

Lac Loxodonta Africana Ivory Loxodonta Africana Lac Elephantis

Proving	Nancy Herrick 1998	Claire Speckmeier 2006	Kees Dam 2008 Myriam Birrer 2011
Perspective on Life	I am the Matriarch	Survival is a daily struggle	Self-transformation comes from being open and aware
Miasm	Psora	Psora	Psora
A/F	Threatened or proposed abortion Excitement Reading	Competition	Anxiety Remorse; anxiety of conscience
Affinities	Uterus GIT: stomach CNS	Head GIT; stomach CNS	Head; Breasts GIT CNS
Agg	Hunger	Standing still (urinary incontinence) Lying on back (urinary incontinence)	Hunger Pressure Company, when anxious (Dam; Birrer) Light; Noise; Touch (Birrer)
Amel	Short naps	Eating (nausea) Walking (urinary incontinence) Pressing on sternum (chest pain)	Sleep (Dam; Birrer) Heat Cool, open air (Birrer) Motion (leg cramps)
Vertigo	On looking downward; s/if: descending	Vertigo; head swings back and forth like a pendulum Head heavy; tendency to fall forward; neck feels strained	Motion of head, from Movement of head gives the feeling that the brain is washed in water
Mentals	Mood changeable Tranquil, quiet disposition vs Quick to act Sensitive to sarcastic criticism Brain fog Del: Separated; body and thoughts are	Anger; trifles < Company; averse to vs Weepy; needing affection; clingy Tranquil, calm disposition; peaceful Desire to be outdoors in Nature Depressed Unmotivated Concentration difficult Confusion of mind Mind and body not working together	Remorse; anxiety of conscience Children; desire to protect Company; averse to Emotionally detached; desires to leave the group Empathic Compassionate; attends to needs of others Desire for touch and caresses (Birrer) Reflective disposition Fears neighbours Errors of perception concerning the body: * breast seems large as

			if breastfeeding * head feels heavy on one side and light on the other * intestines; as if no space for
Dreams	Vivid vs Unremembered Journeys Threads: haircut weaving pathways Walking; Nature, in Family: relatives, child Mother; matriarch Animals (elephant) Animal and human foetuses; vulnerable Suffering; starvation Poverty; hopelessness Impending evil Murder; fighting Broken things Body; body parts Tools Water	Confusing; changing Competition; being tested Danger; disaster Snake Walking through walls Inappropriate massage Music Planning, organising, hosting Baby, protect Murder, violence; attack Protect; defend guns; weapons Water	Confusing Yellow-green Pathway Steps; stairs ascending Railway Airplane crash Earthquake Teeth Beds, crowded House; crowded rooms Mother Jealous husband Baby; care for Cold; ice; wind Food; search for food Danger; impending doom Water; boat
Food Desires	alcohol; chocolate; fish fruit; fresh, juicy; melons; sweets; vegetables (cucumber, radishes); wine; yoghurt; kefir	bread and butter salty	water (Birrer)
Food Aversions	salmon spices tea		
Physical Generals	Pain forehead Eyes; tired sensation Mouth; itching palate Throat itching; tension	Headache; full feeling in head as if brain is pushing out Tension; head, in Sweat on brow Eyes; red, itchy, watery Burning eyeballs > closing eyes S/if: sand in eyes > rubbing Ears blocked Nose; itchy, watery Mouth; pain, sore; soft palate	Pain; forehead; centre sleep > Hot head (Birrer) Sensitive (alert); noise, to Nose; blocked sensation Mouth; palate; itching

	left side Appetite capricious diminished vs increased Nausea Eructations, foul Stomach; pain, burning Abdomen; distention; pain; drawing upward Female; bubble of air in vagina menses early; dark heavy clots diminished desire Chest; awareness of heart beating Constriction in chest; pain, pressing Hand, right; s/if: lying in a puddle of water Restless hands and feet Trembling legs; afternoon Weakness, legs; afternoon	Mouth and lips dry Bitter taste Tingling; tongue, lips Tonsillitis; enlarged tonsils Mucous in throat Appetite diminished Thirstless vs Thirsty Dry mouth; thirst, with > Ice cold water Nausea; < smell of food > eating Abdomen; bloated, cramping nausea with flatus with (smells like rotten eggs) Anus; itchy Diarrhoea; bright yellow; smells like eggs Stool dark; reddish Urinary incontinence > walking < standing still < lying on back Urine dark; yellow- orange Female; libido increased Female; s/if: air in uterus Menses clotted, painful; heavy Chest; pain; crushing, strong, retro-sternal > pressing on sternum burning pain oppressive feeling pain, tingling; L arm pins and needles numbness L hand Clumsy while walking Legs; heavy, fatigued	pain; teeth, in Neck; stiffness; left Eructations; heartburn hunger < Flatus (Birrer) Rectum; itching in Stool changeable Urine: milky yellow Mammae; right; enlarged Menses painful (Birrer) Short cycle (Birrer) Heart rate increased with pain in sternum; a sense of pressure Numbness; pins & needles arms & lower limbs Pulsation; fingertips Hands; palms hot; pulsations in palms & fingertips Wrist; right; rheumatic pain Cramp calf; night; bed Feet; soles sensitive to walking on pebbles
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	Weariness; Lassitude Sleep; deep, refreshing catnaps refresh vs Sleep restless Perspiration forehead Perspiration; single parts; axilla, right	Tired; low energy Exhausted; yawning Sleep; back, on; arms above head Fever; shivering and perspiration on face and neck Perspiration profuse axillae; odour lingers Vesicles, skin	Exhaustion; Weakness (Birrerr) Sleepless midnight after; 2-3.30am Sleep; back, on; snoring Restless; sleep, during Wakes; confusing dreams, from and overheating, from Perspiration; head, on Perspiration; strong; axillae Skin; itching Eczema; itching; hands
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