeopathy has been developed, in particular by *Creative Homeopathy according to Antonie Peppler®*, having been first performed years ago by CKH.® Here we are mainly concerned with the inner images that the test person experiences under the influence of the homeopathic remedy. There follows an example of such a proving from the CKH® research group, and its interpretation within the framework of Creative Homeopathy:

Mental Remedy Proving by the CKH®-Research Group

Allium ursinum, (Bear's Garlic) C 50 000

“I see an orange-red circle within which there is a brightly shining circle. At first I think it is the sun, but I am wrong. There are connecting lines going to small white circles. The circle now becomes violet and somewhat larger. The background changes to bright yellow. My eyes are twitching and my upper jaw hurts on both sides. This unusual form changes to a plant with roots. It is located at the ocean, but doesn't belong there. I can see that the ocean water is not good for it. I try to dig it out but without success. Now I go swimming. In the end I am able to dig it out. I run to a meadow and plant it there in the earth. However, I am not so happy about having to water it and take care of it. It starts to grow. More and more plants start to grow, all of them demanding an enormous amount of water. I get a headache. I really have absolutely no desire to water all of these plants. I don't care how they grow. Suddenly I come to a house and lie down in a deckchair. I don't care anymore. Other people come, who seem to love the plants. As far as I am concerned, they can have them.

I don't tell them that I had to water the plants so terribly much. The people dig them up until there is only one left. Now I have to think about what I want to do with it. After all, this one plant can't take up all of my time. My headache has disappeared. I go up to the plant and tell it that it cannot work like this. It must either accept the amount of water that I give it or die. The plant complains that the water I am bringing is not enough. “I could have just stayed in the saltwater,” it says. “There I would have died right away.” Again I try to dig it out and again it doesn't work. I also don't give it any more water. I go back to my house, because I don't know so exactly what to do. All of a sudden a dog comes by and eats up the plant! Then it comes toward me. I think to myself, “If this dog always eats the plant, that's great. The plant won't grow anymore, and the dog will remain with me.” I have a bad conscience. I look at the ugly plant, ugly as the night, just a bit of scrub, and think “It really only wants water. If I give it some, then that's the last thing I'll do for it.”

I still have the chance to get away together with the dog. Then there's the alternative –someone else might come by who will take care of the plant, but I am not doing it! I notice that I am not able to pack my things. I have two possibilities: either I stay here and spend the entire day watering the plant or I take off with the dog and leave my things behind. I lie down again in the deckchair and think it over. Finally I decide for the dog. I will go with him, but I don't have a good feeling about just running off. But it's better than staying here. We walk along the beach and pass by huts in which people are living. But I don't want to see anyone. I just want to walk further along the endless beach. After a while I realize that I have to do something, I cannot just keep walking along forever. But there is no other solution.

However, I am afraid to go up to a house. Maybe there will be another one of those terrible plants lying in wait for me there.... The dog thinks he can go on forever. It doesn't matter to him. My left arm is now completely lame, it hurts. Now I dare to go up to a house, for I've seen a great-looking hammock there; this house is occupied. I will just ask if I can lie in it. There are a lot of people here, but no plants. I had a look. I ask the people for permission to rest in the hammock, but they want me to work for it. I answer that I am tired and need a rest. I must sleep first and then we can talk about work. I have been walking for so long; it was so tiring. I will do anything – except for watering plants. I sleep and then I feel better. That was my nightmare about watering plants (laughs)."

Interpretation:

The beginning of this proving reminds one of the last words of Archimedes: "Do not disturb my circles." Two circles, one inside the other, symbolize two personalities that are intertwined and have developed a dependency relationship. This becomes clearer when the prover finds a plant that is growing in a place where it can only be insufficiently nourished. After it is transplanted, the plant becomes so demanding that it takes over the entire life of the prover. The prover thinks at first that she has to do this for another living being, but soon becomes defiant and gets a bad conscience at the same time. Only when the dog comes, who symbolizes the traditional hierarchy, does she find support. The prover then continues to serve the hierarchical rules to create security, while the dog stays for protection.

A fair arrangement based on equal exchange has developed out of the previous helper syndrome. After comparing the mental provings of this remedy, the psychological significance of *Allium ursinum*, the Wild Garlic, has crystallized into: “Helpful communication creates dependency.”

The activity of a number of proving groups are, of course, required to finally define the psychological significance of a remedy **in Creative Homeopathy according to Antonie Peppler®**. As an example of how such knowledge is then put to work practically, there follow excerpts from one of the regularly published case studies of Creative Homeopathy.

Working on a Patient Case from the Practice of the Author with the Methods of “Creative Homeopathy according to Antonie Peppler” ®

The 31 year-old patient, Mrs. B., had been suffering for about five years from migraines. For the last six months the migraines had been very frequent and extremely unpleasant. Already in the morning, as she was getting up, she had the sensation of a ring around her entire head. The ring tightened, remained clamped around the head for a half an hour, and then loosened somewhat a bit later. However, after a half an hour, the ring tightened again. The eyes also began to cause problems. The patient became shortsighted, her vision foggy, and during the headaches she more and more often experienced double vision. The most unpleasant symptom was a beating pain in the temples that could hardly be endured.

The determining symptom was an extremely unusual one: the patient's headache became better through smoking. She had recently resorted to taking “normal” painkillers almost once a week to keep her migraines somewhat under control. Over time these medications produced side effects, for Mrs. B. discovered a direct connection between her shortsightedness and the pain medication. Shortly after her migraine was gone, because of taking the medication, her vision became foggy and she got a burning, biting pain in the eyes when she exerted herself. Her circulation was also affected. She had hypotonia anyway and she often got dizzy. From the complete anamnesis there were few further things of interest and suitable for the selection of a homeopathic remedy. Three additional symptoms were crucial, namely acne, which she still had although she was 31 years old, cystitis that was also present during puberty, and chronic sinusitis.

In summarizing the symptoms it became clear to me that, based upon her migraines, Mrs. B. must have a long-drawn-out emotional conflict, which she had not been able to get over, and was now attempting to solve rationally. She also could not stand herself and did not feel capable of showing her true face. This was made clear by the acne. Her inflammation of the bladder pointed to her inability to express her emotions, and the chronic sinusitis was witness to the

fact that for some time now she had “had it up to here” (the nose), but was not able to resolve the situation.

In the case study and during the anamnesia consultation, I attempted to find the conflict but did not have much success, for Mrs. B. was adamant that she only had migraines and not any psychological problems. With such a patient finding the conflict is particularly difficult. So I created a computer analysis of the case, a computer repertorisation using the HOMOEOLOG® computer repertorisation system. This software was developed for use with the methods of Creative Homeopathy.

First I entered a total of 13 symptoms into the computer:

Symptom	Psychological Significance of the Symptom
migraine	Attempt to resolve an emotional problem rationally and from a limited, one-sided perspective.
headache, agg. morning, on rising	Already at the beginning of the day, the attempt is made to resolve emotional problems rationally.
headache, pressing as from a band	The problem is turning in circles without any new perspectives in sight.
diplopia with headache	Considers a foreign, adopted perspective as though it were her own.
pulsating, beating, throbbing in the temples	Old hurts force their way up, knocking on the door and demanding to be resolved.
headache, smoking amel.	The normal retreat to intense self-criticism is taken back and repressed. This makes it easier to look at the problem.
blurred vision	Rejects a clear view of things.
headache, from straining eyes	An exact consideration of the problem increases the conflict.
eyes, pain, burning, reading agg.	It is unpleasant to let oneself be dominated by others.
hypotension	Does without living out her own power.
acne of the face	Angry because she cannot show her true face.
acute Cystitis	Enraged, unformulated feelings demand their rights.
chronic Sinusitis	Has had it with the situation for a long time already.

The symptoms alone did not help me to understand Mrs. B's conflict and so I took a closer look at the rubrics for the more unusual symptoms. Looking at

“Headache better from smoking,” I immediately noticed the remedies **Ammonium carbonicum** and **Naja tripudians**.

Ammonium carbonicum stands for disappointment through a masculine person, mostly the father, and **Naja tripudians** symbolizes the issue of having been neglected, of having to gain attention, recognition or love by force. But this expectant attitude was not fulfilled. The symptom, “eye pain during the day only while reading,” was also interesting in that there was only a single remedy in the rubric, **Sulphuricum acidum**. On one hand this is an important remedy for head injuries and brain concussion; on the other hand, its psychological significance is a person’s escape into hectic activity so that his conflicts do not become noticeable. People who need **Sulphuricum acidum** are very busy and worry about everything else but themselves.

In the analysis for psychological significance, which shows the most important depth psychological issues, I found two more interesting issues, namely:

Petroselinum, parsley, with the psychological significance of “My mother doesn’t love me” **Populus**, the American aspen, with the psychological significance of “Pressure to achieve from taking on personal responsibility too soon.”

With this information I tried to find out from Mrs. B. whether as a child she had had a disturbed relationship with her parents and whether she had had to take on responsibility early on. She looked at me rather astonished, which I took to be a good sign. She related how she was the oldest of four children and actually had had to take on the role of the mother. She was there for her siblings and had little time for herself. Because one of the children in the family was very ill and required and received a lot of attention from the mother, Mrs. B. felt neglected. Despite her efforts in caring for the others, she was neither praised nor recognized by her parents. This led me to suspect that **Naja tripudians** was probably a correct and suitable remedy for Mrs. B.

The father, to whom Mrs. B. was very close as a child, also had little time for the family. His business kept him frequently on the road, so the conflicts in the family were mostly handled by the mother, and, by proxy, Mrs. B. She told me this with a certain bitterness and anger. For this reason I chose for her the following homeopathic remedies from the analysis:

Nitricum acidum: Hate and thirst for revenge that are not expressed.

Populus: Pressure to achieve from taking on personal responsibility too soon.

Petroselinum: My mother doesn't love me.

Naja tripudians: Getting the attention of others by force

Ammonium carbonicum: Lack of security through destruction of the father model.

Sulphuricum acidum: Hectic so that suppressed conflicts do not become noticeable.

And also **Glonoinum:** Lack of opportunity and will for expanding awareness.

The last two remedies were given to expand her flexibility and the ability to become aware of her conflicts.

The most important remedy for Mrs. B. and her migraines was **Gelsemium**, the remedy of anticipatory anxiety. This remedy was in the top position in the repertorisation.

Now I looked at her vaccinations. If the other remedies are to do their work unhindered, then it is a must to detox for the vaccinations. Mrs. B. reported that she had been vaccinated for tuberculosis, tetanus and polio. She was certain that she had not received any other vaccinations, so for the detox I gave her:

BCG-Vaccination: the vaccine nosode along with **Arsenicum album**, **Sanguinaria** and **Stannum**

Tetanus Vaccination: the vaccine nosode along with **Nux vomica** and

Belladonna Polio Vaccination: the vaccine nosode along with **Aconitum**, **Sepia** und **Causticum**.

I prescribed the above remedies along with the other ones already chosen.

It can be assumed that damage from the polio vaccination had created the terrain for Mrs. B's migraines, because **Gelsemium**, her most important migraine remedy, is an indispensable detox remedy for the polio vaccination. Polio symbolizes the issue "Self-serving weakness." For this reason the migraine can be understood as a demand for recognition for her childhood activities that has

taken on a life of its own. Here **Gelsemium** stands for the fear of being caught in the act of this “black mailing.”

Now I tried to find out what triggered the extreme aggravation of the migraines earlier – that was around the Christmas holidays. This was relatively obvious as, shortly before Christmas, Mrs. B’s mother died, so, along with all the Christmas preparations, Mrs B. had to take care of the arrangements for the funeral and grief work.

During our lengthy talk about the issue of her mother’s death, Mrs. B. began to cry. She obviously had not processed the death of her mother. She said that she was never especially close to her mother, and therefore could not really understand her tears, which still came regularly when she thought of her mother. It was obvious that with the death of her mother Mrs. B. had to finally give up her desire for recognition. This was the anguish for which she could not be consoled. For this reason I decided to also prescribe the grief remedies **Natrum muriaticum** and **Ignatia**

All of these remedies were taken by Mrs. B. I n C 50 000 twice daily, and she carried the remedy bottle on her person. After eight weeks she reported back and said that the migraines were clearly better and had only come three times in the last eight weeks. Our hope that the problem would disappear completely in another few weeks of taking the remedy was happily fulfilled.

Repertorisation (Excerpt)

Migraine; Disturbances of Vision S. 1 SD LOC# LOCALIZATION; Head; Pain;
Migraine S. 2 SK HP# MORNING; agg., on rising S. 3 SK HP# PRESSING; as
from a band S. 4 SK VIS# VISION; diplopia; with headache S. 5 SK HP#
PULSATING; beating; temples S. 6 SK HP# HEAD PAIN; SMOKING amel.
S. 7 SK VIS# VISION; blurred
S. 8 SK HP# FROM STRAINING OF EYES
S. 9 SK VIS# BURNING; daytime; while reading S. 10 SS GEN#
HYPOTENSION
S. 11 SK FAC# ERUPTIONS; acne
S. 12 SB BLA# BLADDER; inflammation; cystitis; acute S. 13 SS NOS#
CHRONIC; complaints of sinuses Sum Hits Remedy 1 2 3 4 5 6 7 8 9 0 1 2 3

17	8	gels	3 . 2 2 2 . 3 1 . 1 . 3 .	anticipatory anxiety from holding back emotion
13	6	nat-m	3 . . . 1 . 3 3 . . 2 . 1	holding to that which is tried and true
11	5	ars	3 . . . 2 . 2 . . . 2 2 .	fears for existence; would rather die than change
11	5	bell	3 . . . 3 . . 1 . . 1 3 .	dammed up, suppressed life energy becomes anger
11	5	nux-v	3 1 2 . . . 3 2 .	hiding his real feelings through overactivity
11	5	sep	3 2 1 . . 3 2 .	longing for harmony, but must match own picture
10	5	glon	3 1 1 . 3 . 2	lack of opportunity, will for expanding awareness
9	5	nit-ac	. . 2 . 2 2 2 1	hate, thirst for revenge that are not expressed
7	4	stann	2 . 2 . 2 1	disallowed enjoyment of life
6	5	acon	1 . . . 1 . 1 . . 1 . 2 .	negative thinking for the sake of self-protection
5	2	caust 2 . . 3 . .	great hurt leads to building of emotional walls
5	2	sang	3 . . . 2	believes is not permitted to participate in life
3	3	am-c	. 1 . . 1 1	lack of security by destruction of fatherly image
3	3	naja	1 1 . . . 1 . . .	getting the attention of others by force
3	1	ign	3	by great suppression emotion becomes opposite
3	1	pop 3 .	pressure to achieve fm self-responsibil. too soon
2	1	petros 2 .	my mother doesn't love me
1	1	sulf-ac 1	hectic, so suppressed conflicts aren't noticeable

The table above shows a printout of the repertorisation of Mrs. B. using the HOMOEOLÓG® computer repertorisation system, Version 2.12.

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Premature Rupture of Membranes, One's Own Birth →
Prenatal Influences and the Birth Process →
Pressure in the Stomach, Sensation of →
Pressure Sensitivity →
Prolapse of Uterus →
Prolapsed Disk →
Prostate Gland →
Prostate Gland Enlargement →
Prostate Gland Operation →
Prostate Gland Pain →
Prostate Gland, Cancer of →
Prostatic Hypertrophy →
Prostatitis →
Pseudocrupp →
Psoriasis →
Psychoses →
Puberty, Facial Acne →
Pulmonary Embolism →
Pulmonary Emphysema →

R

Rabies Vaccination →
Rapid Heartbeat →
Red and White Wine →
Reflux Disease →
Regulation of Warmth and Temperature →
Respiratory System →
Retinal Ablation →
Retracted Nipples →
Rhagades →
Rhesus Incompatibility, One's Own Birth →
Rheumatism →
Right-handed →
Ring Finger, Pain in →
Ringing in the Ear →
Rubella Vaccination →
Rubeola →
Rubeola Vaccination →
Rupture →

S

Sacrum, Pain →
Sagging Breasts →
Salads →
Salads, Aversion or Disgust for →
Salads, Desire for →
Salads, Intolerance to →
Salt →
Salt, Aversion or Disgust for →
Salt, Desire for →
Salt, Intolerance to →
Scabies →
Scarlet Fever →
Schizophrenia →
Sciatica →
Sclerosis, Multiple →

Scoliosis →
Season of Year →
 autumn aggravates →
 spring aggravates →
 summer aggravates →
 winter aggravates →
Sensitivity to Weather →
Sepsis →
Serious Illnesses →
Sexually Transmitted Diseases →
Shingles in the Ear →
Shock →
Shortness of Breath →
Shoulder Blades →
Shoulder Blades, Pain →
Shoulder Joint →
Shoulder Joint Pain →
Shoulder Pain →
Shoulders →
Silver, Allergic to →
Sinus (Frontal) Operation →
Sinus Infections →
Sinus Maxillaris Operation →
Sinusitis →
Skeleton →
Skin →
 abscess →
 birthmark →
 bruises →
 cancer →
 eruptions →
 furuncle →
 hives →
 itch →
 itching →
Neurodermatitis →
 peeling →
Psoriasis →
 rash →

sunburn →

warts →

Skin Cancer →

Skin Eruptions →

crook of the Arm →

eyelid →

face →

facial acne in puberty →

hand, back of →

neck →

nose →

palm →

Sleep →

cannot fall asleep →

cannot sleep the whole night through →

cold feet during sleep →

crying out in sleep →

grinding of the teeth in sleep →

poor sleep →

restless sleep →

talking in one's sleep →

Sleep and Dreams →

Sleep Position

abdomen, on the →

covered up to the top →

curled up like a dog →

fetal position →

flat →

left side preferred →

lying on one's back →

raised →

right side preferred →

sitting →

stretched out →

uncovered →

uncovers feet →

Sleepwalking →

Slipped Disk →

Small Intestine →

Smallpox Vaccination →
Smoked Food →
Smoked Food, Aversion or Disgust for →
Smoked Food, Desire for →
Smoked Food, Intolerance to →
Solar Plexus →
Solar Plexus, Disorders of →
Somnambulism →
Sore Nipples During Breastfeeding →
Sore Throat →
Sore Throat, Chronic →
Sore Throat, Left Side →
Sore Throat, Right Side →
Sore Throat, Stitching →
Soup →
Soup Aggravates →
Soup, Aversion or Disgust for →
Soup, Desire for →
Sour →
Sour, Aversion or Disgust for →
Sour, Desire for →
Sour, Intolerance to →
Spasm of the Esophagus →
Spastic Bronchitis →
Speech Impediments →
Spices, Piquant or Highly Seasoned Food, Desire for →
Spicy →
Spicy Foods, Aversion or Disgust for →
Spicy, Intolerance to →
Spider Veins →
Spider-burst →
Spine, Abnormal Cuvature of →
Spine, Injury of →
Spleen →
Spleen, Inflammation of →
Spleen, Stitching Pain in the Left Side →
Split Hair →
Squint →
Sternum →

Sternum, Pain and Disorders of →
Stiff Neck →
Stinky Nose →
Stomach →
Stomach Bleeding →
Stomach Lining, Inflammation of →
Stomach Operation →
Stomach Ulcers →
Stomach, Sensation of Pressure, Bloating →
Stomachache →
Stomachache after Eating →
Stool →
 acid, excoriating →
 at night →
 bloody →
 constipation →
 diarrhea →
 dry →
 fatty, greasy →
 hard →
 involuntary →
 light-colored →
 like balls, sheep dung →
 morning →
 mucous, slimy →
 mushy →
 offensive →
 painful →
 recedes →
 small (thin), like a pencil →
 sputtering →
 stitching →
 Trichinosis →
 urgent →
 watery →
 worms →
Stork Bite →
Stove Heat Aggravates →
Strabismus →

Strawberries, Allergic to →
Stroke →
Struma →
Stuttering →
Sty →
Sudden Hearing Loss →
Sun, Allergic to →
Sunburn →
Sunstroke →
Sweet →
Sweet, Aversion or Disgust for →
Sweet, Desire for →
Sweets, Intolerance to →
Swelling of the Lymph Nodes, Neck →
Switched Left-handers →
Syncope →

T

Tartar →
Teeth →
Teeth, Significance of →
Temperature
 general coldness of the body →
 generally never has a fever →
 one foot cold—the other warm →
 tendency to (profuse) sweating →
 tendency to chills →
 tendency to cold feet →
 tendency to cold hand →
 tendency to fever →
 tendency to high fever →
 warmth regulation, hot →
Temporomandibular Joint, Disorders of (TMJ) →
Tendon and its surrounding sheath, Inflammation →
Tendon, Inflammation of →
Tendonitis →
Tendons →
Tendovaginitis →

- Tenesmus →
- Testicle, Inflammation of →
- Testicles →
- Testicles, Pain in →
- Testicles, Undescended →
- Testicular Cancer →
- Testitis →
- Tetanus →
- Tetanus Vaccination →
- Thigh, Pain in →
- Thighs →
- Thirst →
 - at night →
 - constant →
 - during fever →
 - for cold drinks →
 - for small quantities →
 - for warm drinks →
- Thoracic Region →
- Throat and Neck →
- Thrombosis →
- Thumb, Pain in →
- Thunderstorms →
- Thyroid Gland →
- Thyroid Gland Operation →
- Thyroid Gland, Nodule →
- TIA (Transient Ischemic Attack) →
- Tics →
- Time of Day →
 - afternoon aggravates →
 - evening aggravates →
 - late morning aggravates →
 - morning aggravates →
 - night aggravates →
 - noontime aggravates →
- Tinnitus →
- TMJ →
- Tobacco →
- Tobacco, Aversion or Disgust for →

Tobacco, Desire for →
Tobacco, Intolerance to →
Toes →
Toes, Pain in →
Tongue →
Tongue, Pain in →
Tonsillectomy →
Tonsillitis, Acute →
Tonsillitis, Chronic →
Tonsils →
Tooth Decay →
Tooth Restoration Operation →
Tooth, root, inflammation of →
Toothache →
Torn Muscle →
Touch and Pressure
 being touched aggravates →
 bumping into something aggravates →
 lying on something hard aggravates →
 lying on something hard ameliorates →
 tight clothes aggravate →
 touching the sex organs aggravates →
Touch Sensitivity →
Tourette Syndrome →
Toxemia →
Tachycardia →
Transient Ischemic Attack →
Trichinosis →
Trigeminal Neuralgia →
Tripper →
Trismus →
Tuberculosis →
Tuberculosis (BCG) Vaccination →
Tumor, Ovarian →
Typhus →
Typhus Vaccination →

U

Ulcerative Colitis →
Ulcers of the leg →
Umbilical Hernia Operation →
Undescended Testicles →
Upper Arms →
Upper Arms, Pain in →
Upper Respiratory Infection (URI) →
Urinate, Urge to →
Urination →
 at night →
 frequent →
 involuntary →
 light-yellow →
 painful →
 profuse, increased →
Urticaria →
Uterus →
Uterus Cancer →
Uterus Operation →
Uterus, Prolapse of →

V

Vaccinations →
 BCG (Tuberculosis) →
 Diphtheria →
 Flu →
 FSME →
 German Measles →
 Hepatitis A →
 Hepatitis B →
 HIB (Meningitis) →
 Measles →
 Meningitis (HIB) →
 Mumps →
 Pertussis →
 Polio →
 Rabies →
 Rubella →

Rubeola →
Smallpox →
TBE →
Tetanus →
Tick Borne Encephalitis (TBE) →
Tuberculosis (BCG) →
Typhus →
Variola →
Whooping Cough →
Yellow Fever →
Vacuum Extraction, One's Own Birth. →
Vaginal Discharge →
 acid, excoriating →
 bloody →
 brown →
 offensive →
 profuse →
 ropy, stringy →
 slimy, mucous →
 thick →
 thin →
 white →
 yellow →
Varicella →
Varicose Veins →
Varicose Veins Operation →
Varicosis →
Variola Vaccination →
Vascular Disorders →
Vegetables →
Vegetables, Aversion or Disgust for →
Vegetables, Desire for →
Vegetables, Intolerance to →
Veins, Spider Veins →
Vermiform Appendix →
Vertebrae →
Vertigo →
 after vexation →
 at night →

- evening →
- in old people →
- morning →
- noon →
- upon descending →
- upon motion →
- with anxiety →
- Vertigo (Turning in a Circle) →
- Vocal Cords →
- Vocal Cords, Inflammation →
- Vomiting, Easy →

W

- Walleyed →
- War Injuries →
- Warmth →
 - intolerance to damp heat →
 - intolerance to or aggravation from heat →
 - intolerance to warm baths →
 - intolerance to warm clothing →
 - intolerance to warm rooms →
 - intolerance to warm wraps →
 - intolerance to warmth of sun →
 - stove heat aggravates →
 - sunstroke →
- Warts →
- Watery Eyes →
- Weather →
 - change of weather aggravates →
 - drafts aggravates →
 - fog aggravates →
 - intolerant to a fall wind or foehn wind →
 - rain aggravates →
 - rain ameliorates →
 - snow aggravates →
 - storms aggravates →
 - thunderstorms ameliorate →
 - thunderstorms and humidity before

thunderstorms aggravate →
wind aggravates →
Wheat, Allergic to →
Whiplash →
Whooping Cough →
Whooping Cough Vaccination →
Wind, Storms and Drafts →
Wine, White or Red, Aversion or Disgust for →
Wine, White or Red, Desire for →
Wine, White or Red, Intolerance to →
Worms →
Wrinkles forehead →
Wrist →
Wrist, Pain in →

Y

Yellow Fever Vaccination →

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