

Homeopathic Symptom & Remedy Review: Patient Asparagus November-December 2022

****Took Sepia (200ck) for 1 week, 3x daily**

Symptoms used as criteria to find remedy:

- Headache (top of head/vertex; agg. light, sound, cloudy, menses; aml. lying down, dark) - **Better**
- Nausea (morning, agg. anxiety) - **Better**
- Acne (agg, anxiety, gut issues, dairy) - **Worse**
- Full/clogged ears (worse upon waking and going to bed) - **Same**
- Breast pain with menses - **Increased pain & growth**
- Swelling/pain (left knee, arms/tendons; follows cycle? aml. ice) - **Increased A LOT**
- Intolerance to dairy (stabbing abdominal pain, nausea, diarrhea) - **N/A (didn't try dairy)**

Other New Treatments:

- Cupping and massage on stomach
- Gut supplements

New Symptoms

- Feeling very heavy
- Super achy joints (knees, hips, elbows)
- Tightness/fabrics icky on skin
- Yeast infection
- Super tired
- Breasts painful and growing

Continued Symptoms

- Acne
- Clogged ears

*Hormone related symptoms triggered

***Try Nux vomica