

## Heiner Frei's Confirmatory Indicators for Polarity Analysis Materia Medica

Remedy	Symptoms
Calcium carbonicum	Fearfulness, timidity, stubbornness, flabby muscles, sweating, late teething, easily exhausted, < consolation  Tim's additions: Dependency on others, significant insecurities
Lycopodium	Dictatorial, lack of selfconfidence  Tim's additions: Commonly GI issues – bloating, constipation
Sulphur	Aversion against washing, bad smell of excretions, rashes, < warmth of bed
Nux vomica	Irritability, ambitiousness, stresses himself, fits of rage, impatience, oversensitivity to noise and light
Phosphorus	< alone, likes to be center stage, short attention span, fearfulness, weakness
Causticum	Intense emotions, sympathy with others, rebellious, controlfreak
Ignatia	Oversensitivity, vulnerability, sorrow, < by anticipation, moody, < consolation  Tim's additions: If a physical case, can show neurological pathology. Also significant rumination and in particular intractable stewing resentment
Silicea	Reserved, stubborn, conscientiousness, poor mineralisation (teeth, nails), suppuration, < consolation  Tim's additions: Can't get warm, and of course CAN (NOT a requirement) be quite fearful of needles/penetrating things/pains

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Mercurius solubilis	Mistrustful, introverted, impulsive, bad breath, < at night
Belladonna	Irritability, febrile delirium, convulsions, inner heat, dysmenorrhoea  Tim's additions: Tics, Sudden onset of Sx's, Real Pavor Nocturnus
Chamomilla	Irritability, fits of rage with hitting, oversensitiv to pain
Sepia	Overtaxed, indifference, withdrawn, < consolation, < company  Tim's additions: Commonly has hormonal issues along with mood swings accompanied with resentment about doing housework
Hepar sulfuris calcareum	Irritability, oversensitiv to pain, bad smell of excretions
China	Irritability, oversensitivity of senses, high flying plans for the future, periodicity of complaints
Lachesis	Jealousy, talkativeness, irritability, sarcasm, < heat, intolerance of touch of neck  Tim's addition: Often full of herself/himself – can be dictatorial
Phosphoricum acidum	Indifference, responds slowly, exhaustion, < by sorrow  Tim's additions: Can suffer significant apathy with clear low appetite when fatigued/depressed or grieving

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Pulsatilla	Mildness, weepyness, easily consoled, moody, < heat, > open air
Staphysagria	Ailments from suppression of sorrow and rage, anger, throws objects around
Arsenicum album	Fearfulness, perfectionism, restlessness, < after midnight, < alone, fear of illness  Tim's additions: Suspicious/somewhat paranoid – CAN be suspicious of people close to them – family etc – often more so than of strangers.
Natrium muriaticum	Introverted, < by sorrow, < hurt feelings, > alone, < consolation  Tim's addition: Tendency to ruminate over past hurts/negative events. Some obsessiveness here
Magnetis polus arcticus	Anxiousness, self reproaches, hasty, perfectionism, difficulties to start working, work does not progress  Tim's addition: Often quite irritable
Aconitum	Psychological shock, < dry cold air, fear in crowds  Tim's additions: Sudden onset (of panic/anxiety or disease), < confining, > open air/fresh air
Aurum	Melancholy, fits of rage, dictatorial, fear of failure
Arnica	Overexertion, ailments from injuries, physical and mental  Tim's additions: Often high self confidence, identified with physical confidence like sports, etc.
Ambra	Tim's additions: Timid, OCD, Constipation, Somewhat dependent on others

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