

# MILK MATTERS

## MILK AND MORTALS

Any discussion on “Milk” must acknowledge its role in providing inner nourishment on a physical and psychological level. As a symbol of immortality, it may be found in different cultures and literary traditions including those of the Celts, Christians, Greeks, Hindus and followers of Islam. The Israelites searched for the Land of Milk and Honey while Mohammed is reputed to have said: “To dream of milk is to dream of learning and knowledge.”

Actually, to dream of milk is understood, in dream symbology, to be a very positive message from one’s unconscious. And while it may suggest a need for deep and fundamental nourishment, it infers that it is available. In particular, a dream of breastfeeding may be about nourishing the needy inner child or it may be about offering spiritual inspiration to others. On the other hand, to dream of asking for or drinking milk, suggests a need for spiritual sustenance. In this regard, I find it intriguing that Sankaran’s proving elicited the rubric: **[Dream: milk; mother asking for milk]** as it implies that the traditional giver of nourishment is physically and psychologically bereft. It’s what I call the Curse of Eve.....the Catch-22 situation that perpetuates in “developed” cultures as women struggle to balance what they give to their offspring against what they give to themselves.

Mammals are primed to nourish their off-spring ex-utero with a substance that is designed in a species-specific way to complete the cycle of growth and development that was initially governed by the placenta. (A close look at the provings of *Placenta* and *Lac Maternum* suggests that they are similar remedies in many respects and that is not surprising as the nourishment afforded by the placenta is via maternal red blood cells and that of colostrum is via maternal white blood cells.)

## MILK, NOURISHMENT AND GROWTH

However, interesting as that may be, it is the business of Milk that is under discussion, and the role that female mammals play in providing for the next generation. Perusal of the chart [*figure 1*] shows us at a glance that each mammal’s milk is unique unto itself within the broader confines of being a substance that contains water; amino acids (protein); carbohydrate (lactose); fat and minerals (ash).

This situation of species-specificity is Nature’s way of ensuring that each mammal is initially nourished with a substance that uniquely gives it an optimum start in Life. For instance seal’s milk is very high in protein and fat. This is to ensure that the calf grows quickly and is able to put down fat to protect it against its hostile environment as well as to be able to sustain itself for days at a time while the mother goes off to feed herself. Kangaroo milk is low in solids and has a very high water content which is consistent with the harsh dry conditions of its habitat. Human milk, on the other hand is low in protein (we grow slowly) and high in lactose as lactose is a prime promoter of brain growth.

Humans are primates and there is good correspondence between the profiles of the human, baboon, monkey and orang-utan milks. Generally primates lactate for six times the gestation rate. In primitive cultures females feed their infants for many years and will even kill a newborn if they accidentally reproduce again while they are still lactating. Harsh as this may seem, it is a definitive statement regarding the crucial role that human milk plays in sustaining an infant. When there is no way a mother can reach for a tin of formula, her options are limited.

In fact, UNESCO tells us that over a million babies die each year due to lack of breastmilk. In situations where mothers think that they are choosing the sophisticated or “scientific” option, the realities of lack of clean water; poor sanitation and insufficient funds to buy formula and pay for heating soon hit home and babies die of malnutrition or infection.

This is a shame as the milk of a mother in a personally-deprived situation differs but little from that of her more well-fed sister. Milk is a universal substance with much consistency with respect to all constituents across all races and geographical areas; and while diet may affect levels of fat and some vitamins and minerals, it does not affect the whey component (which is 60% of the protein in mature human milk [90% of colostrum]). This contains a wealth of components which are never found on the side of a tin of formula.

**Figure 1**

### **CONSTITUENTS OF THE MILK (g/100 g) OF VARIOUS MAMMALS**

<b>Mammal</b>	<b>total solids</b>	<b>fat</b>	<b>total protein</b>	<b>lactose</b>	<b>ash</b>
<b>Ass</b>	<b>11.1</b>	<b>1.2</b>	<b>1.7</b>	<b>6.9</b>	<b>1.3</b>
<b>Camel</b>	<b>14.4</b>	<b>4.9</b>	<b>3.7</b>	<b>5.1</b>	<b>0.7</b>
<b>Cat</b>	<b>25.4</b>	<b>10.9</b>	<b>11.1</b>	<b>3.4</b>	
<b>Cow (Jersey)</b>	<b>15.0</b>	<b>5.5</b>	<b>3.9</b>	<b>4.9</b>	<b>0.7</b>
<b>Dog/Wolf</b>	<b>25.1</b>	<b>12.9</b>	<b>7.9</b>	<b>3.1</b>	<b>1.2</b>
<b>Dolphin</b>	<b>30.4</b>	<b>14.1</b>	<b>10.4</b>	<b>5.9</b>	
<b>Elephant</b>	<b>24.1</b>	<b>15.1</b>	<b>4.9</b>	<b>3.4</b>	<b>0.76</b>
<b>Goat</b>	<b>12.0</b>	<b>3.5</b>	<b>3.1</b>	<b>4.6</b>	<b>0.79</b>
<b>Horse</b>	<b>11.0</b>	<b>1.6</b>	<b>2.7</b>	<b>6.1</b>	<b>0.51</b>
<b>Human</b>	<b>13.6</b>	<b>5.5</b>	<b>1.0</b>	<b>7.0</b>	<b>0.1</b>
<b>Kangaroo</b>	<b>9.5</b>	<b>2.1</b>	<b>6.2</b>	<b>trace</b>	<b>1.2</b>
<b>Lion</b>	<b>24.8</b>	<b>13.7</b>	<b>8.5</b>	<b>2.6</b>	
<b>Llama</b>	<b>14.0</b>	<b>5.6</b>	<b>4.3</b>	<b>3.3</b>	<b>0.8</b>
<b>Pig</b>	<b>19.5</b>	<b>8.2</b>	<b>5.8</b>	<b>4.8</b>	<b>0.63</b>
<b>Rabbit</b>	<b>26.4</b>	<b>12.2</b>	<b>10.4</b>	<b>1.8</b>	<b>2.0</b>
<b>Seal (grey)</b>	<b>67.7</b>	<b>53.2</b>	<b>11.2</b>	<b>2.6</b>	<b>0.7</b>
<b>Antelope</b>	<b>13.5</b>	<b>1.3</b>	<b>6.9</b>	<b>4</b>	<b>1.3</b>
<b>Baboon</b>	<b>14.2</b>	<b>5.0</b>	<b>1.6</b>	<b>7.3</b>	<b>0.3</b>
<b>Bison</b>	<b>13.2</b>	<b>1.7</b>	<b>4.8</b>	<b>5.7</b>	<b>0.96</b>
<b>Black bear</b>	<b>41.2</b>	<b>24.5</b>	<b>14.5</b>	<b>0.4</b>	<b>1.8</b>
<b>Black rhino</b>	<b>8.1</b>	<b>0.0</b>	<b>1.4</b>	<b>6.1</b>	<b>0.3</b>
<b>Deer</b>	<b>34.1</b>	<b>19.7</b>	<b>10.4</b>	<b>2.6</b>	<b>1.4</b>
<b>Guinea pig</b>	<b>15.8</b>	<b>3.9</b>	<b>8.1</b>	<b>3.0</b>	<b>0.82</b>
<b>Mink</b>	<b>22.6</b>	<b>8.0</b>	<b>7.0</b>	<b>6.9</b>	<b>0.7</b>
<b>Monkey</b>	<b>14.5</b>	<b>3.9</b>	<b>2.1</b>	<b>5.9</b>	<b>2.6</b>

<b>Orang-utan</b>	<b>11.2</b>	<b>3.5</b>	<b>1.5</b>	<b>6.0</b>	<b>0.2</b>
<b>Opossum</b>	<b>20.1</b>	<b>6.1</b>	<b>9.2</b>	<b>3.2</b>	<b>1.6</b>
<b>Polar bear</b>	<b>42.9</b>	<b>31</b>	<b>10.2</b>	<b>0.5</b>	<b>1.2</b>
<b>Rat</b>	<b>30.5</b>	<b>14.8</b>	<b>11.3</b>	<b>2.9</b>	<b>1.5</b>
<b>Reindeer</b>	<b>36.1</b>	<b>22.5</b>	<b>10.3</b>	<b>2.6</b>	<b>0.7</b>
<b>Sea lion</b>	<b>50.9</b>	<b>36.5</b>	<b>13.8</b>	<b>0.0</b>	<b>0.6</b>
<b>Sheep</b>	<b>16.3</b>	<b>5.3</b>	<b>5.5</b>	<b>4.6</b>	<b>0.9</b>
<b>Whale</b>	<b>51.8</b>	<b>34.8</b>	<b>13.6</b>	<b>1.8</b>	<b>1.6</b>

Sources various; primary source: Jenness R; Sloan RE Composition of milk in Larson BL. Smith VR editors *Lactation vol3 Nutrition and Biochemistry of Milk Maintenance* New York 1974 Academic Press

Apart from the full complement of vitamins, minerals (and this includes trace elements) and fatty acids (of which the short chain ones promote gut closure and therefore help protect against allergies and Giardia and the long chain ones optimise CNS development) human milk is unique in that it also contains:

- a range of antioxidants
- two specialist proteins ( $\alpha$ 1-antitrypsin and  $\alpha$ 2-macroglobulin protein) which offer protection against Influenza; Parainfluenza and Rotavirus
- its very own Bifidus factor which enhances proliferation of lactobacilli thereby inhibiting some E.coli and Enterobacteriaceae including shigella and salmonella
- bile salt-stimulated lipase which generates fatty acids and monoglycerides that inactivate Giardia Lamblia, Entamoeba histolytica & Trichomonas vaginalis
- complement; which protects against E.coli
- a range of cytokines which initiate and stimulate host defence; prevent auto-immunity; have anti-inflammatory effects on the upper respiratory and GIT and stimulate development of the digestive system
- 20 different enzymes which perform various functions including bio-synthesis and preservation of milk components in the mammary gland. They also have a transport and anti-infective role thereby promoting digestive function in the neonate
- epidermal growth factor which promotes increased growth and maturation of the foetal pulmonary epithelium; stimulates ornithine decarboxylase activity and DNA synthesis in the digestive tract and accelerates the healing of wounds (and this includes repair of abraded nipples)
- gangliosides which are thought to help protect the neonate from toxin-induced diarrhoea especially E. coli and V. cholerae
- immunoglobulins of which more than 30 have been identified. Eighteen are from maternal serum, the rest are found exclusively in the milk and sIgA (which is found in levels 5 times that of maternal serum) is the most important of these. Immunoglobulins protect mucosa and have bacterial and viral

neutralising capacity. SIgA is known to protect against: Enteroviruses [Poliovirus types 1, 2, 3; Coxsackievirus types A9, B3, B5; Echovirus types 6 & 9]; Herpes virus [Cytomegalovirus; Herpes simplex]; Semliki forest virus; Respiratory syncytial virus; Rubella; Reovirus type 3 and Rotavirus. IgM and IgG protect against Respiratory syncytial virus and Rubella

- a range of hormones that perform a variety of functions
- interferon which also has antiviral activity
- interleukins which are a sub-group of cytokines which augment the newborn's immune system by increasing antibody production (especially IgA); enhancing phagocytosis; activating T cells and increasing  $\alpha$ 1-antitrypsin production by mononuclear phagocytes
- lactoferrin which binds iron and therefore inhibits host-pathogen interactions
- lactoperoxidase which destroys streptococci and enteric bacteria
- lymphocytes of which human milk contains both the T (thymus) and B (bursa) types. These lymphocytes transfer long-lasting maternal antibodies to the infant; and synthesise sIgA antibodies in the breast
- lysozyme which lyses bacteria through destruction of the cell wall. It is found in large quantities in the stool of breastfed babies and is thought, therefore, to affect gut flora
- macrophages which synthesise complement, lactoferrin and lysozyme and perform a variety of other functions including phagocytosis of fungi and bacteria
- nucleotides which constitute 15-20% of the non-protein nitrogen in human milk. They are thought to influence the immune system; iron absorption; intestinal flora; plasma lipoproteins and growth of intestinal and hepatic cells
- oligosaccharides of which more than 80 have been identified. They inhibit the binding of enteropathogens to their host receptors

## **MILK SUBSTITUTES AND HEALTH RISKS**

Furthermore, when assessing the role that human milk plays in optimising physical maturation, consideration needs also to be given to the range of known disadvantages that beset the infant raised on a breastmilk substitute. Not only does he miss out on all the unique benefits listed above; his gut flora is different from that of his breastfed friend, and he may have to deal with:

- too much aluminium
- too much manganese
- too much lead
- too much cadmium

- too much iron
- transgenic soy and yeast
- traces of algae and fungi used to manufacture the long chain polyunsaturated fatty acids found in tins of a “gold” standard and selected by well-meaning mothers who want what’s best for their infants
- hexane used to produce the above
- Enterobacter Sakazakii (found in up to 14% of tins of formula and the reason why maternity wards stock only ready-made formulas); tins are banned from hospitals because of this bacteria

Added to this is the fact that the lipids in formula are included according to availability and price. Perusal of a range of tins of formula will identify a variety of sources including: coconut; corn; “marine oils” [i.e. genetically engineered from algae]; palm olein; soy lecithin and vegetable (probably safflower). Interestingly, research published in 2003<sup>1</sup> suggests that healthy term infants fed a formula containing palm oil as the predominant oil in the fat blend had significant lower bone mineral content and bone mineral density than those fed formula without palm oil (specifically: safflower; coconut and soy). Therefore, the inclusion of palm oil in infant formula at levels needed to provide a fatty acid profile similar to that of human milk, leads to lower bone mineralisation as it has been shown to lower calcium and fat absorption.

However it is their role in potentiating central nervous system development that best defines the lipids in milk; and it’s a well-established fact that breastfeeding increases intelligence (look at all the “memory deficient” rubrics in the *lacs*). Although this comes about largely due to the high amounts of lactose in human milk, it is also due to the long-chain PUFAs which abound in human milk when mothers simply include plenty of seafoods in their diet.

Humans are the only mammals on the planet who habitually drink the milk of another species. It is understood in veterinary circles that feeding non-species-specific milk to an animal causes apnoeic episodes. This is what happens to the *Calc phos* infant when he “refuses mother’s milk”. He’s simply not able to breathe easily at the breast because of aggravation from bovine fragments in his mother’s milk. No amount of *Calc phos* will remedy this unless the maintaining cause (dairy in the maternal diet) is removed.

The irony in this situation is that infants are often weaned in such instances and then are at an increased risk in the long term of:

- Obesity (artificially fed infants consume 30,000 more calories than breastfed babies in the first 8 months). The obesity issue is, however, complicated by the fact that research conducted in the 70s demonstrated that the DPT vaccination interferes with insulin metabolism
- Crohn’s disease
- Ulcerative colitis
- Coeliac disease

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<sup>1</sup> Koo W W K et al: Reduced Bone Mineralisation in Infants Fed Palm Olein-Containing Formula: A Randomised, Double-blinded, Prospective Trial *Pediatrics* 2003; 111(5): 1017-1023

- Cardiovascular disease
- Type 2 diabetes

In the short term there is an increased risk of SIDS as well as:

- NEC (Necrotising Entero-colitis) and late onset sepsis if you're a preterm infant
- Bacterial meningitis (in the NICU [Neonatal Intensive Care Unit] it's the Tubercular miasm infants who have bleeding into the brain when they're given "human milk fortifier" [i.e. cow's milk formula])
- Botulism
- Diarrhoea
- Upper respiratory tract infections and otitis media
- Urinary tract infections

Added to that is an increased risk of type 1 diabetes (because the majority of breastmilk substitutes are based on cow's milk; the bovine *lacs* have a long history in treating diabetes); allergies and asthma.

### **HUMAN MILK, THE UNIVERSAL REMEDY**

While it is a self-evident truth that the milk of every species of mammal plays a pivotal role in the optimisation of physical development with respect to what advantages it affords her progeny, I have stressed the shortcomings that accrue when Man (specifically) is denied access to the milk of his species and has to make do with that of another. In that regard, when focusing on what a species-specific milk can do for the physical body of a human being, and what shortcomings may follow if it is denied, it is good to be reminded of Hahnemann's exhortation in § 9, that an individual's body needs to be "a healthy instrument" of which "the spirit-like life force...can freely avail itself...*for the higher purposes of our existence*".

With that in mind, I would suggest *Lac humanum*, is, the most valuable medicine that we have at our disposal. It is the true Universal Remedy; a layer to be found in everyone's case. It is, therefore, no accident that it is the remedy in this compendium that holds the largest space. As a species we are habitually short-changed. And, although taking advantage of the milk of another species allows us to survive, we have simply swapped mortality for morbidity; and as for attaining self-actualisation...it's a journey which, by and large, gets stuck on the Stairway to Heaven, due to having to deal with survival issues.

Milks are sarcodes and we should not lose sight of that fact and use *Lac humanum* more in the lower potencies. It does good work in righting some of the wrongs referred to in this discussion. That is why I offer to each mother in my care (as she weans) a potency from her milk succussed to 7C so that her baby can continue to have the advantages that her milk can offer while trying to cope with surviving in a less than optimal circumstance. It is but a small thing with huge implications as it allows mothers some freedom while ensuring that the baby is not totally compromised.

Meanwhile we need to work towards the establishment of human milk banks so that mothers can make a real choice when they wean. To be able to reach for a tin of formula made from human milk would be a real bonus. Not only would mothers be able to benefit from the freedom that would offer, but babies would derive real benefit from a developmental perspective. This is apart from the real and tangible benefits that are afforded the economy when babies get breast milk for an extended period. I never tire of reminding anyone who will listen, that breastfeeding is a carbon-neutral activity and rewards are there to be had on a personal as well as global level when humans enjoy universal availability of the milk of their species for their “allotted” time of four and a half years. This length of time seems extraordinarily long. However when we consider that the developing brain is still undergoing much differentiation until the age of three years, and the gut is still very vulnerable until about the age of four years, then this makes perfect sense.

### **MILK, MIND AND MIASMS**

The other aspect of this discussion must, however, concern itself with the psychological benefits that also occur when babies enjoy such an extended time with their mothers. Rubrics abound in *Lac humanum* concerning antipathy and guilt towards the mother. When one concedes that lack of time spent at the maternal breast is a primary aetiology for the state, then this notion of that time being important from a psychological perspective bears a closer look. Pathologies such as mastitis and breast abscesses are expressions of anger towards the mother which surface during lactation, as the new mother perceives that she is still in need of nurture herself. The rubric [**Dream:** umbilical cord; she did not sever] is intriguing in that respect; as the tie to the mother seems to persist throughout Life due to a matter of unfinished business.

From my experience as a clinician, this special bond is intricately intertwined with Hahnemann’s miasmatic theory. He named but three miasms: Psora; Sycosis and Syphilis. Since then many have gone on to expound on and formulate additional perspectives on this. Such is the nature of discussion around any theory; any perspective is valid.

Those steeped in the Christian tradition understand that there is something intrinsically sacred about the concept of a trinity. However, while this is not a universally-held truth due to the various religious and cultural beliefs upon which any individual’s world-view is contingent, I think we would all agree that there’s something very special regarding the triune of: mother/father/child; body/mind/spirit; that of superconscious/conscious/ subconscious; thought/word/deed and the concept of time: past/present/future.

These sublime relationships are beyond the everyday duality of gross relationships that governs our reality. We understand dyads succinctly represented by the concept of yin/yang [male/female; light/dark]. Everyday events such as hot/cold; up/down; in/out; right/left; fast/slow; big/small are simply understood as opposites. It is either one or the other. Dyads perpetuate a steady state; they keep systems in balance and there is no *potential* such as exists in a triune relationship.

Seeking “the higher purpose of our existence” is all about fulfilling potential; and our potential (as understood with respect to the possibilities and limitations of our predominant miasmatic tie(s)) is what defines our journey as a human during the Planet Earth experience.

Psora is our primary miasmatic tie; described by some as our basic flaw. However, if one accepts the premise, so beautifully expressed by the songster/poet Leonard Cohen, that "... there's a crack in everything to let the light come in", Psora then becomes our ally. All we have to do is to focus on the factors of curiosity and ebullience and eschew those of underfunction and lack.

How do we ensure that the positive aspects of Psora hold sway? The answer lies in being born well and having an undisturbed relationship with the mother for the first four years of life.

Perusal of [figure 2] makes this easier to grasp. Erik Erikson has elegantly defined Man's journey as being one of eight stages each governed by a positive or negative attribute. A normal, drug-free physiologic birth after which an infant is given the space to search for the nipple himself primes Psora. He immediately learns the Lesson....If I struggle; I will survive. If he has access to his mother's breastmilk throughout the next four years he becomes an autonomous and trusting individual and this sets the pattern for Life.

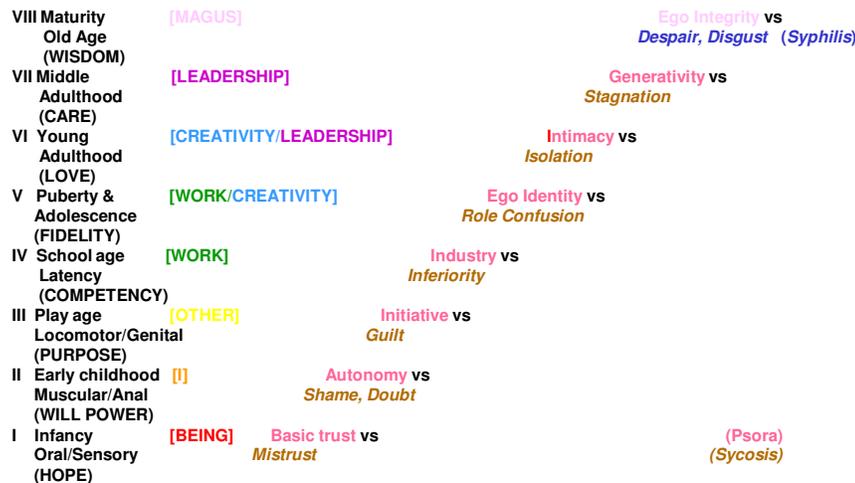
### **MILK, AND SPIRITUAL GROWTH**

The potential then becomes one of a journey towards self-actualisation. It is a straightforward climb of what I have termed the Stairway to Heaven. This is beautifully expressed in Sankaran's proving of *Lac humanum* in a dream recorded by Prover #13 (the irony of the number is compelling!) and now recorded in the Repertory as the rubric: [**Dream:** Gods consorting with; after climbing stairs].

However, if all does not go well during these first few years (and this is complicated by the destructiveness of vaccination) then the individual is confined to the shadow of Sycosis with the real possibility of the syphilitic miasm taking hold in the end stages of the life causing a breakdown of the body and relegation to endure the Wheel of Karma and the journey begins again. This, in my opinion, is why the theme of "circles" is prevalent in the *lacs* and why the main sphere of action for *Lac maternum* is with the sense organs (particularly the nose) which are the most highly developed aspects of the baby at birth. A primary target for syphilis is for the bones around the nose. Syphilis governs death and re-birth; *Lac maternum* issues of in-carnation.

[See figure2 below]

# Gods consorting with after climbing stairs: *lac-h* (Sankaran)



Adapted from *Childhood and Society*, Erik H Erikson, 1963. in *Personality Theories* (2nd edn); 1985; Huelle LA and Ziegler DJ; McGraw Hill Inc  
*Homoeopathy and the Elements*, 1996; Scholten J; Stichting Alonnisos, Utrecht

## THE STAIRWAY TO HEAVEN

The mythological associations of milk and immortality seem to be borne out in Sankaran's proving of *Lac Humanum* and this discussion has, in its own way, come full circle. We are the shamans who orchestrate our own destiny. That we may have an affinity during our lifetime, with the essence of another mammalian *lac*, is a real possibility as we explore the highways and byways of what the planet has to offer us by way of experience, during our journey. It is, as Herrick has expressed it, but a matter of expressing an animal mind through a human voice.

However, as a clinician it is my contention that, having prescribed any of the other mammalian *lacs*, the case should eventually shift to *Lac humanum* as the realisation dawns on the individual that he is primarily here for his experience and that he is not beholden to the group experience. I am/You are; it's all a matter of balance regarding what one gives to Self and to the Group; and in achieving that, both the individual and all of Mankind, derive benefit.

A prescription of *Lac humanum* at any of Erikson's stages will, consistent with the dictates of the Law of Cure, bring the individual out from the shadow of Sycosis and onto the psoric treads of the Stairway.

The journey then, has real potential.