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*Causticum. Very much amelioration from cold drinks.

*Cuprum. Very much amelioration from cold drinks.

*Spongia is better with drinking in general, it doesn't have to be cold. Is even better with eating.

COFFEA

I believe that most of you have made a proving of Coffea. The first year I was in medical school, I was drinking a lot of coffee to study. That was before I started with homoeopathy; by the second year I was already with homoeopathy. I would sit up at night, would drink one cup and would be very enthusiastic about my study, studying very alertly. The second cup even more, almost a state where I would enjoy studying. I would look forward to studying, to have an excuse to drink coffee. After the third cup it was not only euphoria. It was also a type of tension, nervousness and a feeling of restlessness. And pains and little things would get on my nerves. By the fourth cup: forget the study altogether. I just wanted to go and have a fight with someone. So you see it is a progression. The same thing happens in Coffea the remedy.

MIND

-Sensitive. First we see that people are very highly sensitive. They seem to have euphoric states and excitement about things. Very cheerful, very happy. But it starts to go a little bit too far:

-Overexcited. Instead of only excited, they become overexcited.

-Nervousness. Instead of euphoria it comes to a type of agitation and nervousness. But very often they will say that mixed in-between these nervous states, they also have moments of great euphoria, where they are very excited when they see something that is beautiful and they are moved very greatly to joy, ecstasy etc.

-Quick. The mind can be very quick. They can get ideas, they can see quickly and perceive very rapidly, similar to Veratrum.

*Veratrum, the mind is very quick and very clear.

To a lesser degree:

*Lachesis, Sulphur, Phosphorus.

-Racing. The mind is racing and at night the mind can be racing quite a lot. It can be very similar to the racing of:

*Medorrhinum, Lachesis, Nux vomica.

Often they wake up at night with the mind going very fast. Turning the mind over millions of ideas and that makes it impossible for them to go to sleep again.

*Medorrhinum won't wake up with this. Medorrhinum will have the racing thoughts and a wild feeling in the head, but it will happen during the day or during the night before they go to sleep. Once they go to sleep they won't usually wake up so much.

DIFFERENTIATE

-Phosphorus.

-Staphisagria. Very hard to differentiate:

Suppressed. Coffea also has this characteristic that they can be suppressed by the husband, or their family; they can be passive.

Refined. Coffea is refined and sensitive like Staphisagria.

Sleepless (ness). Can be sleepless at night and sleepy all day, the great keynote of Staphisagria.

-Nux vomica. Great similarity between Coffea and Nux vomica, but the temperament is usually quite different. Nux vomica is usually very irritable, Coffea is usually sweeter.

SLEEP

-Insomnia with excitement of the mind.

SENSITIVITY

In everything there is great sensitivity. Anything that stimulates the nervous system can make them worse. Extra sensitive to all stimulation:

-Pain. Extremely sensitive to pain. That is why Coffea is one of the best remedies in neuralgias.