

Jeremy Sherr

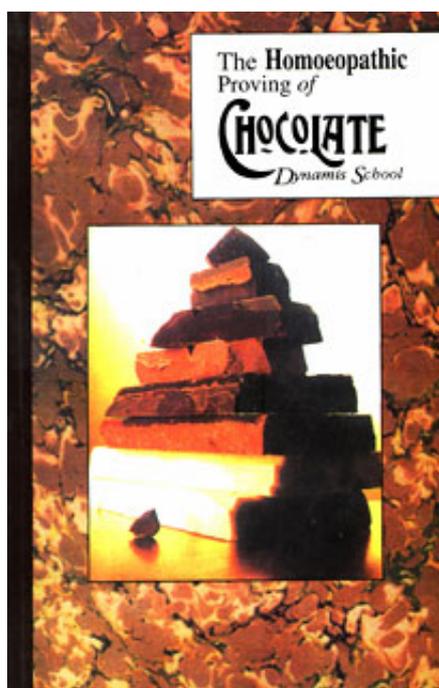
The Homoeopathic Proving of Chocolate

Extrait du livre

[The Homoeopathic Proving of Chocolate](#)

de [Jeremy Sherr](#)

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Tel. +33 9 7044 6488

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THE PROVING

PROVER No 1

Day one

FIRST DOSE — 6am

Remedy took effect within minutes. Overwhelming desire to curl up under the duvet and to keep v/arm, so I did.

Feel very excited, very alive, bright and efficient. Had an image of a hedgehog's face.

2ND DOSE — 2pm

Tightening around right side of jaw — dull pain, lower forehead, around eyebrows.

3pm — Nose cold, wet and dripping. Heat around right eye, which feels tired and bruised.

6pm — irritable and wanting to be alone — angry in the

10pm — back of neck stiff and tight.

11pm — hot right side of face, around ear — tingling in the throat, with no desire to swallow. I was very chilly today.

In the evening, felt angry with bristling down my back. Irritable with the kids, shouted a lot, slammed doors. Feeling very uncomfortable with my daughter near me. I made a huge issue over something small which I would normally leave. I wanted to leave and walk out of the door on them.

Felt very unsympathetic to the children. "You either go, or go to bed". Couldn't cuddle the children and took longer to say "It's alright". I thought that their father should look after them instead of me (very unusual). The feeling I can't r>e where I want to be because of them. I want to be roaming outside without my possessions. Left kids alone in the house for the first time. I was surprised at how easily I let them go. My daughter liked it very much.

I felt like being outside, roaming around without any possessions, to have the freedom to go where I want to go when the feeling took me. I felt very restricted.

Day two

Had a vivid dream of worms — they were dark and fat, but I wished they were red and thin. I felt very excited by the worms.

Beginning to have many thoughts and images of hedgehogs.

Dull pain over lower forehead, deeper and more intense over the right eye — with slight pressure high on back of neck. (9am).

Pressure round right eye and forehead (4pm).

Tightness right thigh muscle. Nose still cold and wet inside. (4:50pm)

Angry about being in the city. When I look, I want to see far distances and sky, not houses. Went to estate agents to look at country houses.

I see plants in the house differently, very aware of them and want to give them more light.

My thinking is quicker than usual and I am starting to get many thoughts and pictures of hedgehogs in my mind.

I keep wanting to push my hair back. I don't want it over my face. I'm pleased it is short and I would like to have more of it off so that it is very short and bristly.

Tight sensation in chest — not sure if it is in the heart, lungs or spine. My breathing is different, but I'm not sure in what way, as if I have a greater capacity, but don't have to use it all.

I feel very vulnerable in the base of the spine.

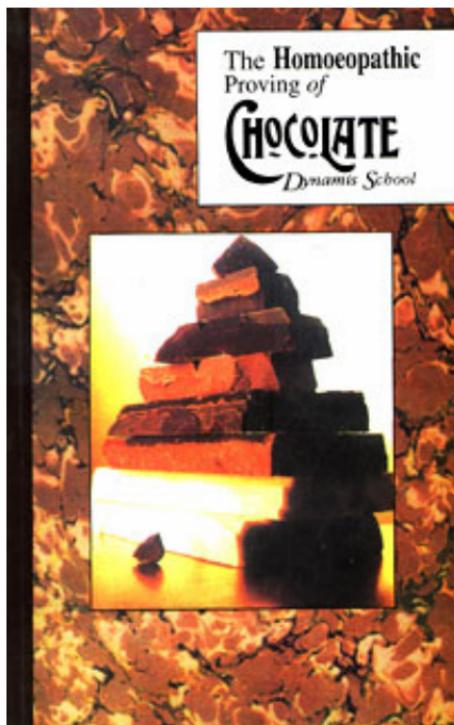
6pm — Deep restlessness — very uneasy and irritable — back uncomfortable, especially down spine.

Less desire to swallow, not a matter of effort or pain, but it doesn't feel right. I don't want anything in my stomach, especially not solids.

The hot itch that is always on my head has been better since starting the proving.

A sensation of my back being larger and wider than what I know it to be. The sensation developed so that it seemed that my back moved higher up and outwards towards the scapula — as if opening out.

All the symptoms seem to happen on the right slightly



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