In the early days of Earth, 4.5 billion years ago, our planet was composed only of minerals and ocean water. The atmosphere was full of gases—nitrogen, carbon, hydrogen and carbon dioxide—but no oxygen. This atmosphere, called, anaerobic, was toxic to most modern life forms. Photosynthesis was required to release the oxygen from carbon dioxide and make the earth habitable by other life forms.

What caused the change to our current oxygen rich atmosphere? Plants, and more specifically, blue green algae. The algae were insensitive to the toxic atmosphere of earth. Appearing 3.5 billion years ago, in the late Precambrian era, these photosynthetic bacteria used primitive forms of photosynthesis. Photosynthesis is accomplished in the cells by utilizing both chlorophyll and phycocyanin, which creates the blue pigment and enables the cells to absorb different wavelengths for photosynthesis than that of green chlorophyll.

This reaction combined the carbon dioxide in the air with the water (hydrogen and oxygen) in the ocean, and used the energy of light to produce carbohydrates and oxygen. After enough time passed, an oxygen rich atmosphere was created, allowing other plant and animal forms to exist on the earth's surface. The presence of oxygen permitted life based on respiration to exist and permitted eukaryotic organisms to evolve. Today algae occupy the bottom of the food chain, playing a key role in the ecosystem.

The process of photosynthesis carried on for 1.5 billion years before any cells with a nucleus (eukaryotic) could exist.

Our modern atmosphere is 70% nitrogen, about 20% oxygen, and contains small amounts of other gases.

Microcystis aeruginosa is the most common toxic cyanobacterium in freshwater.

The substance use in this proving was sourced during an algae bloom in Green Lake, Seattle Washington on August 8, 2002. Labs showed toxin levels of 1.3 microns/liter, above the WHO levels of 1 micron/liter. The city later treated the lake with $1 million dollars worth of Alum, to reduce the algae.

Cyanobacteria produce two main groups of toxins namely neurotoxins and peptide hepatotoxins.

Vermeulen explains in Monera

“Physiologically, cyanobacteria are somewhat of a hybrid between algae and bacteria. Their photosynthetic ability and the presence of pigments links them to algae, while their cell structure and lack of a nucleus relates them to bacteria.”

“Clinical signs following exposure to these compounds include lethargy, vomiting, diarrhea (often bloody), weakness, pallor, shock and death from massive hepatic failure. Symptoms develop less rapidly as with anatoxins. In China, a high incidence of primary liver cancer in drinking water from ditches or rivers has been ascribed to the presence of microcystin producing blue-green algae in these water supplies. The toxins were in the news in 1996 as they caused liver failure in 131 Brazilian dialysis patients who were exposed to microcystins from the water used for dialysis. Within 7 months 56 patients died of the typical hepatotoxic effects associated with microcystin, a constellation of symptoms now referred to as 'Caruaru Syndrome'. The syndrome is characterized by headache, nausea, vomiting, eye pain, blurred vision, painful hepatomegaly, jaundice, and a bleeding diathesis manifested by ecchymosis, epistaxis and metrorrhagia.”

Main area of action in the proving was aching pain in head, back shoulders, felt by most of the provers, and described by some as “miserable” pain. Two found that coffee antidoted but only temporarily.

At the same time, the mental state included a feeling of benevolence, grace, and sympathy and compassion for others.

Fear of disease included: sensation of something foreign in the body, in the stomach area that needs to be taken out, fear of fainting, and fear of drinking hot fluids.

Itching occurred on eyes, shoulders, back and chin.

Dreams included: water, being kidnapped, of being pursued, detective investigations, theatre, animals (dog, mussels, crocodile, green parrot, fish) and the colors blue and green.

Two interesting dreams seem to relate to the ancient origins of the substance.

“I had a picture of honey running down from the sky like a curtain.”

“I give birth and the soul of the child is in a clear quartz crystal.”

An interesting note: the substance is known to poison mussels and one prover dreamt of eating mussels.

The proving was curative to the following symptoms:

Dull neck/back pain, tension headaches, molar ache, insomnia, itch from bites healed immediately, back and hip not sore while driving long distances. As the proving also created the same pathology in other provers, we can be quite sure of these...
symptoms as integral to the proving picture. Rubrics follow, followed by number of provers who experienced the symptoms. I have retained some of the prover language, rather than put the symptoms into exact rubric language.

**Physicals**

Headache across eyebrows, dull ache 4  
Headache over entire head, dull ache 4  
Headache around head, with throbbing pain over eyes 4  
Headache to the vertex of the head 4  
Headache above the brows and occiput 4  
Headache pressure in the temples 4  
Head pain Coffee amel 2  
Back ache, better standing 4  
Back ache with headache, better standing 4  
Back stiff, < sitting too long; > walking 4  
Back pain better lying on firm surface, stretching 4  
Back pain with restlessness 4  
Back pain, ache in low back as well as hips 4  
Shoulder pain 5  
Shoulder pain, ache 5  
Extremities Bones and joints ache 5  
Hip pain, ache 4  
Motion ameliorates shoulder pain 2  
Shoulders ache  
Nausea 2  
Shoulder pain Better movement 2  
Shoulder pain better heat 2  
Right arm pain 2  
Flatulence 2  
Frequent waking 3  

**Generals**

Pain ache 2  
Aching all over 3  
Fatigue, Low energy, weariness, tired, exhausted 4  
Extreme fatigue 4  
No appetite 2  
Increased appetite 2  
Air amel 2  
Feel chilled 4  
Hard work ameliorates 4  
Motion amel 5  

**Mentals**

Benevolence, grace, sensation of, 3  
Impatient -2  
Lazy, avoiding work to play instead 2  
Detached 3  
Nervous 2  
Defiant 2  

Anxiety about health 3 (Fear of drinking hot fluids, fear aggravation of remedy, Fear of fainting, Fear voice might fail.)

**Dreams**

Pursued 2  
Money 3  
Theatre 2  
Water 3  
Animals 2

Have not been waking with dull pain in neck/back of head. (CURATIVE.) 08, 30c, 04:XX:XX

I can close my teeth together completely this morning, though I still feel the kink in my jaw. (CURATIVE.) 08, 30c, 04:XX:XX

Relief of typical tension h/a’s—no h/a today. (CURATIVE.) 09, 30c, 02:00:04

Not waking with any pain in my head or neck. This had been happening for the last few weeks (before proving began). Today I could close my teeth when I woke. (CURATIVE.)

At ten minutes after taking the remedy, at 5.50, shoulder blade wasn’t itching. No itch. I’m not scratching. Suddenly it’s like “where did that go?” I’m waiting for it to come back and it hasn’t. (CURATIVE.) 1:30c: 00:00:10

Back continues to improve. (CURATIVE.) 09, 30c, 05:XX:XX

Decreased catarrh, no “dripping. (CURATIVE.) 09, 30c, 06:XX:XX

Relief of typical insomnia—had a restful & full nights sleep. (CURATIVE.) 09, 30c, 02:00:04

Physical: Face—One cyst-like eruption gone from right cheek; and one on left cheek significantly smaller. (CURATIVE.)

During the proving, prover slept very well (not typical) and was relieved of usual tension headaches. (CURATIVE.) 09, 30c, 18XX:XX

Usually I get tired driving. I had an amazing drive, didn’t get tired. Hip didn’t get sore at all. An amazing easy trip physically. (CURATIVE.) 08, 30c, 03:00:00

I’ve been driving for 5-6 hours and am not wary. I feel “even keeled.” The last couple of evenings, I am surprised at how even my energy is. Drove for 10 hours yesterday. Didn’t nod off, fight tiredness, or get fidgety while driving. Stayed alert and my back and hip were fine—usually I need to change positions a lot. (CURATIVE.) 08, 30c, 03:00:00

This remedy must have something to do with itching. Two days ago, I was visited by a flea or spider. It’s been driving me nuts. Warm water relieved itch. I’ve been taking Benadryl when scratching. Left shoulder blade and down left side of my back.

At ten minutes after taking the remedy, at 5.50, shoulder blade wasn’t itching. No itch. I’m not scratching. Suddenly it’s like “where did that go?” I’m waiting for it to come back and it hasn’t.” (CURATIVE.) 01:30c: 00:00:10

She slept very well (not typical) and was relieved of usual tension headaches. (CURATIVE.) 09, 30c, 18XX:XX

The remedy gave me a few days off—there was some relief (from usually emotional mood). Some internal security. An OK-ness with being myself and letting my life unfold. When the proving was over, I went back to how I felt before the proving; I don’t know where my life is going. My children are leaving home. I can’t see what is
next in my life. I feel insecure, I feel financially vulnerable. Politically vulnerable. Physically and emotionally vulnerable. I don’t have a lover so I feel more alone than ever. I have lots of ideas about what might/could happen in the next 5-10 years, but no plan, no clarity, and no current ambition to move in any direction. (CURATIVE.)

 soo, 30c, 02:XX:XX

Below, the proving is organized according to Massimo Mangiolavori’s fundamental themes for sea remedies.

**Fundamental Themes of the Sea remedies – Remaining in a safe Environment**

**Immaturity and Dependency –**

*It is the only place where an animal can live attached to the same rock without moving to eat.*

Not anxious, not that excited but not internal panic, being away from home.

Two dreams: one of eating lots of food

It was an eating place, too. I was a bit fearful of getting back to my apartment and also was going over with her how to get back to her apartment. I said go north. She argued a bit but then came around. I was afraid I wouldn’t find my way back.

The remedy gave me a few days off—there was some relief (from usually emotional mood). Some internal security. An OK-ness with being myself and letting my life unfold. When the proving was over, I went back to how I felt before the proving: I don’t know where my life is going. My children are leaving home. I can’t see what is next in my life. I feel insecure, I feel financially vulnerable. Politically vulnerable. Physically and emotionally vulnerable. I don’t have a lover so I feel more alone than ever. I have lots of ideas about what might/could happen in the next 5-10 years, but no plan, no clarity, and no current ambition to move in any direction. (CURATIVE)

**Desire to be in a harmonious environment**

I feel “even keeled”.

In morning, felt solid. Stable. Not airy. Contained. A settled internal feeling

I had a picture of honey running down from the sky like a curtain.

**Sea animals don’t need to organize in social systems**

No one was appreciating us or noticing her. You would have thought there would have been some interaction.

**Sperm and egg can join without sexual intercourse**

Today I realized I could be friends with a man without pain and regret about not being in a relationship

Dream of masturbation being taught in class.

**No need for mother and father**

I went out with a man this fall talk a few times. I have called this man and invited him out to a hike. Like we can be friends. I felt comfortable to have the desperation of having to be with him.

Dream I’m preparing to get married. There are three people that I am supposed to wed and I wonder which one it will be.

**Can remain alone or in non-relational schools**

Last two evenings, friends have called. I’m anxious to get off the phone with them. I’d rather do my own things.

Now I feel more comfortable, more at home in my house with myself though son has moved out.

**It is common for a child to be dependent but the adult sea remedy struggles with their dependency**

Dream I dialed HELP. I thought that was the way to get help! So then a woman said, ‘How can I help you?’, which was great.

It actually worked! So I explained the problem, and then I woke up. I was still in the elevator, but I think help was on the way.

**They must withdraw or avoid relationship**

They are lonely and want to be understood

To have a conflict was unacceptable in a relationship.

In the past I would have let a comment by a friend ride, to avoid “standing up to her, or any potential conflict.

**They have poor communication skills**

Bad mood. Had a big fight with daughter.

Daughter felt abandoned (father had left the family- divorced).

She was crying for papa and I was really angry.

I felt fed up and disappointment.

Normally I am a lot calmer. I don’t react to her.

I reacted. Shouted. She shouted back. Not enough tolerance. Her feelings were coming out. It was action, reaction.

**They try to demonstrate that they do not need communication**

They want the Other to come to them, to understand them

Dream about not being loved enough.

**Feel misunderstood, unseen Or feel spied on, as if in a fish bowl**

Dream of being trapped inside of an elevator. Dream of kidnapping.

**They don’t need contact with others. Difficult relationship with mother**

Need to show they are strong, not weak, and that they do not need others

Dream I am with professional peers that have all come together.. Now I’ve become a part of the group and have been invited to join them at a play. I have arrived for the most important part of the play and the words ‘the nice, shiny tooth has been found’ reverberates in my mind.

**Feel they won’t be liked for who they are**

Dreams of someone using shower, will not leave. Also of a women pushing my head into a water fountain.
I spoke to a friend, and she snapped back at me. I bristled inside. I didn’t want a fight. I was just trying to speak about it. I realized I couldn’t not say something to the other leader. It’s happened twice. I feel afraid when I feel attacked. So sensitive to reprimand and that she won’t like me. A fear of being scorned, like torture. So much bigger than it is. Scorn? Torture, being made really small. Fear of being hit. Being an insect and someone’s going to step on you. In the past, I’d never have said anything to start with and definitely wouldn’t go back and clean it up but now I do feel like I have to do this with her.

Structure A need for relational structure to feel support

Very brittle fingernails, on cutting they crumble away

When I returned home, my furnace was out. The house was cold. I didn’t feel! I matter of factly started a couple of fires, tried what I knew to deal with the furnace. Generally, I would feel more of the angst, anger, feeling fear of aloneness. It was rather matter of fact. Almost resigned to dysfunctioning systems.

A weakness in musculo-skeletal structure

Back stiff, achy/flu-like, but moving OK
Back continues to improve. (CURATIVE.)

very restless; upper back ached so much. Backache, neck ache, couldn’t sleep, couldn’t find a comfortable position, moving all around the bed. Hip, both, entire back, and right upper arm and forearm.

Ache. Dull, very constant.

Inc right calf not left.


I am feeling an old symptom of pain in the shoulders amel. by heat, movement, and relaxation.

Tearing pain in the right shoulder
Algae pain aching, esp back

A need for support and structure like a child

Cartilage in knee aching, meniscus

Basic needs The desire to have their very basic physical needs met Shelter, food, security

I haven’t been very hungry, no cravings. Nothing I wanted to eat.

Disconnected from her feminine side

Dream—mother and I were kidnapped. Just she and me.

Confusion as to what relationship he should have with his feminine

Dream

“I give birth and the soul of the child is in a clear quartz crystal.”

Penetrating pain

As if pendulum would cut me into half in abdomen, sharp cutting pain. All day. Without stopping
Sudden electric-like shock in TMJ.
Headache tearing upwards through sinus, forehead, between eyebrows, to vertex of head
Relief of typical tension headaches.—no headaches today.
CURATIVE

Right ear feels as if cold needles were pricking in the right ear

Vesicular eruptions Herpes

Algae Physical: Face—One cyst-like eruption gone from right cheek; and one on left cheek, significantly smaller. (CURATIVE.)

Bubbles on tongue, hurts when I eat.

Eczema

Algae This remedy must have something to do with itching.

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Fear of disease Anxiety about health (Fear of drinking hot flu drinks, fear aggravation of remedy, Fear of fainting, Fear voice might fail.

Melanie J. Grimes, RSHom (NA), CCH, has conducted provings of Tiger shark liver (Galeocerdo cuvier, hepar), Meteorite (Fax calies allende), Tule Bluet Dragonfly (Enallagma carunculatum) and Blue Green Algae (Microcystic aeruginosa) and False Fern Cycad (Stangeria eriopus). She collated and edited the provings in Dynamic Provings, Vol. 1, (Sherr) and edited the second edition of Dynamics and Methodology of Homeopathic Provings (Sherr).

Her provings are included in Radar, Synthesis, Macrepertory, the Complete Repertory, Repertorium Universale, Encyclopedia Homeopathica, Referenceworks, and Cara. She teaches at Bastyr University and is on the research board of The American College of Homeopathy.