

PSORA...IT'S THE CRACK IN EVERYTHING THAT LETS THE LIGHT COME IN
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TRADITIONALLY WE HAVE PERCEIVED PSORA IN A NEGATIVE WAY

- That is why Psora has been called “Original Sin” the basic flaw in Mankind that leads to damnation.
- So, why did Jesus die on a crucifix “to save mankind from Original Sin”, crying out “Father! Father! Why have you abandoned me?”
 - *Sulphur*, the quintessential psoric remedy, has the Delusion that he has fallen from Grace...is “disgraced”
 - MIND: Anxiety; salvation, about - sulphur

SO, WHAT IS PSORA? DOES IT REALLY HAVE ANYTHING TO DO WITH PSORIASIS?

- “Chronic hereditary recurrent papulo-squamous dermatosis, the distinctive lesion of which is a vivid red macule, papule or plaque covered almost to its edge by silvery lamellated scales.” (Dorland)
- It's psoriasis which causes the skin to crack!

CHARACTERISTICS OF PSORA... “THE SENSITISING MIASM”

- According to “the literature”, it affects mostly the ectoderm...gut and skin
- Governs functional disorders
- Main characteristics: hypersensitivity →
- HEAT & REDNESS
CONGESTION
ITCH
DRY, SCALY TISSUE
- Hypo-function... “lack...”; weakness

HAHNEMANN § 80-81

- “...Psora **documents itself** (*only after the complete internal infection of the whole organism*) by means of a peculiar skin eruption, sometimes consisting of only a few vesicles, accompanied by an unbearably tickling, voluptuous itch and a specific odour.
- ***Psora is the true fundamental cause and engenderer of almost all the other remaining forms of disease which are numerous, indeed countless...and produce untold different deficiencies, deteriorations, mistunements and sufferings.***

PSORA...THE TRADITIONAL PERSPECTIVE

- Main mental/emotional characteristics include:
- INHIBITION
TIMIDITY
FEAR
 - Child has fear of: the dark; strangers; fictitious things; animals
 - Adult has fear of: death; illness; disease; finishing tasks ... “I give up!”

PSORA...THE TRADITIONAL PERSPECTIVE

- Restless
- Lack ability to actualise
- Bound up by theorising
- Capable only of short bursts of concentration; poor memory; mental processes tend to be superficial
- Depression > crying; they do not grieve silently; they let everyone know of their troubles

PSORA HAS AN ASSOCIATION WITH VOLITION
OUR GIFT OF FREE WILL... TWO WILLS [LAC-
H]

- It is because of Psora that we can attain Self Realisation (become Enlightened) through the judicious use of Free Will...*we need to make good choices which focus on personal growth!*
- Two souls, alas, dwell within my breast,
Each wants to separate from the other;
One in hearty love-lust,
Clings to earth with clutching organs;
The other *lifts itself* mightily from the dust
To high ancestral regions.

Goethe, Faust 1,112

PSORA...THE TRADITIONAL PERSPECTIVE

- Empty, all-gone feeling predominates
- Desires sweets & hot foods
- (Over) eating <: heartburn; waterbrash;
acid dyspepsia

TWO WOLVES...A CHEROKEE LEGEND

- An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he says to the boy.
- "It is a terrible fight and it is between two wolves. One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

PSORA IS ASSOCIATED WITH AN ITCH...

- Because "lack" engenders the search for "fulfilment"... it's an "itch"
- "The gifts allotted to us are abundant, but even more abundant is our **desire**. *We seem born for dissatisfaction.*"

Rudolph Steiner

- **PSORA represents the struggle to survive; to reach out and connect; to seek a fulfilled Life!**

TWO WOLVES...A CHEROKEE LEGEND

- He continues, "The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.
- The same fight is going on inside you - and inside every other person, too."

TWO WOLVES...A CHEROKEE LEGEND

- The grandson thinks about it for a minute and then asks his grandfather, "Which wolf will win?"
- The old Cherokee simply replies, "The one you feed."

PERHAPS WE ARE HARD-WIRED WITH PSORA

- Harry van der Zee's book *Miasms in Labour* explores the notion of Stanislav Grof that birth constitutes a type of expulsion from Paradise, which ends in a state of at-one-ment at the breast.
- He suggests that the first stirrings of Psora are evident during the birthing process and this has led me to wonder if...
- Psora has an endocrine origin linked to oxytocin?
- If so it is an integral part of humanity's makeup...remember Psora is the "engenderer of all disease!"

SELF- FOCUS IS NOT BEING SELFISH!

- Being comfortable in one's skin with a clear focus/goal in Life underpins Self Realisation.
- Among the Mind rubrics of Psorinum is "confusion of identity"...and Who am I? Why am I here? are questions that confound all humans.
- Disoriented, feelings of; is a key *Lac maternum* rubric.
- Some people simply don't ever get over the shock of being born!

SO PERHAPS PSORA IS NOT ACTUALLY ONLY LINKED TO THE DISEASE OF PSORIASIS

- We know that the skin is an extension of the gut...
- ...and in TCM the "gut is the second mind" and we know, from recent research, that various neurotransmitters originate in the gut.
- So it would be fair to ask if Psora, rather than being an epigenetic tag associated with a disease, actually originates in the brain?

POSITIVE POLARITY OF PSORA...THE ONE WE NEED TO FEED!

- *Sulphur* [Vermeulen]
 - Hopeful dreamers
 - Practical idealists (Morrison)
 - they have an enquiring mind
 - Revolutionary idealists
 - Imaginative
 - Self-centred; have a good opinion of Self
 - Obstinate

FEELING GOOD; THE GUT/BRAIN CONNECTION

- Serotonin and oxytocin are the "feel good" hormones.
- 95% of the body's serotonin is manufactured in the gut...the gut is the "2nd brain"!
- While oxytocin comes from the hypothalamus it is distributed everywhere, including the gut.
 - B Ohlsson, et al. Oxytocin is expressed throughout the human gastrointestinal tract. *Regulatory Peptides*. 2006 Jul; 135 (1-2): 7-11
 - MD Gershon, et al. Expression and developmental regulation of oxytocin (OT) and oxytocin receptors (OTR) in the enteric nervous system (ENS) and intestinal epithelium. *J Comp Neurol*. 2009 Jan 10;512(2):256-70.
 - MD Gershon, et al. Combined administration of secretin and oxytocin inhibits chronic colitis and associated activation of forebrain neurons. *Neurogastroenterol Motil*. 2010 Jun;22(6):654-e202

GESTATION IS PARADISE...FEELING GOOD!

- Back to Grof and the idea that expulsion from Paradise results in a search to find it again....
- So, when we picture the baby bathed in amniotic fluid, floating gently, sustained continuously and effortlessly by means of the umbilical cord, we can easily accept that the infant's reality is perhaps one of bliss.

CONSEQUENCES OF THIS CHOICE...

- However, the latter option (according to van der Zee), sensitises the infant to the sycotic miasm as he is forced into the "underworld" (having to deal with his shit.... meconium stained liquor) and through the portals of the dilated cervix into what he perceives to be certain oblivion (Syphilis).

EXPULSION FROM PARADISE

- At the end of gestation, it is the commencement of the contractive process (governed by oxytocin), which forces the infant into the deepest unknown recesses of the womb.
- And, at the same time, deprives him of oxygen (high levels of which are demanded by the mother), so that adrenalin (the antagonist of oxytocin) builds for the first time, preparing him for flight or fight as he descends into the bony pelvis.

WHAT MIASMATIC PICTURE WILL PREVAIL?

- In this way, the "Forceps or Caesar baby" who is snatched from danger by a benevolent hand is, therefore, at risk of establishing a pattern of anxious victim in need of rescue or of not following through and completing tasks.....the "lack" aspect of Psora!
- Perhaps the baby chooses according to its Karmic lessons, as a preponderance of sycosis over psora underpins the experience of the syphilitic miasm at the end of Life.
- A medicalised birth is the aetiology for *Lac maternum* and may lead to suicide later.*

* Jacobson B, Bygdem M. Obstetric care and proneness of offspring to suicide as adults. *BMJ* 1998 Nov 14; 317 (7169): 1346-9

THE INFANT'S FIRST CHOICE

- The infant has two choices...to work with oxytocin [oxy (fast) *locin* (birth)], and go "with the flow" to see what eventuates, or be overcome by adrenalin and succumb to fear.
- The former option primes the infant to the positive profile of Psora; a good head position initiates the Ferguson Reflex as the specialised nerves that detect stretch in the lower vagina and cervix are stimulated.
- These nerves send a signal to the labouring woman's brain, triggering an outpouring of oxytocin, which further increases contractions; and foetal descent further stimulates these nerves.
- This positive feedback cycle, fosters an efficient birth and elevates oxytocin levels into the early postpartum period.

IF I STRUGGLE I WILL SURVIVE...AND HAVE A GOOD LIFE!

- However, if the infant works with the oxytocin surges (the positive aspect of Psora) and *trusts* that all will be well, the crisis of this initial stage of Life's journey, is satisfactorily resolved and incorporated into his psyche.
- So, if the mother consciously works with the whole birthing process, eschews the drug option, lifts her baby onto the warmth of her abdomen and gives him the time to struggle to the breast, she affords him an optimum start....if I struggle I will survive!

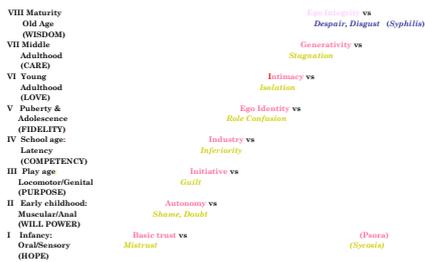
...AND SELF REALISATION IS POSSIBLE!

- If the primary imprint is psoric instead of sycotic, then, at the completion of the Life Cycle, the positive aspect of the syphilitic miasm will predominate and breaking through and rising from “the ashes” (becoming enlightened... “lifting to high ancestral regions”) is possible.
- If the sycotic imprint has predominated through Life, then the negative aspect of the syphilitic miasm prevails and death follows (“clings to the dust”) and the individual continues working with the Wheel of Karma.

STAYING POSITIVE AND CURIOUS

- As the baby’s ear is attuned to his mother’s voice, he can respond to her gently calling to him.
- While on the abdomen he can hear the reassuring, familiar beat of her heart, which beckons for him to come closer and get more of that oxytocin that underpinned the birth experience.
- As he lifts his head his newly accommodating eyes can see a short distance; just enough to focus on a dark object which Psora’s curiosity and the desire for another oxytocin hit, warrants a closer look.

ERIK ERIKSON’S 8 EPIGENETIC STAGES



... OBTAINING EVEN MORE REWARDS

- All the while his mouth (the most sensitively developed and refined aspect of his being) mouths and licks at his mother’s skin, thereby colonising his mucosa with her bacteria.
- This is his best defence against invasion by pathological bacteria, which abound in hospitals.

THIS STRUGGLE TO BE BORN WELL BRINGS REWARD FOR BOTH MOTHER AND BABY!

- As the baby gently kneads the stomach as he searches for the nipple, additional surges of oxytocin... “the love/trust/connection hormone” result.
- Uvnäs-Moberg K, *Beyond the Milk: Ejection Reflex: the Multifaceted Role of Oxytocin During Lactation* ALCA 4th Biennial Conference Gold Coast, Australia, July 1998
- This not only helps the uterus to contract thereby minimising the chance of haemorrhage, but also helps to initiate the mothering instinct.
- This process is assisted by giving mothers and babies the space and time to connect.

PARADISE REGAINED!

- The rooting reflex causes him to “open wide” and the psora-driven willpower enables him to search for that which will sustain him, as did the placenta while in utero.
- He latches on and draws the nipple to the junction of the soft and hard palate, to the spot where the functional and governor channels meet.
- The Grand Macrocosmic orbit is initiated and the baby’s chi is truly activated....Paradise is regained!
- With this first feed he has made a good choice.

SO WHY IS A NORMAL PHYSIOLOGIC BIRTH SO IMPORTANT?

- *It allows for priming and optimisation of the mother's and baby's oxytocin receptors.*
- While oxytocin transferred from the mother is understood to have a neuro-protective role for the foetal brain during labour (reduces hypoxia), *synthetic oxytocin used in a medicalised birth, crosses the blood brain barrier in the infant, and due to continuous streaming via an IV-line, is known to lead to receptor desensitisation.*

○ Buckley SJ: Hormonal Physiology of Childbearing: Evidence and Implications for Women, Babies and Maternity Care January 2015

OXYTOCIN'S ROLE BEYOND THE PRIMAL PERIOD

- Oxytocin is a prosocial hormone, motivating social interactions and increasing sociability in all mammals.
- Oxytocin is released during social and physical contact, including social vocalisation and massage. It promotes social engagement as a first response to stress among mammals, especially humans.
- In human research, both endogenous oxytocin and exogenous (intranasal) synthetic oxytocin promote trust, empathy, generosity, eye contact, recognition of familiar faces, and discrimination of emotional states.

OXYTOCIN'S ROLE IN THE PRIMAL PERIOD

- Oxytocin is released during sexual activity, when it increases receptivity.
 - It also initiates pair bonding among monogamous animals.
- Oxytocin optimises the birthing process.
- Oxytocin, released in pulses, mediates the milk-ejection (letdown) reflex, which makes milk available to the suckling infant.
- Oxytocin promotes the species-specific maternal adaptations and behaviours that begin immediately after birth, and also primes brain circuits that support ongoing maternal adaptations and behaviours.

OXYTOCIN'S ROLE BEYOND THE PRIMAL PERIOD

- Some of this research was conducted with autistic individuals and Michel Odent in his latest book: **Childbirth and the Evolution of Homo Sapiens** argues the case that
 - the rise in IVF,
 - medicalised or elective Caesarean births and
 - lack of or insufficient breastfeeding (keep in mind that primates lactate for 6 x the gestation rate),
 is causing a significant shift in the species, due to a lack of exposure to oxytocin (as well as interference with the priming of the oxytocin receptors) during this sensitive time.
- ***He states that it is this new paradigm during the primal period which underpins the rise in birth of individuals along the autism spectrum and predicts that Man will become an individual with a body and a brain but no emotional body!***

OXYTOCIN'S ROLE IN THE PRIMAL PERIOD

- Oxytocin opens up peripheral blood vessels (vasodilatation), creating a warming effect; and vasodilatation of the superficial blood vessels on the new mother's chest, in response to postnatal oxytocin peaks, keeps her newborn warm during skin-to-skin contact (SSC) after birth while he searches for the nipple.
 - SCC enriches colonisation of the infant's oral mucosa with maternal bacteria and helps to establish an appropriate microbiome.

OXYTOCIN'S ROLE BEYOND THE PRIMAL PERIOD

- **Oxytocin regulates the autonomic nervous system (ANS)**, which controls the internal organs and other key involuntary body functions.
- It does this by increasing activity in the parasympathetic nervous system (PNS) branch of the ANS, which slows the heart, reduces blood pressure and energy expenditure, and promotes rest, digestion, and affiliation, resulting in a "calm and connection" effect.

OXYTOCIN'S ROLE BEYOND THE PRIMAL PERIOD

- So, oxytocin release during times of excessive stress can restore physiologic balance (homeostasis).
- It reduces activity in the flight-or-flight, (sympathetic nervous system branch of the ANS,) reducing levels of the stress hormones epinephrine (adrenaline) and norepinephrine (noradrenaline).
- As well, it reduces activity in the hypothalamic-pituitary-adrenal pathway (HPA system), reducing medium-term stress response hormones, including corticotrophin releasing hormone (CRH), adrenocorticotrophic hormone (ACTH), beta-endorphins, and cortisol.
-all of these I associate with Sycosis.

IT'S THE LACTOSE!

- Correlations have been made between the amount of lactose in the milk of a species and the size of its' brain
 - human milk has a high lactose content compared to other mammalian milks
 - the human brain's major differentiation is not complete until the 3rd year

OXYTOCIN AND THE DERMIS...A CONNECTION BASED ON MODERN RESEARCH?

- Sevgin O I et al; *Oxytocin ameliorates skin damage and oxidant gastric injury in rats with thermal trauma* Burns 2008 May, 34(3) 361-369
- Deing, V at al; *Oxytocin modulates proliferation and stress responses of human skin cells: implications for atopic dermatitis.* Exp Dermatol; 2013 Jun; 22(6) 399-405

CONSTITUENTS OF THE MILK (G/100 G) OF VARIOUS MAMMALS

○ Mammal	total solids	fat	total protein	lactose	ash
○ Ass	11.1	1.2	1.7	6.9	1.3
○ Cow	15.0	5.5	3.9	4.9	0.7
○ Human	13.6	5.5	1.0	7.0	0.1
○ Baboon	14.2	5.0	1.6	7.3	0.3
○ Monkey	14.5	3.9	2.1	5.9	2.6
○ Orang-utan	11.2	3.5	1.5		6.0

LACTATION FOLLOWS THE BIRTH...IS IT A GOOD CHOICE?

- Yes, because it raises IQ and affects ability to learn and earn later on in life.
- Hoefler C, Hardy MC; Later development of breastfed and artificially fed infants *JAMA* 92:615, 1929
- Taylor B, Wadsworth J; Breastfeeding and child development at five years *Dev Med Child Neurol* 26:73, 1984
- Lucas A et al; Breastmilk and subsequent intelligence quotient in children born preterm *Lancet* 339:261, 1992
- Rogan WJ, Gladen BC; Breastfeeding and Cognitive Development *Early Hum Dev* 31:181-193, 1993
- Horwood LJ, Fergusson DM; Breastfeeding and later cognitive and academic outcomes *Pediatrics* 101:e9, 1998 (electronic article)
- Vik T et al; Breastfeeding and cognitive development at age 1 and 5 years *Arch Dis Child* 85:183-188, 2001
- Isacs EB et al; Impact of breast milk on intelligence quotient, brain size, and white matter development. *Pediatr Res*. 2010 Apr;37(4):357-62
- Prof Cesar G.Vieten, PhD et al; Association between breastfeeding and intelligence, educational attainment, and income at 30 years of age: a prospective birth cohort study from Brazil. *The Lancet - Global Health* Volume 3, No.4 e199-e205, April 2015

PROMOTES A HEALTHY IMMUNE SYSTEM IN THE BABY

- Several studies have reported that breast-feeding, because of the antimicrobial activity against several viruses, bacteria, and protozoa, may reduce the incidence of infection in infants.

○ Chirico G et al; Anti-infective properties of human milk. *J Nutr*. 2008 Sept;138(9):1801S-1806S

○ Anderson Y; Formula feeding skews immune cell composition toward adaptive immunity compared to breastfeeding. *J Immunol*. 2009 Oct 1;183(7):4322-8

MINIMISES PREVALENCE OF ADHD

- Breast milk contains components that appear to prevent ADHD, and research suggests that exclusive breastfeeding showed a highly significant inverse relationship of ADHD to exclusive breastfeeding.

○ Shamberger R. Attention-deficit disorder associated with breast-feeding: a brief report. *J Am Coll Nutr.* 2012 Aug;31(4):239-42

○ Mimouni-Bloch A et al. Breastfeeding May Protect from Developing Attention-Deficit/Hyperactivity Disorder. *Breastfeed Med.* 2013 Apr 6. [Epub ahead of print]

PROTECTS AGAINST ASTHMA

- Breastfeeding, particularly exclusive breastfeeding, protects against current asthma up to 6 years, especially in atopic children.

○ Shives KM et al. Breastfeeding protects against current asthma up to 6 years of age. *J Pediatr.* 2012 Jun;198(6):991-6

PROMOTES AN OPTIMAL MICROBIOME

- The new concept of the 'milk microbiome', seeks to understand the possible mechanisms (contamination versus active migration) by which bacteria can reach the mammary gland. Breastmilk may contain
 - Staphylococcus epidermis and Staphylococcus aureus
 - α-haemolytic Streptococcus
 - β Streptococcus (keynote: alternates breasts)
 - Non-haemolytic Streptococcus
 - Enterococcus; Escherichia coli (governs vitamin K production)
 - Candida albicans

- so may be a major source of bacterial diversity to the neonatal gut, including gut-associated obligate anaerobes, and may thus significantly influence gut colonisation and maturation of the immune system.

○ Jeurink PV et al. Human milk: a source of more life than we imagine. *Benef Microbes.* 2013 Mar 1;4(1):17-30

○ Jost T et al. Assessment of bacterial diversity in breast milk using culture-dependent and culture-independent approaches. *Br J Nutr.* 2013 Mar 1;111-10

OFFERS CARDIOVASCULAR PROTECTION

- The risk of cardiovascular disease in childhood and later may be reduced by being exclusively breastfed during infancy.

○ Khan F et al. The beneficial effects of breastfeeding on microvascular function in 11- 14-year-old children. *Vasc Med.* 2009 May;14(2):137-42.

○ Martin RM, Davey Smith G. Does having been breastfed in infancy influence lipid profile in later life?: a review of the literature. *Arch Dis Child.* 2009;94(8):11-20.

○ Parikh NI et al. Breastfeeding in infancy and adult cardiovascular disease risk factors. *Am J Med.* 2009 Jul;122(7):956-63

- Among postmenopausal women, increased duration of lactation (> 12 months) was associated with a lower prevalence of
 - hypertension, hyperlipidemia and cardiovascular disease
 - diabetes

○ Schwarz, E B et al: Duration of Lactation and Risk Factors for Maternal Cardiovascular Disease. *Obstetrics & Gynecology*; May 2009 - Volume 113 - Issue 5 - pp 974-982

HAS ANTIVIRAL ACTIVITY

- sIgA 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; Rotavirus
- IgM & IgG protect against:
 - Respiratory syncytial virus; Rubella

ALPHA-LACTALBUMIN PROTECTS AGAINST CANCER

- A human milk complex of alpha-lactalbumin and oleic acid was discovered in 2004 and named HAMLET [Human α-Lactalbumin Made Lethal to Tumour Cells] because it promotes tumour cell death.

○ Fisher W et al; (HAMLET) Kills Human Glioblastoma Cells in Brain Xenographs by an Apoptosis-Like Mechanism and Prolongs Survival. *Cancer Research* March 15, 2004; 64:2105-2112

CANCER...HAMLET

- HAMLET induces apoptosis only in tumour cells, while normal differentiated cells are resistant to its effects.
- Therefore, HAMLET may provide safe and effective protection against the development of breast cancer.
- Clinical evidence has shown that there is a lower risk of breast cancer in women who breastfed their babies.
- Not breastfeeding is positively associated with the risks for both breast cancer incidence and endometrial cancer incidence in 26,680 women followed for 11 years.

○ Sugawara Y: Lactation pattern and the risk for hormone-related female cancer in Japan: the Osaka Cohort Study. *Eur J Cancer Prev.* 2013 Mar;22(2):187-92

○ Franza-Botelho Ado C et al: Breastfeeding and its relationship with reduction of breast cancer: a review *Asian Pac J Cancer Prev.* 2012;13(11):5527-32.

WHY IS IT A GOOD CHOICE?

- Apart from the fact that its primary protein α -lactalbumin is species-specific, it is rich in:
 - Cytokines
 - Enzymes (20; cows milk has 10)
 - Hormones
 - Immunoglobulins (30; especially sIgA which is five times higher in breastmilk than it is in maternal serum)
 - Interleukins
 - Lactoferrin (binds iron so protects against infection especially NEC; 40% absorbed in human milk 10% in cows milk and 4% in formula)

HAS A PROTECTIVE ROLE AGAINST ALL FORMS OF DIABETES

- Research into diabetes types 1 and 2 as well as gestational diabetes:

○ Martin JM et al: Milk proteins in the etiology of IDDM *Ann Med.* 23: 1591

○ Liu B et al: Parity, breastfeeding, and the subsequent risk of maternal type 2 diabetes. *Diabetes Care.* 2010 Jun;33(6):1298-41

○ Chouinard-Castonguay S et al: Relationship between Lactation Duration and Insulin and Glucose Response among Women with Prior Gestational Diabetes. *Eur J Endocrinol.* 2013 Jan 9

○ Ziegler AG et al: Long-term protective effect of lactation on the development of type 2 diabetes in women with recent gestational diabetes mellitus. *Diabetes.* 2012 Dec;61(12):1657-71

AND PARTICULARLY IN OLIGOSACCHARIDES

- A family of structurally diverse unconjugated glycans **that are highly abundant in and unique to human milk**; more than 80 identified.
- HMOs are anti-adhesive antimicrobials that serve as soluble decoy receptors, prevent pathogen attachment to infant mucosal surfaces and lower the risk for viral, bacterial and protozoan parasite infections.
- In addition, HMOs may modulate epithelial and immune cell responses, reduce excessive mucosal leukocyte infiltration and activation, lower the risk for necrotising enterocolitis and provide the infant with sialic acid as a potentially essential nutrient for brain development and cognition.

○ Bode L: Human milk oligosaccharides every baby needs a sugar mama *Glycobiology.* 2012 Sep;22(9):1147-62

OBESITY...CALORIFIC DETERMINANTS

- Infant feeding (lack of breastfeeding) and the early diet are important contributing factors
 - artificially fed infants consume 30,000 more calories than breastfed babies in the first 8 months
- High intakes of energy and protein, particularly dairy protein, in infancy are associated with an increase in BMI and body fatness

○ Kolostko B et al: Can infant feeding choices modulate later obesity risk? *Am J Clin Nutr.* 2009 May;89(5)

○ Chivers P et al: Body mass index, adiposity rebound and early feeding in a longitudinal cohort (Raine Study). *Int J Obes (Lond).* 2010 Jul;34(7):1169-76.

○ Hester SN et al: Is the macronutrient intake of formula-fed infants greater than breast-fed infants in early infancy? *J Nutr Metab.* 2012;891-201

○ Pearce J, Langley-Evans SC: The types of food introduced during complementary feeding and risk of childhood obesity: a systematic review. *Int J Obes (Lond)* 2013; Feb. 32.

...AND ALSO CONTAINS STEM CELLS !

- Dr Mark Gregan, a member of the UWA Hartmann Human Lactation Research Group, discovered in 2008 that human breastmilk contains stem cells.
- Another member of that team, Dr Foteini Hassiotou has since determined that these cells, which are able to be garnered ethically and turned into not only breast cells, but also into cells of bone, cartilage, fat, brain, liver and pancreas, depending on the medium in which they are grown.
- She presented her findings at the National finals at the 2011 AusBiotech Conference in Adelaide.

SO WHAT ELSE IS SO IMPORTANT ABOUT ALL THAT IS ASSOCIATED WITH THE PRIMAL PERIOD?

- *maternal attachment,*
- *breastfeeding* and
- *species-specific group socialisation... (all underpinned by oxytocin)*

...are the epigenetic factors which moderate primary gene expression during this time and produce permanent changes in the physiology and anatomy of the brain...

and these changes may be transmitted to the future generations!

◦ Champagne, P et al. *Epigenetic mechanisms mediating the long-term effects of maternal care on development* Neuroscience & Biobehavioral Reviews, 2009 - Elsevier

WHAT IS OXYTOCIN?

- Discovered in 1909 by Sir Henry Dale when he noted that an extract from the pituitary dorsal lobe caused contractions of the uterus in pregnant cats.
- A few years later he discovered that it, similarly, caused the alveoli in the breast to contract, thereby triggering the milk ejection reflex.
- We now know that it is mainly formed in two large groups of nerve cells in the brain, called the supraoptic and paraventricular nuclei; both located in the hypothalamus.
- It can travel in the blood, where it acts as a hormone; or, via the nerves, where it acts as a neurotransmitter.
- It is also known to affect other nerve cells by diffusion, so has a paracrine effect.

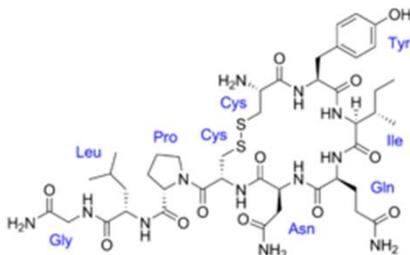
EPIGENESIS AND GENE EXPRESSION

- “Future generations” is all about survival of the species; and, in mammals it seems that it’s the neuro-endocrine system which is capable of making profound changes in the developing brain, thereby enhancing this process.
- Methylation of the genes results in gene suppression, while histones activate the genes.
- Among the neuropeptides, **oxytocin**, appears to be the best candidate as the mediator in transforming the epigenetic experiences into permanent changes in the anatomy and physiology of the developing brain.

◦ Shafiq T. *The impact of feeding methods on the prevalence of Autism* GOLD May 2012

OXYTOCIN, THEREFORE, HAS WIDE IMPLICATIONS

- All mammals require oxytocin for all aspects of sexual maturation, courtship, pregnancy, birth and breastfeeding.
- Research shows that oxytocin induces not only maternal behaviours such as breastfeeding and bonding; but also
 - trust,
 - cognition,
 - social behaviour,
 - positive emotions and
 - regulation of autonomic nervous system and immune system.
- So, extended breastfeeding produces profound changes in the central nervous system of both mother and the baby, *as it’s the oestrogens in the milk that induce the transcription of both oxytocin and its receptors...that means that breastfeeding upregulates oxytocin!*



SOME RELEVANT RESEARCH

- E Hollander, et al. *Oxytocin Infusion Reduces Repetitive Behaviors in Adults with Autistic and Asperger's Disorders*. *Neuropsychopharmacology*. 2003; 28: 193–198.
- K Uvnas-Moberg, et al. *Oxytocin, a mediator of anti-stress, well-being, social interaction, growth and healing*. *Z Psychosom Med Psychother*. 2005;51(1):57-80.
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TWO WILLS

- The recognition that Psora can have a positive, motivating force in his Life is the primary lesson undertaken at Birth, which will then underpin the crisis of each of Erikson's 8 stages.
- Free will then becomes a force for good rather than a tyrannical millstone around his neck as he negotiates Life's path.

THE LESSON OF *LAC HUMANUM* IS TO BE ALONE BUT NOT LONELY

- Isolation; feelings of; but not worried by them
- Egoism
- Empathic
- Benevolent
- Colleagues; in tune, with
- Comfortable; people, with
- Positiveness

GETTING ACQUAINTED WITH THE EGO

- So, what happens at Birth and in the weeks and months afterwards is crucial for initiating a smooth ride up "The Stairway to Heaven".
- If his gentle cries are met with sustenance from the nipple, he will grow in body and in spirit as pointed out in §9.
- Our physical 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**".

LAC HUMANUM...MIND

- Confidence increased
- Confidence; self, in
- Assertive
- Dressing colourfully
- Untidiness <
- Untidiness; appearance of <
- Fastidious

I'M OK; YOU'RE OK

- A sense of trust and security will be his understanding and he will come to see his world as a friendly place where he feels at home with *a good sense of his own Self*, his Be-ingness.
- Oxytocin is "the hormone of love". And the nub of the teaching of the man who came to save us from "original sin" is: "Love your Neighbour as Yourself"
- Amare [L]: "to love"
 - I Am / You Are [Am/are] = Unconditional Love

LAC HUMANUM...MIND

- **Impulse to tidy:**
 - clean car;
 - mow lawn;
 - do housework [**Delusion**: nesting; as if she is];
 - personal appearance, improve
- Impulse to effect closure; move on from the past
- Relaxed
- *Tranquillity*
- Patient

LAC HUMANUM...MIND

- **Alert**
- Concentration >
- Concentration active
- Thoughts; rush of
- Increased ability to think
- Thoughts; clearness of
- Clarity of mind with increased ability for mental work (*iridium*)
- Work; desire for; mental
- Thoughts persistent; of improving at work, alternating with thoughts of leisure

LAC HUMANUM...MIND (LOW SELF-ESTEEM)

- **Delusion:** worthless; that he was
- *Lack of self-confidence*
- **Awkward**
- Anxiety
- **Dream:** accusations; crime; wrongful
- Apprehensive
- Nervous
- Impulsive... desire to harm self

LAC HUMANUM...MIND (LOW SELF-ESTEEM)

- *Antagonism with self*
- **Detached; indifferent (to suffering; to everything)**
- *Sense of isolation*
- **Forsaken feeling**
- Forsaken; isolation; sense of
- Estranged; friends, from
- Forsaken feeling; beloved by parents; wife; friends, feels is not being
- **Delusion:** *friends; unwanted by*
- **Delusion:** *alone; always*
- **Delusion:** alone in the world
- **Delusion:** friendless; he is

LAC HUMANUM...MIND (LOW SELF-ESTEEM)

- *Irresolute*
- Embarrassment
- Indecisive
- Succeeds; never
- Fear; examination, before
- Indolence; aversion to work
- Indifference; everything, to
- Ennui
- Discontented
- Brooding
- Introspection

LAC HUMANUM...MIND (LOW SELF-ESTEEM)

- Anxiety; company, in
- Scrutiny; others, of < vs Scrutiny; self, of <
- Lamenting; futility of human relationships, about
- Sadness; melancholy
- Weary of Life; existence seems painful
- Despair; Life, of
- Death; thoughts of
- Death; desires

WILL PSORA OR SYCOSIS PREVAIL?

- So, if human milk is not the staple diet, the sense of struggle underpinned by curiosity and optimism [Psora] fades into a knowing of abandonment and a lack of trust [Sycolosis].
- The mother has the milk and the ability to nurture and it is the baby's birthright.
- So, when mothers and babies have the space and support to "do as Nature intended", the positive aspects of Psora are then maintained on a diet of human milk as the particular combination of proteins, fats, immunological factors, enzymes and oxytocin are designed for maximal growth of both body and brain....the "healthy instrument" aspect of §9

SYCOSIS PREVAILS IN THE “DEVELOPED WORLD”

- Any other care-giver who offers a bottle of a breastmilk substitute (which is always going to lack maternal oxytocin due to its short half-life of just minutes) ensures survival of the infant but the crisis of stage 1 (*Trust vs Mistrust*) is then unsatisfactorily resolved.
- In order to survive, the infant has to adapt, to tolerate a milk foreign to his species; and this results in a less than optimal microbiome.
- This leads to under function of the gut; a negative psoric attribute. The infant has no trust then in the “mother” and little in his own body as the opportunity for maximal growth is denied.

SO THIS IS WHY WOMAN/EVE GOT SUCH A BAD RAP

- Ecclesiasticus 25:
- Through a woman sin first began; such fault was hers, we all must die for it.
- There is no sadness but what touches the heart, no mischief but what comes from woman.....
-how hard it goes with a man if his wife will have the uppermost.

SELF OR THE GROUP?

- On the psychological level the infant is forced to put the needs of the mother/group before his own, and learns his first lesson in “I’m not OK”.
- He then lives a Life where emphasis is given to putting the needs of others before his own and he is therefore distracted from the path to Self-Realisation; kept in the shadow.

PATRIARCHY PREVAILS

- Feminine Wisdom has struggled throughout the ages to break the bonds applied by our essential patriarchal society.
- Women have always been viewed as lesser citizens and many of our social mores reflect this.
- Mothering is not seen as a real job!

HOW DID SYCOSIS BECOME ENTRENCHED IN THE HUMAN CONDITION?

- Probably when Eve “ate the apple”.
- For sure her apple was a green one; and, never in her wildest dreams, would she have known that “a fall” would be the consequence!
- Her decision to seek **knowledge** released her from the tyranny of reproduction and allowed her to grow....
- Her decision to choose growth over being tied down to the dictates of the mammalian biological imperative, promoted the sycotic miasm.

RISE OF FEMINISM

- And, because of that attitude, women have railed against being tyrannised by their biological “responsibilities”.
- Eve’s Dilemma is the same for all women throughout the ages.
- How do I best fulfil my biological blueprint, without sacrificing the soul’s journey towards Self Realisation, of both myself and my baby?

SECRET WOMEN'S BUSINESS

- So, contraceptive devices, secret knowledge concerning abortion and synthetic feeding paraphernalia have abounded through the ages.

EVE'S DILEMMA

- She chose the latter as both Psora and Sycosis would have her do.
- The internal itch; the restlessness awakened a sense of curiosity and she chose to look beyond her role simply as mother to fulfil other aspects of her personality...to grow!
- The role of Woman was re-defined. And so we have survived...but, how has it affected the journey towards Self Realisation of both mothers and babies?

THE CURSE OF EVE

- Each of Erikson's stages revolves around a crisis, which constitutes a need to strike some sort of balance.
- We can accept that the child struggles to grow but what about the growth of the mother? We can assume that she's somewhere between stages VI & VII...i.e. negotiating the crisis around **Intimacy vs Isolation** and **Generativity vs Stagnation**.
- So, intertwined with this notion that growth of the next generation takes priority, is the now widely accepted view that Woman has another struggle all of her own....it's essentially a Catch-22!

SHE NEEDS TO MAKE A CONSCIOUS WELL-CONSIDERED CHOICE

- The answer lies in the conundrum of Two Wills.
- Psora is our gift of Free Will and so we need to choose consciously; that is, both the baby and the mother.

THE MOTHER'S CHOICE

- If we accept that as sparks of "The Divine" we're here to grow; then humans, as mammals, have to exist beyond their biological urges. And that, essentially, is the choice that women have made.
- Eve could have stayed true to her Earth energy of continued cycles of pro-creation; or stepped beyond her biological urges, to eat of the apple of the Tree of Knowledge in order to engage in more lofty intellectual pursuits.

WORK WITH PSORA

- In order to attain stage VIII and don the mantle of Wisdom, we need to take Psora by the hand making good use of its positive attributes of restlessness, curiosity and optimism to explore beyond our comfort zones.
- The path of the Spiritual Warrior is strewn with feats of audacity and daring undertaken with a sure knowledge that deep within, because of Psora, the wherewithal exists for success against the odds....when we add Sycosis into the mix in a judicious manner.

STAIRWAY TO HEAVEN



Adapted from *Childhood and Society*, Erik H. Erikson, 1902, in *Personality Theories* (2nd edn.), Harold LA and Ziegler DJ McGraw Hill Inc: 1985
Homogeneity and the Elements, 1996, Scholten J, Sticking Albinsson, Utrecht

- Love unfolds and reveals. For Love we live and die. Love is God and God is Love.
- This force explains everything and gives meaning to Life. This is the variable that we have ignored for too long, maybe because we are afraid of Love because it is the only energy in the universe that man has not learned to drive at will.
- To give visibility to Love, I made a simple substitution in my most famous equation.
- If, instead of $E=mc^2$, we accept that the energy to heal the world can be obtained through Love multiplied by the speed of light squared, we arrive at the conclusion that Love is the most powerful force there is, because it has no limits.

A LETTER FROM ALBERT EINSTEIN TO HIS DAUGHTER

- When I proposed the theory of relativity, very few people understood me, and what I will reveal now to transmit to mankind will also collide with the misunderstanding and prejudice in the world.
- There is an extremely powerful force that, so far, science has not found a formal explanation to. It is a force that includes and governs all others, and is even behind any phenomenon operating in the universe, and has not yet been identified by us.
- This universal force is LOVE.

- After the failure of humanity in the use and control of the other forces in the universe that have turned against us, it is urgent that we nourish ourselves with another kind of energy....
- If we want our species to survive, if we are to find meaning in Life, if we want to save the world and every sentient being that inhabits it, Love is the one and only answer.
- Perhaps we are not yet ready to make a bomb of Love, a device powerful enough to entirely destroy the hate, selfishness and greed that devastates the planet.

- When scientists looked for a unified theory of the universe they forgot the most powerful unseen force.
- *Love is light that enlightens those who give and receive it.*
- Love is gravity, because it makes some people feel attracted to others.
- Love is power, because it multiplies the best we have, and allows humanity not to be extinguished in their blind selfishness.

- However, each individual carries within them a small but powerful generator of Love whose energy is waiting to be released.
- When we learn to give and receive this powerful energy, dear Lieserl, we will have affirmed that Love conquers all, is able to transcend everything and anything, because Love is the quintessence of life.
- I deeply regret not being able to express what is in my heart, which has been quietly beating for you all my life. Maybe it's too late to apologise, but as time is relative, I need to tell you that I love you and thanks to you, I have reached the ultimate answer!
- Your father, Albert Einstein