

Jonathan Shore

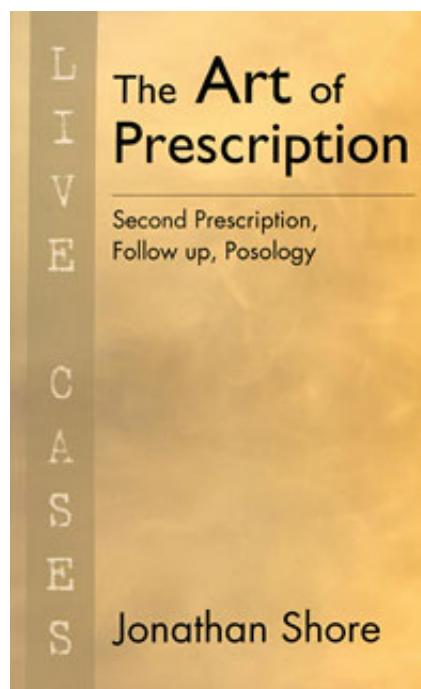
The Art of Prescription - Live Cases

Reading excerpt

[The Art of Prescription - Live Cases](#)

of [Jonathan Shore](#)

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CASE-ANALYSIS

PAPER CASE 1

Ana F. age 17 years

Urticaria (2) three to four times a week:

Aggravated scratching (2)

Brought on by bathing

Brought on by undressing

Huge red welts which itch (2) and burn (2).

Headaches

Aggravated 7-10 p.m. (2)

Vertex (1) left side emphasis

Aggravated vexation (1), light (1), riding in a car

Ameliorated alone (1), music (1), sleep (3).

Weeps from anger (1), averse to consolation (2).

Depressed (2) hates school, the other kids seem smarter than she is.

Shy, loves animals (2). Loner, prefers to be alone (1).

Averse to salt (3), fat (2), butter (2), sour (2), milk (1), eggs, chicken, fish.

Desires coca cola, cheesecake, fruit (2), shellfish (2), bacon (1).

Thirst for cold.

Angry and depressed with parents' divorce at age six.

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Kept this in for years. Never shows her emotions (1).

Irritable in the morning (2), has to be left alone for an hour in the morning. Must be quiet.

Exercise induced asthma since eight years old.

Sleeps sides and back with arms over head.

Constipated (2), can go weeks without stool.

Hates tight around the waist (1).

Suicidal thoughts by shooting.

Better by the sea (2) in general.

Exercise ameliorates (1).

Weeps from music.

Remedy?

EVALUATION

JS: A very simple case. Of course, seventeen-year-olds are as a general rule never very simple, but this is a simple seventeen-year-old. She has urticaria, huge welts which itch and burn. She has headaches, which are worse in the evening, on the vertex. They are worse from the usual things, they are better from being alone, from music and from sleeping. She weeps from anger; she does not like consolation. She is depressed, she hates school and she is socially a little uneasy. She is shy, she prefers to be alone. She loves animals. She is averse to: salt, fat, butter, sour, milk, eggs, chicken and fish. She likes shellfish and bacon. She is thirsty for cold things. Her parents got divorced when she was six, and she is angry and depressed about this. She has kept it in for years. She never shows her emotions. She is irritable in the morning. She is constipated. She has suicidal thoughts by shooting. She is better by the sea. She is also better from exercise.

JS: So the obvious remedy is?

AD: Natrum muriaticum?

JS: Who agrees with him? Who says it is definitely not Natrum muriaticum? Yes, of course, NATRUM MURIATICUM. A very clear case, every criterion that we need. I don't want to spend too much time discussing these cases, because that is not the exact object. A little later we can see some more complicated cases which are worthwhile discussing. Suicide by shooting, which remedy? Natrum sulphuricum. She is better by the sea. Natrum muriaticum is almost always worse by the sea, but here it doesn't matter. It is a small factor in the case, which is overwhelmingly a Natrum case. Urticaria, headaches; the headaches are worse in the evening. Natrum muriaticum is aggravated in the evening, especially in their asthma. Asthma, difficulty breathing in the evening, Natrum muriaticum especially, but of course it can be taken in a way as soft, a general. So headaches in the evening in a Natrum muriaticum case confirms Natrum muriaticum. Then of course, she weeps alone and she weeps from music. She prefers to be alone. She has strong aversion to salt and she is thirsty for cold, thing. She has grief over her parents' divorce and she is better from exercise. A very clear case for Natrum muriaticum. Of course the reason that there is no follow-up, is why?

AD: She got better.

JS: Because she got better. This is a case who comes back, and says: "I am better; my mood is great, I'm going to school, I'm having a good time, I haven't any more urticaria, I haven't any more headaches; I'm better." You can expect this to happen. There is no bad family history; the case is very clear and she does not have a history of severe ailments. Whatever you don't see in the case, you can assume doesn't exist. So we know that she has no bad family history, because it doesn't say so. The secret of paper cases, is that you trust that every piece of information necessary to you, is right there in front of you. Whatever is not there, you don't need. So this is a clear remedy image. Strong vitality. Excellent prognosis.

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