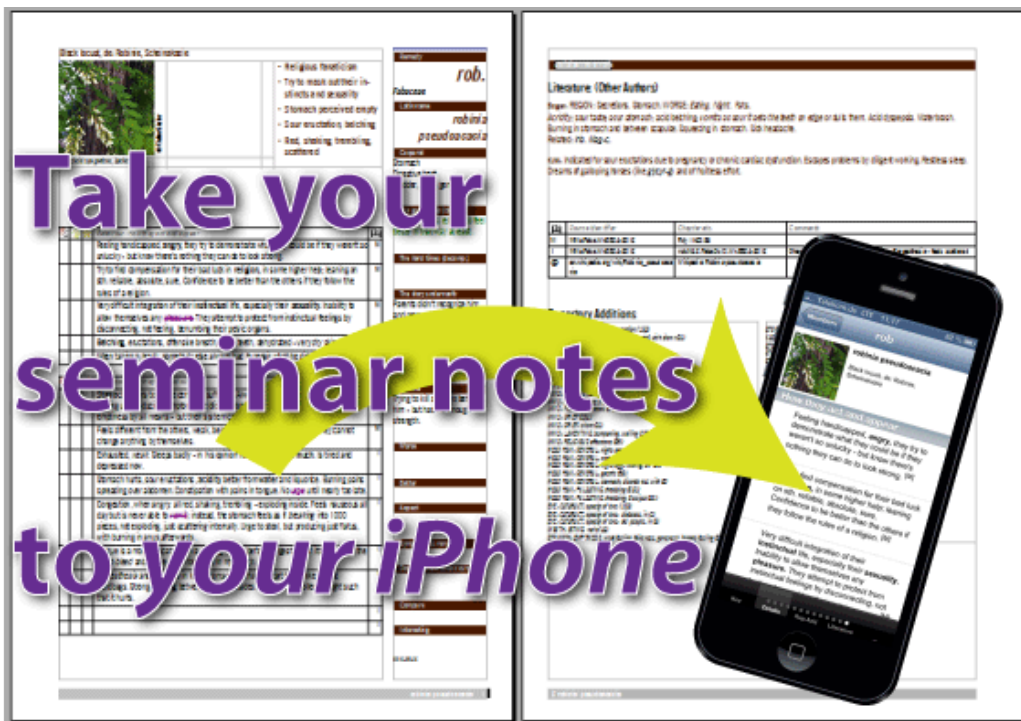# How to
write your own Materia Medica
for the iPhone app

ee2go

Use OpenOffice/LibreOffice

to arrange your knowledge for easy lookup

To be used with the iPhone app

"Essential Elements to go" (ee2go)

Walter Giesler

V 0.9, 2013-08-24

How to write your own Materia Medica for the iPhone

- **It's about remedy knowledge in homeopathy**
- **Fill OpenOffice word processor templates with your remedy notes**
- **Send the file to your iPhone**
- **The file integrates into the ee2go "app"**
- **Flip through your remedies iPhone style**

Originally prepared to gather notes of "Massimo Mangialavori's" webinar "Essential Elements" which presents the essentials of some hundred remedies over the course of 5 years.

Massimo Mangialavori tries to group remedies in families and then to describe the differences between the family members.

The ee2go app similarly has screens for families and remedies such that you can move from families to their members or access the remedies alphabetically.

There's space for

- **Structured key aspects**
- **Detailed descriptive text**
- **Repertory additions**
- **Literature and internet links**
- **Cases**

Use ee2go to

- **buy yearly packages of Massimo Mangialavori's webinar notes and add your own families and remedies to them - or -**
- **write your own material from scratch** - or -
- **follow another teacher's lessons.**

You'll end up with an electronic companion for your daily use and the option to print out your work as a brochure.

It's all about style

ee2go is not artificial intelligence but based only on styles and convention.

A text must have assigned a predefined style to be put where it belongs in the app. In the template provided for you to enter the text, there are maybe 100 styles defined to distinguish keynotes from detail text and repertory additions to name a few.

This is what the remedy template looks like:

To be able to follow this description, please first import the template to your computer. Save the files from internet to a temporary (download) folder, the go to menu: File ; Templates ; Organize.

In the "Template management" dialog, select "My templates" , then button "commands", finally "Import template".
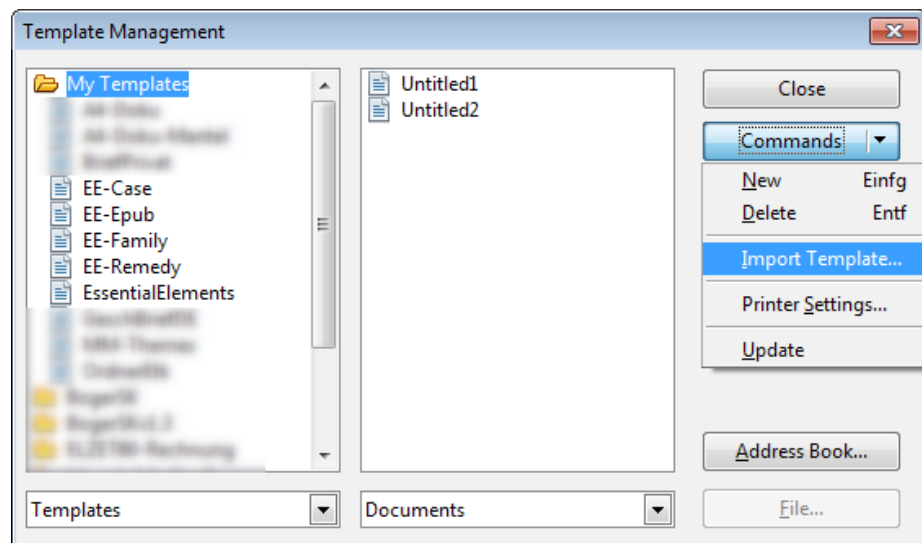
Now open a document from this template. If there is a " Open new document from template" in your "File" dialog, use it. If not, go this way: File ; New (falldown): "Templates and Documents" and select (for instance) "EE-Remedy" as a template.

How data gets sorted into the app

Every area and every column in the tables has a specific style assigned that decides about where the text goes in the app.

In OpenOffice you can find the style left of the font selection box above the text:
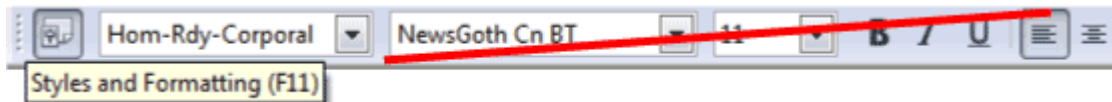
You can call up the styles window from the button left of the style select box or from the menu with Format ; Styles and Formatting (or F11).

If , for instance, the cursor is positioned in the right column on the first page under the "Corporal" header, the style "Hom-Rdy-Corporal" is selected. This style defines the font "NewsGothic Cn BT" in 11pt size and left aligned. The idea of styles in text processing is that you can change the mark-up in a whole book (for all text marked with that style) by just changing the central definitions maybe to color green.

For the app, a style also defines that the text marked "Hom-Rdy-Corporal" goes to the "Corporal" row on the "Key" tab of the remedy screen:
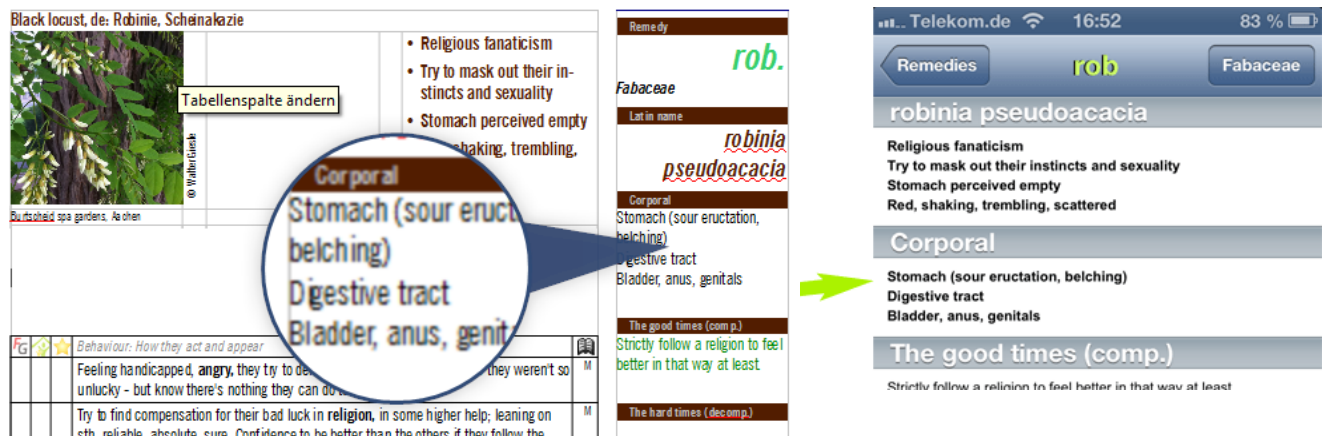
Now as you go with the cursor through the template, you will see the style changing to the appropriate setting for that area.

In the templates for ee2go all styles start with "Hom-". There are groups of styles for the remedy screen and others for the family, the cases etc. You are welcome to change the mark-up for each style but you must not change the style name if you want the app to "understand" where to show the text.

To change the mark-up, select "Format | Style and Formatting" from the menu or press F11. In the window that comes up, right-click on the style you wish to change and select "Modify".
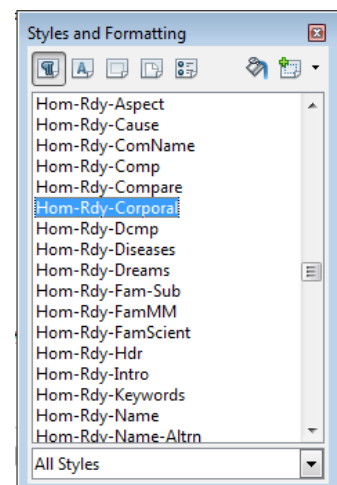
The dialogue below pops up and allows setting of font, color, justification, indentation, background etc.

Excess changes (like selecting a 72pt font size for Hom-Rdy-Standard) might blow the template, so use this feature with moderation. For detailed information about the use of styles, see the OpenOffice documentation.
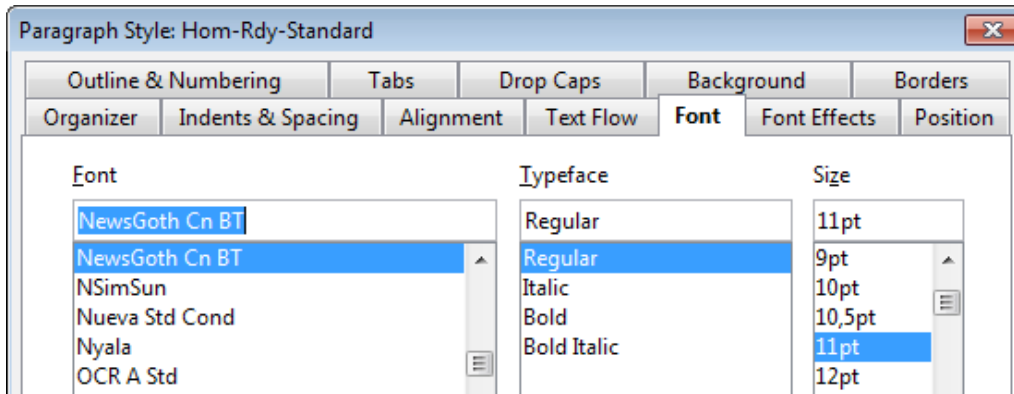
For our purposes it should be enough to know that the style name determines the placement of text in the app.

Assignment to the four "tabs"

Having a small screen, the information for each remedy or family needs to be split into 4 tabs that get selected by a "tab bar" in the bottom of the screen.
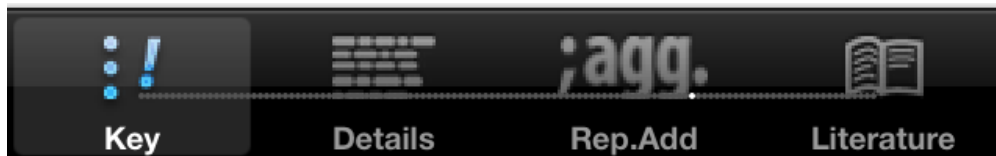
The tabs are named

"Key" for the key features of each remedy

"Details" for a concise but comprehensive description of the remedy

"Rep.Add" to take the repertory additions - and

"Literature" to go further: From here you can open the case(s) if Massimo Mangialavori has provided them, for those who attended the webinar there's a link to the recording at the time where this remedy was presented, there's usually a Wikipedia internet link and often some informations from other authors about the remedy - like the keynotes from Boger's Synoptic Key.

Here are all 4 tabs for Robinia side by side:
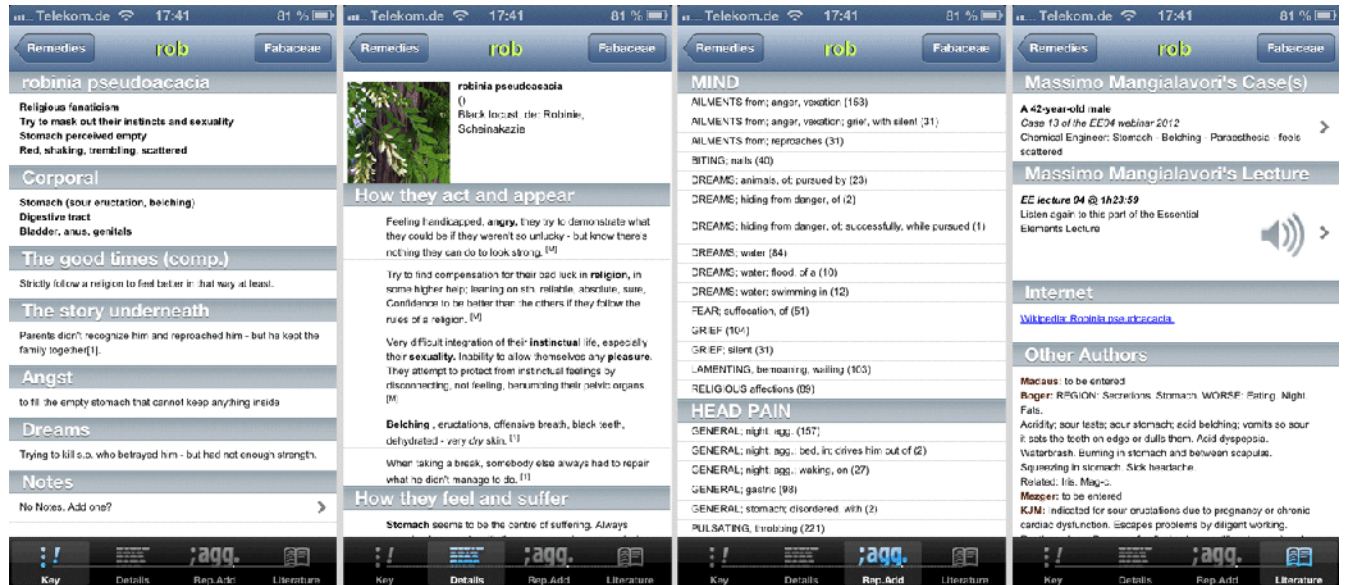
The currently selected tab is highlighted blue in the tab bar.

The grey line with the white dot vertically dividing the tab bar shows is a position indicator of where in the list of currently selected remedies you are. You can flip right or left to see the remedies before or after in the list. Here the list is long (just selected rob. from the main "Remedies" screen), hence the line is thin and the dot is small. If there were fewer remedies in the list - like just looking at the members of a family, the dots that make the line get bigger.

On the next page there's a schematic that shows the assignment of template regions to iPhone app tabs.

Remedy — phys.

Fabaceae

Latin name: *physostigma venenosum* — calabar

Köhler 1887

Calabar bean, de: Kalabarbohne

Physostigma

[Used in traditional African medicine for eye conditions. Alkaloid physostigmine / eserine still used in conventional medicine as an antidote for atropine]

(overlay labels: pic · intro · key-words · Tab1: Key · overview)

- All sx in head and senses
- No sx in lower part of body
- Anger due to envy
- Losing their vision
- ...muscles, staggering, tremors
- Spasms in the eye

Corporo... Eye · Senses · Head

Table1: Behaviour

Behaviour: How they act and appear

F	Worried about **losing their vision**. Like the main source of perception could fail, too – as they already know the other senses (hearing, smelling, skin sensitivity) are not properly developed.
F	Focus (1) their attention on the **eyes**, fearing that they might, like the rest of the senses, refuse to work.
M	Severe **imbalance** between symptoms of the head and senses and absence of symptoms in the lower body.
1	*Unexpected* movements of legs and arms, involuntarily at night - breaking fingers during sleep.
1	Hypertonic muscles, *staggering* walk, weak legs, *tremors,*
1	Adickson clock with every announcement of time. Mathematics, does sums.
G f	*Depressed, exhausted, underweight.*

Table2: Feeling

Sensation: How they feel and suffer

F	Bad vision eye symptoms. Head heavily **congested, pulsating** (like with *glon., acon., bell.* or other *solanaceae*). Despite this congestion there's the idea that the head does not belong to them anymore.
M	**Anger** - based on the envy that their senses are worse than those of the people around. May have same power, strength; like being unlucky, rejected, cast away, different. In severe decompensation they might even in a paranoid way regard others as their enemies.
M	**Spasm**...stone in the eye, sometimes can't open or close the eyelids.
1	Short sight...cataract operation when young, now diminished sight.
1	"I feel like I'm in another world – I don't feel myself".
1	Awakes at night but always feels refreshed and "another man" in the morning.
1	Tired, afraid of dogs, dreaming of dogs and wolves.
1	Weakness, then muscles do not act, "so tired I often can't get them going". Feels unbalanced and sliding around.
1	Spent two years in German concentration camp, went down to 33kg. Got glaucoma that damaged the optic nerve, severely reducing his eyesight.

(column labels: The painless (comp.) · The hard times (de-comp.) · The story underneath · Anger · Dreams · Worse · Better · Aspect · Symptomatic remedy for · Diseases / conditions cured · Compare · Interesting)

DD: — Tab2 bottom: Differentiate

Belladonna-like, glon.- ...unless...head could not belong to himself anymore, could con't work any longer.

Tab4: Literature

Literature: (Other Authors)

Madam: --

Boger: REGION: Spinal motor nerves. Eyes. Muscles. Left side.
WORSE: Change of temperature. Eyestrain. Injury. Bathing. Heat and cold. Descending. Motion.
BETTER: Lying with head low (Ver-v.). Exerting the will.

Merger: --

KHI: --

Masi: --

Tab4... Case references, tab 5: Audio

Source Identifier	Chapter etc.	Comments
M MN1F4U-2012...		Method: hup. Hyperbaric spine. Slitsdown - Spasms in eye -tremors
1 MN1F4U-2012		

Repertory Additions — Tab3: Rep: Add

MIND: AILMENTS from: anger, vexation (153)
MIND: AILMENTS from: death, parents or friends, of (74)
MIND: DELUSIONS: imaginations: body, body parts: absent (7)
MIND: DELUSIONS: imaginations: voice: her own, cannot recognize, during auras (1)
MIND: RESTLESSNESS: nervousness: tendency: bed, tossing about in, tendency (132)
MIND: THOUGHTS: persistent (101)
HEAD PAIN: GENERAL: straining eyes... (49)
HEAD PAIN: GENERAL: sudden pains (47)
HEAD PAIN: BURSTING (152)
HEAD PAIN: PRESSING: outward (104)
EYE: PAIN: burning, amazing, biting (2)
VISION: DIPLOPIA (118)

TASTE: WANTING: tastelessness of food (80)
STOMACH: THIRST (360)
FEMALE: CLIMACTERIC PERIOD, ailments in (109)
EXTREMITIES: AWKWARDNESS: Hands (56)
EXTREMITIES: AWKWARDNESS: Hands: drops things (43)
EXTREMITIES: FALL, liability to (19)
...: DIABETES (158)

Entering remedy information

Start a new file from the remedy template (see page 4). Replace the "rdy." in the upper right by the abbreviation of the remedy you like to write about. If unsure about the abbreviation, look it up in the repertory or on Remedia's website (remedia.at). Assign it to a family as defined by your teacher. The family name will be used to find the family connection in the app. Make sure it is spelled exactly as the family name in the family file (upper case first letter). Enter the Latin remedy name below (all lower case). See further down for styles and specials, for now this will suffice to have the footer set. Save the file as remedyAbbreviation.FamilyAbbreviation.odt (arn.Astera.odt). Use a capital letter to start the family abbreviation.

The main tables

A proven strategy is to first fill the two main tables of the template, those titled "Behaviour" and "Sensation". This split is a bit arbitrary of course as the sensation determines behaviour a good deal. It may, however, help to differentiate how they appear to the therapist and the world around them versus the inner feeling and suffering, i.e. what they tell and complain about. So, while you should always try to be concise, this is the prose section of the notes and goes to the "details" tab.

There are three columns before the main text column used to assign special meaning to the description in the row.

The FG column is about Massimo Mangialavori's themes.

F: Fundamental theme. You should normally see this this in a good case of the remedy. A fundamental theme can be seen in all ages and likewise in compensated and decompensated states.

G: A general theme that can be observed frequently but possibly only in decompensation.

I: An indicative theme can guide you to this remedy but to many others, too.

In the app, the letters F, G and I are converted into colours orange, yellow and green respectively, set before the row.

The second column takes an "f" if this symptom is typical for the family.

The third column is unused but could be used for instance for a numbered ranking.

The last column is a source reference into the first column of the source reference table. For ee, an "M" here refers to a lecture of Massimo Mangialavori, an "R" to a repertory addition and numbers like "1" or "2" to symptoms taken from the cases provided by the author. For details, see the source reference table.

"Paragraph" styles

In the behaviour table the style in the main column is Hom-Rdy-Tbl-Behv (Hom-Fam-Tbl-Behv in family templates), while in the sensation table it is Hom-Rdy-Tbl-Sens (or Hom-Fam-Tbl-Sens respectively). These styles are "paragraph styles", they apply to the whole paragraph. So if you have your cursor anywhere in a text and double click a style in the F11 styles panel, the whole paragraph is assigned that style.

If you move text between behaviour and sensation table, make sure to assign the correct style after the move. You might cut and paste and then manually apply the style of the target table or you might paste using Shift+Control+V and select "unformatted text" from the pop-up dialog. Unformatted text gets automatically assigned the default style of the target region.

"Character" styles

If you want to highlight just a few words you can't assign a paragraph style, you need to use a character style instead.
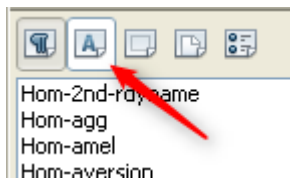
Click on the character style icon in the styles panel and you will see the list of defined character styles.

The most frequent character style assignments you will use are gradings. I use to apply *grade 2* or **grade 3** to typical and outstanding symptoms or to bodily regions mainly affected.

I also use ~~negative grading~~ that applies pink colour and strikes through the words in question. This makes it easier to see at a glance if a remedy typically has no ~~thirst~~, for instance.

To see the character styles defined, press F11, select the second icon from the left in the title bar (A) for character styles and select "Custom styles" at the bottom select box.

They all start "Hom-" and should be pretty evident, at least: "agg", "amel", "aversion", "desire".

"-grade n" is the grading above and "-grade n-neg" is the same grading with a negative connotation.

"-why" is used to explain why this remedy expresses this symptom *- usually following a hyphen at the end of the symptom description.*

"-rdy-xxx" is a number of remedy comparison styles, the one used most is "-rdy-comp", just meaning a comparable remedy (for the aspect mentioned). I suggest to use the styles with the remedy abbreviation.

"rdy-unlike" is the opposite - a reference to a remedy that behaves to the contrary.

"-rdy-main" can be used to denote a remedy within a family that shows an aspect very pronounced.

"-rdy-except" is used for a remedy within a family that does not share the aspect.

I have also used these styles (not very consistently) to denote families, at times like "*f-arn-like*" or "~~*f Umbell*~~".

The app does not make use of these references for linking but might do so in the future.

"-dd-xxx" is used for the DD or differential diagnostics section to discern between family-, remedy- and theme comparison.

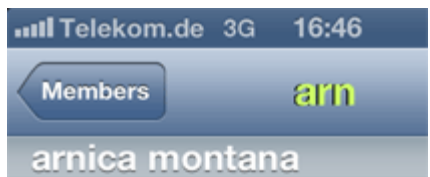"-lit-auth" is used in the literature section to highlight the author's name like "**Boger:** ".

"-src-ref" is a style to superscript a reference to an author or a case like [Hahnemann].

Establishing shortcuts (hot keys)

If you need to highlight words frequently, you might consider using key combinations like Ctrl+3 to set grade 3. To do this, set Shortcuts in Tools - Customize - Keyboard:

Enter the key combination you want to set, then select Category: *Style ; Character* and from the style list in the right panel assign the style, then press the "Modify" button. See the remedy template (Sensation table) for how I assigned shortcuts in my OpenOffice.

Squeezing the information
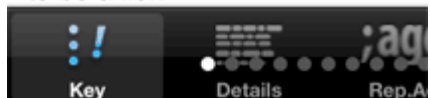
After you entered the details, try to extract the most essential for the key tab.

Information on the key tab is taken from the bulleted keynote table right of the picture on top of the page and from the right column.

The keynote list is meant to sketch the personality profile of a remedy and should include the fundamental themes of a remedy.

Without scrolling you will also see at least the corporal expression of a remedy, taken from the "Corporal" row in the right column of the page. Typically this list will contain more information from the sensation table.

The key tab will further list every other row from the right column that has information in, like compensated and decompensated characteristics, the story underneath etc.

In the "interesting" row I have usually placed information about reactions to be expected after giving the remedy.

Information shown in the key tab of the app should provide the most essential at a glance. To allow fast "flipping" from one remedy to another, there's no highlighting of words which would slow down the app. Try to flip from detail to detail and you will see that it takes a lot longer than flipping on the key tab.

English common name, de: German common name

Pictures should be 472x472 pixels to fit best

© Walter Giesler

Caption not used in app

Massimo Mangialavori's general information on the substance, notes about its relation with other remedies. [Put information from other sources in square brackets]

- **Personality profile**
- **keynotes**
- **Go to first row, first tab of app**
- **...**
- **Don't enter more than**
- **fits here**

Corporal

Somatic keynotes
that go to first tab:
Headache
Digestive tract
...
up to 7..8 rows

The good times (comp.)

What is striking while the patient is compensated

The hard times (decomp.)

What happens in decompensation

The story underneath

Which influence had to be compensated

Angst

main anguish

Dreams

Typical dreams.

Worse

aggravated from

Better

ameliorated by

Aspect

any typical aspect

Symptomatic remedy for

like arn. for bruises

Diseases / conditions cured

Clinical aspects

Compare

similar remedies

Interesting

Special reactions to the remedy,

2012-06-22 (Creation date)

F_G	⚘	⭐	*Behaviour: How they act and appear*	📖
			Behaviour table	M
			ᴹ in the right column refers to M.Mangialavori as the source. Details see Source Reference Table	M
			"F" in first column is a fundamental symptom, "G" a general, "I" and indication	
			You may *highlight* words in two *levels* for later search **emphasis,** also with a negative connotation like aversion to ~~touch~~ and regarding ~~pleasure~~ as sinful. This is a character style that can be assigned from a key combination. You can also mark an explanation for symptoms as such, like - *try to appear powerful, able, somebody with a good self esteem, but trusting in their body is a problem*	
F			"Very difficult integration of their ~~instinctual~~ life, especially their ~~sexuality.~~ Inability to allow themselves any ~~pleasure.~~ They attempt to protect from instinctual feelings by disconnecting, not feeling, **benumbing** their pelvic organs."	M
			Belching, eructations, offensive breath, black teeth, dehydrated - very *dry* skin.	1
			¹ in the right column indicates that the source for this line is case 1 of this remedy during the webinar. It might be that there was more than one case given for the remedy "abbr,.", like cases 06 and 07. So ¹ would correspond to case 06.	1

F_G	⚘	⭐	*Sensation: How they feel and suffer*	📖
			Sensation table	
			Stomach seems to be the centre of suffering. Always perceived as **empty** with the energy moving up, producing symptoms like **distension** and **eructation**. Have to fill this emptiness by all means - but their system can't keep anything inside.	M
			Stomach hurts, sour eructations, **acidity**, better from **water** and liquorice. Burning pains spreading over abdomen. Constipation with pains in tongue. No ~~urge~~ until nearly too late.	1
			Paraesthesia and *paralysis* in legs. Stomach and hands start to feel like ballast sandbags. Strong **burning** between shoulder blades. Penis often swollen at night such that it hurts.	1
				1

Literature: (Other Authors)

Madaus: Information from other authors goes literally to the "literature" tab. Mark the author's name with character style -lit-auth

Boger: REGION: Secretions. Stomach. WORSE: Eating. Night. Fats.

Acridity; sour taste; sour stomach; acid belching; vomits so sour it sets the teeth on edge or dulls them. Acid dyspepsia. Waterbrash. Burning in stomach and between scapulæ. Squeezing in stomach. Sick headache.

Related: Iris. Mag-c.

Mezger: to be entered

KJM: Indicated for sour eructations due to pregnancy or chronic cardiac dysfunction. Escapes problems by diligent working. Restless sleep. Dreams of galloping horses (like *glycyr-g*) and of fruitless efforts.

Masi: not covered

📖	Source Identifier	Chapter etc.	Comments
M	MMa.Faba.Wn.EE04-2012	Rdy 1h23:59	
1	MMa.Faba.Wn.EE04-2012	rob.M42.Faba.Cs13.Wn.EE04-2012	Chemical Engineer: Stomach - Belching - Paraesthesia - feels scattered
@	en.wikipedia.org/wiki/Robinia_pseudoacacia	Wikipedia: Robinia pseudoacacia	

Repertory Additions

MIND; AILMENTS from; anger, vexation (153)
MIND; AILMENTS from; anger, vexation; grief, with silent (31)
MIND; AILMENTS from; reproaches (31)
MIND; BITING; nails (40)
MIND; DREAMS; animals, of; pursued by (23)
MIND; DREAMS; hiding from danger, of (2)
MIND; DREAMS; hiding from danger, of; successfully, while pursued (1)
MIND; DREAMS; water (84)
MIND; DREAMS; water; flood, of a (10)
MIND; DREAMS; water; swimming in (12)
MIND; FEAR; suffocation, of (51)
MIND; GRIEF (104)
MIND; GRIEF; silent (31)
MIND; LAMENTING, bemoaning, wailing (103)
MIND; RELIGIOUS affections (89)
HEAD PAIN; GENERAL; night; agg. (157)
HEAD PAIN; GENERAL; night; agg.; bed, in; drives him out of (2)
HEAD PAIN; GENERAL; night; agg.; waking, on (27)
HEAD PAIN; GENERAL; gastric (98)
HEAD PAIN; GENERAL; stomach; disordered, with (2)
HEAD PAIN; PULSATING, throbbing (221)
HEAD PAIN; PULSATING, throbbing; Occiput (50)
EYE; CATARACT, opacity of lens (103)
EYE; CATARACT, opacity of lens; diabetes, in (1)
EYE; CATARACT, opacity of lens; old people, in (5)
MOUTH; BITING; nails (45)
STOMACH; EMPTINESS, weak feeling, faintness, goneness, hungry feeling (273)

STOMACH; EMPTINESS, weak feeling, faintness, goneness, hungry feeling; eating; agg.; after (40)
STOMACH; PAIN; General; drinking, after; amel. (4)
STOMACH; PAIN; General; eating; agg.; while (23)
STOMACH; PAIN; General; eating; amel. (58)
STOMACH; PAIN; General; empty stomach, from (6)
STOMACH; PAIN; General; extending; back, to (45)
STOMACH; PAIN; General; extending; shoulders, to (9)
STOMACH; THIRST (360)
STOMACH; THIRST; extreme (224)
STOMACH; ULCERS; painless (2)
STOMACH; ULCERS; perforating (7)
STOMACH; ULCERS; perforating; painless, but (1)
STOOL; COLOR; black (119)
EXTREMITIES; ITCHING; Wrist (44)
EXTREMITY PAIN; UPPER LIMBS; Elbow; bend of; extending to; shoulder (2)
EXTREMITY PAIN; LOWER LIMBS; Hip (236)
EXTREMITY PAIN; LOWER LIMBS; Hip; left (39)
GENERALITIES; DIABETES (158)
GENERALITIES; FOOD and drinks; cheese; agg. (31)
GENERALITIES; FOOD and drinks; cheese; desires (49)
GENERALITIES; FOOD and drinks; fruit; desires (61)
GENERALITIES; FOOD and drinks; licorice, desires (6)
GENERALITIES; FOOD and drinks; sweets; desires (141)
GENERALITIES; HYPERCHOLESTERINEMIA (6)
GENERALITIES; HYPERTENSION (113)

Accessory information

On the top left of the page there's space for a common English name for the remedy which goes to the top of the detail tab. In ee2go, I have added the German common name not only because I'm German but also because a lot of basic homeopathic literature is German and the German term could help to spot historical information.

Below there's space for two pictures, the left one being shown in the app. To have it displayed, it must be named like the remedy file, for instance "arn.Astera.jpg". Please crop the image to no more than 472px square, bigger files unnecessarily load the app. You may add a caption below the image but it is not shown in the app.

Below the picture table there's room for the teacher's introduction to the remedy, style "Hom-Rdy-Intro". If you add own findings, I suggest to put them in [square brackets].

DD

Sometimes there's information about the relation of a remedy theme-wise (sharing a theme with another remedy or family) or family-wise (belonging to a family but being different).

This information gets shown in the app as last row on the detail tab. Paragraph style for the whole section is "Hom-DD". To highlight the theme or the family at the start of a line, use the "Hom-dd-theme" or "Hom-dd-fam" character styles. "Hom-dd-rdy" references a differentiated remedy.

Literature

There's other valuable information about the remedy from different authors. It all goes with the paragraph style "Hom-Literature". The name of the author should be highlighted with character style "Hom-lit-auth".

In the app the entered information can be found on the bottom of the "Literature" tab.

Source reference table, cases, internet link

The main idea of the source reference table (srt) is to allow tracing where an information stems from. For ee2go, the typical reference would be "M" (for instance in the last column of the detail tables) or [M] otherwise. This M in the first column of the srt refers to Massimo Mangialavori's lecture in the "Essential Elements" webinar. The "source identifier" is a kind of bibliographic key and composed like:

AAa.Theme.Pu.Event-YearLg

AAa = Teacher's name abbreviation
Theme = Family or theme
Pu = Publication abbreviation (Wn = Webinar, Sn = Seminar, Bk = Book)
Event = City or abbreviation of meeting like FS for fall seminar, abb. of book title like Praxis2
Lg = language if not English

So the reference into a book could be:

MMa.Drugs.Bk.Praxis2-2007de

The third column of the srt mostly shows a time in ee2go. This is the start of the presentation of this remedy during the webinar and as such not available to your own work as the audio recordings cannot be sent to devices by email, just loaded from our server. Please contact me if you need this done.

A digit in the first column points to a **case**. The source identifier is the same and the case reference in the third column is constructed like:

rdy.G##.Fam.Cs##.Pu.Event-Year
rdy = remedy abbreviation
G## = M or F for male or female, ## two digit age. A "m" after the digits denotes months (baby)
Fam = family/theme
Cs## = relative case number per publication.
Pu = Publication abbreviation (Wn = Webinar, Sn = Seminar, Bk = Book)
Event = City or abbreviation of meeting like FS for fall seminar, abb. of book title like Praxis2

Up to 9 cases per remedy can be opened from within the app, they open a new screen with pagination.

The file name of your case must be exactly like the reference plus the file extension:

rdy.G##.Fam.Cs##.Pu.Event-Year.odt
The app identifies a case on the sequence ".Cs##." . More or less variations to the rest might be allowed, just try it out if needed.

The text in the fourth column (comments) is printed in the app after the case reference on the literature tab. You might use it for keynotes of the case.

If the app finds a "@" in the first column, it handles the entry in the second column as an **internet** link. Copy what your browser shows in the address line - but remove the first part "http://".

What the app finds in the third column is used as the visible part of the link. If a user taps it, it will open the link from the second column in the browser (Safari). To return to our app, close the browser and tap the "ee to go" icon again.

Repertory additions

Copy your repertory additions from a text file into the area below "Repertory Additions" - after the "-" using the menu entry "Edit - Paste special" or Shift+Control+V as unformatted text.

It will display in two columns and small type. Remove the "-".

The parts of the rubric must be delimited with ";", like:

MIND; ACTIVITY; desire for (36)

The first part is used as a header, so sort rubrics on the first part (up to first ";")

Data from different sources

Style-wise the most difficult part is assigning the correct style for the remedy abbreviation. As already mentioned, the app relies on conventions to handle your text. One such convention is to differentiate the information source using colour and mark-up in the title bar of the remedy screen.
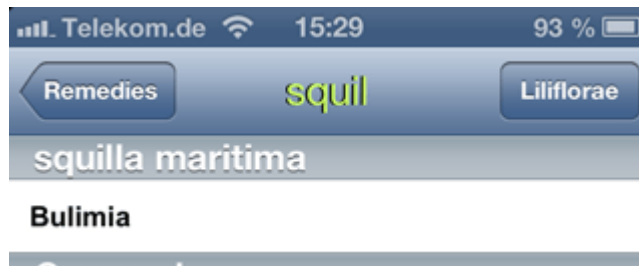
Being made for Massimo Mangialavori's Essential Elements webinar, the basic style "Hom-Rdy-Rdy" is for remedies that have been presented in the webinar. They get a hopeful light **green** colour and **bold** font. There are a number of remedies where we were handed out some information like repertory additions or a case but without discussion in the webinar. These remedies, like "squilla" in our example, get the same green colour but a normal (not bold) font-face. For these fragmentary entries "Hom-Rdy-Rdy-Fragm" is defined as style.

The style in use is shown highlighted in the "Styles" window for the text the cursor is at.

On the bottom of the "Stylist" window there's a selection box for the styles you would like to see. Typically you will set this to "custom styles" to just see the styles defined for the app.
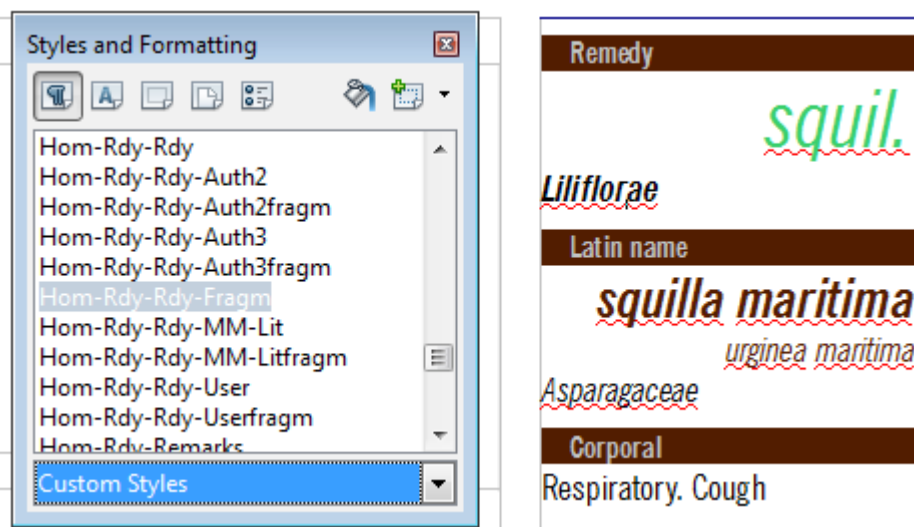
There are 4 other groups of information sources defined using the style for the remedy abbreviation:

-Lit or Litfragm	Information from Massimo Mangialavori's books (-Lit), yellow
-Auth2 or -Auth2fragm	Material based on another teacher, orange
-Auth3 or -Auth3fragm	Material based on yet another teacher, dark orange
-User or -Userfragm	All other information, white

Hence for each source there's the option to differentiate between normal and fragmentary information.

To change an entry, simply set the cursor anywhere in the line and double click on the style you wish to assign.

For your own notes you might simply leave the default style taken from the template, which is -User.

Further down the right column are more abstract informations about the remedy which all have their own style, shown here. Please compare with the "squil." example on last page.

Below the remedy abbreviation, there's the

family name as suggested by Massimo Mangialavori.

Please make sure you spell the family name exactly like you name it in the family file - "Seminoble Metals" is different from "Seminoble metals".

Sub-families

Possible sub-families or indications about remedies being outside the main group follow a row below. I have defined 4 possible groups that are marked with a superscript as follows:

') distant: Differ in some aspects

°) misfits: Differ in fundamental aspects

[2]) sub-family 1: Depends on family

[3]) sub-family 2: Depends on family

Example from the Asteraceae family: card-m.

Subfamily [2]) Thistles
The remedies around carduus marianus could be seen as a subgroup that shares a strong liver affection amongst other traits.

Sub-families can be selected from the remedy list that gets called up from the button (Remedies) on the right in the title bar of the family screen. This selection, however, is based on the superscripts in the family file - to be discussed there.

Latin name (paragraph style Hom-rdy-name) is the binomial name as used in homeopathy - i.e. often referring to outdated classification. If the second part is the one used in daily homeopathy, like in atropa belladonna, the first word gets the character style "Hom-2nd-rdyname". Use lower case for both parts of the name. At times, you will use just the common latin name like "berberis" or "bufo".

To allow finding the remedy in modern classifications, there's space for an **alternative Latin name** in the line below, using the style "Hom-Rdy-Name-Altrn".

And if your teacher sorts remedies to another family than common science (to be defined), there's space for a **scientific family** name using style "Hom-Rdy-FamScient".

Differences in the "Family" template
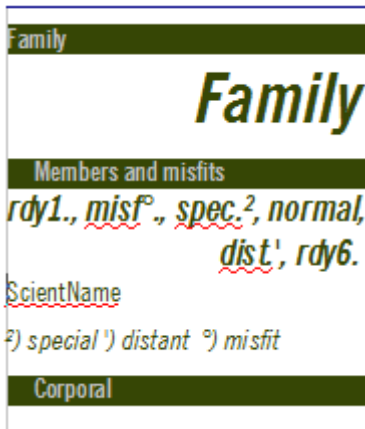
Start a new document from the family template. Name the family. All the options for other seminars/teachers are as with the remedies. The base style however is "Hom-Fam-Fam-".

Next, list all family member abbreviations (style Hom-Fam-List).

Often, members of a scientific family don't share the common traits of the majority, but you might still want to include them for completeness. For this reason, the app supports four sub-families: Misfits, distant members, special group 1 and special group 2.

They get the superscripts $^{\circ}$ $'$ ^{2} ^{3} added to their abbreviations (after the full stop if there is one), i.e. arn.^{2} or cina'. These four superscripts (degree, apostrophe, squared, cubed) instruct the app to bundle these in sub-families that can be accessed separately from the family member listing.

 To give the sub-families a name, simply reference the superscripts with a right parenthesis followed by a space and a sub-family name like
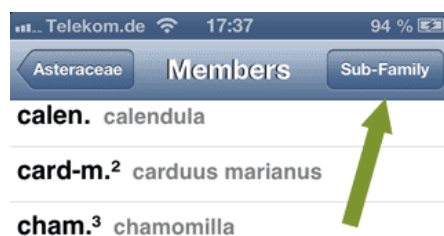
^{2}) Thistles ^{3}) Xyz

See the sub-family discussion in the remedy section for more details.

These names will be shown in the sub-family listing together with the un-superscripted entries as sub-family "Main".

From these entries, call the associated sub-family lists and from them the remedies. Flip through them as usual.

Scientific name allows for alternative family names as found in the literature.

The "Corporal" section and all the others following down the column are the same as with the remedies.

Remedy comparison

Following the source reference table there's another difference to the remedies, the table of the "Single remedy personalities".

This is presented as an overview on the family page and contains mainly the personality profile and the corporal symptoms from the remedy files.

This listing makes sense mainly in a printed compilation of all remedy files, in the app it is easy to flip through the remedy keynotes from the remedy listing (button Remedies).

Four columns: The first takes the superscript for eventual sub-families. the second the remedy abbreviation, the third is the main text column and the fourth takes a comma-separated list of references to the source of information: The teacher, cases, the repertory additions etc., usually abbreviated into one character.

There are some special characters used in the main (3rd column) text:

®= Interpretation from the teacher's repertory additions Ω= Keynotes of old masters ¢ = My (note-taker's) interpretation of cases

©= My (note-taker's) own experience   [Author] = Specific author's information
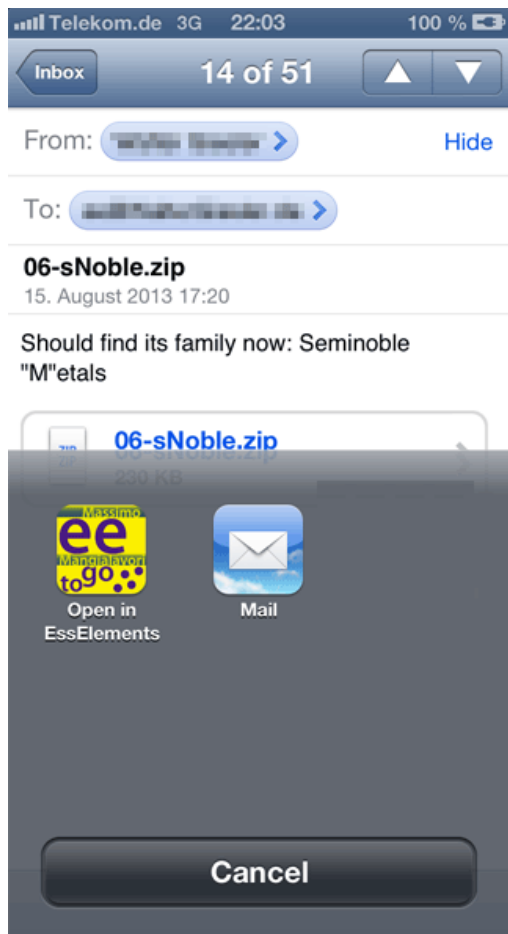
DD and repertory statistics

The following "**DD**" section takes the teachers family comparisons or distinguishing notes on the defined sub-families. The content of the DD-section is found as the fourth part on the "details" tab.

The **Number of Symptoms** area takes statistical information about the number of symptoms in the repertory for the different remedies in a family, more columns to distinguish between grades.

The "**Common Symptoms**" area is similar to the repertory additions in the remedies and allows to list all rubrics that are shared by some of the more prominent family members.

Both number of symptoms and the common symptoms are **not shown in the app**.

Getting your text into the app

From: ▢▢▢ >   Hide

To: ▢▢▢ >

06-sNoble.zip
15. August 2013 17:20

Should find its family now: Seminoble "M"etals

06-sNoble.zip
230 KB

Open in EssElements

Mail

Cancel

While getting something into the iPhone might seem difficult, in fact this is the easiest part. Just send your iPhone an email and attach your OpenOffice ".odt" file. Or pack up several .odt files into a zip file and send the zip file. There is no need for a specific folder structure in the zip file. Also, you can send multiple attachments in one email.

On the iPhone, open the email and tap on the attachment. A dark area slides up from the bottom presenting the applications that could open the file type.

Select "Open in EssElements".

Ess. Elements will start and show a "Loading" spinner while it integrates your new files. Thereafter they will immediately be available - if everything went well.

Of course there may be so many problems in the file that the app might not correctly show it or even make the app crash.

So during your first tries, just do small changes to the template and see how they are shown in the app, especially if you are unsure about a mark-up or position in the file.

You can overwrite all files any number of times.

And in the case the app really crashes, simply delete it and install it anew from your iTunes account, then go to update and re-download any bought packages. There is no limit on the number of times you download a package.

Naming the files

To get the associations right, follow the file name rules.

Remedies

TEa.rdy.Fam.odt with
TEa =Optional teacher abbreviation (3 letters)
rdy = Remedy abbreviation (as listed in the family file)
Fam = An abbreviated family name (not used in the app)

So acceptable file names are arn.Astera.odt or KJm.nit-ac.Acids.odt

Families

As discussed in more detail above in the source references:
AAa.Family.Pu.Event-YearLg

AAa = Teacher's name abbreviation (optional)
Family = Family or theme
Pu = Publication abbreviation (Wn = Webinar, Sn = Seminar, Bk = Book)
Event = City or abbreviation of meeting like FS for fall seminar, abb. of book title like Praxis2
Year = 4 digit year
Lg = language if not English

For instance Liliflorae EE-Webinar: Lili.EE01.odt without any optional entry.
Or for a family file of a seminar held by K.J. Müller about the acid remedies 2011 in Aachen in German language: KJm.Acids.SN.Aachen-2011de.odt

Cases
See the chapter "Source reference tables, cases, internet link" above for a discussion about naming the case files.

Pictures
Pictures are found by the remedy abbreviation, so please use the same file name as for the associated remedy. Use 472px square or smaller and .jpg or .png file format.

Debugging

I am available to help you debugging any problems in your files but have to charge you by the hour for my work.

What's missing ?

That's all I regarded as necessary to know to write your own texts for ee2go. Please let me know what you would like to have discussed in more detail or what you found hard to understand.

ee@WalterGiesler.de