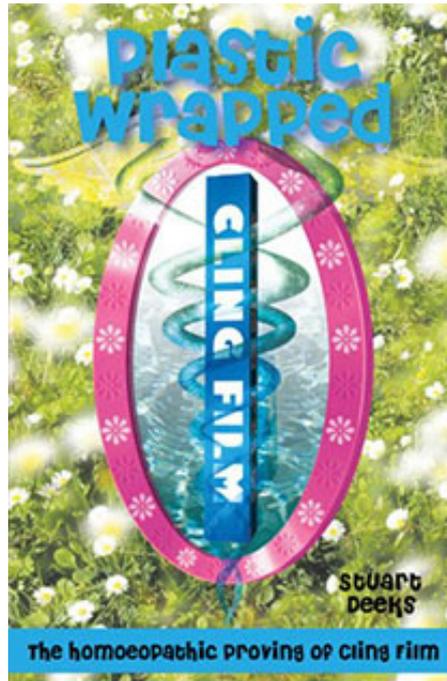


Deeks S. Plastic Wrapped: The Homoeopathic Proving of Cling Film

Reading excerpt

[Plastic Wrapped: The Homoeopathic Proving of Cling Film](#)
of [Deeks S.](#)

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CASE 11

Female 20 years old D.O.B. 15.08.85

Pregnant; third month.

/ use italics here to bring out the main features of her case (and the remedy).

Background: Energy and vitality: As a child, at least from her eighth year onwards and through her teens, she was mostly lacking in motivation. She would find it difficult to get up. There were headaches and stomach aches, especially on school days.

Being out in the world'. She would be reluctant even to go to the corner shop on a simple shopping errand, as if not wanting to be seen in the world at large.

A central issue : As a teenager, as well as in the previous few years, she was much occupied with her appearance, clothes and make-up, and 'looking good', along with a underlying and deep-seated belief that she was not good-looking. She found good form for a while at a karate class; but in gradings and other such competitive tests, she would be very upset if she did not come out with the highest marks. She had some benefit from *Syphilinum*, (getting to sleep improved,) and *Aurum*. This helped her get through a dance exam. There is alcoholism and violence in the family history.

Alcohol use: She went through a time of frequent drinking in pubs and clubs. *Relationships :* From her early teens onwards, there has been a succession of boyfriends. Some have lasted for a few years, but on the whole, relationships with men have not been an easy part of her life.

She became pregnant very early on in her current relationship.

It was her mother who told me that she was pregnant and experiencing morning sickness. Knowing her history, I advised her to take *Plastic wrap 30 daily a.m.* and extras as required, if nauseous. She began this on 25.12.05. 12.01.06 She came to see me.

"Before the remedy I had some times of *dizziness*: it was

as if I would black out. I was walking around the supermarket and I felt if I didn't sit down I would faint. My head was reeling as if I had had too much to drink. Another time I felt dizzy in a similar way and went to sit on the toilet; it felt as if I would fall off the seat and I nearly did! Since taking the remedy this has not happened again."

Extra doses of the remedy helped at times of *feeling flustered*, or really tired or feeling a bit *nauseous*. (She was by now already past her first trimester, during which time the morning sickness had been more severe.)

Energy and waking in the mornings : "I'm waking now at 8.30 a.m. without an alarm. This is very unusual. Before it would be around 10 a.m., and even then I didn't feel like getting up. I used to feel groggy waking up; now I feel a lot fresher. I used to wake up and want to go back to sleep; now I am more wanting to wake up. Before I wouldn't feel tired till very late at night; now I get tired at 9 to 10 p.m. and want to go to bed. As long as I can remember I have had difficulty with sleeping. From what I've been told, from when I was two years old I found it difficult to get to sleep. Certainly since I was nine or ten years old I have never woken wanting to get up, till now."

Heartburn : Before the remedy, heartburn; in her upper chest, almost in her throat; heat and discomfort, < lying down, > sitting up. Scared to burp in case she might be sick. This cleared completely with the remedy, but had returned in the last few days, as did the nauseous feeling on waking. (She had run out of tablets three days before this session.)

Appetite and thirst: "Before, I was struggling with eating much; I didn't get hungry. I was only eating because I knew I had to, and the feeling of sickness wasn't helping. I can eat a bit more now. I have a definite sense of appetite again and know when I should eat. I am a little more thirsty." + Fizzy water and ginger ale type drinks.

Alcohol : She had already not been drinking much since the beginning of the pregnancy and for some time before that. "Maybe I have not wanted alcohol since the remedy. I only had one glass on New Year's Eve." *Relationships* :

1) with her boyfriend: "Before, and especially since the pregnancy, I was reacting badly to him. The way he would sit on

the sofa in my Mums house and go and fetch himself a glass of water without even asking; I thought he was being really rude behaving like that. I'd never do something like that in someone else's house! Since the remedy I am not bothered by this any more. All those things that would frustrate me, don't any more. I feel I'm back to that sense of being a new couple again."

2) with her family: "Since the remedy I have wanted to be around the family more, with my sister and her baby girl."

3) out and about in public places: "I am now finding all that, less scary. For example, if I'm out, and someone that I don't know stops and says something to me, I am not so overwhelmed with it all. One time I felt faint in the supermarket. I took a tablet and began to feel better. I was sitting waiting for the others by the tills and a man who had finished his shift sat down next to me. He assumed I worked there too and started chatting to me. I was able to go along with his friendly chat; *before* I would have been too shy, not knowing how to respond. I would have thought that if I responded I would look and feel silly."

Supermarkets : Two of the previous occasions when she felt faint were in supermarkets. ^{XX}I had to sit down or get away. I really wanted to go outside for fresh air, to get away from the atmosphere. I wanted to be left alone by everybody. I had to get myself a drink, I felt really hot. It was as if someone had come and taken away all your energy, sucked it out of you. My vision started to go fuzzy from the edges."

Skin: With the pregnancy she began to have spots on her face, big and aggressive. She had not had these teenage type spots *before*. Since the remedy they have calmed down.

12.01.06 *Rx: Plastic wrap 30 as required*, depending on her symptoms - nausea, heartburn, vertigo.

13.02.06 *Report: Nausea » . Heartburn* : mostly goes by itself; twice when bad, Rx amel. *Skin* : Still spots, on left side of face. *Appetite* : Eating better still. *Alcohol*: not wanted any.

Relationships:

1) with the father of her child: ^{XX}I have made a conscious decision not to be around him. He gets destructive around me. *Before* I would have got into arguments. Now I have more confidence to say I don't want to be around this."

2) with family: "I have been wanting to spend more time with people who are important to me and I am important to them,

for instance my family. I am finding it easier to get on with my sister. I am more tolerant of my Dad saying horrible things and he doesn't seem to be doing it so often."

3) out and about: ^{XX}I have been noticing the public place thing. I am OK in other shops; its just bad in places like clothes shops (*the volatile effect of plastics in synthetic clothes?*), some buses, and shoe shops. I was in a shoe shop and had to go and sit down outside. Fuzzy eyes and light-headed again. Its to do with heat and claustrophobia - lots of people around. I needed the fresh air⁷

Waking up : "If I took the remedy in the morning previous to a day when I had to get up early for something, I would wake between 8.30 and 9.00 a.m. and felt able to get up; but if I took it in the evening when I didn't particularly want or need to get up early, I would wake feeling tired and wanting to go back to sleep." '

Dreams: Of people I haven't seen since schooldays; people I haven't thought about for ages. (*School was difficult for her: peer pressures and influences.*)

How does life look now? ^{XX}I feel more positive about the future. Maybe I'll go to college one day; something in the care way - midwifery or health visitor." 13.02.06 *Continue to use Rx as required.*

13.03.06. *Next appointment*

Nausea : Sick and sweaty on just one kind of bus. (*These new buses have a strong synthetic new fabric smell.*)

Supermarkets: "I take the remedy before I go in and I'm fine."

Heartburn: Bad again the last two days; Rx not tried yet, bat will.

Carpal tunnel : New symptom since 2/52. Swollen, puffy, painful hands; base of fingers and the back of the hands. Right hand is worse - ^{XX}I use it more. I can't make a fist." The pain is <clenching.

Headaches : The last two days. Little headaches that last for fifteen minutes. Middle of forehead and across eyebrows, <right side, > pressure, stroking the pain away.

Temperature and appetite : Since the pregnancy - not getting cold.

More hungry and eating bigger portions than *before*. ^xTm happy now about the amount I'm eating/⁷ Wanting a more varied diet than *before*, + olives and + fish, - foods in sauces with meat in them, e.g. spaghetti bolognaise or curries. Especially at the beginning of the pregnancy she would feel sick at the thought of them. Thirst? I feel thirsty more often. + Rooibosch tea.

Waking moods and energy : I'm waking early, 5.30 a.m., *before* daylight and I feel fine when I wake up. Moods generally OK.

, *Re father of the child*: "He has disappeared. I'm fed up with him disappearing, thinking he can come and go when he pleases, but I know that because of his painful medical condition he has always had to think of himself first/'

Re prospect of moving in with her sister : Feeling positive about it. "I like the idea of living with her." 13.03.06 Rx: *Plastic wrap 30, 3 doses in 24 hours, and then as required in case of heartburn or carpal tunnel symptoms.*

10.04 06 *Next appointment*

Remedy only *needed* recently once or twice a week and amel. each time. *Carpal tunnel*: *before* it was painful mornings on waking and evenings; now it comes on perhaps twice a week and only mildly.

Nights: Still waking 5.30 a.m., sometimes can get back to sleep. Sick in the night, the last two. Not much appetite in the last couple of days.

Dream: of having the baby in five seconds, at my fathers house, and it was born the size of a year old baby.

*Out and about**: Now can get around a supermarket or have a short bus journey without having the remedy.

Relationship with father of the child : "Communication is better with him, although I haven't seen him, and don't want to yet. Before, when relationships have not been working, I would stay pissed off and shut down on it. I'm not doing that this time. Before, by not getting things out into the open and dealing with it, I was not letting myself get over it. Now I feel better about him, so instead of blocking him, I'm leaving it open to him to do what he will."

Gap of seven months.

03.07.06 Birth of baby girl.

30.11.06 *Next appointment:* Rx used quite a lot when she was first born; re heartburn and on the buses, then not needed at all.

Nausea/sickness: (Return of old childhood symptom.) Vomiting when on long car journeys, since the birth.

Appetite : Good, enjoying food.

Alcohol: Not had any for two months, then felt drunk after one glass of wine. Then in the night drank some squash and felt a bit dizzy again - like the heady thing of being drunk.

Multi-tasking and need to clean up : "I would get up to feed my daughter, then have her in the sling while I was washing up and then washing clothes. I can let things get to a certain point then I have to really clean up - not just tidy, but clean as well." (Before she had not been a cleaning or tidiness person.)

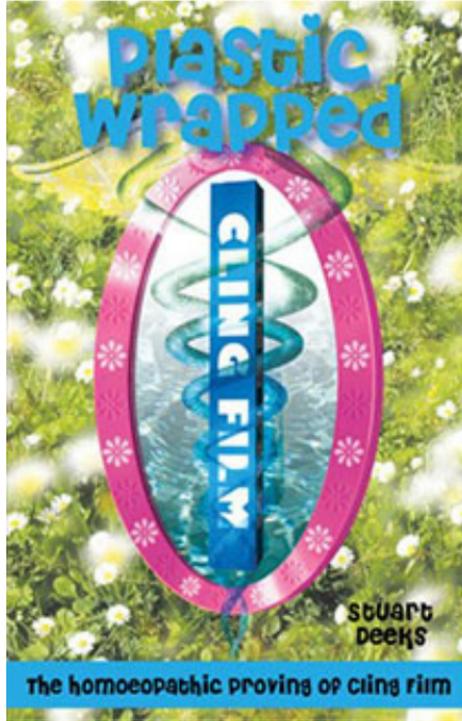
Periods : Recently restarted, possibly less painful since the birth.

Moods: ^{xx}Since the birth of my daughter I have been a lot happier. Before at this time of year (Autumn) I would have got depressed."

Relationships with others : ^{xx}I have dealt with things that were bothering me. I used to think 'Nobody likes me/ I don't think that way now. I am a lot less bothered what people think of me. Before, around my Dad I was so concerned about what he thought of me."

Going out: ^{xx}Before, I would be happy to stay indoors and not go anywhere, ever; now I feel good going out at least once a day, if only to the shops. I don't like it if I haven't gone out in the day. I have more confidence in situations like asking people for directions. I was chatting to an old man in the bus; before I would have backed away from it. I took part in a group workshop. I was not expecting to hear it when others said how much they enjoyed working with me."

With the child's father: (This aspect of her relationships remains unresolved.) ^{xx}It stays the same, and I feel uncomfortable about seeing him."



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