

Head

Iron : *Okoubaka*

sensation of iron metal cap on head and nails in temples : *Okoubaka*

Irritating : *Ash*

and itchy : *Ash*

Itching : *Ash, Goldfish, Obsidian, Sea holly, Sea salt*

areas, itching in small areas mostly around the head : *Sea salt*

hairline, itching scalp at the hairline : *Sea salt*

irritating and itchy : *Ash*

scalp and face : *Goldfish*

Laser : *Rainbow*

sensation of searing, burning pain, like a laser beam, right side of head, temple, ear, glands below the ear, neck and trapezius : *Rainbow*

Left : *Berlin wall, Rose, Sandalwood*

pain in head on left side : *Sandalwood*

pressure in head and pain in left side : *Berlin wall*

spongy, left side feels spongy right side feels more compact : *Rose*

Lice : *Silverfish*

Light-headed : (see vertigo chapter)

Loosens : *Sycamore seed*

structures, during all forms of osteopathic treatment for it loosens all cranial and bony structures : *Sycamore seed*

Migraine : (see headache chapter)

Move : *Cotton, Kigelia africana*

can't move head back : *Kigelia africana*

skull, feel and hear head, brain and skull moving : *Cotton*

Nail : *Okoubaka*

sensation of iron metal cap on head and nails in temples : *Okoubaka*

Never been well since : *Buddleja*

blow to the head, especially the sides : *Buddleja*

Nodules : *Buddleja*

hard nodules in and around the head : *Buddleja*

Noise : *Bay leaf*

roaring, in head and ears : *Bay leaf*

Numb : *Goldfish, Rose*

right, head feels numb and heavy on right side : *Rose*

top, numbness and fullness top of head : *Goldfish*

Occiput : *Ametrine, Conium maculatum, Oak, Slate, Thymus gland*

affected, back of head, occiput affected by remedy : *Slate*

pressure :

- at the back of the neck up into the back of the head like a blow : *Ametrine*

- particularly in the front at the top and at the back : *Conium maculatum*

tension :

- in the neck and the back of the head : *Thymus gland*

- from overwork : *Oak*

Oppressed : *Blue*

feeling, depression without sadness, no need to cry, with oppressed feeling over the head : *Blue*

Mind

joins consciousness to subconsciousness : *Rainbow*
thoughts, it purifies the being and removes bad thoughts and thought patterns from the subconscious and bad thought forms which attach themselves to the psyche especially if caused by too many worries and anxieties : *Frankincense*

Subjective : *Earthworm*

symptoms, what is wrong is not seen, twitchings felt but not seen, paralysis and weakness not visible i.e. subjective symptoms : *Earthworm*

Submissiveness : *Willow*

internal, external rigidity and an internal submissiveness : *Willow*

spirit, arthritis, rigidity outside, inside the bowed spirit, the submissive spirit putting on a brave face like *Natrum muriaticum* : *Willow*

Subservient : *Earthworm*

ingratiating, downtrodden, suppressed, depressed with low self esteem and cannot see a way out : *Earthworm*

Substance : *Chalcanthite*

lack real substance; they have no base, no foundation : *Chalcanthite*

Succeed : *Holly, Jet, Sequoia*

ambition, thirst for knowledge, success; miss out on fun : *Holly*

desire to do well, to succeed : *Sequoia*

failure, depths of despair from failure or disappointment after success : *Jet*

Succour : *Apple tree*

gives great comfort and succour to all who are needy : *Apple tree*

Sudden : *Jet*

symptoms come on very quickly, very sudden breakdowns or sudden realisations : *Jet*

Suffering : *Apple tree, Caesium, Copper beech, Emerald, Frankincense, Goldfish, Holly, Holly berry, Lac humanum, Ruby, Sequoia, Silver birch, Slate, Strawberry*

children : *Slate*

- who have suffered, been abused, have no voice : *Copper beech*

dreams, withdrawn and suffering from loss of ideals, shattered illusions and dreams : *Emerald*

endure, does not endure or carry suffering like *Thuja* and *Oak* : *Sequoia*

frees :

- pain and suffering which may be difficult for some people to handle : *Ruby*

- suffering on all levels : *Strawberry*

hard, brittle and hard after much suffering in their life; easily shattered : *Holly*

imprisonment, physical imprisonment and those who feel trapped within themselves : *Goldfish*

inevitable, feel suffering is inevitable : *Lac humanum*

martyr syndrome, people who enjoy suffering and talk about it; "Poor me" and "Why does it always happen to me?" but they really enjoy it : *Caesium*

more :

- do not think you can suffer or learn any more : *Silver birch*

- not wanting any more pain or suffering, impossible to take any more, experience any more and yet it continues : *Holly berry*

naivety, disappointment, embarrassments and suffering stemming from naivety : *Holly*

need to plummet to the depths, to go into suffering; especially if caused by too many worries and anxieties : *Frankincense*

silence :

- relief of a child's pain, punishment, being rapped on the knuckles, a child takes that to heart and suffers in silence : *Apple tree*

- suffering in silence : *Lac humanum*

unspoken dumb suffering : *Holly berry*

withdrawn and suffering from loss of ideals, shattered illusions and dreams : *Emerald*

Suffocation : *Berlin wall, Caesium, Earthworm*

emotional suffocation : *Earthworm*

fear; oppressive and low; separated : *Caesium*

helplessness; wanting to yell and cry out but cannot : *Berlin wall*

Suicidal : *Earthworm, Frankincense, Hazel, Himalayan poppy, Holly, Holly berry, Natrum fluoratum, Purple, Rainbow, Rose quartz, Wych elm*

black, but you can see a little glimmer of light, of hope : *Natrum fluoratum*

depression : *Rainbow*

despair with potential for suicide : *Rose quartz*

dying in a traumatic fashion, often at the hand of someone else, including situations where you turn your hand on yourself : *Holly berry*

end of their tether : *Frankincense*

fear to the point of panic turning against oneself as in suicide : *Himalayan poppy*

restlessness where the person cannot find peace in sleep, work or distraction or even in the thought of death or suicide, so therefore they are suspended : *Hazel*

talk, suicidal but particularly have self-destructive tendency, especially cutting wrists; knives and needles; will commit suicide not talk about it : *Holly*

Sulking : *Strontium*

black brooding and sulking and a destructive pattern : *Strontium*

Sunshine : *Yellow*

brings sunshine back into the lives of those traumatised and also those damaged by radiation : *Yellow*

Superficial : *Buddleja, Natrum fluoratum, Strawberry*

funny, superficially funny, no depth to them, don't let you know : *Strawberry*

peace, superficial and illusory state of peace but underneath there is great fear, stress and trauma : *Natrum fluoratum*

say superficial things : *Buddleja*

Superior : *Almond*

negative sense like *Platina* : *Almond*

Superstitious : *Brown rice, Slate*

Support : *Cotton, Milky way, Rose, Sandalwood, Sequoia*

Stomach

Mucous membranes : *Apple tree*

soothes and aids the mucous membrane surfaces in the alimentary canal, facilitating better and easier assimilation of food : *Apple tree*

Nausea : *Almond, Bay leaf, Butterfly, Copper beech, Earthworm, Emerald, Hazel, Holly berry, Hornbeam, Kigelia africana, Lac humanum, Lotus, Medorrhinum american, Milky way, Moldavite, Moonstone, Phantom quartz, Rose, Rose quartz, Ruby, Sandalwood, Sea salt, Selenite, Silver birch, Slate, Thymus gland, Tiger's eye, Yellow*

1 a.m. nausea and vomiting starts 1 a.m : *Holly berry*

claustrophobia with panic, nausea : *Copper beech*

coldness, extreme coldness with nausea or violent vomiting : *Slate*

constant nausea with :

- hepatitis : *Ruby*

- radiation sickness : *Ruby*

dizzy, feeling sick and dizzy : *Kigelia africana*

drugs, digestive problems created by drugs, searing burning pains, diarrhoea, nausea and vomiting, burning in muscle, bone and burning rashes : *Lotus*

emptiness with nausea : *Yellow*

head, great compression in the head, like tight hat/helmet, sometimes with nausea, like migraine : *Butterfly*

headache, severe headaches especially above or behind the eyes, with nausea and vomiting : *Medorrhinum american*

heat, nausea with heat : *Bay leaf*

hepatitis, constant nausea with hepatitis : *Ruby*

lump, like a lump feeling and a sense of a lump in the stomach : *Earthworm*

migraine, great compression in the head, like tight hat/helmet, sometimes with nausea, like migraine : *Butterfly*

numbness, intense pain around the head with nausea and numbness : *Holly berry*

overwhelming sickness as in radiation sickness : *Emerald*

panic, claustrophobia with panic, nausea : *Copper beech*

pit, nausea deep in pit of stomach like heavy weight : *Rose quartz*

pregnancy, nausea in pregnancy with sweet taste in mouth and aversion to sweet food : *Bay leaf*

severe : *Copper beech, Kigelia africana, Selenite*

solar plexus, nausea from the solar plexus to throat : *Hornbeam, Rose*

sweet :

- sickness, sweet with heat : *Bay leaf*

- taste in mouth in pregnancy and aversion to sweet food : *Bay leaf*

throat :

- at base of throat and feeling of expansion : *Moldavite*

- extending, nausea from the solar plexus to throat : *Hornbeam*

time :

- nausea starts 1 am : *Holly berry*

- vomiting and nausea for thirty six hours : *Holly berry*

Black : *Moldavite*

diarrhoea : *Moldavite*

Bloody : *Caesium*

mucousy diarrhoea : *Caesium*

Compacted : *Earthworm*

faeces : *Earthworm*

Constipation : *Blue, Brown rice, Chestnut white, Clay, Hazel, Holly, Lac humanum, Oak, Obsidian, Red, Rose quartz*

alternating :

- constipation and diarrhoea : *Lac humanum*

- extreme constipation, soft stool, then complete inactivity : *Rose quartz*

bloating brought on by stress : *Oak*

children, angry children : *Red*

chronic : *Obsidian*

expel, sore anus, haemorrhoids, gurgling and constipation, stools hard to expel : *Blue*

extreme constipation, soft stool, then complete inactivity : *Rose quartz*

hard, sore anus, haemorrhoids, gurgling and constipation, stools hard to expel : *Blue*

obstruction leading to constipation and haemorrhoids : *Holly*

sticky, stools are very sticky and won't come out : *Chestnut white*

total constipation on every level, mental and physical : *Clay*

Diarrhoea : *Brown rice, Butterfly, Caesium, Goldfish, Hazel, Kigelia africana, Lac humanum, Lotus, Moldavite, Okoubaka, Rose quartz, Sea holly*

all severe illness or disease that gives altered bodily states such as diarrhoea : *Sea holly*

alternating constipation and diarrhoea : *Lac humanum*

before normal stool : *Hazel*

black : *Moldavite*

bloody, mucousy diarrhoea : *Caesium*

calms : *Hazel*

debilitating diarrhoea : *Hazel*

drugs, digestive problems created by drugs, searing burning pains, diarrhoea, nausea and vomiting, burning in muscle, bone and burning rashes : *Lotus*

green, dark green watery diarrhoea : *Rose quartz*

mucousy, bloody diarrhoea : *Caesium*

susceptibility to diarrhoea : *Goldfish*

watery, dark green watery diarrhoea : *Rose quartz*

yellow : *Brown rice*

- diarrhoea, yellow stools that smell; soft stools : *Okoubaka*

Dried out : *Earthworm*

Formed : *Butterfly*

barely, small, barely formed : *Butterfly*

Frequent : *Cotton*

Green : *Bay leaf, Rose quartz*