

Recipe for the preservation of human milk during the weaning period

As a mother begins to wean she can express a small quantity of milk [EBM] from both breasts. This can be preserved in ethanol as per step #1 below and sent off to a pharmacy for potentiation up to 7C; or, a mother may choose to fully preserve it herself at home. In order to conserve her milk for future use for her baby, nine small (sterilised) dropper bottles and some ethanol or good quality vodka and a telephone book (or similar) for succussing, will be needed.

- **Bottle #1:** ADD 33 DROPS OF STIRRED EBM TO 67 DROPS OF ETHANOL; STIR x 10 (MOTHER SUBSTANCE [Ø])
- **Bottle #2:** TAKE 22 DROPS FROM #1 AND ADD TO 78 DROPS OF ETHANOL; SUCCUSS x 10
- **Bottle #3:** TAKE 11 DROPS FROM #2 AND ADD TO 89 DROPS OF ETHANOL; SUCCUSS x 10
- CONTINUE THIS LAST STEP USING FIVE MORE OF THE BOTTLES; THE 8TH BOTTLE USED BECOMES THE STOCK BOTTLE

To the remaining bottle the mother can add a few mls of vodka or ethanol as a preservative, and top it up with filtered water. She can then take a few drops from the stock bottle to make up a dosing bottle which she can then use for her little one once s/he is no longer having her breastmilk and is still a small baby or toddler. She can give a ¼ of a teaspoon of her preserved breastmilk whenever s/he is ailing, in much the same adjunctive way that she would give extra breastfeeds during illness or teething. Or, alternatively, she can give it as an on-going tonic; a night, morning, night dose every new and full moon up to the end of the toddler years keeping in mind that primates lactate for six times the gestation rate.



4 year old still having an occasional breast feed