

Diet Coke

Mind themes from three provers

- Apathy, can't be bothered to do anything, sitting around not doing much
- Boredom, lazy, want to lie down and indulge my fancy, going to work a waste of time
- Concentration difficult, driving terrible, attention to detail poor
- Poor focus
- Procrastination
- Fear on the inside but immaculate, calm, unperturbed on the outside
- Staring into space from fear, slumped over from violence, desire to go down the tunnel of my thoughts and disappear
- Want to cry but can't from fear
- Speechless from fear
- Screaming from fear
- Hiding from fear and locking out the world
- Slowness alternating with hurriedness to get things done
- Aversion to the bank teller knowing everything about me
- Standing up to other people
- Efficient and productive and frustration at other people's inefficiency
- Running around cleaning, like I am on a mission
- Time management poor, felt like something is chasing me – I'm chasing Time. Time's going to take me over. Rapid adjustment to time zone changes
- Lively and hyperactive, especially late evening

Themes expressed through dreams

- Belonging to gangs, military, cults
- Escaping through running away, flying away, stealing horses to escape
- Flying helicopters in bright colourful clothing
- Passionate with a fellow student – "Sorry folks, our passions are in control here."
- Helpless from being naked
- Violence, murdering people with pistols and guns, kicking, beating, flying planes at window, explosions
- People tortured, raped
- Fighting way out of a maze, trying to get people out of a cult, firebombs, killing innocent people to end it
- Filth, stink of oil, blood, excrement, rotting garbage

- Parties with lots of glassware, glass furniture
- Not able to move fast because gravity is too high
- Run over by skinheads in a stolen car, fighting with them and shooting them
- Attacked by an alien creature that fastened itself onto people and changed its structure. Poured kerosene over it to release people
- There is a plague that kills most of the world, but the homeopaths survive with biogas plant
- Flying a car and then just flying in and out of windows
- Exams results with poor marks, feeling embarrassed by my inadequacy
- Dreams of Princess Diana discussing beautiful dresses with me but she was off-hand
- Dreams of the Queen inviting people to visit the palace, we attended dressed in cowboy outfits
- Dreams of cycling in New York and talking to the birds
- Dreamt of nit in my hair and combing them out of the another woman's hair.

Physical Symptoms from three provers

- Head pain as if a nail driven in, better in a dark room
- Head itching from dandruff, sweating and heat
- Stabbing pains on top of head (L)
- Sinus headache in evening, better in cool air
- Nits in hair
- Large pimples on nose, upper lip, right shoulder, left shoulder, neck on hairline, base of thumb
- Stabbing pains into right ear and large eruption behind right ear
- Eustachian tubes blocked and hearing poor, pulsing feeling
- Pain in ear extending into TMJ, first right then left, sensation across top of head as if linked together
- Computer screen seems very light
- Nose congestion worse 2.30- 5am, yellow-green mucus
- Horrible taste in mouth – metallic, sweet, dry
- Pain in throat like sandpaper with not enough room to get saliva past, better hot drinks
- Frequent clearing phlegm
- Sensation as if liquid being sucked out of lymphatic lump. Not enough room for water to go through.

- Hard coughing, tickling in bronchi worse for movement, hard to raise mucus, worse evening and night
- Cramping pain in abdomen, better for moving around, waking at 3am with pain
- Diarrhoea – yellow brown stool sputtering with air bubbles, sharp pain in abdomen
- Constipation – clay like very large stool
- Abnormal cervical cells and dermoid cyst over left ovary
- Cramping in left calf, left knee, extending into foot
- Sprained feeling in right thumb, sensation in right thumb as if cut across the ball of the thumb
- Desires lollies, custard, tinned fruit, coke in a can, cognac, fish, mussels, and seafood, chocolate
- Very cold, better for lying in the sun
- Frequent perspiration under armpits, especially with heavy cold