

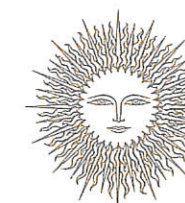


About Luke Norland RSHom

Luke Norland RSHom grew up sharing his family home with the School of Homeopathy and has been immersed in the homeopathic way of life from the beginning. Having first studied classical music in London, his career path eventually brought him back to his roots in the healing arts. He is particularly interested in the active-listening role of the homeopath, providing a space for people to tell their truth and explore themselves free from any prejudice. Luke practises in the UK and internationally, combining this with his role as UK coordinator for RadarOpus and his regular teaching at the School of Homeopathy. He has experience editing and collating rubrics for the school's provings, having been involved in *Two-toed sloth*, *Spectrolite*, *Red campion*, *Carbo fullerenum*, *Sparrow* and more. Luke is currently finishing a book to be published next year by Saltire, entitled *'The Animal Remedy Guide'* - a synthesis of themes, mappa mundi and mythology. His approach to homeopathy is to blend the disciplines of repertory, materia medica, provings and systems, so that each case can be explored from an appropriate anchor point to suit the individual.



Mani and Luke Norland introduce us to the predominant themes from the School of Homeopathy's latest proving of the two-toed sloth.



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About the author

Mani Norland RSHom is Principal of the School of Homeopathy. Mani grew up with homeopathy and trained in 1999 at the School of Homeopathy. He has studied with many leading homeopaths including Jan Scholten, Dr Massimo Mangialavori, Dr Shachindra Joshi, Dr Rajan Sankaran and Jeremy Sherr's Dynamis Post Graduate Course. In his 'other life' Mani worked in London as a brand and business consultant for over ten years. Mani is a founding member of Homeopathy Course Providers Forum and a founding member and vice chair of the 4Homeopathy (the pro homeopathy group of 11 organisations in the UK). Mani is passionate about the positive promotion of homeopathy to the general public, has written many consumer facing articles on homeopathy and been interviewed on BBC radio several times. He has lectured on the subject in the UK and overseas in Belgium, Hong Kong, Ireland, Japan, Norway, Israel, Serbia, Australia, America, Canada, Greece and South Africa.

CHOLOEPUS DIDACTYLUS – THE TWO-TOED SLOTH

A PROVING BY THE SCHOOL OF HOMEOPATHY

Sloths reputedly do not fart; they have four stomachs, their coats are covered with algae and alive with billions of bugs. They sleep hanging from a branch by their nails and they have a 'superpower' of invisibility, making them one of the least hunted animals. Oh, and did we mention, they are also very slow.

When we began the proving of sloth, there was a palpable calmness in the room. Each proving usually begins calmly, but the sloth proving was memorable for the sleepy stillness and tranquil atmosphere. We were speaking softly, slowly and quietly. Then the door opened and we were interrupted, but no one was there. Whoever it was simply closed the door again; we were disturbed yet unseen.

Sloth is famed for being a very slow-moving animal and this quality pervaded the proving – no great surprise there. The provers' experience of the slowness was primarily calm, meditative and 'swimmy', with drug-like sensations. Sloths live alone and the proving features intense themes of isolation and separation - feeling invisible or within a bubble. This brings to mind the image of a sloth hanging upside down, hidden in the

trees with its invisibility cloak (of algae and bugs). Not only does it stay hidden with slow movements, but its multi-layered coat also camouflages its smell.

The secondary action brought feelings of exclusion, apathy and an 'outsider' mentality. For some, this manifested as boredom or sadness, whilst others described a sense of vulnerability - feeling frozen by the fear of violence. Many provers became alert to conflict; observing it happening and identifying strongly with those who had been victimised. One prover, who witnessed bullying, felt an undeniable urge to speak-up and defend injustices. Another developed vindictive thoughts, which they described as 'cold and dark'.

Making connections with the main proving themes, one version of the overall narrative for this remedy could be: the sloth individual conserves energy, moving slowly whilst calmly taking life in. They hang around, staying safe, alone with their own thoughts - seeing the world clearly. Yet within their bubble, they become lonely and isolated, leading to procrastination and boredom (sloth is of course one of the seven deadly

sins, referring to idleness). They may develop a deep sense of shame, self-loathing and fear of criticism, feeling disgusted by their own odour and suspicious that others treat them as outsiders. They hide in the canopy; feeling vulnerable and alert to danger – tending to internalise everything. They witness the violence of the jungle - the bullying, abuse and death. The injustice becomes unbearable and they are compelled to speak up. They have flashes of aggression, anger and violence; they can attack when threatened and even move quickly when excited. For love, warmth and hugs, they need a mate. Sloths share the same communal toilet and return each time. Here, by the 'poo-pile', they may find a sexual partner and feel part of the group for a while. In the absence of the mammal need for warmth and affection, they may develop addictive compensations, seeking comfort in bingeing.

The remedy was prepared from a hair sample of "Maximus", a male two-toed sloth from Costa Rica, who suffered an electrocution. He was named according to his large size, weighing a stunning 7.2kg. However, 1kg of his weight was faeces that he had retained because of his accident.

Physical Affinities

Skin / Gastro-intestinal / Head / Eye & Vision / Nose & Smell / Ears / Face / Mouth & Teeth / Hands & Feet

Ailments

- Respiratory – Dry, unproductive cough / Blocked passage of mucus
- Eruptions – Acne / Ulcers / Abscesses / Pimples / Rash / Itching
- Constipation – stool consists of hard balls
- Fatigue

Sensations

As of a blow / Intolerable itching / Eye - foreign body; grit, sand
Numbness / Acute senses ++ offensive odours.

Characteristic Mental Symptoms

- Central Delusions
 - Outsider; being an

“The remedy was prepared from a hair sample of ‘Maximus’, a male two-toed sloth from Costa Rica, who suffered an electrocution.”

- Victim; she is a
- Invisible; she is
- Above it all, she is
- Glass - behind a glass; as if
- Addicted; tendency to become
- Ailments from – domination
- Anger - beside oneself; being
- Confidence - want of self-confidence - support; desires - family and friends; from
- Estranged - cut-off; feels
- Fight, wants to - helpless people; for
- Horrible things, sad stories affect her profoundly
- Humiliated; feeling
- Inactivity - unmotivated; and
- Indifference
 - Desire, nor action of the will; has no
 - Feel almost nothing, seems to
- Insightful
- Spaced-out feeling - fog between self and other
- Weeping - sobbing; weeping with

Dream Themes

- Wedding / Engagement Rings (also irritation of wedding ring finger)
- Ex-partners
- Fast-paced dreams (slow paced reality)
- Taking the more difficult path (a reference to the sloth's chosen evolutionary pathway?)
- Isolated / Excluded
- Abuse / Dead bodies / Death of relatives / Darkness

Mind Themes

Slowness

“Time feels like it is going on forever... the only thing I want to do is slow down and take my time... Dream: I am a bodyguard for the Queen, I have to protect her... I am surprised by how slowly we have to move. It takes ages to get anywhere.”

Calmness / Tranquillity

“So relaxed. So peaceful... this was the most a meditation has ever worked... I am speaking slowly, calmly, taking my time, meaning every word... Feeling very grounded; like I am able to cope with anything.”

Focus / Clarity / Precision / Insight

“The world looked more precise... I have a desire to look deep inside me... work[ing] with immense clarity and ability to see objectively... everything looks really clear - trees, grass, clouds - even though I haven't got my glasses on. I am seeing people for who they are, good and bad.”

Isolation / Exclusion / Bubble / Barrier / Invisible / Alone

“Inside the bubble it is safe, but you can't reach anyone... I broke down in tears. So lonely and unloved... Feeling I am very much the odd one out... Isolated, as if in a box... I feel distant and indifferent... I feel unloved, unlovable and unable to love... Feeling weirdly isolated, but surrounded by people.”



Neil Mason-Jones, graduating 2020, and Janet Weddell from Helios preparing the proving remedy.

Apathy / Boredom / Procrastination

“Tired and out of it. Bored and intolerant of idiots... feeling quite dead inside; no sense of urgency... I'm just not bothered or motivated... emotional numbness and indifference... I feel quite blasé... I don't care, I just want to stay in bed, look after myself and do nothing.”

Exhaustion / Lassitude

“As if my fuel tank was empty... Exhausted, feeling heavy... Look old. Aged overnight. I don't want to get up. I wish I could lie here all day and sleep and read, alone...”

Disgust / Smelly / Self Loathing / Revulsion

“Belching with slight vomit into mouth. Gross returning symptom... Self-loathing. Very uncomfortable... Someone is biting their nails next to me. I feel disgusted and almost sick... Really strong body odour under armpits... My breath smells. Also, I keep smelling odd smells.”

Weeping / Deep emotions

“Sobbing, feel completely overwhelmed, I cannot take anymore criticism... cried so hard; sad that I have to hide feelings from mum and dad... I am so near to tears and don't want to cry. Just a huge well of tears.”

Confusion / Muddled / Blurred / Foggy / Distant

“Struggled to wake up, feeling very drowsy and confused, in a half sleep... when I awoke I had absolutely no idea where I was... I feel as if boundaries are unclear, blurred, changed... Discombobulated... Unable to navigate correctly, keep going the opposite way... My head feels blurred and foggy.”

Vulnerability

“Woke up with the word ‘submissive’ in the air... Have to deal with people despite feeling like I want to curl up in bed. Quite a challenge to stay present. Feel vulnerable... I find it nearly impossible to watch films that show people being victimised or in a position of vulnerability.”

Suspicious

“Slight paranoia about people suddenly not needing a lift with me... Have

Dynamic / Choleric

Conflict / Violence / Bullying / Abuse
Anger / Aggression / Agitation
Active / Industrious / Efficient / Fast
Injustice / Outspoken / Whistleblower

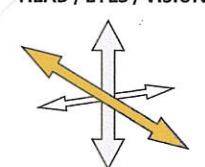
Fire / Sky realm

Family / Warmth / Love / Hugs
Amorous / Sexual / Ex-partners
Focus / Clarity / Precision / Insight
Superhuman control / Possession

Eruptions
Acne / Ulcers / Abscesses / Pimples / Rash / Itching / Redness

Excesses / Addiction

HEAD / EYES / VISION



EARS & HEARING

Disgust / Smelly / Self Loathing / Revulsion
Guilt / Shame / Blame / Fear of criticism
Isolation / Exclusion / Bubble / Barrier / Invisible / Alone

Apathy / Boredom / Procrastination
Death / Despair / Suspicion
Overthinking / Overwhelmed
Senses acute / amplified

Numbness

Underworld / Air

Water

Weeping
Deep emotions
Calmness
Tranquility
Exhaustion
Lassitude
Confusion
Muddled
Blurred / Foggy
Distant
Vulnerability
Slowness

Static / Phlegmatic

noticed I've been holding back a lot about how I had been feeling... worried about people looking over my shoulder... I am still suspicious and on my guard.”

Death / Despair

“Dream: my son has AIDS. I cannot bear to think he will die... I feel like there is a shape in front of me, like a rock or as if I am in a tunnel. There is darkness and an emotion I do not understand... Dreamt I was digging up animal corpses and moving them, hiding them elsewhere.”

Injustice / Outspoken / Whistle blower

“The issues of stigma, shame and complicity are close to my heart... Generally feel that I am less tolerant of injustice... it's not fair on me to do all the jobs by myself... being trapped in this fear of what might happen when [one] speak[s] up.”

Conflict / Violence / Bullying / Abuse

“Conflict seems everywhere... Have to play-act so I don't explode... humiliated and bullied and victimised... I felt I had lost face. Impossible to watch films that show people being victimised or in a position of vulnerability... I have had some almost vindictive thoughts for no real reason.”

Anger / Aggression / Agitation

“I was very agitated and impatient. I rarely feel these emotions... Outburst of anger... Extremely irritated. Snappy, spiky. I have to apologise to a number of people because I have been very short with them.”

Active / Industrious / Efficient / Fast

“It is a very fast train! I wonder how to cope with it? It's like understanding everything all at the same time, or a bit like losing the plot. It would be easier to just eat, sleep and have sex and not think so much!”

Superhuman control / Possession

“I don't feel like myself and I want to go back to who I really am... I feel that this remedy has an extremely dark side to it, sometimes it seems as

“The remedy was prepared from a hair sample and run-up to the 30th centesimal potency by the proving group led by Mani Norland and John Morgan.”

if it is taking over me... I cannot shake it. I am taken over by it... I feel the ‘possession’ of the proving substance.”

Excess / Addiction / Smoking / Drinking

“I want to drink alcohol a lot at the moment... Had quite a lot of white and red wine to drink; felt as if it wasn't really affecting me... I felt the need to smoke tobacco, so I did. It felt like a crutch, but didn't really satisfy. I just continued to do it. Almost binge like... I am still drinking every day... No stop button.”

Guilt / Shame / Blame / Fear of criticism

“Dreams - wanting to have sex with younger man. Feeling guilty about it and stopping half way through. I feel so sick not helping my best friend. Who would leave a friend in need?... Inside I am terrified of the criticism... So much fear. What have I done? I am still scared of leaving the house... Someone could come and tell me off... why is that so scary?”

Groups

“More aware of political manoeuvrings of others. I can see how people jostle for position in organisations and how they subtly push others aside and themselves forward... I am reaching out for reassurance to friends via text messages and talking.”

Family / Warmth / Love / Hugs

“Amazing loving hug fills me up with love and gratitude for this new family I am a part of. I feel a warm glow inside rising up through me... I realise that making myself really vulnerable [means] those who love you will understand and support you... Dream - he took my hand and he seemed really lovely and full of energy and enthusiasm. He curled up and I sat in his lap also curled up. I felt so safe and comforted. We looked over a balcony and he started sucking on my right nipple. It wasn't sexual at all - more like a child suckling.”

Supplementary themes

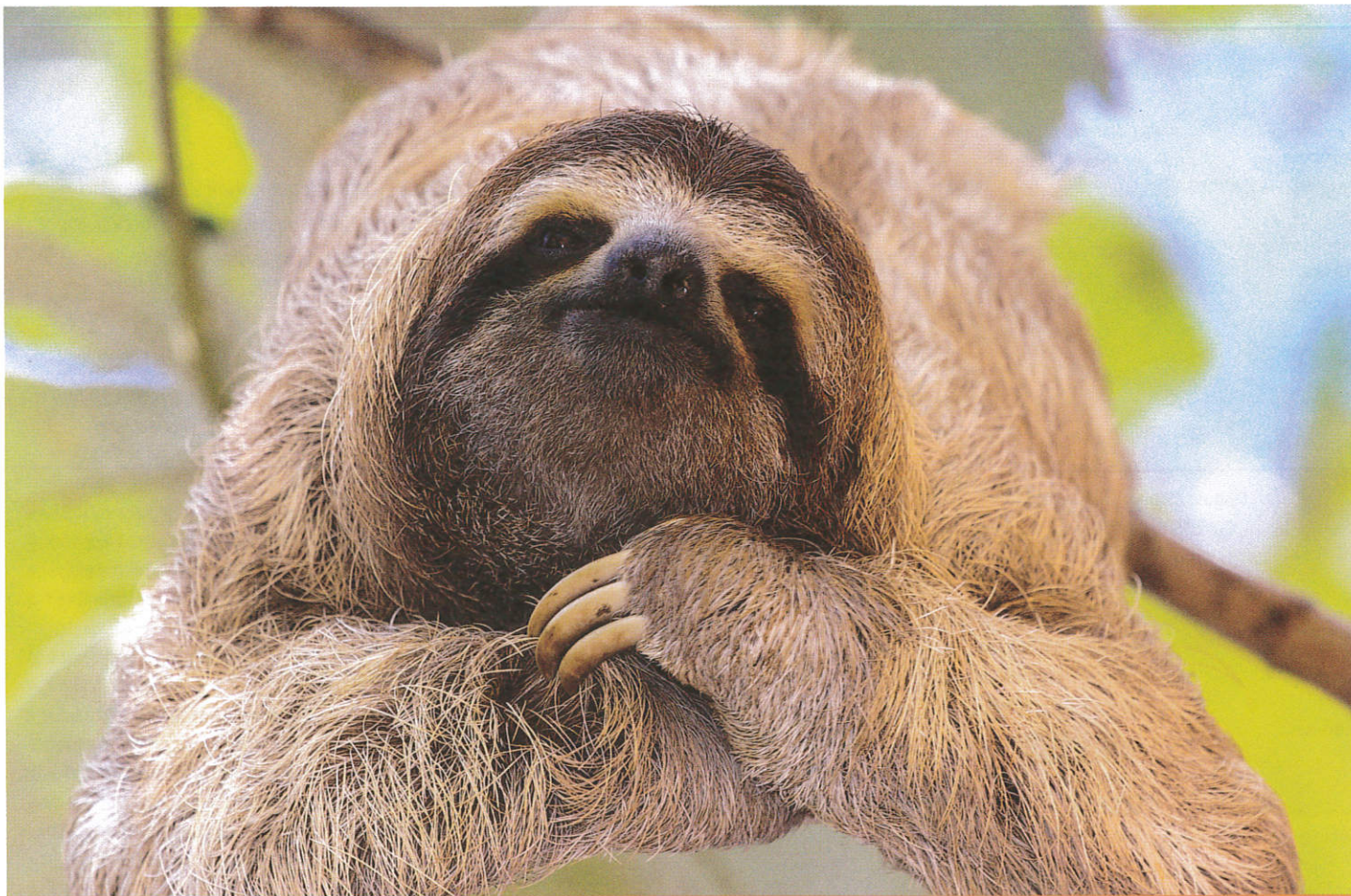
Animals
Transitions / Change
Drunk / Drugged
Overthinking / Overwhelmed
Senses acute / Amplified
Accidents / Carelessness
Amorous / Sexual / Ex-partners

Related remedies

Phascolarctos cinereus (Koala) / Cerium metallicum / Pulsatilla / Salix fragilis / Chocolate / Ambra grisea / Stage 2 / Series 3 / Milks / Sycotic miasm

This is an overview of the 2018 Hahnemannian proving of the two-toed sloth (*Choloepus didactylus*).

The remedy was prepared from a hair sample and run-up to the 30th centesimal potency by the proving group led by Mani Norland and John Morgan. There were 13 female and 2 male provers, with each taking a single dose. The proving was fully supervised for a period of 2 months. The diaries were then collated and repertorised by Luke Norland. ●



Sarah Lane presents an ongoing case of *Bradypus tridactylus* – the three toed sloth.

BRADYPUS TRIDACTYLUS - THE THREE-TOED SLOTH A REMEDY FOR OUR TIMES?

As a homeopath, I have a special interest in treating patients with emotional and mental health issues. As a result, I have seen an increasing number of teenagers who are self-harming. From my experience in this case, and from the findings of the School of Homeopathy's proving, *Bradypus tridactylus* appears to be a potentially useful remedy for patients with patterns of self-abuse, who are particularly struggling to cope with the pressure of school, work and friendships, reacting by zoning out and retreating from events around them.

Case summary:

When EP, a 15-year-old girl, first came to see me in September 2019, she was self-harming by cutting herself quite deeply with a sharp blade on her arms and legs. She was under the care of a psychiatrist, who had diagnosed her with anxiety and depression, as well as severe attachment issues; EP was adopted as a baby from a Russian orphanage.

She was attending a very academic and pushy girls' school in Oxford, where she was not coping well; she compared herself negatively to other

students, who she felt were brighter and quicker than her. She had scoliosis of the spine, suffered from severe joint pains in her ankles and was on crutches when she first came to see me, after doing a long Duke of Edinburgh walk. In general, she disliked sport, although she loved to dance. She was often in a lot of pain due to her toenails curling round and digging into her toes. Her toenails had to be regularly cut by a podiatrist and she was waiting to have an operation to correct them. She also insisted on having very long fingernails, which were very sharp and which she refused to cut.

In her first appointment, we did not talk about the self-harming at all (her mother is also a patient, so I knew the situation from her). Instead, we focused on the joint pain and the problems she was having with friends at school (she had been the victim of some nasty anonymous social media bullying, which had included death threats). Her mother related that she experienced EP's resistance to being pressured into doing things against her will as passive aggressive.

EP was emotionally absent and cut off in the first part of the consultation; she avoided eye contact and looked to her mother before

Chart 1

Chart 1

	Sil.	Nat-m.	Calc.	Nat-c.	Sulph.	Lyc.	Med.	Puls.	M-aust.	Thu.	Art.	Lac-c.	Alum.	Carb-an.	Cust.	Phos.	Lach.	Ruta	Stroin-c.	Kali-c.	Merc.	Bell.	Ign.	Hep.	Nit-ac.	Gall.	Acon.	Bov.	Rhus-l.	Staph.	Sep.	Adam.	Cann-s.	Nux-v.	Cels.	Zinc.	Teucr.	Coloc.	Kali-s.	Sumb.	Of-an.	Bry.	Cub.	Onyc-c.	Caten.	Phys.	Mag-c.			
Total Rubrics	18	17	10	7	13	12	11	9	10	10	9	8	9	8	8	9	9	8	8	7	8	7	6	5	8	3	7	7	7	6	6	5	5	6	5	2	6	5	6	5	4	4	4	5	3	3	4	4	5	
Rubrics	7	7	7	5	6	5	5	5	5	5	5	4	4	3	4	4	4	3	3	3	4	4	4	5	3	3	3	3	3	3	3	4	4	3	3	3	2	2	3	2	2	3	2	3	2	2	3	2	2	
Kingdoms																																																		
Traditional Miasms																																																		
mind; FEAR; snakes, of (30)		3	1		1			1			1	1	3	3					3	1			1	1	1																					1			3	
mind; FEAR; vertigo, in (31)	3		1	1			3	3																		1	3		1																					
mind; FEAR; falling, of (87)	3	1	1	1			1	1	2		1	1	3	1	3		2	1	1		1	3				1	3		1																					
DISLOCATION, sprains; ankles (43)	1	3	1	4	2	1	3	1	3	1					3	2			4	4					2		3	3	2		1	3	2																	
extremities; DISLOCATION, sprains; easy (71)	3	3	4	4	3	3	3	3	3	4			4	4	3	3	3	3	3	3	1	3	2	1	3		1	1	4	1	3	1	1	3	3	1	3	3	1	3										
FOOD and drinks; potatoes; desires (51)		3	1	1	1	1	1					1	1												1	1																								
FOOD and drinks; bread; desires (89)	3	3	2	3		3	3	2	3			4	1				3	1	1	3								3			1	1																		
extremities; INGROWING nails; toenails (35)	4	3			3				4	3			4	1							1				3	3				3																				
mind; MOROSE, sulky; stubborn (9)	1				2										1					2		1	1	1																										

answering. She answered monosyllabically, her energy was sluggish and she lay draped across her mother's lap with her arms either side of her mother's legs. She came across as very passive, described herself as a "peace-keeper", liked everything to be calm and disliked any pressure; she just wanted to "relax and chill" and disliked any type of stress. When under pressure, she had a tendency to zone out. Her mood was very low and she was regularly having panic attacks.

When I asked her what she liked doing, she really surprised me by animatedly relating her love of zip wires and high rope courses in trees. When asked about her fears, she told me she finds snakes "terrifying" as "they can wrap around people's arms and necks and strangle them", or "bite you and kill you". Her main fear, however, was of Segway boards, which she found "terrifying" because she cannot control how she moves on them, they wobble and she is terrified she will fall off, because "the ground is not secure beneath your feet". She loved eating stodgy carbs, chips and crisps.

I asked what her favourite animal was and she immediately replied, "sloths". She does not just like them, she loves them and has sloth pyjamas, sloth pillows, sloth toys, sloth bags, etc. Her mother said she is mad about them. When asked why she liked them she replied that they are always really "relaxed and chilled". She added that she aspired to be a sloth and that, having watched a documentary about sloths being mistreated in captivity, in the future she would like to work looking after rescue sloths.

Chief complaints:

Self-harming by cutting arms and legs with blades; hypermobility of joints causing painful joints, especially her ankles; diagnosis of anxiety and depression by a psychiatrist; ingrowing, curved toenails; dissociation; and chronic fatigue.

Case Analysis:

I felt that the energy of the remedy was strongly present in the room. I knew I needed a remedy that would cover her laid back, passive nature, which had a tendency to zone out and disengage under stress or pressure, was sensitive to being abused or bullied, that had joint problems, particularly in the ankles, painful, curled in toenails and, in addition, a tendency to self-harm. (See chart 1 above).

Silica came out top of her repertorisation and I could see that it fitted her case well. However, the area of the case taking where she had come alive and animated, talking about zip wires and tree top rope courses, as well as the intense fear on the Segway board, did not seem to fit *Sil* so well. Nor could I fit her love of sloths into this picture. The resistance in *Sil* is more around their identity, whereas EP's resistance was more related to her need to be calm, relaxed and not put under pressure.

Her case fitted very well the Joshis' description of sloth in their book, *Homeopathy and Patterns in Mammals*. Looking at the natural history of the animal, sloths belong to the Xenarth classification, which means 'strange joints', due to the extra articulations in their lower back bone and hips. Sloths are tree dwelling and come down once a week to defecate and urinate. At this time, they are at their most vulnerable to attack from

predators, such as snakes. Their limbs are designed to hang from a tree rather than support their weight and they are helpless on the ground. Under attack, a sloth will swipe at attackers with their sharp fore-claws. They move only when absolutely necessary and then only very slowly.

The Joshis hypothesise that patients in need of sloth will have an extremely slow pace or an extreme need to do things at their own pace. The main issue will be an immense doubt in their ability to keep pace with others due to their slowness and weakness, with the feeling that this makes them vulnerable, yet they will seem to be attached to this sluggishness and not attempt to change it. They will feel neglected or considered insignificant by their family and friends, yet they will not know how to get attention as they are weak and slow. They end by saying, "Sloth could be described as a slow-paced, obstinate *Silica*; they dislike any kind of change with the main feeling of being neglected, insignificant or unappreciated" p.371.

A programme about sloths on BBC Radio 4 serendipitously provided me with the information that sloths self-harm when kept in captivity, slashing at themselves with their razor-sharp claws. Another defence mechanism they use when under attack is to freeze and zone out. I also became aware of sloths cropping up everywhere in shops - as toys, on tea towels, in pictures, etc. Might the current popularity of sloths be an expression of a need to slow down, take it easy and relax, which young people, with the ever increasing pressures of school and social media, can relate to?

Treatment Plan:

I have been treating EP now for nine months. Initially, I prescribed *Brady-t* ▶



About the author

Sarah Lane RSHom is editor of *New Homeopathy*, a member of the SoH Research Sub Committee and is currently studying a Masters in Integrated Healthcare at the University of Central Lancashire. Graduating with a Masters in English Literature from the University of Edinburgh in 1994, she spent a number of years working for an environmental charity in Spain, promoting sustainable living, and later worked for a charity in Honduras teaching massage to indigenous women. After a career as an aromatherapist and English teacher in Spain, she trained in homeopathy at The School of Homeopathy with Misha Norland, graduating in 2008. She practises in Oxford and has a special interest in treating patients experiencing mental health issues.

30C (the three toed sloth) and then, after the first follow up consultation, went up to *Brady-t 200C*. I most recently prescribed *Brady-t 1M*.

After the first prescription of *Brady-t 30C*, she stopped self-harming, the ankle pain completely disappeared, and she started going for runs and doing exercise classes such as tag rugby, to the amazement of her mother. In this first follow up, she brought up the self-harm herself and we were able to discuss openly why she does it and how it makes her feel. She also expressed that she had been experiencing intense mood swings before her first consultation and had wondered if she might be bi-polar.

After *Brady-t 200C*, she started to open up to her mother emotionally and talk about how she was feeling, she was no longer in an absent cut off state and she had stopped zoning out. Her energy was much lighter, she started to make good eye contact with me, she was smiley, much more engaged, relaxed and happy. There was no joint pain, no toe pain (they were able to cancel the operation), no blanking out and no mood swings. She was more chatty and had not had any panic attacks; she was enjoying her new school and making friends. On a couple of occasions, the self-harming returned (both times after a period of separation from her mother), and a repeat of the remedy brought her back on track again very quickly. After Christmas, she had glandular fever, but recovered well repeating the *Brady-t 200C* weekly.

Recent case development

In April 2020, an old symptom of constipation returned, which she had suffered from throughout her childhood. The constipation was accompanied by some stomach pain. As the sloth only defecates every week, I felt reasonably confident that constipation might be a symptom of *Brady-t*. By June, although there had been some improvement, the constipation was still bothering her, so I asked her to describe her stools in more detail. She was extremely embarrassed at having this conversation, but managed to tell me that they are, "small, hard balls of brown poo", with the feeling of needing to expel more afterwards, but being unable to do so. By June, I had read the School of Homeopathy's proving notes of *Choleopus didactylus* (the two-toed sloth) and was struck by the fact that two provers had given exactly the same description of their stools.

EP also related a series of seven dreams to me that involved her being chased by the army, being part of a conflict and, in particular, being shot at with missiles; she awakes with pain or numbness in her left side. In her very first consultation, she had also told me of a dream of being bombed, but since then had not been able to recall any dreams. Again, looking at the proving, I saw that one of the provers had also had dreams of being shot at by missiles. Interestingly, expecting EP to express fear or anxiety about the dreams, when asked how they had made her feel, she replied, "I was OK - like 'I'm just going to be blown up, that's normal'. I wasn't really affected by it", which I felt reflected the zoning out, dissociative aspect of the remedy. I decided to give her *Brady-t 1M* and will see how she has responded at her next appointment.

Conclusion

This is an ongoing case. Overall, EP is coping really well with the current situation of being in lockdown. Her mother is experiencing her as being very caring and supportive, saying she feels "blessed to have a teenager with equilibrium". Over the years, EP has seen a number of different specialists. Her mother has told me that, out of everyone they have seen, homeopathy has definitely helped EP the most. She has now been discharged by the psychiatrist. ●

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A CASE OF CHOLEOPUS DIDACTYLUS MEETING THE TWO-TOED SLOTH

From source knowledge to prescription, Beverley Nickolls shares how she came to successfully prescribe a new remedy; Choleopus didactylus.



About the author

Beverley Nickolls RSHom qualified from the School of Homeopathy, where she now tutors, in 2010, and runs a homeopathy practice in Weston-super-Mare. She is a member of the Society of Homeopathy's Research Sub-Committee and convenes the newly established working party on outcome measures. In September 2018, she embarked on a Research PhD at Queen Mary University London, under the supervision of Clare Relton PhD. In 2017, Bev took an inspirational trip into the rain forests of Central America with an ecologist guide, which included spending time at a black howler monkey sanctuary in Belize. She enjoyed first-hand sightings of tree sloths in their natural habitat in Costa Rica, Belize, Tobago and Panama.



“They are fascinating creatures with a number of strange, rare and peculiar features, which includes this way of moving when they come down from the trees once a week, leaving them extremely vulnerable to predators whilst on land.”

Background

I first met AN five years ago aged eight when I was also working with her mum and brother. Mum had suffered a nervous breakdown four years previously, due to an abusive relationship with AN's father. AN had a troubled relationship with her father, who often let her down. She was very protective of her younger brother, who has sensory integration disorder and suspected Asperger's Syndrome. AN was finding school and relationships quite a challenge with constant 'in-fighting' where she often felt stuck in the middle. She had done very well on *Magnesium Phosphoricum* for general anxiety with outbursts of anger and severe debilitating growing pains.

Chief Complaint

AN had glandular fever last year aged 12, testing positively for Epstein Barr virus. She was struggling to recover from the fatigue and return fully

to school, was sleeping for large periods, finding it hard to walk, with numbness in her hands and feet, and was suffering from headaches and blurry vision. She had lost her independence, needing help from her mum with most tasks, and she had completely withdrawn to her room.

First appointment

AN alternated between bouts of frenzied talking and then zoning out. She was very expressive (previously she had enjoyed art and dancing). She was a strong presence in the session, and her mum described her as extremely strong willed and obstinate. I could see she relished being the centre of attention, often reacting irritably to mum's very supportive comments.

She was popular at school, although extremely sensitive to being judged or left out. AN had been on course to return to school gradually, but was fearful that her teachers would not understand why

she might find it so hard to keep up. She cared a great deal what people think of her. Her best friends argued and wanted her to choose, which affected her deeply, as she hates conflict.

She described dark thoughts breaking in and a dark imagination. She cannot bear to watch movies as they scare her. She dreams of car crashes, with friends being killed, as well as tearing somebody's eyeballs out, and putting heads into jars while still alive. When she had contact with her father, she fell into the role of parenting him and felt she had to accompany her brother in order to protect him. She would scream at dad, but he would scream back. She no longer liked play fighting any more, as it was too real.

She was having ongoing counselling to help her to process her feelings about her father. She would 'kill' anyone who upset or hurt her brother and dreamed of killing a friend. She loved reptiles and told me about holding snakes. She talked in a resigned way about being part of the circle of life and questioned what the point was, as we will die eventually and become extinct. Her perfect life would be living in a cave or small village with people 'having your back'. She also had an aversion to baths and showers. Her mum says she sweats and this is noticeable after one day of clean clothes. She had very striking, long, elegant nails, which she liked to stroke.

Her MYMOP goals were to improve her energy levels and regain her independence (she scored both at 6, the worst possible score)¹.

Prescription

I felt I was definitely in the presence of an energy from the animal kingdom and prescribed *Crotalus horridus* LM3 using Sankaran's kingdoms² and "*Insights into the consciousness of snake remedies*"³ by Sidhana Thakkar. I also prescribed a combination of tissue salts, including *Mag-p* to build up strength.

Progress at follow ups

There was a slight improvement in energy and concentration. I know from experience that progress with chronic fatigue can be slow and gradual. I moved up to LM4 post follow up and AN continued to have slight improvement, scoring 4 on both goals. I then changed the prescription to *Lachesis* and again there was some gradual progress, fluctuating between scores 5 and 4.

At the same time, AN had undergone medical assessments, including an MRI scan, and been reviewed in an ME clinic. They felt that there were no underlying neurological issues, or remaining virus present and that her current symptoms were due to PTSD. She was assessed for Irlen Syndrome for her visual disturbance with difficulties in bright light and was then supported through coloured glasses, which improved things. Not satisfied with her MYMOPs scores, I decided to retake the case.

Breakthrough

AN had more energy, although she was still suffering with the periodic numbness in her hands and feet, which affected her gait and made her helpless. I asked her to show me what this was like. She bent over double and walked slowly in a cumbersome way, as if teetering on high heels. This reminded me of the only creature I had ever seen that moved like this; a tree sloth.

I had been fortunate to be able to see these animals in the wild and attend a lecture on them by an ecologist. They are fascinating creatures with a number of strange, rare and peculiar features, which includes this way of moving when they come down from the trees once a week, leaving them extremely vulnerable to predators whilst on land. Their young are also very susceptible to abandonment if they fall from the trees, as their mothers will not venture down to rescue them.

I referred back to the Joshis' Level of Human Development and Mapping Method, which draws on the universal pattern seen in all realms of



Japanese styled character sketch

evolution, as observed by Scholten in the *Periodic Table*⁴. The Joshis describe their understanding of the levels of human development in their book on mammals⁵, which are referred to in terms of rows and columns, whilst other kingdoms are mapped onto this system to help locate a remedy.

Interestingly, the Joshis place sloth in row 3 along with *Magnesium* and *Phosphorus*. They align it most closely with *Silica*, a remedy I had previously considered. They state that 'sloth could be described as a slow-paced, obstinate *Silica*; they dislike any kind of change with the main feeling of being neglected, insignificant or unappreciated. This resonates with row 3 of the periodic table with their issue of establishing and recognition of identity⁵.

The Joshis state that the main issue in these cases will be an 'immense doubt in their ability to keep pace with others as a result of their weakness and slowness with the perception that this makes them more vulnerable⁵. AN's greatest fear about returning to school was in keeping up with the other pupils, as she felt that her condition had slowed her down and made her likely to be judged.

AN had struggled with the transition to secondary school prior to the onset of her symptoms and spoke about feeling much happier and more settled previously in primary school. She certainly thrived on appreciation from her family and friends and withdrew if she felt vulnerable. I was starting to perceive the core issues as being all about development of her identity and much more row 3 in this case.

As I was working through this differential analysis I was privy to Sarah Lane mentioning her own sloth case to me in discussion. I was struck by the similarities: chronic fatigue; the inability to tolerate pressure and expectations; the peacemaker; the freezing and zoning out; anxiety and withdrawal; as well as outbursts of frustration and aggression against self and others.

There were no proving notes available for sloth at this stage. However, I felt that the match of SRPs with source knowledge, the underlying fit on the Joshis' mapping system with row 3 on the periodic table and specifically with *Silica*, a clear indication for the animal kingdom and a healthy dose of synchronicity, which allowed me to hear the similarities to Sarah's case at that precise moment, were enough to lead me to prescribe this new remedy.

I prescribed *Bradypus tridactylus* 200C (the three-toed sloth), plussed



Japanese styled character sketch

and sipped over a number of days.

First follow up of *Brady-t* 200C.

A month later and AN was looking much more animated. She sensed instantly that the remedy was working, although she had said to her mum that she felt it needed to be stronger. She had more energy in herself and was engaging much more with her brother and family. Interestingly, mum and brother had both been ill for two weeks with COVID-19 virus symptoms. Mum rang NHS 111 to be told that she should send AN away to relatives as she had compromised immunity. She was not prepared or able to do this and AN stayed in the household, yet did not succumb to any symptoms of the virus at all. She had a short period of going nocturnal in her sleeping patterns, but was now back to normal, sleeping and eating well and busily enjoying sorting her room.

Prescription

I wanted to prescribe *Brady-t* 1M, but was unable to source it. I managed to locate a sloth remedy at Helios, following the School of Homeopathy proving, and Helios kindly ran up some LM3 and LM4 of *Choleopus didactylus* (the two-toed sloth).

Update

After two weeks, mum sent me a message saying that AN had been much more animated, was walking up and down the stairs, talking about her dance and stretching her legs against the wall, as they do in dance class. Her creative side had been coming out and she had been up all night drawing and doodling. AN was keen to share the doodles with me.

Follow up

AN was fully engaged and excited to show me some of her art; she had been drawing and tracing non-stop. She had been working with Japanese characters, because they are "pro-heroes", or "super-heroes", due to their "unique, weird quirkiness". One had the nickname "useless", but turned out to be an individual with great value. She drew them by themselves and in friendship groups, where they were all accepted and people could tell they were, "very friendly and kind". She said she is having "lots of moments of insight" about herself. She felt like she was continually under-estimated and over-estimated by others, which led to too much pressure.



"Blue is being devoured by himself (because of guilt) and he can't solve his problems until pink lets go. She just needs to let go."

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Primary school was much better, as she had one teacher who 'got' her, but at secondary school she often asked for help, or tried to support and explain to others, and she was seen as holding up the class. She felt she was 'too old' for secondary school and now felt ready for college. She was torn between conflict of pressure to get a job earning money and caring for others, in a job such as nursing, or finding a job to nurture her creativity, which she now felt would 'nurture her soul'. She did not feel there was space in her life for over-caring for her brother, which she now considered a reflection of her desire to be in control.

Progress

Mum felt the remedy had caused a big shift for AN. She was much more communicative, more "in the world". She was sleeping and eating well, washing and dressing herself, doing her schoolwork, reaching out to friends, thriving on doing her art, and was "almost back to normal". She continues to improve and is currently scoring a 2 for her MYMOP goals. It is still a work in progress and we will continue with the LMs for now.

Learning

Firstly, I found it very useful to use MYMOPs to get a sense of AN's progress from her own perspective. In hindsight, I had been drawn into the row 4 issues of functioning at school and the vulnerability she felt in this context with my two snake prescriptions. The row 3 core themes are very strong indeed and, using the Joshis' MAP system, the sloth remedy is clearly identified. This case suggests that the *Brady-t* and *Choleo-d* could both be useful for row 3 cases, which have conditions such as chronic fatigue and struggle under pressure. ●

References

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