

Date: _____ Patient name: _____

To enable us to find a suitable homeopathic remedy, we need you to *precisely record here all changes in how you feel* which have arisen during the *current illness*. To do this:

1) Below, write the main symptoms you have noticed with your illness:

MAIN SYMPTOMS (e.g. restlessness, impulsiveness, poor concentration, speech difficulties)

2) Underline below whatever applies to you during your illness.

For example: if it gets worse when you perspire, mark: during / after perspiration better / worse

SYMPTOMS	PERCEPTION
<ul style="list-style-type: none"> • Light (bright): worse • Looking at something close-up (strained vision): worse (e.g. nervousness after watching TV, using PC or mobile phone) • Reading: worse (dislikes reading, tires quickly) 	Visual
<ul style="list-style-type: none"> • Hearing: sensitive • Talking: worse (speech disturbance) 	Auditory
<ul style="list-style-type: none"> • Sense of smell: oversensitive / diminished • Sense of taste: reduced (adds sauce or spice to everything) 	Olfactory Gustatory
<ul style="list-style-type: none"> • Travelling in car: worse (e.g. nausea) • Touch: worse (dislikes touch) 	Vestibular Tactile
<ul style="list-style-type: none"> • Warmth: worse (finds warmth unpleasant) • Warm room: worse (e.g. warm room makes the restlessness worse) • Uncovering: better • Cold: worse (feels cold easily, unpleasant) • Uncovering: worse 	Sensitivity to temperature
<ul style="list-style-type: none"> • Movement: better • Dislikes movement, inactive 	Movement
<ul style="list-style-type: none"> • Writing: worse (writes in cramped way, tires quickly) • Muscles: flabby / tense • After waking up: worse • Before falling asleep: worse 	Time when complaints get worse
<ul style="list-style-type: none"> • Understanding difficult / easy 	Understanding
<ul style="list-style-type: none"> • Memory weak / vivid (distinguish weakness of memory from absent-mindedness) 	Memory
<ul style="list-style-type: none"> • Sad, depressed, weepy • Irritable, aggressive, fits of rage 	Change in mood

3) The following symptoms are very common in disturbances of perception and ADHD/ADD but have proved less reliable when choosing a homeopathic remedy. Therefore, only underline symptoms below if you have noticed that they are very pronounced in your child.

MIND

- Mood swings
- Sulky
- Serious
- Fearful
- Compulsive ideas
- Proud, arrogant
- Nasty
- Jealous
- Greedy, stingy
- Brash, cheeky, rude
- Dictatorial (Kent, Mind, p. 28)*
- Dislike washing themselves
- Modalities of mind
- Mental exertion: worse
- Being alone: worse
- Being with people: worse
- Darkness: worse
- Being in a room full of people: worse
- Strangers: worse
- Being consoled: worse
- Afraid: worse
- Upset: worse

- Annoyed: worse
- Angry: worse
- Lack of sleep: worse
- Motor phenomena dependent on mind
- Stammering (Kent, Mouth, p. 356)*
- Grinding teeth (Kent, Teeth, p. 368)*

PERFORMANCE

- Mistakes in arithmetic (Kent, Mind, p. 52)*
- Slowness (Kent, Mind, p. 65)*

FRESH AIR / MOVEMENT

- Fresh air: desire for / aversion to
- Fresh air: worse
- Walking in fresh air: better
- Physical exertion: better
- Involuntary movements (tics)

TOUCH

- Pressure of clothes: worse
- Combing hair: worse
- Touch: better
- Rubbing / massaging: better

WEATHER / PHASES OF MOON

- Cold wet weather: worse
- Autumn: worse
- Winter: worse
- Windy weather: worse
- Change of weather: worse
- Full moon: worse
- New moon: worse

EATING / DRINKING

- Disgust
- Desires sweet things
- Desires salty things
- Desires milk
- Midday: worse
- Hunger: worse
- Sweet things: worse
- Milk: worse
- After eating: better
- After drinking: better

4) Write here any symptoms not listed so far that you have noticed in your child:

INSTRUCTIONS FOR THE HOMEOPATH

1. Repertorise only with the polar symptoms on page 1 to generate a list of likely remedies.
2. Use the symptoms on page 2 only for the subsequent materia medica comparison of likely remedies. It can be misleading to include the symptoms on page 2 in the repertorisation. The exceptions to this rule are the following symptoms from page 2, which – if present – can be included in the repertorisation: Stammering, Grinding teeth, Mistakes in arithmetic, Slowness.

RECOMMENDED RESOURCES FOR POLARITY ANALYSIS:

- Software: www.boenninghausen.de
- Textbook: Heiner Frei, Polarity Analysis in Homeopathy: A Precise Path to the Simillimum. Kander: Narayana Publishers, 2013.
- Textbook: Heiner Frei, Homeopathic Treatment of Children with ADD/ADHD. Kander: Narayana Publishers (publication planned for 2015).