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Case 10

A man of 40. He was extremely weak and a shy person. So shy like our common paradigm of *Baryta carbonica*, *Baryta phosphorica* or *Baryta sulphurica*; someone who has a lot of troubles relating with someone he doesn't know. All his family are already patients of Massimo; they've been trying to convince him to see a homeopath for years. But it was not easy because of his difficult in meeting any new person. In some way he has a kind of relationship with his General Practitioner. He has had to see lots of specialists, which has made him very unconfident about being treated by anyone. But the main reason is that he's really scared of meeting new people.

He speaks with a very low toned voice, more or less never looking you in the eye and with extreme difficulty saying anything about himself.

**** I've always had a fibromatosis in my arm, which I inherited from my Mum... And recently I've had some come out in my shoulder too... I was always aware that I had some but they don't hurt*

§ I've had several examinations and I had an MRI on my brain and my dorsal spine, and the eye doctor found an opacity on my optic nerve... And the echogram on my legs is alright but the blood tests aren't... My blood sugar levels are always at the upper limit and my liver is enlarged.

My Mum said that when I was little I was yellow for a long time and since then my liver hasn't been so good...

My Mum had the same thing [Recklinghausen's disease]... Though it doesn't cause me any problems now...

*§ *** I ALWAYS FEEL WORN OUT, EVEN THOUGH MY WORK ISN'T VERY DEMANDING*

§ For about the last three years: First I did my regular eight hours and then I began my shifts. At first I was alright but then I stoned getting a leg ache and I got tired easily.

My life got messed up when my working hours changed every week: I need to have order in my life and my system can't cope with a different rhythm every week... I need more time to get used to it³².

§ IT AFFECTS MY ACHILLES TENDON AND ALL OF MY CALF and it's as if they're shortened when I go up the stairs. § When I feel tired and I get a leg ache and I have to sit down... Sometimes it even affects all of my leg and they feel tired and heavy and very swollen and almost as if they're bursting and they can hardly support me.

§ It goes in spells... There are times when if I get up after thirty minutes I feel a pain AND I DON'T CRY, BUT IT'S HARD FOR ME TO EVEN TURN ROUND... I FEEL I HAVE TO STAY SITTING DOWN UNTIL IT GOES AWAY. ..BUT I HOLD OUT AGAINST IT AND I DON'T LET ANYONE SEE HOW BAD I FEEL

§ I don't understand how, but there are times when I'm well and others when I'm wrecked.

§ I lie down and go to sleep... § Then when I wake up I'm fine.

§ It goes in spells, sometimes I get up after twelve hours sleep and I have breakfast and then I go back to bed and sleep for a few hours more.

§ I've been working shifts for three years. At first I couldn't wait to go to work because I used to rest, but now... I go there, but... It's difficult I DON'T KNOW WHY, BECAUSE... I'VE ALWAYS DONE MY DUTY...

§ It can come on even when I'm on holiday... EVEN IF I TRY TO BE AS CALM AS POSSIBLE

§ I MEAN THAT GOING ON HOLIDAY IS A STRESS TOO... Real holidays for me are staying at home, but then people tell me that I never get out What can you do... § They all go on holiday... Haven't you seen how

He works in a factory. He left school at 14 so he doesn't have very much choice.

many cars there are queuing on the road for half a day in the sun? You can't tell me it's relaxing... It takes me a long time to get over it... But when I'm well I can do anything...

Perhaps too much... And then I pay for it afterwards and it takes me a week to get myself back together and it takes me a long time to recuperate.'

§ *** Tve got a lot of burning [haemorrhoids] and they wanted to operate on them... Then I bought a book on homeopathy and I read that the remedy is... [RatanhiaJ. § I used the cream for a few weeks and I was a bit better.

I've had them for many years and they would come and go... But my digestion isn't good... I'm always all blown up and even my piles are all swollen... § They feel like they're bursting...

§ I only have a bad pain after I've been to the toilet. § A sudden strong burning pain and spots of blood. I had never had it before and I wondered what this new thing was... I'm not someone who understands new things... But I thought they had got better by themselves... I usually treat myself.'

§ ** 'I always have a lot of gas in my stomach, but not in my intestines, and that's why I can't understand it. Not to put too fine a point on it, when I'm alone at home I belch hard... I'm so ashamed of them that I do them in the bathroom with the tap on.

If they come at night then I do them under the pillow³³... But sometimes they hurt my throat because they burn when they come out...

§ When I was little I thought I was a kind of dragon... My friends used to laugh... They always used to laugh at me and then I learned to do these really loud burps and then I couldn't stop doing them any more...

§ I remember there was a cartoon about a little dragon who couldn't have any friends because every time some fire would come out of his mouth and he'd burn one of them. So everyone kept away from him... And he was always doing his best to try to be accepted: He was always eager to please... But it was his nature to be a dragon³⁴...'

§ *** 'From time to time there are blanks in my memory, I really don't know why.

§ I've had them for years.

I'M TALKING WITH SOMEONE AND THEN AFTER A WHILE I CAN'T REMEMBER WHAT I WAS TALKING ABOUT...

§ It's rather a strange thing and I don't feel good about it, it makes me feel agitated and panicky: To have these problems... at the age of 40.

§ I think it comes and goes... I'm not sure when...'

§ *** When I go to bed my head goes to work... I start thinking about everything I didn't manage to get done...

§ I think of what I should have done during the day or of what I have to do the day after or the next day... § It depends on what I feel just then...

I went to piano school for four years... But I got a block, I could do it at home but when I got there my hands went hard and stiff... Even if some friends came round to my house I would get a block because I was too upset... And my emotions would trip me up.

³³ He lives alone. But he feels that they are so loud that he might disturb his neighbours.

³⁴ In this cartoon there was very tiny, little, pretty dragon. He was very nice but every time he wanted to relate to another animal he had to either stay silent or burn them when he tried to talk.

§ Sometimes in my relationships with other people if they don't put me at my ease I quickly feel anxious... I'VE ALWAYS BEEN VERY SHY AND I'VE ALWAYS HAD DIFFICULTY IN GETTING ON WITH OTHER PEOPLE. BUT ONCE THE ICE IS BROKEN... IT'S HARD TO START WITH THOUGH...'

§ ** 'I love animals and I've got birds, four cats and a dog... They're my hobby.

§ I like simple animals, not pedigree ones. § I'm not interested in the ones that get exhibited in shows, but in useful ones who make people's everyday lives more easy.

§ Chickens, turkeys... The geese in the yard... Those small mongrel dogs that the peasants have... HAVE YOU EVER SEEN A PEASANT WITH A PURE BREED DOG? OR WITH A PURE BREED CHICKEN?... Maybe there are some but they are definitely not the majority.'

§ ** When I have those bad ones I wake up with a panic attack. I've never told anyone at home, but I used to go to sleep feeling TERRIFIED...

THERE WAS A TIME WHEN EVERY DREAM I HAD I WAS IN DANGER AND AT THE HEIGHT OF THE DANGER I WOULD WAKE UP, I HAD TO WAKE UP... THE DREAMS ALWAYS ENDED WITH ME FALLING UNDER A CAR OR I WAS FALLING OUT OF A HUGE BUILDING AND THEN I WOKE UP... The moment would draw near and I'd try to wake myself up but I couldn't... I had to throw myself into the void because the dream finished... But when I was a child I once got run over by a car because I'd been chasing after a ball³⁵ ...'

*** 'The biggest blow I had was a relationship that ended badly and then shortly afterwards my Mum died. Since then I was never well...

§ I ended it because we couldn't go on any more like that... She had someone else and she couldn't decide which way she wanted to go and she was taking advantage of me. I was madly in love with her and when I was too heavy for her [I wanted to test the strength of our relationship] she didn't let go so I had to let go... It was very hard.

Then when it seemed that things were about to take a turn for the better for me, I lost my Mum and that was another blow. I've had enough of women and I don't want to hear about them any more... § I'm a confirmed bachelor even though you can't feel good on your own just with your dogs... I'd like to have someone by my side to have a chat with. But I'm very scared of getting burned again... I know it's stupid and I ought to jump in again but³⁶ ...

§ But I don't do anything to try and meet a woman... For fear of finding her.

§ I feel a shiver in my back and then it feels broken in pieces and all my weakness ends up in that place...'

Massimo asked his family for more information about him. This relationship was almost the only one in his life. This woman had another man but was really taking advantage of him; she took money from him, got him to buy a car, etc. Only after 2-3 years did he take the decision that he didn't want to go on with it anymore. In his mind, it was the only opportunity he had to be with another person.

The other members of the family are all nice. They say it's very hard to have a good relationship with this guy; he has just two ways of relating -> he is either completely

³⁵ In every dream there is a huge danger. Every time he forces himself to kill himself to stop the anguish. It is so difficult for him to keep on with this emotion that he would prefer to kill himself in the dream instead of suffering from this tension.

³⁶ In Italian he's using exactly the same words about 'throwing himself into life' as he did in the dreams.

dependent or independent to the point where he feels the others are not acknowledging him enough.

Case II

A lady, almost 70. In her family there's a serious problem of strokes in her family. She's a very, very easy-going person. She was still working as a farmer with a very basic lifestyle. She was extremely shy. Her husband was also present in the consultation.

**** 'I've been taking Eutirox³⁷ for seven or eight years. I don't have any nodules but I have to have regular check-ups... Otherwise my throat would explode. § That's what the doctor in the hospital told me.*

§ I had gone to the sea and I was always tired. I had tests and the endocrinologist put me on a diet. If I come off it I put on weight again.. I get tired and I'm rather agitated. Being by the sea stimulates me.

I don't have any nodules now... But my thyroid isn't in such good shape.

I'M ALWAYS VERY TIRED AND I FEEL BETTER IF I DON'T EAT. BUT THEN I'M EVEN MORE TIRED AND I DON'T LOSE ANY WEIGHT ANYWAY...'

**** Then there's my circulation... Four years ago I had an operation on my right saphenous vein and my legs get swollen.*

THEY'VE BEEN SWELLING UP FOR YEARS, FROM THE ANKLE DOWN... It makes it difficult to walk... § When it's like that it feels as though my legs are exploding.

§ I feel better when it's cold, the heat for me is... I feel all swollen and even weaker... § I

also had some phlebitis before the operation...'

**** 'I get loads of back ache... For an hour or two in the morning I can't move at all and now it's affecting my whole leg right down to the foot § I've had it for many, many years, but in the last three years it's been very bad. It improved a bit when I did gymnastics, but when I stop...*

[Diagnosis of an inoperable triple lumbar hernia]

§ It's painful in the morning and when I get up out of a chair. § I feel like I have very little strength and there's a strong pain underneath the knee [popliteal muscle]. § It's like bad pins and needles, a sharp twinge that goes away again... § But I don't let anyone see I'm ill...

If I walk then I'm better, I can manage to walk like a normal person, but when I have to get up... § I do it slowly and with my head held up straight § Like you ought to walk when you don't have a backache...

§ I'm better when the sun's out, but I don't feel well when there's a thunderstorm... I start to feel the pain get worse...

My hands and feet get swollen and I have bad pains in the thumbs [first metacarpal joint]

My hands and feet get so swollen.

I'M ALWAYS HOT AND I SWEAT A LOT BUT THEN I FEEL COLD AND I GET A COLD SWEAT ON MY BACK... § THEY ARE FLUSHES OF HEAT THAT COME SUDDENLY AND THEY SEEM TO COME FROM MY STOMACH. § When I'm more anxious or worried than usual...'