

Steven Olsen

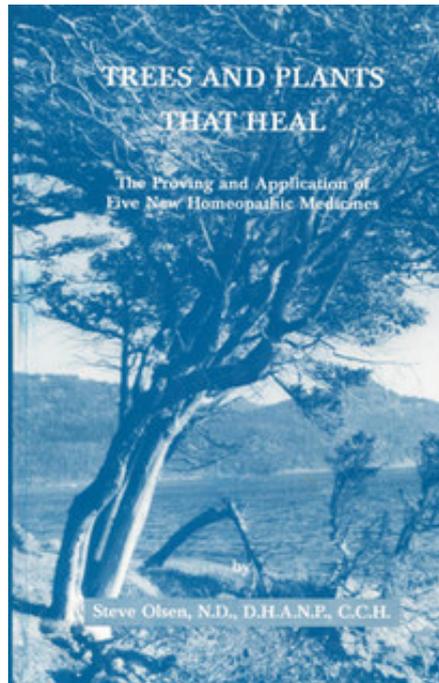
Trees and Plants that Heal

Leseprobe

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von [Steven Olsen](#)

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Chapter 1

Pseudotsuga menziesii van menziesii Pinaceae, Douglas fir

The Douglas fir is one of the dominant evergreen trees in North America. It grows upwards of 300 feet (100 meters) and some are over 1300 years old. Its leaves are linear, up to 3 cm. long, rounded, blunt at the tip, green above with two white bands beneath, aromatic, arranged all around the shoot. The bark is purple-brown, thick (to protect it from forest fires) with red-brown fissures. The male flowers are yellow beneath the shoot, females are green flushed with pink at the tip, in separate clusters on the same plant, in the spring. The fruit is a red-brown hanging cone, 10 cm. long, with three pointed bracts projecting from between the scales.

Damaging agents include fungi, that can lead to root rot. Fire, lightning, and other falling trees, can damage a tree and court infection. Insect damage comes from the root weevil, moths, and beetles. Small forest mammals, deer mice, creeping voles, chipmunks, shrews, and birds, consume various parts of the tree. A single deer mouse, for example, can devour three hundred and fifty seeds in a single night. Browsing and clipping by hares, brush rabbits, mountain beaver, pocket gophers, deer and elk, often injure seedlings and saplings. (*Silvics of North America*, Vol.1)

This tree is adapted to withstand moderate fires, a cool, wet, but moderate climate, up to three meters of snow pack in the winter,

PSEUDOTSUGA MENZIESII

wind, shade from other trees, and sandy soil conditions. A photograph of the Douglas fir can be found on the back cover of this book.

The fresh shoots with leaves were picked in October, and tinctured with 70% alcohol in a glass bottle for two months. The 30c potency was made by Dolisos Pharmacy.

Abbreviations: NS = new symptom OS = old symptom

Proving of Pseudotsuga Menziesii

A proving was done with 16 persons.

Prover Number One

- Day One -1/16/95 (Doses 1-3) - No symptoms to report.
- Day Two - 1/17/95 (Doses 3-9) - No symptoms to report.
- Day Three - 1/18/95 (Doses 9-12) - No symptoms to report.
- Day Four - 1/19/95 (Doses 12-15) - No symptoms to report.
- Day Five - 1/20/95 - Antidote with coffee.

Second Attempt:

- Day One - 1/23/95 (Doses 1-3) - No symptoms to report.
- Day Two - 1/24/95 (Doses 3-9) - No symptoms to report.
- Day Three -1/25/95 (Doses 9-12) - No symptoms to report.
- Day Four - 1/26/95 - Antidote with coffee.

Post Test Observations:

I found my mood to generally improve during the two attempts, but I feel this was due to a period of nice weather.

After completing the last proving, we had similar weather, and I noticed the same effects (without the remedy).

Prover Number Two

No new symptoms to report.

Prover Number Three

Day One - 1/22/95 (Dose 1)

Mind: Immediate to taking remedy, a sense of separate euphoria; high-like in a drug state. Cloudy feeling. Senses turned inward.

One to Three Hours Later: Extremely quick to argue, to not feel listened to, and to blame others for not giving me what I feel I deserve and need.

Head: Cloudy peripheral sensations, i.e. vision, hearing, touch. Experiencing more drifting on the inside, in my head.

Eyes: Visual limitation on the lateral fields. Eyes feel sunken deeper in my head.

Mouth: Tingles and feels numb. Heavy salivation.

Throat: Burns slightly. No feeling of thirst.

Stomach: Slight paraesthesia, and burning, tingling feeling.

GI Tract: Five minutes post-remedy, experienced relaxation wave throughout GI tract. Immediate to relaxation wave, had bowel movement.

Respiratory: Breathing is irregular, like I can't get enough in through my chest, even though taking big breaths. Chest movements feel expansive.

Extremities: Muscles are weakening.

Skin: Flushing slightly. Feeling warmer through and through, like after brandy on a cold day.

Day One - 1/22/95 (Dose 2)

Mind: Kind of drifting, following my body. Powerful high, drugged feeling.

Head: Feeling of lateral compression on both sides of temple. Frontal sinus filling.

Eyes: Feel retracted, like in a tunnel vision experience.

Heart/Vasculature: Immediate after taking, something strange going on with my heart and blood vessels. I'm not sure what, but I feel a vascular thrill with each heartbeat. Head pounding pleurably, euphonically, with each beat. I will stop breathing, almost forgetting to breathe, before consciously inhaling. Feels unregulated and uncomfortable.

Extremities: Parasympathetically weakening, like I can hardly hold the pen. Hands are shaking. Flushing warmth with underarms perspiring, with a sensation of pins and needles.

Day Two - 1/23/95 (Dose 3)

Mind: Delay between initiating thought and the ability to translate that into either writing or speech.

Disconnected from my emotions, feeling a bit low and troubled.

General: Reeling in space as I sit.

Head: Feeling of compression in head. Slight ache. Sinuses feel full and heavy, almost compressed, pulsating sort of pain. Face tingling.

Mouth/Speech: Salivating with a slight sense of nausea. Lips numb and tingling.

Extremities: Especially in axillae of arms and groin, a spreading warmth. Hands uncoordinated.

Day Three and Four - 1/24/95 and 1/25/95 (No doses)

I stopped taking the remedy because it's effects became more pronounced; I became nauseous on my third dose, on the second day. More pronounced symptoms, as follows, occurred on the third and fourth days when I took no remedy. They seem exaggerations of the first two days symptoms.

These two days have been very difficult for me. I have never noticed my sinuses to be painful or compressed feeling, yet I have had this sensation the last two days, especially in my frontal and maxillary. It has been painful. I have been aware of changes in my sense of balance. Shifts in body position have affected my sinuses and my balance. When my head was elevated on a pillow, I felt some pressure, as if the cerebrospinal fluid was not draining properly. Vision has been strained. When I read I would feel the immediate translation of eye strain into cranial fluid and sinus changes. On two occasions I felt like I was going to pass out, once after leaning over briefly. On one occasion, after sipping peppermint tea, the above lateral compression and sinus symptoms worsened. I think

it may have something to do with the pyrol structures of the essential oils of peppermint and Douglas fir.

The lateral compression on my head, in the sphenoidal region, has continued. It is not a headache. It seems superior to the cranium. It worsens post-prandial.

My mood has been extremely despondent. Like something bad is happening to me, and I have to succumb to it. I am very tired, but I don't feel relaxed enough to go to sleep gracefully.

I feel sure that the Douglas fir has a lot to do with these symptoms. My only reservation is that I have noticed that when I drink or eat many foods these past two days, since stopping the remedy, that the above symptoms seem to worsen. It is hard to attribute everything to Douglas fir.

Heart pain: I have never had this before; worse to lie on the left side. I feel I am more fearful and ready to give into the fear. Feelings of anxiety, I can't apply myself to the task. I felt sick when I thought that I had to concentrate on duties. Shaky in general.

Prover Number Four

Day One - 2/24/95

Peaceful, but don't want to deal with people-don't want any more demands. Usually I would hide, like I couldn't keep boundaries, but today felt like I was daring anyone to mess with me.

3:00 p.m. Throat dry, scratchy, ticklish-a little dry cough. No tolerance for cat's neediness.

11:00 p.m. Can't sleep; restless.

Day Two - 2/25/95

11:00 a.m. Controlled irritation and disgust for client who is in "victim." Feel more intolerant with people, so I didn't return phone calls. Willing to give people consequences. More firm. Less caring what they thought.

1:00 p.m. Restless, desire to move about. Period due in one week. Cramps—unusual to get symptoms this early.

11:00 p.m. Restless again, can't get to sleep, crawling feeling on legs.

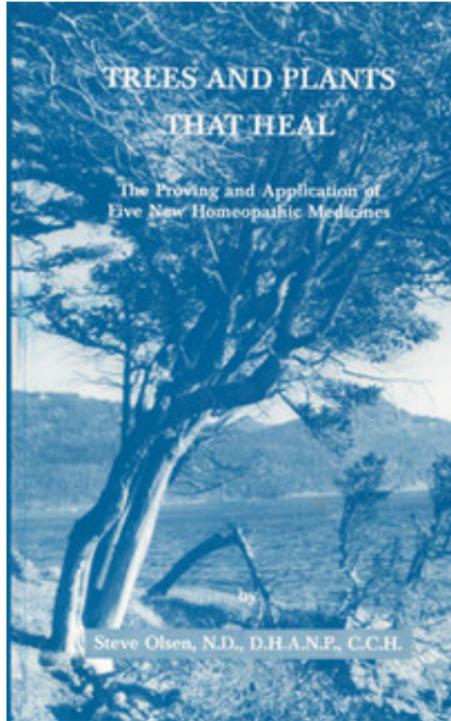
Day Three - 2/26/95 (Doses 7-9)

8:00 a.m. Kicked cat off bed—this is unusual behavior for me. Woke irritable—this is also unusual for me. Bowel movement difficult.

11:00 a.m. Angry with client who isn't honest and is trying to blame me—unusual for me.

Cramps, distended abdomen, continuing nervous energy—can't shake it off; usually only get these symptoms the day before my period & sometimes the day between days 1 and 2 and 4 and 5 of my period (it always stops for one day and starts again). Also, attitude of daring anyone to push my boundaries—new symptom, continued along with intolerance. I feel more intolerant with people, so I didn't return phone calls. I am willing to give people firmer consequences. Less caring to what other people thought. More ridged, daring, so attracted people to push my buttons. Anger when people did not consider my needs. More nervous energy overall.

Started menstruating 3/1/95. Symptoms usually stop (nervous energy especially) but this time only subsided some. Cramping much worse than usual. Rest of my period was normal—length and flow and colors.

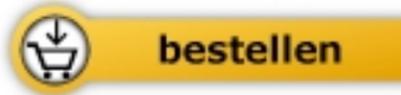


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