



HOMŒOPATHIC MEDICINE
21st CENTURY SCIENCE

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How does a “genetic weakness” originate and proliferate?

- The two basic ways this happens is by DNA methylation and histone modification.
- A methyl group may occur in any organic compound and contains one carbon atom bonded to 3 hydrogen atoms (CH_3) and it can modify a strand of DNA once its been replicated, by insinuating itself into to the DNA molecule.
- It can then change the activity of a DNA segment without changing the sequence because a methyl group is always added to any cytosine molecule that stands directly before a guanine molecule in the same chain.

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Patricia Hatherly
www.patriciahatherly.com

Re-evaluation of basic miasmatic theory from a hormonal perspective

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Histone modification

- This refers to the alteration of the structure/accessibility of the protein scaffolding that the helix is wrapped around to form chromatin; occurs in the tail of the DNA strand.
- With both methylation and histone modification, enzymes are understood to be key epigenetic drivers *and these are often regulated by hormones*.

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What is a miasm?

- Because it's a theoretical construct, perspective differs according to which master teacher you give credence to.
- Hahnemann, however, first hinted at the phenomenon in *Chronic Diseases* when he referred to deep seated effects of an infection.
- So there is general agreement among us in recognising that a miasm is associated with **contracting a disease** which then confers a “taint” or genetic weakness that is trans-generational.

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Epigenetics

- Epigenetics is the study of the cellular reactions which modify genetic material and the factors that influence them.
- DNA methylation and histone modification can switch genes off and on; i.e. they are either dormant or active (much like how we refer to miasmatic activity).
- Specifically, methylation of the genes results in gene suppression, while histones activate the genes.

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- Epigenetic expression is governed by Life's events; affected by such factors as:
 - Bacterial and viral infections; **Hormones**
 - Food and addictions
 - Habitat...the environment; pollutants; where you live; how you are parented
 - Sleep pattern
 - Sexual activity
 - Exercise
 - **Primal Period; Ageing**

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The power of three

- Triads, however, encompass the notion of potential.
- Mother/Father/Child; Body/Mind/Spirit; Thought/Word/Deed; Past/Present/Future....
- ...and Hahnemann was focused on potential as expressed in §9 ..."In the healthy living state... our indwelling, rational spirit can freely avail itself of this living, healthy instrument for the **higher purposes of our existence.**"
- It's all about extricating ourselves from the Wheel of Karma and becoming Self-realised and, in my opinion, **it's the positive polarities of these three miasms which help us to do that!**

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Hahnemann the real originator of Epigenetics

- Interestingly Hahnemann was astute enough to highlight this long before Rosalind Franklin and her colleagues Crick and Watson cracked the DNA code, and before microscopes were invented, when he noted that
 - "...chronic diseases are those that arise from a chronic miasm... and the most vigorous energy of the life force [is] not in a position to eradicate them." [§ 78]
- It's in §79 – 80 that he nominates the three miasms that underpin the destructive force of Nature:
 - Psora
 - Sycosis
 - Luesis

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Miasms...an overview

- Luesis (syphilitic miasm) is, according to homeopathic literature, a destructive force associated with degeneration on both the mental and physical level.

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So why did Hahnemann nominate just three miasms?

- The basic mindset of Humanity is to focus on duality...As above/So below
- These are some of our most familiar concepts:
 - On/Off;
 - Up/Down;
 - In/Out;
 - High/Low;
 - Right/Left;
- This is pretty much how we view our world and is linked to the notion of Volition...Two Wills
- It maintains a **steady state which restricts growth**

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Is there a positive polarity of Luesis?

- The two faces of Aurum show that this is so.
- Aurum in the uncompensated (pathological) state is melancholic; full of remorse; lacks confidence; fears failure; wounded honour → sensitive to criticism; averse company; despairing, leading to suicide.
 - Del: has neglected his duty
- However, when compensated, Aurum is the ruler (king; queen; president; financial wizard; CEO; Head of Faculty...)

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- That's because s/he is dutiful and honest and has a strong sense of honour; wants to be the best; is industrious; is a workaholic; a natural team leader who can find a way through a crisis.
- Regeneration (**a new beginning**) encapsulates the positive polarity.

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Psora according to 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."

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Sycotic miasm...

- Suspicious; secretive; closet-mentality; lacks trust (even in self)
- Absent-minded; forgetful (especially for recent events); ADHD
- Fixed ideas and manias
- Tendency to exaggeration leading to dysplasia
- Common pathologies are:
 - Polyps, fibroids, warts ...tissue dysplasia; growths
 - Sterility; arthritis (due to inflammation... "itis" is a keynote)

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Traditionally we have perceived Psora in a negative way

- It is probably due to the fact that our original Masters lived in a Christian culture that Psora has been called "Original Sin" the basic **flaw** in Mankind that leads to damnation.
- So, why did Jesus die on a crucifix ostensibly "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

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Is there a positive polarity of Sycosis?

- The quintessential sycotic remedy is Thuja.
- In the pathological state, Thuja is covered in warts; is beset by chronic inflammation leading to arthritis and catarrh of various kinds (e.g. leucorrhoea).
- Also, may be fanatical (fixed ideas) and vague and forgetful (confusion of mind).
- In the healthy state, Thuja has high energy (hurried) and having fixed ideas, persistent thoughts and being conscientious about trifles, can lead to productive, creative output.
- **Growth** encapsulates the positive polarity.

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CHARACTERISTICS OF PSORA... "the sensitising miasm"

- According to "the literature", it affects mostly the ectoderm...gut and skin
- Main characteristics:
 - HEAT and REDNESS
 - CONGESTION
 - ITCH
 - DRY, SCALY TISSUE
- Hypo-function... "lack..."; "empty, all-gone feeling;" weakness
- **Governs functional disorders**

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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!"
- This is because they lack the ability to actualise and are bound up by theorising
- Capable only of short bursts of concentration; poor memory; mental processes tend to be superficial

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Positive polarity of Psora



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

A compensated Sulphur has great resilience and it's the positive polarity of Psora that underpins that drive to bounce back and keep on going.

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A new perspective is needed



- "There is a crack in everything; that's how the light gets in..."
[Leonard Cohen...*Anthem*]
- It's because of Psora that we may become Enlightened
- Psora, in my opinion, makes us aware of the disconnect we have from "God" [creative source; higher self] and drives the search for Self-realisation.

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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]

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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 in its healthy state, represents the struggle to survive; to reach out and connect; to seek a fulfilled Life! "Seek and you will find." It promotes curiosity and resilience!**
- **Itch; as in the desire to be fulfilled, is the positive polarity of Psora.**

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Self-focus in order to achieve personal growth is not being selfish!



- Being comfortable in one's skin with a clear focus/goal in Life underpins Self Realisation, and is the main theme in *Lac Humanum*...can be alone but not lonely!
- Among the Mind rubrics of *Psorinum* is "confusion of identity"and Who am I? Why am I here? These are questions that confound all humans....
- ...and, for the compensated psoric individual, are questions that underpin the search for the Higher Self that Hahnemann refers to in §9

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All that occurs in the Primal Period establishes the foundation for this process.



- Good health of both parents ensures a healthy conception; then, good nutrition by the mother helps produce a healthy baby and breastfeeding further optimises the development of that “healthy instrument” enabling \$9 to become a reality.
- A/F lack of breastfeeding is the primary aetiology for the uncompensated *Lac Humanum* state.
- However, the compensated *Lac Humanum* may consort with Gods, which is why s/he has dreams of mixing with royalty and movie stars and other famous people.

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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.
- This is his introduction to Sycosis!
- Keep in mind that the positive function of the corticosteroid hormones is to put you on your mettle; focuses you to succeed.

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Are we, perhaps, hard-wired with Psora ?



- Harry van der Zee's book *Miasms in Labour* explores the notion of Stanislaw 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 and that all that happens in the primal period affects its “setting”.
- If so it is an integral part of humanity's makeup... remember Psora is the “engenderer of all dis-ease!”

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The infant's first choice...two wills



- During labour, the infant has two choices...to work with oxytocin [oxy (fast) tocin (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.

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Gestation is Paradise...feeling good!



- Grof's notion that expulsion from Paradise results in a search to find it again is compelling and corresponds to Goethe's perspective of the desire “to reach for high, ancestral regions”....
- 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....

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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.
- (At this point an “introduction” to what the syphilitic miasm holds, momentarily prevails).
- Birth is about the presentation of a new body; however it is also about the representation of an old soul coming to work through some karmic lessons with the promise of Self-realisation if all succeeds...regeneration; renewal!

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- We know from research that an infant's cortisol levels at birth are very high.
- Because s/he's in fight/flight mode it is this which supports the search for the breast, as a sustaining organ is now needed to replace the placenta.
- Once reached and the mother lets down due to the peaks of oxytocin that suffuse her system due to her baby wriggling around on her abdomen, the top up of oxytocin settles the cortisol....

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If I struggle I will survive...and have a good Life!

- However, if the infant in his curiosity, 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 can consciously work with the whole birthing process and eschew the drug option, when she 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!

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- ...and so the set point for useful cortisol regulation throughout Life is established!
- From then on, during stress, the corticosteroid hormones rise and oxytocin then settles them and homeostasis is restored.
- Psora prevails over Sycosis; when a **functional disorder** does not progress to pathology, the dis-ease settles!

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...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.
- However, if the sycotic imprint has predominated throughout Life, then the negative (destructive) aspect of the syphilitic miasm prevails and death follows ("clings to the dust") and the individual continues working with the Wheel of Karma.

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- 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....
- This is the "lack" aspect of Psora where one is at the mercy of the destructive nature of cortisol that doesn't have a useful reset button!

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Erik Erikson's 8 epigenetic stages



Adapted from Erikson and Erikson, 1963, in Personality Theory and Research, 2nd edn. Copyright 1963 by Holt, Rinehart & Winston.

So, this struggle to be born well brings reward for the baby, but does also for the mother!



- 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 2008
- 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.

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Paradise Regained!



- The rooting reflex causes him to “open wide” and the cortisol-driven willpower enables him to use the walking reflex 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; Psora prevails over Sycosis, but Sycosis assisted the driving impetus.

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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.

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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

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... 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.

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Oxytocin’s role in the primal period



- Oxytocin is released during sexual activity, when it increases receptivity.
 - Pair bonding among monogamous animals is oxytocin-driven.
 - Vithoulkas hypothesises that the most robust children are conceived when both parents are “lost in each other in an erotic climax”.
- Vithoulkas G, Mahesh S: *How Can Healthier Children Be Born? A Hypothesis on How to Create a Better Human Race* Med Sci Hyp 2017; 4:38-46
- Oxytocin optimises the birthing process.
- Oxytocin peaks at birth ensure that mothers fall in love with their babies and are in it for the long haul.
- Oxytocin, released in pulses, mediates the milk-ejection (letdown) reflex, which makes milk available to the suckling infant.

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Oxytocin's role in the primal period

- Oxytocin opens up peripheral blood vessels, 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.

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Oxytocin's biochemical role

- 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.

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Furthermore, maturation of the baby's brain and CNS accelerates during the first few years.

It's a time of neural plasticity and all the oxytocin-driven epigenetic factors 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, F et al. Epigenetic mechanisms mediating the long-term effects of maternal care on development. *Neuroscience & Biobehavioral Reviews*, 2009 - Elsevier
- Shulz T. The impact of feeding methods on the prevalence of Autism GOLD May 2012

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So, oxytocin release during times of excessive stress, can restore physiologic balance (homeostasis); dis-ease settles.

- It reduces activity in the fight-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.

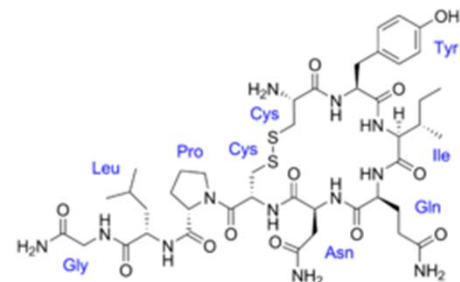
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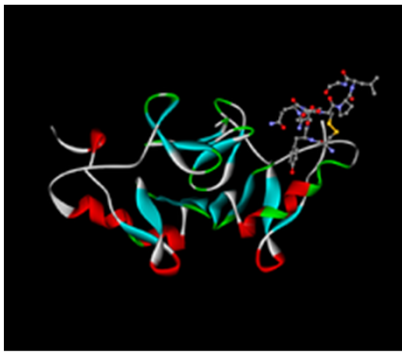
Oxytocin's role beyond the primal period

- 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.
- As a footnote we can add that research has ascertained that **Social Interaction** is the most important driver of **Longevity**

- Holt-Lunstad, J et al. 2010. Social Relationships and Mortality Risk: A Meta-analytic Review. *PLOS Med* 7(7): e1000316

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relevant research; pivotal role of the mother

- NJ Bergman www.kangaroomothercare.com
- JR Alberts. Learning as adaptation of the Infant. *Acta Paediatr Suppl* 1994; 397: 77-85
- J Bowlby *Attachment and Loss* [vol 1 1969; vol 2 1973; vol 3 1980] Basic Books; New York
- Harlow et al. The effect of total social deprivation on the development of monkey behaviour *Psychiatric Research Report of the American Psychiatric Assn* 1964; 19: 16-135
- Harlow et al. Maternal behaviour of rhesus monkeys deprived of mothering and peer association in infancy *Proceedings of the American Philosophical Society* 1966; 110: 58-66
- A Montague. *The Human Significance of the Skin* 1957; Harper & Rowe New York
- E Hollander, et al. *Oxytocin Infusion Reduces Repetitive Behaviours in Adults with Autistic and Asperger's Disorders*. *Neuropsychopharmacology*. 2003; 28: 193-198.
- K Uvnäs-Moberg, et al. *Oxytocin, a mediator of anti-stress, well-being, social interaction, growth and healing*. *J Psychosom Med Psychother*. 2005;51(1):57-80.
- G Missig, et al. *Oxytocin Reduces Background Anxiety in a Fear-Potentiated Startle Paradigm*. *Neuropsychopharmacology*. 2010; 35: 2607-2616.
- AJ Guastella, et al. *Intranasal Oxytocin Improves Emotion Recognition for Youth with Autism Spectrum Disorders*. *Biological Psychiatry*. 2010; 67 (7): 692.

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What is Oxytocin?

- We know, from research, 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.

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Two Wills

- The recognition that Psora can have a positive, motivating force in a baby's 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.

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Oxytocin, therefore, has wide implications

- That is why it is the hormone that underpins homeostasis...
- So, if the conception and birth have relied on technology, then 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 breastfeeding upregulates oxytocin!**
- **And, any receptor deficits that have occurred as a consequence of a technology-assisted conception and birth, can be repaired if the mother breastfeeds.**

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- 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".

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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....that's the perspective of the compensated *Lac Humanum*.

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Lac Humanum; an OK profile

- Can feel alone but not lonely
- Egoism (inclined to put Self first)
- Benevolent
- Empathic
- Colleagues; in tune, with
- Comfortable; people, with
- Positiveness

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- Impulse to effect closure; move on from the past
- Relaxed
- *Tranquil*
- Patient

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

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- Confidence increased
- Assertive
- Dresses colourfully
- Fastidious
- Untidiness <; **Impulse to tidy:**
 - clean car;
 - mow lawn;
 - do housework
 - personal appearance, improve

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... and how not OK is this?

- *Antagonism with self*
- **Detached; indifferent (to suffering; to everything)**
- *Sense of isolation*; Estranged; friends, from
- **Forsaken feeling** (family; friends)

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- **Delusion:** *friends; unwanted by*
- **Delusion:** *alone; always*
- **Delusion:** alone in the world
- **Delusion:** friendless; he is
- **Delusion:** worthless; that he was

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Will Psora or Sycosis prevail?

- So, if human milk is not the staple diet, the sense of struggle [i.e. getting on with it] underpinned by curiosity and optimism [Psora] fades into a adrenalin-driven “knowing” of abandonment and a lack of trust [Sycosis].
- 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

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- 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

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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...the “lack” aspect of Psora prevails.

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- *Lack of self-confidence; irresolute; apprehensive*
- **Awkward**
- Anxious
- **Dream:** accusations; crime; wrongful
- Introspective; Brooding
- Embarrassed; Nervous...focuses on failure
- Impulsive... desire to harm self

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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”... who can I trust?
- 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 where Sycosis holds sway.

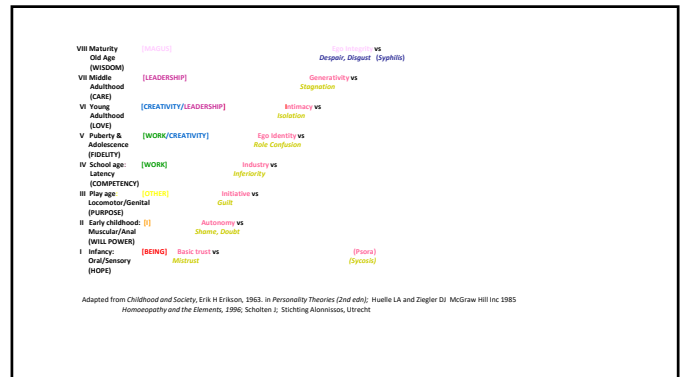
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Work with Psora and Sycosis



- 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 which underpin resilience (that's another "take" on homeostasis) to explore beyond our comfort zones.
- That is, we need to come out from the Shadow of Sycosis.
- 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.
- That is, we need to focus on Eustress rather than Distress.

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So, what about Luesis?



- If Psora is underpinned by oxytocin...the homeostatic hormone
- ...and Sycosis by the positive [anabolic] aspects of the cortico-steroid hormones
- What drives Luesis, the catabolic miasm?

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Stage VIII...end of Life; what hormone underpins this stage?



- During senescence when the telomeres are shortening, stem cells are losing their ability to generate, and all bodily systems are winding down (especially mitochondrial vitality), the crisis that Erikson nominates as in need of sorting is: **Ego Integrity vs Despair; Disgust**
- A whole bunch of plant sterols are associated with senescence; however, insulin (which is essentially an anabolic steroid) has, I think, a role to play here in a catabolic capacity as insulin resistance holds sway in those who have made poor lifestyle choices!
- We refer to insulin as the lock and key hormone; and, its at this stage of Life, that we're reaching out for the keys to the Kingdom of Heaven!

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