

# *The Homœopathic Proving of Lac Maternum*



*Patricia Hatherly*

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*“If a man does not keep pace with his companions, perhaps it is because he hears a different drummer.*

*Let him step to the music which he hears, however measured, or far away.”*

Walden Henry David Thoreau

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First edition 2002

Cover design: Mark Robinson

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## The Homœopathic Proving of Lac Maternum

*Lac Maternum*, which is made from the milk of nine women collected from day 3 (colostrum) to 10 months following parturition, was prepared, *lege artis*, in a range of potencies, by Dolisos in Holland in the Spring of 1994 at the instigation of Tinus Smits who has already done extensive clinical work with this Rx.

It was hoped that this proving would give approbation to his insights as published in [Inspiring Homeopathy](#).

### Some Preliminary Observations

After having worked extensively with *Lac Humanum* I became interested in this Rx after reading Tinus Smits' article [What is proving a proving](#) in *Links* (1/99). To my mind as a Lactation Consultant there had to be some differences between this Rx and *Lac Humanum* because of the subtle but dynamic changes that occur in human milk over time. Colostrum differs from transitional milk, which differs again from mature milk (from which the *Lac Humanum* proving was made) and also from involuting milk, these first and last stages providing a particularly unique protective function.

Colostrum, which coats and essentially seals the neonatal gut, is constituted from a mixture of cells shed from the inner lining of the alveoli and the initial milk proteins made in the breast, as a result of a sudden drop in progesterone following the delivery of the placenta when prolactin levels rise. This is the primary hormone involved in milk production, and its rise heralds the initiation of lactogenesis. (1)

In mature milk the whey/casein ratio of milk protein is in the order of 60/40 (while in cow's milk it is 20/80). However in the immediate post-partum period the whey fraction of human milk protein may go as high as 90%. At this time it is also particularly high in sIgA (three times higher than in mature milk although sIgA levels are maintained throughout the lactation).

Immunoglobulins in general play a vital role in facilitating various immune complexes designed to offer protection to an individual against bacterial and viral pathogens. However, it is the IgA, which abounds in the mucosal epithelium and therefore plays a vital role in protecting the newborn against a host of potential airborne pathogens particularly in the early hours following birth before colonisation of the oral and nasal mucosa with maternal bacteria.

Secretory IgA is known also to protect against:

- Enteroviruses [Poliovirus types 1,2,3; Coxsackievirus types A9, B3, B5; Echovirus types 6 and 9]
- Herpes virus [Cytomegalovirus; Herpes simplex]
- Semliki forest virus
- Respiratory syncytial virus
- Rubella
- Reovirus type 3
- Rotavirus (2)

When milk production falls below 400 ml per day, the breast is said to be in a phase of involution. During this time the breast experiences a drop in lactose due to a lowering of glucose and citrate levels. Zinc, phosphate and calcium levels also decrease, the latter being re-deployed to the bones. At the same time iron, sodium and chloride levels rise, as do protein and lipid levels to those reflective of the colostrum phase. In particular, the immunologic components such as IgA and sIgA and lysozyme and lactoferrin increase as the junctions between the alveoli begin to open up again, as if in some way to confer a protective parting gift to the infant in as much as colostrum is a welcoming protective gift.

Before undertaking this proving it was my considered opinion, therefore, that, since *Lac Maternum* is essentially a combination Rx, it should, as such, reflect the protective features pertaining to the colostrum and possibly the involuting phases of lactation, as well as the essentially potentiating features of mature milk, which abound in *Lac Humanum*.

### **The Physiology of Human Lactation...an Overview**

Just prior to birth a new species of messenger RNA is produced in the cells of the alveoli. (3) This begins to stimulate the synthesis of  $\alpha$ -lactalbumin the predominant protein in human milk. However, with the removal of the placenta, progesterone levels drop thereby allowing an increase in prolactin in the anterior pituitary. (4) This initial phase of milk production is independent of suckling. However, in order for prolactin levels to be maintained the breast has to be suckled and drained regularly. (5) Prolactin levels, therefore, are regulated as a direct response to nipple stimulation and breast emptying. (6) While prolactin is the main hormone involved in human milk production, other hormones such as thyroid stimulating hormone, insulin, cortisol and human growth hormone play important roles. (7) However, oxytocin, which is produced in the posterior pituitary, has a role equal to that of prolactin as it governs the milk ejection reflex. (8) It is, therefore, considered to complement the role of prolactin. Put simply, prolactin makes the milk and oxytocin makes the milk available.

### **The Biochemistry of Human Lactation**

Like all mammalian milks human milk is species specific. It is basically a solution containing various proteins, carbohydrates and salts mixed with a variety of fatty acids. Assays of human milk from mothers from a variety of social and economic backgrounds, has detected little variation with respect to its comprehensive biochemical profile. Poor nutritional status may result in a lowered content of some water-soluble vitamins and some fats. In particular, ascorbic acid, thiamine and B12 may be affected by deficient diets. And, while human milk contains all trace minerals including selenium, iodine and fluorine levels can be at the lower end if maternal exposure is compromised. Also, mothers who because of social, religious or environmental reasons have minimum skin exposure to adequate sunlight, vitamin D content may be problematical. Other than that, human milk is remarkably consistent across the planet and, remains so for the duration of the lactation. In fact, although the total milk volume of a severely malnourished woman during the time of famine or war is somewhat less than that of her well nourished sisters, she is still able to provide adequate nourishment for her infant. (9, 10)

### **Colostrum**

This initial secretion from the breast is yellow in colour due to its high beta-carotene content. Minerals important for various physiologic functions are high at this time. However, Ca and P, which are involved in bony matrix development, remain low until the mature milk is established by the third week. (11) Fat-soluble vitamins (including vitamin K) are also high at this time as is cholesterol, which is thought to impart an appropriate physiologic priming of the set point for future cholesterol metabolism by the liver. (12) Studies have shown, that breast fed individuals, are less likely to die from coronary artery disease in adulthood. (13)

Colostrum is relatively high in protein (2.8 g/100 ml as opposed to .9 g/100 ml of mature milk); and, in the mothers who birth babies pre-term, it is higher again. (14) (Carnitine also plays a vital role in the early hours post-partum in allowing the neonate to oxidise fatty acids and ketone bodies as fuel alternatives to glucose). (15) Colostrum, however, is low in fat and what fats are present are derived from extramammary sources. By the time mature milk is established the breast has begun to synthesise its own fatty acids and maternal diets then provide long chain fatty acids only. (16)

Colostrum appears to have a laxative effect and assists in clearing the meconium from the neonate's intestine. This sticky black substance contains an essential growth factor for *Lactobacillus bifidus*, the first culture medium in the infant's intestines. As it is also rich in immunoglobulins and antibodies to bacterial and viral exposure encountered by the woman during her lifetime, it then provides a first line of defence against pathogens. (17) No studies exist which establish that vaccination rather than naturally acquired antibodies through exposure, provides the same level of antibody protection. The answer to that question will become apparent within the next generation.

Colostrum production is somewhere between 2-20 mls a feed (the newborn stomach being somewhat the size of a walnut) and gives over to transitional milk when the milk "comes in" on about the third day post-partum. This may take slightly longer with a primigravida. However by the third week the transitional period has passed and the concentrations of immunoglobulins and total proteins decrease, while the lactose, fat and total caloric content increases in response to the higher need for calories of the neonate. (The calorific needs of a baby are 4 times that of an adult).

### **Mature Milk**

The primary constituent of mature milk is water. This is a common feature of mammalian milks as water intake contributes to the temperature regulating mechanism of the newborn who can experience as much as a 25% heat loss through evaporation of water from the lungs and the skin.

Although the fatty acid profile lies between 2-5% of the total volume, it is the fats, which provide the largest source of calories in the milk. When the colostrum phase has passed, the fatty acid levels go from 2.9 to 4.2 g/100 ml, the fat tending to be more concentrated at the end of a feed. The 20% of the milk, which tends to remain in the breast after a feed contains up to 50% of the fat. (18) Therefore, the most important predictor of fat content is the length of time since the last feed; the longer the interval, the lower the fat concentration. Fat is initially digested in the baby's stomach, which contains appreciable amounts of rennin during the neonatal phase. It is further assisted by bile-stimulated lipase and serum-stimulated lipase. (19) There tends, therefore, to be no loss of fat in the stool of a breast-fed infant. Mothers with diets high in omega 3 and omega 6 fatty acids reflect that in the fatty acid composition of their milk. (20) When maternal fat intake is limited, depot fats are mobilised. These contain a preponderance of lauric and myristic fatty acids and possible maternal toxins stored in the fat.

The predominant carbohydrate in human milk is lactose. In mature milk it is found in levels of 7.3 g/100 ml and, as it provides a ready source of galactose essential for CNS development. It is high in human milk relative to other mammalian milks because we have the largest brains. (21) The presence of lactose in the gut promotes *L-bifidus*, which produces organic acids and synthesises many of the B vitamins. (22) It is thought also that the acid milieu checks the growth of enteropathogenic organisms and improves the absorption of calcium, phosphorus, magnesium and other minerals.

The protein level in mature milk is .9 g/100 ml. The protein level in cow's milk is more than three times higher at 3.5 g/100 ml. Cow's milk also has a much higher casein/whey ratio, which imparts an opaque quality. Human milk is "thin and blue" because it has a relatively low casein content. The higher whey fraction in human milk allows the protein to be acidified in the stomach to form soft, flocculent curds, which are easily digested and supply a continuous flow of nutrients to the baby. (23)

There are two other proteins of significance. Lactoferrin (an iron-binding protein) inhibits the growth of certain iron-dependent bacteria in the gut. This helps to protect the neonate's iron status and helps to protect against gastro-intestinal infections. Lysozyme, which abounds in quantities 300% higher than in cow's milk, contributes to the development and maintenance of intestinal flora by attacking the cells walls of bacteria through cellular lysis.

Non-protein nitrogen also has a vital role, and up to 30% of the total nitrogen in human milk is in the form of non-protein nitrogen. This consists of a variety of organic and trace amounts of inorganic compounds deposited into the milk. These include peptide/hormone growth factors, epidermal growth factor, free amino acids, amino alcohols of phospholipids, nucleic acids, nucleotides, urea, carnitine and sugar amines. (24)

Of the free amino acids, it is the sulphur based taurine (2-aminoethane sulphuric acid) which is the most abundant and, therefore, the most important. It is almost non-existent in bovine milk but may be plentiful in human milk, depending on diet. It is present in animal protein especially organ meats and invertebrate seafood, but is not found in vegetable protein. It is associated with bile acid conjugation and therefore plays an important role in digestion. It facilitates the passage of calcium, potassium, sodium and magnesium ions in and out of cells and has an important role in cholesterol degradation.

During pregnancy, taurine accumulates in the maternal tissue to be released during the perinatal period to the foetus via the placenta and to the newborn via the milk. It accumulates in the foetal and neonatal brain and if maternal stores are low this is reflected in the baby's levels. Taurine deficiency in the mother may lead to growth retardation of the offspring and to impaired perinatal development of the central nervous system and of the pancreas. Research has shown that this may have a trans-generational effect as adult offspring of taurine-deficient mothers display signs of impaired neurological function, impaired glucose tolerance and vascular dysfunction. This may result in gestational diabetes thereby transmitting the effects to the next generation. (25)

Taurine deficiency, therefore, sets the "wellness" thermostat for life. As a Homœopath it intrigues me that this is a sulphur-based amino acid and its role seems to suggest that it may possibly be implicated with Psora. Sufficient taurine will result in optimal function of the aforementioned systems while deficiency and lack seem to be the grand keynotes of a system deprived of taurine. It seems that Eve, with her "desire for apples", is the original Sulphur and therefore possible progenitor of Psora. We perhaps would have all been a great deal better off had she rejected the apple in favour of eating the snake!

Finally, there are many hormones and 20 different enzymes in human milk, which perform a variety of functions, some of them protective. Other resistance factors found predominantly in the whey fraction of human milk include: complement; cytokines; epidermal growth factor; interferon; interleukins; low molecular weight glycosides, oligosaccharides and peptides; lymphocytes; polyamines and prostaglandins. (26)

No breastmilk substitute can absolutely mimic the range of subtleties provided by breastmilk. Breastfed babies are more intelligent, (27, 28) and are less likely to be obese or develop coronary artery disease. (29, 30, 31, 32) Breastmilk protects against childhood diabetes and cancers and offers protection against such GIT problems as ulcerative colitis and Crohn's disease. (33, 34, 35) It is a truly sustainable resource, which contributes significantly to environmental homœostasis. (36)

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## Provers

Four provers, three males and one female were recruited from among the second year homœopathy students at the Australian College of Natural Medicine in Brisbane. Two potencies were used: MK and LM6. Why these particular potencies? Simply because they were the ones given to me by Tinus Smits in Nepal at Easter 2001. The proving was conducted according to ECCH guidelines.

<b>Provers:</b>	0001	(01)	male	LM6	2 pillules
	0002	(02)	male	MK	6 pillules
	0003	(03)	male	LM6	5 pillules
	0004	(04)	female	MK	6 pillules

**Dose:** Day zero of the proving was Friday October the 19<sup>th</sup> 2001.

A maximum of 6 pillules was to be taken (one pillule thrice daily) over 2 days with instructions to cease taking tablets once clear symptoms were noticed.

### My personal reflections:

On the night that I began to collate this material I had a dream that I was giving birth. I was on my haunches trying to push the baby out (with difficulty) when a handsome man of oriental (but nationally indeterminate features), appeared at my right side and helped me into a forward position where, resting on my hands and knees, I birthed the head with ease and reached down to gather up my little girl. She was distinctly Eurasian and born with a full set of teeth. She smiled up at me and immediately latched on to my right breast.

I had a sense that the pregnancy was as the result of an artificial insemination and knew in that moment that the man was the father of the child. As I did not know his name I put my baby down and went off to search for him. That I could not find him bothered me not in the least, so I returned to my baby and fed her from my other breast.

The dream ended there.

I have dreamt often of birthing and breastfeeding, but have never before birthed a baby with such an unmistakable blend of the East and the West...a "Universal Baby".

To my mind the dream, while being an unequivocally *Lac-h* (and now *Lac-m*) dream ["dreams, babies"; "dreams, childbirth"], emphasises the universality of human milk, and the role it plays in laying the foundation for each and every human being to successfully negotiate the planet earth experience. And, because it has a search without finding aspect, it also gives approbation to Sankharan's contention that *Lac-h* (and now, *Lac-m*), belong to the cancer miasm.

Themes of detachment abound in *Lac-h* and the lack of emotional attachment I seemed to have concerning the conception is consistent with this theme, thereby suggesting that it is also a theme for *Lac-m*.

### One Prover's reflection:

I've had an interesting time doing this proving and generally feel much better than before. My sleep patterns have become longer and deeper and I'm not living so much on my adrenals. My bowels are back to normal, my senses sharper and I'm more relaxed about life and love. (Prover 0001)

### One Supervisor's reflection:

At the initial case-taking, my prover (a female) appeared totally flat and emotionally unexpressive. For her the proving was totally curative emotionally. She declared that she'd never felt so wonderful and asked at the end of the proving if she could have some more of the Rx because it made her feel so good. Her energy and general sense of wellbeing were much improved.

## **The Proving**

### **Mind**

Feelings of revulsion and horror accompanied a dream that I was a cadaver used in an anatomy class. (day 11; 02 MK)

Feelings of disgust, self-loathing and horror accompanied a dream that I was dissecting myself. (day 12; 02 MK)

Felt wired and restless; spaced-out; wondered if was my mind feeling apprehensive and intrigued by the process of the proving and perhaps looking conscientiously for variances. (day 0 (one and a half hours after taking the Rx); 01 LM6)

Feeling “hyper” all day (my usual “manic” state whenever I don’t meditate); very talkative. (day 2; 03 LM6)

[NB observation of the supervisor: “very hyperactive; talking quickly; jumping from one subject to the next; going from room to room; sitting then standing then sitting then standing; it was like his mind was ahead of what he could keep up with physically when trying to talk to others.”

It’s a rainy day and I feel restless; manic; don’t feel like working; watched videos instead. (day 7; 03 LM6)

Manic; can’t calm myself enough to do my usual morning meditation. (day 8; 03 LM6)

Feeling sensitive; all forms of light irritate me: TV; bright lights; overhead lights. It’s as if I’m overstimulated by them. (day 10; 04 MK)

A feeling of emotional detachment regarding a dream where I was pulled into another dimension to have a skinless cadaver carve a Latin motto into my forehead with a dagger and then proceed to hack up my face. (day 22; 02 MK)

A disconnected feeling as if there are 2 halves of me. I’m not co-ordinated. I feel disjointed as if one arm does one thing and the other arm something else. I’m disconnected spiritually and physically as if walking in 2 directions. I’m feeling without understanding and have a sense of responding without a stimuli. It’s as if primordial past-life stuff is being released.

S/if: my body is ahead of me; 2 steps in front. I go to grip the cup but grab at the air. It’s as if my motor skills are not responding and I have a delayed sense of reaction as if part of me senses something but the response comes later. This sensation is similar to the one I had 30 years ago when I had a car accident. They pumped me full of morphine and I didn’t realise I was bleeding, [NB that same day this prover developed a spontaneous, intermittent bleed at the temple and leg from no known cause]. (day 1; 01 LM6)

Mood is calmer but I’m not with it. I drove all the way into the city for a meeting and realised then, when looking in my diary, that it was the wrong day. (day 10; 03 LM6)

Disoriented; I had to go for a drive to a friend’s house in the afternoon. I’ve driven there many times before without incident, but today I made at least 5 wrong turns, even going so far as to go round a roundabout and back in the direction from whence I’d just come. It was like a comedy of errors. I just couldn’t get it right. I was unable to navigate, which is very unlike me. I thought I must be losing my mind. What is wrong with me? (day 12; 04 MK)

Making a lot of silly mistakes at work today. (I don't usually make such mistakes). It was one thing after another. I filled 2 cake orders incorrectly and cut another slab the wrong way. My commonsense seems to have deserted me. I feel like I'm living the movie: "Dumb and Dumber". Am I going crazy? (day 13; 04 MK)

Feeling sexual; affectionate; playful; joking about sex in a silly way. (day 3; 03 LM6)

Home late (7 pm) feeling bright and alert after travelling to a seminar at the coast. The seminar was good; had some interesting conversations; "It was like playing verbal tennis...bang; bang; bang; the repartee being like a match; everything fitting; a match of words like clogs clicking; whirring; falling into place. I feel a positivity of purpose." (day 5; 01 LM6)

[NB Supervisor's comment: "The language used seemed machine-like; gun-like"]

Went to college (2 pm) feeling happy, sharp and alert. (day 4; 01 LM6)

Feeling light, bright and chipper; "Spring has Sprung!" (day 6 (9 am); 01 LM6)

Ate lunch late; feeling light and bright; buoyant; bubbling. I am interacting more with people; they comment that there's been a positive shift in my energy. People are more sociable and affable towards me. It's like I'm attracting the good. (day 7 (4 pm); 01 LM6)

Woke feeling alert with good energy levels. (day 1; 04 MK)

Feeling fresh and alive; able to concentrate really well on study. (day 2; 04 MK)

Plenty of energy; concentration in class better than normal. (day 3; 04 MK)

Feeling unusually alert still; energy levels even higher than before; mind seems to be more clear than usual; good ability to concentrate. (day 4; 04 MK)

Mentally clear; energy levels have increased yet again; felt so energetic that I went for an extra walk; felt great! (day 5; 04 MK)

Feeling buoyant and light following two days of little food (decreased appetite). (day 7; 01 LM6)

Feeling positive emotionally and have some semblance of normality and balance back; "It feels like I've turned a corner and am ready to march forward." (day 4 (5 pm); 01 LM6)

My mood is stable; I'm feeling exceptionally neutral, not the least bit down, productive week at work and moving forward at work. (day 6; 03 LM6)

Feeling good and positive; reasonably motivated. (day 3; 03 LM6)

Feels like I've turned a corner with a desire to let go of the past and look to the future with anticipation. (day 9; 01 LM6)

Energetic and motivated; worked in the garden again. (day 10 (11 am); 01 LM6)

Feeling good; energetic; worked in garden. (day 11 (10 am); 01 LM6)

Feels good to be out in the fresh air; worked for hours in the garden. (day 13; 01 LM6)

There's been a shift with my classmates. Before the exam they were keen to keep company and study with me and now that I got good grades they seem resentful. I feel alienated; let down; disappointed.

Also, it feels like I'm on an emotional roller coaster with my woman. It's one week on/one week off; far too taxing. Perhaps I need to break away? I feel alienated and estranged. She has told me that she doesn't want a part-time relationship and, although she thinks we're soul mates she cannot go back to a full-time one as she feels that I will wear her out again. She would rather sever it completely than have me "in halves". She says that I'm too intense and that my expectations are too high. I don't agree; my intentions have been misinterpreted. I feel misunderstood, alone and sad. "She'll come back; she always does!" (day 11 (night); 01 LM6)

Feeling slightly fazed; more emotional; feeling like I'd like to hibernate; feel drained mentally, emotionally and spiritually. (day 12 (7 am); 01 LM6)

Cannot concentrate on studies. (day 1; 01 LM6)

Unable to focus on study (midday) so spent the afternoon chatting in the cafeteria. (day 12; 01 LM6)

Averse to work; no energy to concentrate. (day 6; 04 MK)

Low energy in spite of a good night's sleep (11 hours); withdrawn; feel like I can hardly be bothered with anything. (day 9; 04 MK)

No energy; has to drag self around; had to have a rest in the daytime (unusual; it >); cannot remember ever being so low in energy. (day 10; 04 MK)

Averse to mental work due to tiredness; mind clear but concentration difficult as it takes too much energy. (day 6; 04 MK)

Trouble concentrating: "It feels like a fog is surrounding me." (day 7; 04 MK)

Foggy brain; struggling with concentration; finding it difficult to remember or recall things. (day 9; 04 MK)

Feels like I'm only plodding along at work. (day 11; 03 LM6)

No enthusiasm; feeling negative; feel like sleeping; no "get up and go"; energy is low. (day 6; 04 MK)

Nostalgic; feel like I'd like to travel and visit places previously visited. Need money to do this. Does money bring happiness? Feeling guilty about the large number of female partners I've had. Has it made me a horrible parent because I've "messed with my kid's minds"? (day 12; 01 LM6)

Feeling sad; felt the need to catch a movie to raise the spirits. (day 13; 01 LM6)

Depressed for no reason; can't switch brain off; finding self thinking, questioning the meaning of Life. (day 10; 04 MK)

Feeling emotional: negative and depressed (accompanies a frontal headache). (day 11; 04 MK)

Still feeling a little off centre; probably some emotional balancing. (day 14 (6 pm); 01 LM6)

Feeling lazy; unmotivated; not exercising and feeling guilty about that. (day 23; 03 LM6)

Listless; too tired to do anything. (day 1; 01 LM6)

Feeling lazy with the weather (rain/overcast). This is unusual as this sort of weather usually energises. (day 7; 04 MK)

Feels like I'm in a different space; fractured; not firing on all 3 cylinders; no consistency. Still feeling sad and disappointed about "ex". Why does it always have to be like this in relationships? I'm confused. (day 15; 01 LM6)

Feels like spending the day home alone in the garden rather than socialising with friends. (day 16; 01 LM6)

Irritable and withdrawn; energy low; can hardly be bothered with anything. (day 9; 04 MK)

Feeling grumpy all day. (day 13; 03 LM6)

Feeling grumpy; irritable; snappy; edgy; oversensitive; feel emotionally worn out with nothing left to give. I need to regenerate. (day 8; 04 MK)

The "ex" has contacted me (just as she always does when she feels she'll lose me). I want to move on; that's her journey; I'll find someone else. Just now part of me would like a relationship but another part of me cautions me to work through and shred all my baggage. At the moment I'm not fluctuating emotionally; (have a sense of disconnection); I'm feeling harmonious and am not missing company. (day 17; 01 LM6)

### **Vertigo**

Feeling a little light-headed. (day 1 (9 am); 01 LM6)

Feeling light-headed. (day 1 (9 pm); 01 LM6)

Vertigo 2 pm; "a lack of balance" which settled when driving the car; got worse by 6 pm (vomited); this feeling comes on when standing and is accompanied by extreme nausea; <motion. (day 16; 03 LM6)

[obs of supervisor: Disoriented; he staggers like a drunk; looks as white as a ghost; when standing up he feels so dizzy it makes him nauseous. He says it feels like it is food poisoning. Later on he said that perhaps it may be insect poisoning (mid-morning had found a dead spider in the house and had picked it up and examined it; was interested in how it could have been killed). The word "poison" was repeated often in reference to his condition. He joked and jested about death, pretending to die after saying "I've had a good life."]

Was given Cocculus at 7.15 by his partner; blood pressure at 8.30 pm 115/70. Partner reported that he slept that night on his back in a diagonal position in bed, and feels that it was a reflection of his disoriented state.

Vertigo persists; more vomiting in the morning; improved slightly as the day wore on until the evening when he had chocolate and a headache then started (intense; drumming; throbbing in behind the eyes) and intensified until he retired. He had very little to eat that day. (day 17; 03 LM6)

[obs of supervisor: He seemed confused, disoriented about the previous evening's events. Could not recollect their phone conversation.]

[obs of partner: his speech seemed affected as if he was not able to select words and he was mixing his words up; during the night, when he got out of bed to urinate, he was totally disoriented and staggered and reeled as if intoxicated.]

Vertigo persists slightly; traces of it remain; headache gone overnight. (day 18; 03 LM6)  
[obs supervisor: Prover appeared relaxed and alert.]

Felt light-headed, not in full control after a glass of wine (not usually so affected). (day 1; 04 MK)

Dizzy; light-headed; spacey. (day 10; 04 MK)

## **Head**

Itchy scalp. (days 22-23; 03 LM6)

Mild headache at base of skull (where vertebrae meets foramen magnum) radiating through brain; accompanied by mild nausea < for tilting head forward and rotating head > tilting head back Pressure has built up in and around my brain; mild nausea. S/if: a bubble of air is on top [crown] of the skull pushing down on the brain; < lying down > straightening up body (11 pm). (day 12; 02 MK)  
S/if: pressure has built up in and around my brain accompanied by slight nausea. (day 15; 02 MK)

Headache commenced in both lobes of brain at approximately 7 pm; pain (sharp) intermits; < bending forward [neck tense and stiff]; > rocking back and forth; lasted until retiring at 11pm. (day17; 02 MK)

Headache; s/if: there is a heavy, dense ball behind the eyes and between the ears > hot shower. (day 1; 01 LM6)

Headache with intense, drumming/throbbing behind the eyes accompanied by extreme vertigo (day 17; 03 LM6)

Frontal headache with sharp, stabbing pain behind the eyes > hot shower. (day 17; 01 LM6)

Headache associated with vertigo after eating chocolate. (day 17; 03 LM6)

Dull headache in forehead and base of head (s/if: has a band around the head); accompanied by a dizzy, spaced out feeling and eyes very sensitive to light. (day 10; 04 MK)

Headache persists on waking; frontal. (day 11; 04 MK)

Headache R temple "a twinge". (day 0; 01 LM6)

Throbbing headache (whole head) from noon until night-time > lying down < hot day ? (day 14; 01 LM6)

Pounding headache (forehead) continues all day (throbs); < when sits up after lying down; < heat (feels hot to touch); > icy cold compress accompanied by a desire for water and fruit. (day 11; 04 MK)

## **Eyes**

Eyes stung for a few minutes after an early morning walk. (day 2; 04 MK)

Eyes dry and sore 4.30 pm. (day 3; 04 MK)

Eyes feel dry and sensitive in the late afternoon; this sensation lasted until bedtime. (day 8; 04 MK)

Eyes very sensitive to light with dull headache and a dizzy, spaced-out feeling. (day 10; 04 MK)

Eyes sensitive to light; everything seems bright. (day 12; 04 MK)

Eyes sensitive to light; everything seems overly bright. (day 13; 04 MK)

Eyes sensitive to light > squinting. (day 1; 01 LM6)

Eyes a little itchy. (morning; day 9; 01 LM6)

**Ear**

Congested and tense in the eustachian tube > coryza. (day 1; 01 LM6)

**Nose**

A sensation as if the nose is blocked; makes it difficult to breathe > deep breathing; started mid morning and lasted for about 1 and a half hours. (day 7; 04 MK)

Sinuses feel blocked; feels congested and tense in the eustachian tube > 8.30 pm when they began to run. (day 1; 01 LM6)

Sinuses congested and nose particularly sensitive to both putrid and pleasant flowery smells. (day 17; 01 LM6)

Nose tingles; s/if getting a cold. (day 1; 03 LM6)

Sneezing attack in the afternoon while driving; < from the dust in the car. (day 3; 03 LM6)

**Mouth**

Dry lips. (day 10; 04 MK)

**Throat**

Throat pain on swallowing. (day 2; 03 LM6)

Pain in back of throat; dry, raspy; s/if: something is in there; gagging > drinking cool water; swallowing [empty or liquids]; < breathing in dry air. (day 1; 01 LM6)

Throat sore and raspy. (day 12; 01 LM6)

**Neck**

Stiff neck 2.30 – 7.30 pm. (day 18; 02 MK)

Stiff neck persists on the dorsal side and at the base < bending forward. (day 19; 02 MK)

**Back**

Short, sharp stabbing pain (lower left just below the rib cage, covering kidney area); lasted for 30 seconds continuing intermittently throughout the day into the evening. (day 1; 04 MK)

Back sore from lifting and bending (busy day at work). (day 6; 04 MK)

Sore upper back (thoracic) at work > afternoon nap. (day 10; 04 MK)

## **Extremities**

Both shoulders aching; first the left; then the right. (day 12; 01 LM6)

Left arm dislocates from the socket. (day 15; 01 LM6)

Sharp pain in left scapula < sudden movement. (day 17; 01 LM6)

Woke with a pressure ache on left heel; gone by 10.30 am. (day 14; 04 MK)

## **Stomach**

Appetite decreased (is this associated with a heightened energetic state?) (day 4; 04 MK)

Less appetite than usual today accompanied by a return to a more balanced emotional state and increase in energy. (day 13; 04 MK)

Appetite still less than usual; no need to constantly pick at food in the way I usually do. (day 5; 04 MK)

Appetite less than average. (day 6; 04 MK)

No desire for food until noon; no shakes as usual when breakfast is missed and no desire for stimulants such as coffee or chocolate. (day 3; 03 LM6)

No desire for lunch; stomach feels unsettled; it has a painless gurgling sensation. (day 5; 01 LM6)

No desire for dinner; stomach still feels agitated. (day 5; 01 LM6)

No desire for lunch or dinner; stomach felt more settled on waking but loose stool again in the afternoon. (day 6; 01; LM6)

Not hungry at lunchtime. (day 14; 01 LM6)

Not particularly hungry; can go 8-10 hours before needing to eat. (day 16; 01 LM6)

Desires mandarins after 2 days of little food. (day 7; 01 LM6)

Digestive system doesn't feel too good; I want only healthy food, especially fruit. (day 11; 04 MK)

Desires mango. (day 11; 04 MK)

Craving meat. (day 10; 04 MK)

Craving chocolate. (day 7; 04 MK)

Desires chocolate. (day 17; 03 LM6)

Craving seafood: salmon and mussels. (day 12; 01 LM6)

Craving coca cola. (day 13; 04 MK)

Aggravated from one glass of wine (felt light-headed and not in full control). (day1; 04 MK)

Thirsty for water (accompanies a throbbing headache). (day 11; 04 MK)

## **Abdomen**

No enthusiasm for food; stomach bloats after eating. (day 8; 04 MK)

Much less gas since taking the Rx. (day 3; 03 LM6)

Mild cramps across entire abdomen precede a sudden onset of flatulence and watery diarrhoea. (day 18; 02 MK)

Unsettled feeling in abdomen accompanies loose stool. (day 5; 01 LM6)

## **Rectum**

Watery diarrhoea (sudden onset) after eating a large meal at 10.30 pm; expelled with a significant amount of peristaltic force lasting 15 minutes. (day 17; 02 MK)

Sudden onset of flatulence and watery diarrhoea at 8 am within minutes of having drunk some cold soy milk; preceded by mild cramps in the entire abdomen. (day 18; 02 MK)

Moved bowels four times (“purged”) today (unusual); accompanied by unsettled stomach. (day 5; 01 LM6)

Loose stool at noon accompanied by unsettled stomach. (day 5; 01 LM6)

Loose stool in the afternoon accompanied by a lack of appetite. (day 6; 01 LM6)

Loose stool. (day 11; 01 LM6)

Stool soft; unformed. (day 17; 01 LM6)

Normal bowel motion for the first time in several years; well-formed and a normal brown colour; much less tension in the bowels. (day 26; 02 MK)

## **Stool**

Stool has a pungent smell like fermented herbs. (day 1; 01 LM6)

Small; ill-formed dark, reddish-brown chunks; smells like vomit. (day 17; 02 MK)

Stool: small, ill-formed chunks of a reddish-brown colour; smelt burnt; smoky. (day 18; 02 MK)

## **Urine**

Yellow: “toxic” (thirstless today and had not drunk much). (day 6; 01 LM6)

Urine uncharacteristically yellow-brown. (day 13; 02 MK)

## **Female**

On day 1 of the proving menses (day 3) suddenly ceased prematurely after taking second pillule. (day 1; 04 MK)

On the morning of day 2 of the proving the menses re-commenced only to cease again mid morning. (day 2; 04 MK)

**Male**

Libido increased in 4<sup>th</sup> week of proving. (03 LM6)

Libido slightly increased. (day 4; 01 LM6)

Libido fluctuating from normal to intense. (day 16; 01 LM6)

Sexual drive has increased. (day 14; 02 MK)

**Sleep**

Restless sleep between 5-7am; tossed and turned. (day 5; 04 MK)

Restless sleep; woke several times through the night and couldn't get back to sleep after 5.30 am. (day 0; 01 LM6)

Fitful sleep with strange dreams; woke early. (day 1; 01 LM6)

Woke 4 am feeling tired and drained > lying still. (day 2; 01 LM 6)

Difficulty in getting to sleep because of a sensation that the nose was blocked making it difficult to breathe; > concentrating on breathing and breathing more deeply. (day 5; 04 MK)

Tired after a strenuous day at work; looking forward to an early night. (day 6; 04 MK)

Energy low today looking forward to bed. (day 7; 04 MK)

Exhausted after work; had to have a nap 1 pm; felt better afterwards. (day 10; 04 MK)

Very tired by 8.30 pm. (day 13; 01 LM6)

Fell asleep by 9 pm. (day 13; 01 LM6)

Pottered around until midnight. (day 14; 01 LM6)

**Dreams**

Fitful sleep; strange dreams; cannot remember them in great detail but woke wondering why I dreamt of the people in strange scenarios. (day 1; 01 LM6)

Dreamt about my ex-girlfriend in a crowd. The dream had a sense of starkness and we acted like strangers as if we didn't know each other; very distant. I remembered her speaking antagonistically to me which made me feel hurt because it was so out of character for her. She's usually soft, caring and nurturing. I felt confused, bewildered and light-headed in the dream. (day 1; 01 LM6)

Dreamt I was being watched by an audience; felt embarrassed as if I'd done something silly. (day 6; 04 MK)

Woke early feeling refreshed so read then meditated and rested for a while. Had dreamt of being on a ship (set in the 1920s). It felt deserted. My companions were upstairs in the saloon and I spent the voyage singing, dancing and drinking in steerage. This felt more natural as opposed to the cloistered life of people in the saloons, even though I was dressed as a gentleman and perhaps should have more naturally mixed with those in the saloon. In the dream I felt as if I was reacting against authority and expectations and living life to the full. I am following my heart rather than what is expected of me. (day 3; 01 LM6)

Dream of being in my rich Indian friend's house. (day 13; 03 LM6)

Dream of being pursued by someone then the scene changed to my house, where I tried to get a few supplies together but all the while rushing because someone was coming after me. (day 26; 03 LM6)

Dream of pottering around the house and of walking into the bathroom and of looking in the mirror to see that I was suddenly old (about 90 years). This shocked me so much I nearly fell backwards. (day 6; 01 LM6)

During meditation saw (a vision) of a knight laid out on a slab; dead; in full regalia (looked French). I had the feeling I was in a crypt and that I was looking down on myself from above; that it was me in a past life. (day 6; 01 LM6)

Woke throughout the night; dreams seem to be fractured; disjointed; colours not as one would expect; as if dreaming in sepia. (day 13; 01 LM6)

Woke early; dreams quite primordial; exciting; adventurous; hunting and being hunted in a primordial forest by wild beasts. One of them (a grizzly bear type animal) caught up with me. There was a humanoid there also with a wooden spear; looked dangerous. I felt a great rush of adrenalin; fearful; terrified. (day 15; 01 LM6)

Had a weird alien/space travel dream; not frightening but very realistic. There was no fear, just a feeling that these beings were like kindred spirits (like my friends but not of planet Earth). (day 16; 01 LM6)

Had a dream of being pulled into another dimension. A skinless cadaver carved a Latin motto into my forehead with a dagger (couldn't understand the Latin) and then hacked up my face with a knife. On waking I had no overall feelings about this; no sense of horror as if I was emotionally detached from it. (day 22; 02 MK)

Had a dream the setting of which was a communal one set more in the future; there was a sense of it being "post-apocalyptic" and that knowledge and communication skills were advanced. It was a rural setting; horses in the fields but near the seaside (we were "surfers"); cottage lit by homemade soap candles and we were wearing simple home-spun clothes but not of a design belonging to the past. (day 17; 01 LM6)

Dream of being at the beach.(day 11; 03 LM6)

Strange dream of being part of an American urban gang. (day 18; 01 LM6)

Strange dream of fighting for survival amongst a sea of mobile, transient refugees; looking for shelter, food etc. (day 22; 01 LM6)

Dream of being in a gang that is going around in cars shooting at each other. there is no fear (unusual) as violent dreams of being pursued leave a feeling of fear; in this dream there is more a feeling of confidence. (day 3; 03 LM6)

Dream of being with friends in a convoy of cars; all speeding. fined by the police; my friend lost his licence; we tried to get out of it by bribing the police and fiddling with their computers. Afterwards we went out to dinner. While in the restaurant a girl flirted with me, and my girlfriend went up and challenged her. (day 16; 03 LM6)

Dream of being followed by a cow (not scary). (day 25; 03 LM6)

Dream of being in a social situation where someone is kissing my sister. (day 3; 03 LM6)

Feelings of revulsion and horror accompanied a dream that I was a cadaver used in an anatomy class. In the dream I walked and as I did my skin and muscles were flayed from my body as if from some occult entity. (day 11; 02 MK)

Feelings of disgust, self-loathing and horror accompanied a dream that I was lying on the floor of a room of skinless cadavers dissecting myself. I removed the lower half of my own torso and emptied the contents of my intestines onto my face and chest. (day 12; 02 MK)

Dreamt I was squeezing my blackheads. (day 1; 03 LM6)

Dreams busy; entertaining; one was of a lady who looked like a hamburger; another about a football team. (day 9; 03 LM6)

Dream of a scone. (day 11; 03 LM6)

Dream of a girl in a treehouse who was exercising; she was like a vampire (sexy, wearing black tracksuit pants with red stripes down the sides and had short black hair. (day 11; 03 LM6)

Had a dream of going to see a new doctor who seemed to take a real interest in me. (day 12; 04 MK)

Had a dream of going to the Library to get information for an assignment. I met up with a group of friends and we went to the shops. When leaving, we drove round and round in the car park trying to find a way out. My girlfriend took a liking to one of the guys in the group but was afraid to let him know. He seemed very caring and helped her to look after her baby. (day 3; 04 MK)

Had a dream where I was looking after a neighbour's 18 month old baby. I offered to do it because he was stressed and not coping well. My nieces and nephews came over as well to play with my children. We all had a shower and changed into clean clothes. (day 7; 04 MK)

Dream on the theme of co-operation; everyone taking on individual responsibility with sharing tasks. (day 9; 04 MK)

I dreamt that I had to meet with my supervisor and had problems getting there. It was a struggle; everything seemed to get in the way and I felt irresponsible and had the sense that I was letting someone down. (day 10; 04 MK)

### **Temperature**

Feeling hot and absent-minded. (day 10; 03 LM6)

Feeling slightly warm in the evening; irritable. (day 8; 04 MK)

## **Skin**

Itch on right hand side of upper abdomen (hypogastrium); lasted less than 10 minutes 1.30 pm. (day 2; 04 MK)

Itch on right hand side of upper abdomen (hypogastrium); lasted only a few minutes 4.30 pm. (day 3; 04 MK)

Itch on right hand side of upper abdomen (hypogastrium); lasted less than 3 minutes 12.30 pm. (day 4; 04 MK)

Itch on right hand side of upper abdomen (hypogastrium); lasted a few minutes 4.30 pm. (day 5; 04 MK)

Itch on right hand side of upper abdomen (hypogastrium) 8 am. (day 6; 04 MK)

Itch on right hand side of upper abdomen (hypogastrium) 8.45 pm. (day 8; 04 MK)

Skin feels more dry than usual today. (day 7; 04 MK)

Dry, red, itchy spots in the folds of the elbows. (day 6; 03 LM6)

Dry, red, itchy spots in the folds of the elbows and surrounding area < R side. (day 7; 03 LM6)

Dry, red, itchy spots in the folds of the elbows > rubbing. (day 8; 03 LM6)

Skin in folds of elbows dry and scaly. (day 11; 03 LM6)

Skin dry, scaly on elbows. (day 18-26; 03 LM6)

Two small ulcers on the right side of the nose; bleed when wet; are slow to scab over and heal. (day 7 - day 14; 03 LM6)

Graze on side of temple bleeds; blood trickles intermittently; won't clot. (day 1; 01 LM6)

Constant, intermittent trickle of blood from a small cut on leg; won't clot; had to dab at it at least half a dozen times throughout the day < slightest touch. (day 1; 01 LM6)

## **Generalities**

Heightened sense of taste and smell. (day 1; 01 LM6)

All senses more acute than usual (day 9 (9 am); 01 LM6)

Eyes sensitive to light (Provers: 01 and 04 [both potencies]).

Decreased appetite associated with an increase in energy. (day 4; 04 MK)

Alcohol aggravates; feeling light-headed and out of control after one glass of wine. (day 1; 04 MK)

Flatulence decreased [curative symptom]. (day 3; 03 LM6)

Normal stool [curative symptom]. (day 26; 02 MK)

## **Repertory**

Code: 1 = 1 prover  
2 = 2 provers  
3 = 3 or more provers

*Rubrics in italics are also to be found in the Lac-h proving of Houghton and Halahan and that of Sankharan.*

## **Mind**

*Absent minded* 3  
Absent minded, fever with 1  
*Activity* 3  
Affectionate 1  
*Alert* 3  
*Alert morning* 2  
Amativeness  
*Antagonism with himself, individuality versus group* 1  
Antics, plays 1  
Alienation, feelings of 1  
Buoyancy, feelings of 1  
Buoyancy alternating with despondency 1  
Cheerful feelings, happy 1  
Cheerful feelings, alternating with sadness 1  
*Company aversion to* 2  
*Company aversion to, desire for solitude* 2  
*Company, desire for* 1  
*Company desire for, attracts others towards himself* 1  
*Concentration, active* 2  
*Concentration, difficult* 2  
*Concentration difficult, calculating while* 1  
Concentration difficult, studying while 1  
*Confusion of mind* 3  
Confusion of mind, duality, sense of 1  
Confusion of mind, intoxicated, as being, after 1  
Confusion of mind, location about 1  
Confusion of mind, surroundings of 1  
Confusion of mind, vertigo with 1  
Conversation ameliorates 1  
Despair, life of 2  
*Detached* 2  
*Detached, ego from* 2  
Disappointed 1  
Disconnected, feelings of being 1  
Disgust, feelings of 1  
Disoriented, feelings of 2  
*Distance, inaccurate judge of* 2  
*Dream as if in* 2  
Dullness, sluggishness, difficulty in thinking 3  
Emotionally balanced, feelings of being 1  
Enthusiasm, lacks 3  
*Estranged, friends from* 2  
Forgetful 2  
*Forsaken, feeling* 1  
*Forsaken, isolation, sensation of* 1

Horror, feelings of 1  
*Indifference, everything to* 3  
 Indifference, eating to 3  
 Indifference, horrible visions to 1  
*Indolence, aversion to work* 3  
*Irritability* 2  
 Irritable, alone wishes to be 1  
 Lamenting, futility of human relationships, about 1  
 Laziness 3  
 Listless 1  
 Loathing, oneself 1  
*Loquacity* 1  
 Manic behaviour 2  
*Memory poor* 1  
 Mental work, aversion to 3  
*Mistakes, calculations in* 1  
*Mistakes, space and time in* 3  
 Misunderstood, feelings of being 1  
*Moods changeable* 3  
 Motivation, feelings of 3  
 Motivation, feelings of, lacks 3  
 Nostalgic, feelings of being 1  
*Occupation ameliorates* 2  
*Positiveness* 3  
*Prostration of mind, mental exhaustion, brain fog* 3  
*Quiet disposition* 3  
*Restless* 2  
 Revulsion, feelings of 1  
*Sadness, melancholy* 2  
*Scrutiny from others aggravates* 1  
*Scrutiny, self of, aggravates* 1  
*Senses acute* 3  
 Sensitive, light to 2  
 Silly behaviour 1  
*Spaced out* 3  
*Speech affected* 1  
 Spoken to, averse, alone wants to be left 2  
*Stupefaction, as if intoxicated* 1  
 Stupefaction, as if intoxicated, waking on 1  
*Talk, indisposed to, desire to be silent, taciturn* 2  
*Thoughts disconnected* 2  
*Tranquillity* 1  
 Unreal, everything seems 2  
*Weary of life* 3  
 Withdrawn 2  
*Work, mental averse to* 3

## **Delusions**

Delusion, aliens, sees, sleep during 2  
 Delusion, appreciated, he is not 1  
 Delusion, arms, opposite directions, work in 1  
 Delusion, body divided 2  
 Delusion, body physical, disconnected, spiritual from 2  
 Delusion, body, two steps behind self 1

Delusion, body parts disconnected 2  
 Delusion, cut in two 1  
 Delusion, detached, body from 2  
 Delusion, divided two parts into 1  
 Delusion, division between himself and others 1  
 Delusion, dream as if in 2  
 Delusion, dumb, thinks she is 1  
 Delusion, face, aged has 1  
 Delusion, floating in air, body suspended above 1  
*Delusion, friendless* 1  
 Delusion, ghosts, spectres, spirits, sees sleep in 1  
 Delusion, halves; left disconnected, right, to his 1  
 Delusion, halves of self, two 2  
 Delusion, identity, errors of personal 3  
 Delusion, images (sees) of phantoms, sleep during 2  
 Delusion, mind and body separated 3  
 Delusion, poisoned, he has been 1  
 Delusion, responsibility, lack of 1  
 Delusion, unreal, everything seems 2  
 Delusion, visions, horrible, in sleep has 1

### **Vertigo**

Confusion of mind, with 1  
 Direction, sense of, lost 1  
*Driving while, ameliorates* 1  
*Falling sensation, rising and falling* 1  
 Headache during 1  
*Intoxicated, as if* 1  
 Light headed 2  
*Lying, on back, ameliorates* 1  
*Nausea with* 1  
 Reeling, walking while 1  
 Speech incoherent with 1  
*Staggering with* 1  
*Standing while, aggravates* 1  
 Sudden 1  
 Walking while, aggravates 1  
 Vomiting with 1

### **Head**

*Constriction band or hoop* 1  
 Forehead hot, touch to, headache during, icy cold compress ameliorates 1  
 Itching scalp 1  
 Pain, accompanied by, neck, stiffness in, nape of neck and mild nausea 1  
 Pain, base of skull, brain, radiating through 1  
 Pain, base of skull, bending head forward aggravates 1  
 Pain, base of skull, bending head backward ameliorates 1  
 Pain, base of skull, turning head aggravates 1  
 Pain, dull, forehead, accompanied by vertigo and photophobia 1  
 Pain, dull, base of head 2  
 Pain, dull, right temple 1  
 Pain, frontal, waking on 1  
 Pain, hammering 3

Pain, intermittent, parietal (left and right) 7pm, bending forward aggravates 1  
 Pain, intermittent, parietal (left and right) 7pm, rocking back and forth ameliorates 1  
 Pain, lying aggravates 1  
 Pain, lying ameliorates 1  
 Pain, pounding, forehead 1  
 Pain, pounding, forehead accompanied by thirst for water and desire for fruit 1  
 Pain, pressure, brain around 1  
 Pain, pressing, brain on 1  
 Pain, pressing, vertex, air bubble, as if from 1  
 Pain, pressing, vertex, air bubble, as if from, lying down aggravates 1  
 Pain, pressing, vertex, air bubble, as if from, straightening up body ameliorates 1  
 Pain, pressing, bending head forward aggravates 1  
 Pain, pressing, bending, head backward ameliorates 1  
 Pain, pressing, eyes, behind, s/if: heavy, dense ball, hot shower ameliorates 1  
 Pain, pressing, turning head aggravates 1  
 Pain, sharp, parietal (left and right) 7pm, bending forward aggravates 1  
 Pain, sharp, parietal (left and right) 7pm, rocking back and forth ameliorates 1  
 Pain sharp, eyes behind, hot shower ameliorates 1  
 Pain, stabbing, eyes, behind, hot shower ameliorates 1  
 Pain, throbbing, eyes, behind, accompanied by extreme vertigo 1  
 Pain, throbbing, lying down ameliorates 1  
 Pain, throbbing, forehead, sitting up after lying down aggravates 1  
 Pain, throbbing, forehead, hot weather aggravates 1  
 Pain, throbbing, forehead, icy cold compress ameliorates 1  
 Pain, throbbing, noon until night 1  
 Pain, turning head aggravates 1  
 Pain, vertigo with 2  
 Pain vertex 1  
 Pain vertex, beginning, nape of neck in 1  
 Pain, waking on 1

## **Eyes**

Dry, afternoon 1  
*Itching*, morning 1  
 Sensitive, light to 2  
 Sensitive, light to, squinting ameliorates 1  
 Sore 1  
 Stinging, early morning walk, after 1

## **Ear**

Congested, eustachian tube, in 1

## **Nose**

*Coryza*, discharge with 1  
*Discharge*, bland 1  
*Itching*, posterior nares 1  
*Obstruction* 2  
 Obstruction, deep breathing ameliorates 1  
 Sensitive, smells to 1  
 Sensitive, smells, putrid to 1  
 Sensitive, smells, pleasant, floral to 1  
*Sneezing*, dust aggravates 1

## **Mouth**

Dryness, lips 1

## **Throat**

*Dryness* 1

*Irritation* 1

*Lump, sensation of* 1

Lump, sensation of, gagging, cold water ameliorates 1

Pain, dry, cold water ameliorates 1

Pain, dry, swallowing ameliorates 1

Pain, dry, breathing dry air aggravates 1

Pain sore, swallowing, when 1

## **Neck**

Pain, cervical region 1

Pain, cervical region, exertion, physical, after 1

Pain, cervical region, extending to vertex 1

Pain, cervical region, nape of neck, extending to vertex 1

Stiffness, cervical region 1

Stiffness cervical region, exertion, physical, after 1

Stiffness, cervical region, extending to head, vertex 1

Stiffness, cervical region, motion forward and backward ameliorates 1

Stiffness, cervical region, bending forward aggravates 1

## **Back**

Pain, intermittent, day, throughout, left side, dorsal area 1

*Pain, sharp left side, dorsal area* 1

Pain, sore, exertion, physical, after 1

*Pain, sore, scapulae*, exertion, physical, after, rest ameliorates 1

Pain, stabbing, left side, dorsal area 1

## **Stomach**

Appetite diminished, energy increased, with 1

*Appetite diminished* 3

*Nausea during vertigo* 1

## **Food desires**

*Alcohol aggravates* 2

*Desire, chocolate* 2

Desire, coca cola 1

Desire, fruit 2

Desire, fruit, headache with 1

Desire, mandarins 1

Desire, mango 1

Desire, meat 1

Desire, seafood 1

Desire, salmon 1

Desire, mussels 1

Desire, water, headache with 1

## **Abdomen**

*Distension, eating after* 1  
Flatulence diminished 1 [curative symptom]  
*Pain, cramping in* 1  
Pain, cramping, diarrhoea, precedes 1  
Pain, cramping, flatulence, precedes 1

## **Rectum**

Diarrhoea, eating after 1  
Diarrhoea, eating, after, immediately 1  
Urging sudden 1  
*Urging sudden, eating after, evening* 1  
Urging sudden, morning 1

## **Stool**

*Forcible, sudden gushing* 1  
Loose, noon 1  
Loose, afternoon 1  
*Lumps, liquid and* 1  
Odour, burnt 1  
Odour, pungent, fermented herbs, like 1  
Odour, smoke-like 1  
Odour, vomit-like 1  
*Odour offensive* 1  
Reddish-brown 1  
Small, ill-formed chunks 1  
Thin, lumpy and liquid 1  
Thin, red 1  
Watery, red lumps with 1  
Well-formed 1 [curative symptom]

## **Urine**

*Colour, yellow-brown* 1  
*Odour, offensive* 1  
*Odour, strong* 1

## **Female**

Menses, intermit 1

## **Male**

Sexual desire increased 3

## **Sleep**

Difficult, obstructed nose, due to 1  
*Disturbed* 1  
Position, back on, lying diagonally across the bed 1  
Refreshing 1  
Restless 2  
*Sleepiness*, afternoon 1  
*Sleepiness*, evening 1  
Sleeplessness, midnight before 1  
Sleeplessness, morning, early, 5-7 am 1  
Unrefreshing 1  
Waking early, 4 am 1  
Waking early, 5 am 1

## **Dreams**

Aliens 2  
*Animals*, wild 1  
Appointment, late for 1  
Attack, dead body by 1  
Audience, watched by 1  
*Babies*, caring for 2  
Babies, full set of teeth, born with 1  
Baby, giving birth to 1  
Beach 2  
Body parts, falling off, walking while  
Body, lower half removed, dissection by 1  
Breastfeeding 1  
Bribing police 1  
Cadavers, skinless 2  
Cadaver, muscle and skin flaying from body, walking while 1  
*Cars*, automobiles, driving in 2  
*Car chase* 1  
*Children* 1  
Clothes, clean, changed into 1  
Clothes, simple, home-spun, wearing 1  
Community, future of 1  
Co-operation; sharing tasks 1  
*Danger* 2  
Dead body, crypt in, full knight's regalia dressed in, hovering above, meditation during 1  
Dead bodies, skinless, of  
Dead body, skinless of, mutilation of face by 1  
Destination, searching for 1  
Dining, restaurant in 1  
Dissecting himself, cadaver as 1  
Doctor, appointment with 1  
*Embarrassment* 1  
Entertaining socially 1  
Face, aged 1  
Face, squeezing blackheads, on 1  
*Family* 2  
*Fights* 2  
*Fleeing* 2  
Flirting 1

Football team 1  
 Forest, primordial, dangerous 1  
*Friends* 3  
 Friends, estranged 1  
 Friend, rich, visiting with 1  
 Future; post-Apocalyptic 1  
*Frightful* 3  
 Gang, urban 2  
 Hamburger, lady looked like a 1  
 House 2  
 Intestines, contents of, emptied onto face and chest, removal of lower half of torso, after 1  
 Library, doing research in a 1  
 Man, primitive, spear with 1  
 Mutilation, body, his own  
 Mutilation, face, skinless cadaver by 1  
*Parties, of, pleasure* 2  
 Police 1  
*Pursued* 2  
 Pursued and caught, a grizzly bear by 1  
 Pursued, with no fear, cow by 1  
 Reflection, face of, mirror in, much aged 1  
 Refugees 1  
*Relatives (nieces; nephews; cousins)* 1  
 Responsible, co-operative, sharing tasks in 1  
 Scone 1  
 Searching, exit for 1  
 Sepia colours, dreaming in 1  
 Shelter, food, refugee searching for 1  
*Shooting* 1  
*Shopping* 1  
 Singing, dancing, drinking, social circumstances lower than usual, in 1  
 Sister, kissed, being 1  
 Tasks, co-operation, sense of responsibility, in performance of 1  
 Travelling, space in 2  
 Violent 2  
 Woman, Vampire-like, exercising, treehouse in 1  
 Woman (mine) challenging another, my affections, over 1

### **Extremities**

Dislocation, arm, left, socket from 1  
 Pain, aching, shoulders, left, then right 1  
 Pain, sharp, scapula, left, sudden movement aggravates 1  
 Pressure, aching, heel, left, waking on 1

### **Temperature**

Dry heat, daytime, absent-minded with 1  
 Warm, touch to, irritability with 1

## **Skin**

Bleeding ulcers, right side of nose on, slow to scab over and heal, bleed when wet 1  
Bleeding intermittent trickle, graze over temple from, clot, will not 1  
Bleeding, constant trickle, small cut in leg from, clot, will not, slightest touch aggravates 1  
Dry 1  
Dry, red, itching spots, folds of elbows in 1  
Dry, red, scaly, elbow, around 1  
Dry, scaly, creases of elbows, in 1

## **Generalities**

Bending head backwards ameliorates 1  
Bending head forward aggravates 1  
*Energy increased* 2  
Energy increased, lack of appetite, despite 2  
*Energy decreased* 2  
*Exertion aggravates* 2  
Eyes sensitive, light to 2  
Fasting ameliorates 2  
*Lassitude* 2  
Lying aggravates 1  
Lying ameliorates 2  
Rocking back and forth ameliorates 1  
Rubbing ameliorates 1  
Senses, taste and smell of, heightened 1  
Sleep ameliorates 1  
Sleep restless 2  
Straightening body ameliorates 1  
*Tiredness* 2  
Turning, head aggravates 1

## **Affinities**

Mind; CNS  
Head; neck; shoulders, upper back  
Stomach; GIT  
Alternate sides  
Skin

## Themes from the Proving

### Disconnection between the spirit and the physical body

Division between the mind and the body

Division between one half of the self and the other half (left and right and top and bottom)

Division between self and others (sense of alienation; lack of appreciation)

Spaced out; extreme vertigo; sense of intoxication; everything seems unreal, as if in a dream

**Alternating states and sides:** duality between being cheerful, positive and buoyant and listless, unmotivated, withdrawn and sad

restlessness alternating with tranquillity

sleepiness alternating with sleeplessness

alertness alternating with confusion of mind

symptoms travel from right to left or from left to right

**Confusion of mind:** while calculating  
while studying (cannot concentrate)  
establishing a location  
recognising surroundings  
establishing a sense of direction

**Indifference; detachment:** to eating  
to socialising  
to working (physical or mental)  
to horrible, violent acts  
to Life

**Heightened senses; sensitive to:** light  
smells  
dust  
touch

## **Synthesis of Lac Maternum from Tinus Smits' Inspiring Homeopathy**

*(Symptoms reflected in the proving are in italics)*

**Essence: lack of incarnation**

**Causation: anxiety regarding incarnation in the physical world**

**Often follows: Saccharum Officinale; often followed or preceded by Rhus Toxicodendron**

**Followed by: Vernix Caseosa**

*Sensation of floating, out of body sensation; out of body experiences; out of reality; living in the past; [NB living in the future was also expressed in several dream rubrics] weak and strange feeling as if not belonging to one's body; as if looking down on one's body; as if everything is far away, different; as if one hears oneself speaking, as if someone else is talking; feeling that mind and body are separated; not feeling one's body anymore; as if watching life, not participating; as if invisible to other people.*

*Vertigo; dizzy feeling; feeling as if having no legs, soft legs; empty feeling in the head; feeling of absence; feeling of cotton wool in the head, foggy sensation in the head; stuffed up feeling in the head, as if head too large.*

*Tendency to fainting; fear of fainting; fainting.*

*Day-dreaming; clouded thinking; absent-mindedness; difficulty in concentration; mistakes in speech, saying wrong words; difficult word-finding.*

*Awkwardness; bumping into things; hurting oneself; knocking things over; falling; unobservant.*

*Ineffective; tendency to procrastinate; having to force oneself to realise one's dreams or to effectuate one's daily occupations; lack of responsibility [NB the polarity of this aspect came out in one of the dreams].*

*Exhaustion, weakness, lack of courage.*

*Sadness, lack of joy in Life; sudden changes in mood; laughing alternating with weeping; joyfulness alternating with weeping, irritability and quarrelsomeness; fits of weeping.*

*Anxiety about Life, not being able to face Life alone or fear of having to face Life alone; [NB the polarity aspect of this perception was expressed by Prover # 01 by the end of the Proving]. Symbiotic relationship with parents, partner, children; humour easily influenced by the emotional state of others; very dependent on others.*

*Lack of awareness of one's own identity; questioning the meaning of Life; chaotic inner feeling.*

*Lack of awareness of one's surroundings, as if perception is only general and not in detail; as if things do not penetrate; everything looks strange.*

*Desire to read, reading giving the possibility of escaping from reality and living in an imaginary world; completely absorbed during reading, not answering when spoken to; pursuing studies to be in another world, fear of completing studies and having to perform; reading impossible owing to lack of concentration.*

*Unaware of one's own boundaries; feels unprotected, porous*; [NB dreams of loss of skin] everything enters directly too strongly, sound, smell (nausea), energy and feelings of other people; won't stand up for oneself; lack of self respect; lack of care for oneself, caring for others, worried by the problems of others; abused by other people, always caring for others; desire to be taken care of (cf: Vernix caseosa).

Anger; *irritability* at trifles; throws things away.

*Desire to go out*; not feeling well at home (the house being the symbol of the body); not being really aware of one's own territory; letting others invade one's space/energy; absence of real feeling of being the master at home, with the garden being not fenced-in. Unlike Carcininum this is not because lack of self confidence makes one unable to resist others, but because of unawareness of one's own space, own identity, so one unconsciously shares his 'home' with others and is unable to be fully oneself; desire to have one's own place at home; *desire to be alone, to have time for oneself*; also fear to go outside because of the feeling to be unprotected; needing the house as an extra protection.

Unfeeling; *indifference*; doesn't care about oneself and the household.

Untidiness; unable to tidy up at home.

Hears voices, *sees ghosts*, telling one a lot of things; sees movements out of the corner of the eye; sees aura of people and trees; fear of ghosts.

Anticipation; diarrhoea from anticipation.

Want of self-esteem; neglects oneself; *feeling of not fulfilling the expectations of Life, of others, her husband/his wife; feeling of not being considered*, of no longer being physically attractive; *trying to fulfil the expectations of others*; never angry; *avoiding conflicts*.

*Intercourse; weak libido; wants to be held, to be caressed, but aversion to sex* [NB the polarity of this symptom came out in the 3 male provers].

Desires sweets.

*Skin: eczema*; eczema with thick, brown-yellow crusts with dreadful itching all over the body; *itching skin*; circumscribed eczema with a red border; molluscae; psoriasis.

Falling out of hair; dry hair; grey hair.

*Headache*; migraine, vomiting.

Chilliness; icy coldness cutting to the bones, sometimes alternating with *heat*; coldness of feet, hands, nose.

Flushes during/after Menopause; *flushes from exertion, mental or physical* [NB emotions (irritability) in the female prover associated with a rise in body temperature].

*Unrefreshed sleep*; [NB the polarity to this symptom was also produced in the proving] *restless sleep*; shouting during sleep; frequent waking owing to worries; difficulty in falling asleep.

## Personal reflections

While there are many similarities between the proving symptoms of *Lac-m* and *Lac-h* there are, also, some vital differences.

With the benefit of modern research into the essential role that human milk plays in the potentiation of all biological systems, (especially that of the CNS and GIT), it is to be expected, according to the Doctrine of Signatures, that a homœopathic medicine made from human milk would possibly have a similar sphere of influence. And, certainly, before undertaking the supervision of this proving it had been my clinical experience, through extensive use of *Lac-h*, that the therapeutic efficacy of that remedy did indeed revolve mainly around the mind/CNS and the GIT.

Therefore, since this remedy was made from the milk of 9 women, (including secretions from one woman in the colostrual phase and possibly from one in the involuting phase of the lactation), it was my expectation that the proving would provide added emphasis regarding the efficacy of the use of the remedy on the physical body, since the protective aspects of human milk are heightened during the colostrual and involuting phases.

In fact, it turned out to be the complete opposite with *Lac-m* having much more emphasis on the mental/emotional state, therefore giving approbation to the work already done by Tinus Smits, and establishing that these two milk remedies are not, in fact, identical. As in *Lac-h*, many rubrics in *Lac-m* do have an affinity to the cognitive and digestive processes; and, indeed, the proving brought out many similar or identical rubrics. However, the rubrics pertaining to the mind, dreams, delusions and vertigo all reflect the struggle to come to terms with living and functioning within the confines of the human body, and do constitute the bulk of the proving.

Tinus Smits has stated that the main issue of the *Lac-m* state is to do with anxiety regarding incarnation into the physical world, and a continued tendency to disassociate from the body. To this end, it struck me, in collating all this material, that many of the rubrics from this proving put one in mind of the process of Birth.

There are a large number of rubrics describing intense pressure on the head, neck and upper back, aggravated by bending the head forward and turning it and ameliorated by extending the head back and straightening up the body. There is also a rubric describing pressure first on one shoulder then on the other (and another, describing the dislocation of one!) These all mimic perfectly the initial aligning of the head in the bony pelvis and the flexion and extension experienced by the baby during the birthing process. That the headache is also ameliorated by [rocking back and forth] puts one in mind of the instinctive rocking motion that all mothers tend to adopt while holding their babies.

Added to this are all the rubrics describing a lack of appetite and a desire to sleep, which are both normal physiological events during the first few hours after Birth, following the initial period of alertness (also reflected in rubrics). It could be surmised that this tendency to sleep for an extended period following the initial alert period (required to allow the baby to search for the nipple), is due to a combination of sheer exhaustion and oxytocic bliss. To that end it is interesting that the provings of both *Lac-h* and *Lac-m* produced the rubric [alcohol aggravates], as it has been demonstrated through research that alcohol dampens the oxytocin response.

There are also rubrics reflecting a state of intense aggravation from bright light with a desire to squint and ones indicating a heightened sensitivity of the nasal mucosa. Added to this are those rubrics describing the tendency to bleed freely from cuts and grazes with a reluctance for the blood to clot. These put one in mind of the period following Birth when the baby is at risk of haemorrhagic trauma due to a relative excess of unconjugated bilirubin and a deficit of vitamin K. Even the stool is watery (like a baby's) and dark and reddish-brown, those rubrics similarly reflecting an excess of bilirubin at the expense of biliverdin.

I would venture to suggest, therefore, that it is the colostral aspect of *Lac-m* which makes all the difference, and that it possibly contains some sort of morphogenetic resonance reflecting the baby's memory of the birth experience, and his/her reluctance to accept the confines of the physical body after residing in the astral or spiritual dimensions.

“To Be, or not to Be?” is, indeed, The Question; and it perhaps most succinctly defines the dilemma associated with the *Lac Maternum* type.

This is consistent with the “alternating states” aspect of *Lac-m* and is further reflective of the possibility that the Vital Force, in the initial post-partum period, engages in a process of association alternating with disassociation with the physical body, followed by a gradual acceptance of physicality as it allows itself to become grounded through the suckling process.

This process of alternation between states possibly comes to completion once the body [straightens] when a state of ambulation is achieved. This is also consistent with Piaget's stage of “Object Constancy” and Erikson's stage of “Autonomy versus Free Will”. Both of these stages occur around 12 months when the baby has learnt to appreciate a sense of separateness, having successfully negotiated Erikson's initial stage of “Trust versus Mistrust.” The dream of prover 01 on day 3 of the proving perhaps then expresses this transition from “the Saloon where I would expect to be more comfortable to singing, dancing and drinking in steerage.”

As mammals, we humans are born into bodies which are still in a considerably under-developed state requiring completion at the breast. So, the hesitancy with which the Vital Force views the prospect is perhaps understandable. However, it is through breastfeeding that all babies gradually become entrained with the rhythms of Mother Earth since human milk is a complete food which contains the full complement of planet Earth's biologic and mineral diversity. Research has demonstrated that optimum physiological, psychological and cognitive function is then the legacy of the baby who derives nutriment from human milk and that is why the provings of these two human milk remedies contain a great number of rubrics reflective of clinical affinity to all body systems.

*Lac Maternum*, therefore, deserves to step up alongside *Lac Caninum* and *Lac Humanum* as an important addition to our armamentarium. On close inspection all of these remedies have several similarities, especially among the general physical rubrics. However, the issues for each state do have subtle but definable differences. For the *Lac Caninum* type, the central delusion revolves around the lack of self esteem and general anxiety regarding having to perform as a useful citizen. For *Lac Humanum*, on the other hand, the central issue concerns the struggle to define the Ego and balance the responsibility that one has to the Self and to the Group, as one negotiates the journey to Self Actualisation.

However, for the *Lac Maternum* type, the central delusion is, as postulated by Tinus Smits, one of embracing the process of incarnation. For this type, the dilemma is in coming to terms with the fact, that to engage in the “planet Earth experience”, requires the need of a physical body. For those in need of this remedy, the patterns of escape are therefore easily recognisable in the lifestyle choices and activities which reflect a constant desire to return to the state of seemingly unfettered freedom from the demands of physicality.