



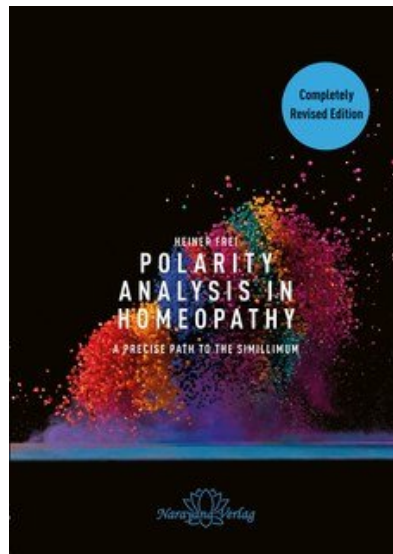
# Heiner Frei Polarity Analysis in Homeopathy: A Precise Path to the Simillimum

Reading excerpt

[Polarity Analysis in Homeopathy: A Precise Path to the Simillimum](#)

of [Heiner Frei](#)

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## 7.4 CHECKLIST FOR PERCEPTION DISORDERS Copyright 2018 by Dr. med. Heiner Frei, CH-3177 Laupen

Last name, First Name: \_\_\_\_\_ Date: \_\_\_\_\_

For a homeopathic remedy determination we need to know exact symptoms. Please note in the field below what you find most striking

**MAIN SYMPTOMS** (e.g. restlessness, impulsiveness, poor concentration, speech difficulties)

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Now mark on this side **BETWEEN 8 AND 16 IMPORTANT SYMPTOMS** that pertain to the perception disorder. Symptoms are changes when the patient is not well. They differ from the healthy state.

### HIGH RELIABILITY

### INTERPRETATION

Light (bright) aggravates	Over-sensitivity to bright light
Looking, eyes strained, aggravates	Irritability after media consumption (TV/PC)
Reading aggravates	Dislikes reading, tires quickly
Talking aggravates	Slow speech development, speech disturbances
Touch aggravates	Dislikes touch
Warmth in general aggravates	Irritability in warm environment
Warmth of Room/Stove aggravates	Irritability in overheated room
Uncovering ameliorates	Uncovers or takes off clothes often
Cold in general aggravates	Feels cold easily
Uncovering aggravates	Covers himself or wraps up warmly
Aversion against movement	Laziness
Writing aggravates	Writes/draws in cramped way, tires easily
After waking up, aggravates	Irritability after waking up
Before falling asleep, aggravates	Irritability in the evening, before sleep
Understanding difficult	Grasps complex issues only slowly
Sadness	Downcast, weepy
Irritability	Aggressive, fits of rage

### INTERMEDIATE RELIABILITY

Noise aggravates	Irritated by noise of others
Smell sensitive	Intolerant of smells
Taste diminished	Adds spice to everything
Travelling in car aggravates	Nausea/headaches while being driven in a car
Movement ameliorates	Restlessness/irritability improved by sports
Memory weak	Easily forgets things just learned
Muscles tense (must be confirmed by physician)	Basic muscle tone high
Muscles flabby (must be confirmed by physician)	Basic muscle tone low

3) The following symptoms are common in disturbances of perception and ADD/ADHD but *have proved to be unreliable when choosing a homeopathic remedy*. They still may play a certain role in the fine tuning of the remedy determination. Therefore underline only symptoms here which are very pronounced..

### MIND

- Mood swings
- Sulky
- Serious
- Fearful
- Compulsive ideas
- Proud, arrogant
- Nasty
- Jealous
- Greedy, stingy
- Brash, cheeky, rude
- Dictatorial
- Dislikes washing himself

### **Modalities of mind**

- Mental effort aggravates
- Being alone aggravates
- Being with people aggravates
- Darkness aggravates
- Room full of people aggravates
- Strangers aggravate
- Being consoled aggravates
- Fear aggravates
- Upset aggravates

- Annoyed aggravates
- Anger aggravates
- Lack of sleep aggravates

### **Motor phenomena**

- Stammering
- Grinding teeth

### PERFORMANCE

- Mistakes in arithmetic
- Slowness

### FRESH AIR / MOVEMENT

- Desire for fresh air
- Aversion to fresh air
- Fresh air ameliorates
- Walking in fresh air ameliorates
- Physical effort ameliorates
- Involuntary movements (tics)

### TOUCH

- Pressure of clothes aggravates
- Combing hair aggravates
- Touch ameliorates
- Rubbing, massaging ameliorates

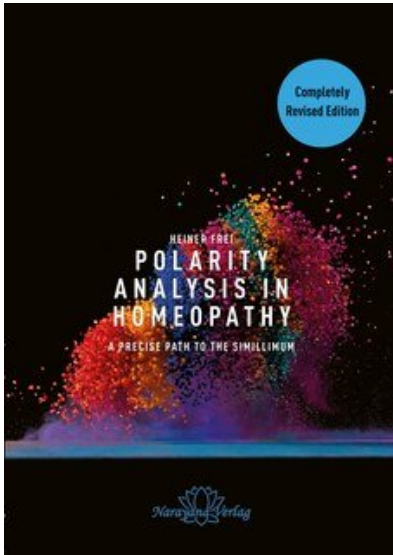
### WEATHER / PHASES OF MOON

- Cold weather aggravates
- Autumn aggravates
- Winter aggravates
- Windy weather aggravates
- Change of weather aggravates
- Full moon aggravates
- New moon aggravates

### EATING / DRINKING

- Disgust
- Desires sweet things
- Desires salty things
- Desires milk
- Midday aggravates
- Hunger aggravates
- Sweet things aggravate
- Milk aggravates
- After eating ameliorates
- After drinking ameliorates

**Please note here further specific symptoms not mentioned on this checklist:**



Heiner Frei

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Textbook

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