

Heidi Wedd

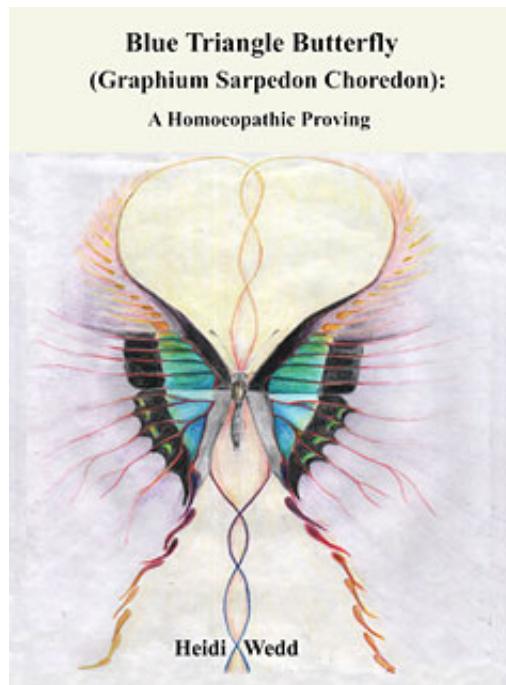
Blue Triangle Butterfly

Reading excerpt

[Blue Triangle Butterfly](#)

of [Heidi Wedd](#)

Publisher: Wedd Heidi



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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email info@narayana-verlag.com

<http://www.narayana-verlag.com>



CASES AND STORIES

Acute Cases

27/8/05. **Female, age 28.** Huge headache through the night, felt a little better in the morning, but then got worse after meditating. Nausea and diarrhoea from the pain, cramped up and went to bed. The pain was an intense pressure in my head, left sided, worse around eye, occiput and temples, going into shoulders and neck.

Graphium sarpedon 6c one dose. Calmed down and went to sleep, had a dream. When I woke again I felt nice, my headache was still there but I felt calmer and more able to deal with it, the nausea was gone and I felt hungry.

30/9/05. Headache, stiff neck and shoulders in morning. Took a Bryonia 30c and felt better. Then it started to come on again in the evening, so took another Bryonia 30c and then felt very strange, very odd in the head, a bit out of it, wasn't very pleasant at all, hard to describe, though at same time felt good mentally and emotionally. At around 11pm I started retching and eventually vomited. Felt better after vomiting. Was wide awake, couldn't sleep, though my body was dead. About an hour later started retching and vomiting again, and again, and again.

Graphium sarpedon 6c. Started to get the same nausea but it didn't feel so strong and just passed off each time, no more vomiting or retching. Went to sleep.

7/2/06. **Pregnant woman** getting married next week. Morning sickness, headachy, tired, lots of nausea but no vomiting. Was having anxiety attacks on the plane on way here. Not wanting to eat, tired in afternoons.

Graphium sarpedon 30c one dose. Brighter and better for a few hours, but didn't take anymore.

Boy, age 5 ^{1/2}. Feels sick in tummy, then fever, sore throat, lethargic, weak legs, cold all over, couldn't get warm, headache, cough in throat - phlegmy, barking cough.

Graphium sarpedon 30c, one dose. He perked up straight away, felt better immediately, energy came back. No further doses. Two days later, all symptoms gone, energy back, feels better.

Female, age 53. Lingering cough that I get regularly after colds, lingers for months. Tickling, suffocative, deep, catches in my throat, with dryness. Irritating cough - like mucous membranes are dried out and irritated. Had it for over a month, came on after getting exhausted from travelling and from cold exposure, but had no cold with it this time. < talking, singing, *cold air, fatigue*, > lying down, hot drinks. It bothers me all day and night until I go to sleep. Very fatiguing sort of cough, feel washed out after it. Also have a bit of a diminished appetite with it.

Two doses of Graphium sarp 30c in liquid over two days. Cough disappeared, have tried lots of other remedies and nothing really got it before. My libido also increased and my vaginal dryness cleared up also. I felt my juices come back! Also felt my energy coming back in the evening, normally energy fades and doesn't come back so go to bed. Feel I'm overcoming die habits of my everyday life. Have definitely increased my creativity output, always having creative visions, but now I'm bringing them down to earth. Other visions of mine are coming into earth too - networking happening around them and being supported in the world to bring them down into earth. All these ideas I've had over the last few years are finally coming together since taking remedy.

Dream soon after taking the remedy -1 made peace with a previous relationship partner, there was a peaceful resolution (which I hadn't been able to do, it was really an unresolved relationship in my life). Felt like the dream was a completion and a letting go of the relationship.

Gave remedy to my mum (see female, age 77).

Other

Female, age 47, tinnitus in left ear like cicadas for the last year, < loud noises, television, notices it more when in bed. Frequent left sided headaches - stabbing, tightness, when stressed or can't control situation properly. TMJ. Menopausal, just the rare hot flush. Frozen shoulder slowly getting better. Pain in little fingers on left side. Tired a lot, achy body, pain in bottom of foot.

16/2/06. Graphium sarpedon 30c once a day.

23/2/06. Tinnitus went over to right ear and back again. No headaches. Got a period, haven't had one for 6 months. Am sleeping more during the day, feels very nurturing to do this. Had a few bad dreams and a few nice ones. Feel a bit more achy like I'm going to get a flu (OS but more so), more localised in the morning.

Have more clarity. Feel more strength in my self and my identity. Being weighed down by others stuff and being unable to say no to people has come up. Picking up weird thoughts from others, awareness of a friends patterns, have

become aware of how I sympathise and pick up on her stuff a lot, have more clarity around that. It's like something, a healing energy, is trying to make a change in me and go back to how I was before (clear, happier, positive), as have been quite down for the last year since ear stuff.

Female. Left sided migraines with nausea every day for the last few weeks since selling my business. Was trying to lose weight, lost 10kg. Termination a year ago, lots of guilt and grief around that, put on weight since then. Just bought a house and sold the business, planning to start a family. Selling the business strained friendship, migraines since then.

Graphium sarpedon 30c. No more headaches.

6 months later, still no migraines.

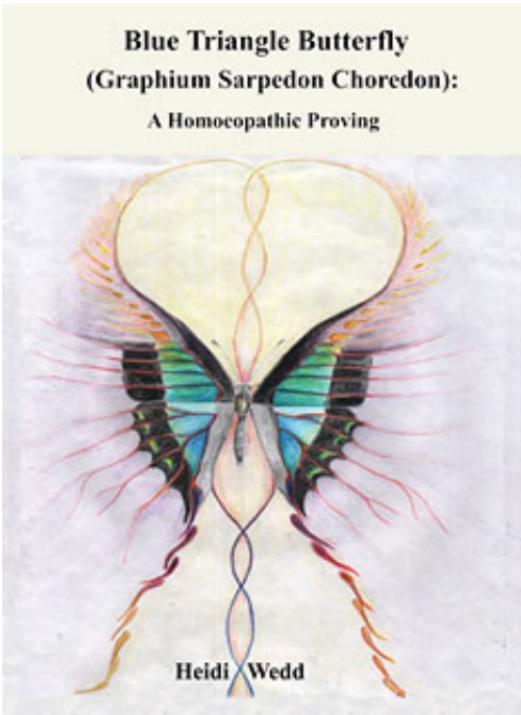
Female, age 54. Hot flushes, any time of day and night, may wake bathed in sweat. < head, shoulders and back. Perspiration on forehead and between shoulder blades during a really bad flush. They last a minute or two. Very debilitating, just want to peel off my clothes. Can feel them coming - a flush that gets hotter and hotter. Just want to get outside where it's cool. Also get an overwhelming desire to escape and get away from whatever I'm doing at the **time (of hot flush).** Sense of urgency and desire to get away. On HRT for awhile, whenever stopped it, the hot flushes came back within a day or two and were bad had to go back on each time, too much to handle.

3/10/05. One dose Graphium sarpedon 30c each evening for three days, and stopped HRT cold.

11/10/05. Have had no flushes. Feel wanner in general than before, but not too bad.

January 06. Have had the occasional flush but so mild they don't bother me anymore.

Female. Hot flushes since 2001. Last period in March 2003, preceded by irregularity and some very heavy clotting - unusual as periods were regular and light for most of life. On the Pill for 15 years, age 20-35. Uterine polyp removed in 2001. Hot flushes started before this. The hot flushes vary in intensity from mild to severe with sweat pouring down face and body. They mainly occur at night and in early morning or on waking, and a few during the day. They are fairly intense, am usually covered with a layer of sweat, I feel the need to uncover and usually in bed it means throwing off all the covers. If they occur during the day I have learnt to ride them but sometimes they are obvious to others as my face will flush. My overwhelming urge during a flush is to escape whatever / wherever I am, and sometimes with a fleeting but urgent feeling of



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A Homoeopathic Proving

228 pages, pb
publication 2006



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