

FOOD, hot

- Amel+: Chel.
- Drinks amel: Ail; Ars; Lyc; Nux-v; Sul-ac.

Ice, frozen things

- Agg: Arg-n; Ars; Calc-p; Carb-v; Dul; Ip; Kali-bi; Pul; Rob.
- Amel: Xanth.

Ice water agg: Dig.**Indigestible**

- Agg: Iod; Ip; Rut.
- Amel: Ign.

Legumes, beans, peas agg (See Flatulent): Bry; Calc; Lyc; Petr.**Lemonade**

- Agg: Phyt; Sele.
- Amel: Bell; Cyc; Phyt.

Lemons

- Amel: Bell; Stram.
- Peel agg: Ip.

Liquids agg: ARS; Chin; Cocl; Colo; Crot-t; Fer; Ign; Lach; Nat-m; PHO; Rhus-t; Sil; Ver-a.**Malt liquor+: Kali-bi.****Maple sugar agg: Calc-s.****Meat, mutton**

- Agg: Arg-n; Ars; Caus; Carb-v; Chin; Colch; Fer; Kali-bi; Lept; Lyss; Merc; Ptel; Pul.
- Amel: Ver-a.
- Fresh agg: Caus; Chin.
- Spoiled, agg: See PTOMAINÉ POISONING.

Melons agg: Ars; Flu-ac; Zing.**Milk**

- Agg: Aco; AETH; Amb; Bry; CALC; Calc-s; Chin; Con; Lac-d; Lyc; Mag-c; Mag-m; Merc; Nat-c; Nit-ac; Nux-m;

FOOD, milk, agg ..

Ol-j; Pho; Pul; Sep; Sul.

- Amel: Aco; Ars; Chel; Cina; Fer; Iod; Merc; Mez; Nux-v; Pho-ac; Scil; Stap; Ver-a.
- Boiled agg: Nux-m; Sep.
- Cold
 - agg: Kali-io; Spo.
 - amel: Iod.
- Sour agg: Pod.
- Sweet amel: Ars.
- Warm
 - agg: Amb.
 - amel: Chel; Crot-t; Grap.

Mixed agg: Ant-c; Ip; Pul.**Nuts agg: See Fats.****Odour of cooking agg: Ars; Cocl; Colch; Dig; Ip; Merc-i-f; Sep; Stan.****Onions**

- Agg: Bro; Lyc; Nux-v; Pul; Thu.
- Amel: Cep.

Oysters agg: Alo; Bro; Carb-v; Lyc; Pul; Sul-ac.

- Amel: Lach.

Pastry: Ant-c; Ip; Kali-chl; Lyc; Pho; Pul.**Pepper**

- Agg: Ars; Cina; Nat-c; Sep; Sil.
- Cayenne agg: Pho.

Pork agg: Ant-c; CARB-V; Cyc; Grap; Ham; Ip; PUL; Sep.**Potatoes**

- Agg: Alu; Colo; Mag-c; Nat-s; Pul; Sep; Ver-a.
- Amel: Acet-ac.

Poultry agg: Carb-v.**Pudding agg: Ptel.**

SLEEPLESSNESS

Aching

- Body, from: *Stap.*
- Bones, from: *Daph.*

Alternate, night: *Anac; Lach.*

Although sleepy: *Ap; Bell;*
Cham; Chel; Hep; Op; Pho;
Pul; Sep.

Caused by: *Ars; Bry; Calc;*
Cham; Chin; Cof; Merc; Pho;
Pul; Rhus-t; Sep.

- Horrible dreams+: *Adon.*
- Nervous excitement: *Scut.*
- Rambling thoughts+: *Adon.*

Conversation, after: *Amb.*

Drugs and liquor habitues:
Sec.

Drunkards: *Lach; Nux-v; Op.*

Exhaustion agg: *Avena;*
Chlo-hyd; Coca; Cocl; COF.

Eyes won't stay shut: *Pho.*

Grief, from: *Ign; Kali-br; Nat-m.*

Hearing, acute, from+: *Op.*

Heart symptoms, from:
Cratae; Tab.

Homesickness, from: *Caps.*

Ideas, fixed, from: *Calc; Grap;*
Pul.

Lasting several nights: *Anac.*

Lying on left side: *Card-m; Thu.*

Menses, during: *Agar; Senec.*

Midnight

- Before (Sleeps after): *Amb;*
Ars; Bry; Calc; Calc-p;
Carb-v; Chin; Cof; Con;
Grap; Kali-c; Lyc; Mag-m;
Merc; Nat-c; Nux-v; Pho;
Pic-ac; PUL; Rhus-t; Sep;
Sil; Sul.

SLEEPLESSNESS, midnight

- After (Sleeps before): *Ars;*
Caps; Cof; Hep; Kali-c;
NUX-V; Pho-ac; SIL.
- 1 A.M.: *Bels; Mag-c; Nux-v;*
Sep.

Nervous excitement, from:
Aco; Calc; Chin; COF; Gel;
Hyo; Lach; Lyc; Mar-v; Mos;
Nux-v; Plat; Stic.

Neuritis, multiple, from: *Con.*

Nicotinism, chronic, from:
Plant.

Old age: *Bar-c.*

Once awakening, on: *Ars;*
Lach; Nat-m; Nux-v; Sil.

Operation, surgical, after:
Stic.

Persistent+: *Thu.*

Prodrome, as a: *Chin.*

Restlessness, from: *Aco; Ars;*
Cham; Iod.

Retiring, after, but sleepy
before: *Amb.*

Rush of ideas, from: *Ars; Calc;*
Cof; Gel; Hep; Hyo; Ign;
Nux-v; Op; Pul.

Sexual: *Canth; Kali-br; Raph.*

Twitchings, from: *Ars; Bell;*
Ign; Pul; Sul.

Uterine complaints, from:
Senec.

Weaning of child, from: *Bell.*

Yawning, with: *Cimi.*

SLEEPS

Abdomen, on: *Bell; Colo; Med;*
Stram.

Arms

- Abdomen on: *Cocl; Pul.*