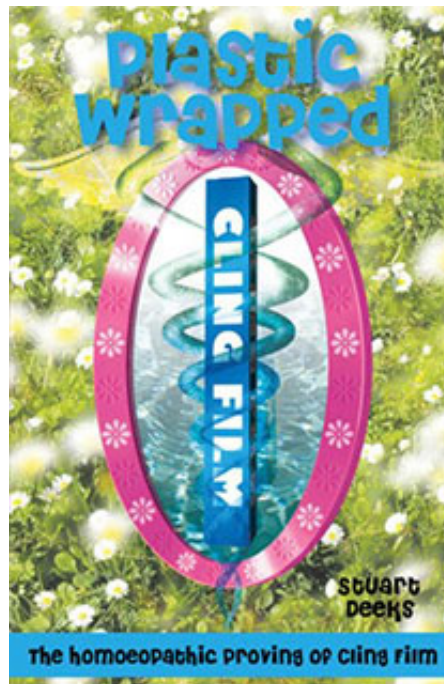


Deeks S. Plastic Wrapped: The Homoeopathic Proving of Cling Film

Reading excerpt

[Plastic Wrapped: The Homoeopathic Proving of Cling Film](#)
of [Deeks S.](#)

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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email info@narayana-verlag.com

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CHAPTER THREE

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Headaches

1) Headache worse as evening progressed, < alcohol, > firm pressure on temples, > bowel movement (Day 3). 9.30 a.m. Headache - dull aching. I don't often get headaches. It feels a bit like a hangover, but one and a half glasses of wine last night isn't sufficient to cause it. Headache isn't crippling, but makes me feel I want to go back to bed; I've drunk plenty of water as usual, so don't think its dehydration. 10.45 a.m. Headache is gone (Day 6).

Two days later- Have slight headache this morning, like a hangover. I did feel thirsty in the night, but somehow didn't want to wake up enough to take a drink. Headache this afternoon; in fact most of today it's been around in the background, < chocolate, I think. Thirsty today also - have drunk two litres of water and

two cups of tea just at work.

Just did a bit of Reiki to clear headache, and some eye exercises, which has helped a lot. A bit of tension in back of neck and shoulders. Headache is worse wearing glasses - I feel they are weighing down on nose and behind ears (Day 8). *The next day* - Woke up this morning with cracking head, and felt so tired. Headache persisted all morning - a bit better from fresh fruit juice, < noise.

In general headache is better tilting head to right, and pressing on right temple. It is < right side and around right eye, but moves around - back of head, temple, eye, vertex. Quite piercing, but then that subsides and its just a dull ache for a few minutes until pain returns. It is as close as I've ever got to a migraine. Although the drink didn't help, I don't feel alcohol is the total cause. Also I had chocolate mousse last night, and wonder if that might be a factor. Chocolate does seem to aggravate my headaches this week. I've had more headaches this week than in the last year. I rarely get them normally. This afternoon I did thirty minutes meditation and then slept for an hour; headache had just about gone when I woke. I feel pale and a bit needy now, almost tearful, and totally worn out by the pain of the headaches, and maybe by my period too (Day 9). *Two days later*- 12.00 midday. I'm developing a headache and it started behind my eyes. In the sun my eyes felt sensitive and a bit 'stiff', so it hurt when I moved them from side to side. Headache is in the top of my head and whilst not really severe, it's just there. 7.30 p.m. Headache is gone, and even chocolate hasn't affected it. I had a go at my partner earlier, and a few tears - I felt we weren't doing enough together. Maybe headaches were a symptom of bottling it up. I feel better for it, and we had a good afternoon together (Day 11).

The next day - Headache developed this afternoon, again it was right sided, behind eyes, and whole side of head. Felt as though it was full of pressure, tension; if it could explode it would feel better. It also goes down into my neck and shoulder. I ate some biscuits this afternoon and it could have been that that brought it on. It got better after I had an argument with my partner (Day 12).

Another student at college made a connection between my headaches and the time of my period, which I hadn't considered (Day 19).

3) Day one of my period - felt noticeable hot flushes all day today and a feeling of undeniable pressure all round my head - which made me feel groggy (Day 13).

Awoke feeling very groggy and with a dull headache. Overwhelming headache, distracted from it by going out for a meal (Day 23).

Hangover when I hadn't drunk a lot and this is exaggerated compared to previously. Irritable and uncomfortable from a persistent headache (Day 26). The subtlest of headaches in the temples (Day 27).

6) *Five and a half hours after the first dose* - Headache, slight, throbbing. *An hour and a half later* - Took second dose, and headache went off for ten minutes. *Fifteen minutes after that* - Headache back.

Evening - Headache is getting worse; I don't get headaches very often (Day 1).

The next day, midmorning - Slight headache, throbbing. *Evening* - Headache is still with me, and it's getting worse, really throbbing, extends into ear. 11 p.m. - Headache still very strong. I realised that the headaches tend to be worse 7 p.m. onwards (Day 2).

Two days later - Woke up with headache. When I went outside, even with a woolly hat on, it did not feel any better; this would normally help a headache. Slight headache on and off throughout the day, but not as painful as before; sometimes also pain in my neck. 10 p.m. Still with slight headache (Day 4). No headache in the morning. Headache for one hour in the afternoon, but not as bad as before (Day 5). No headache (Day 6). Headache still gone (Day 8).

Rubrics

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