Milk Matters

Getting back on track with Lac Cameli Dromedari (lac-drom)

A lady whom I'd not seen for 9 months came for support as she's been finding that mothering her little one (whom she is still breastfeeding) has been somewhat of a chore lately.

My first thought is that this could be a Lac case as Mothering and Nurture are core issues surrounding many of the Lacs. The emphasis in lac-lup; lac-leo and lac-lox-a hinges around care and protection while that in lac-del is more that pregnancy and mothering may be an imposition so I think it may have to be considered.

Lac-del relies heavily on the group for functioning and the one on one responsibility of mothering is perhaps seen as daunting. Therefore the imposition is less of a chore but more one of perhaps not coping with the responsibility as it necessitates removal from group activities. In the *lac-del* proving the emphasis seems to be on sexual exploration for fun; and my clinical experience suggests that perhaps *lac-del* is also concerned with the seeking of a profound connection between the male and female principles.

Lac-drom, however, is another Lac remedy with a theme of Mothering and Nurture. In this remedy there is an underlying current of exploring sexual preference and exploring sexual activity per se. Like *lac-del* it's all about having fun. The fun part is consistent with the "teen scene" where indulgence in sexual activity is mostly an exploratory venture which does not factor in the responsibility associated with a possible pregnancy.

Understandably, a pregnancy during the years when one is getting set in Life (ie school; college; career) may well be seen as an inconvenience. Sexual activity during this time is about building self confidence and is grist for the mill while negotiating Erikson's 5th stage of [**PUBERTY/ADOLESCENCE**] and its associative attribute of "**Fidelity**" which has the polarities of **Ego Identity** and **Role Confusion.**

So before she even begins her story these rubrics come to mind:

Theme: Baby/Pregnancy/Menstruation
Affinities: female organs: breasts
Mind: breastfeeding, thoughts of, come into mind
Dreams: babies
taking care of a baby

Her story:
He goes to a Kindergarten a few mornings a week and lately he's been clingy and not wanting me to go when I drop him there. Also he's been somewhat the same when I go to work. (She does a few shifts at weekends in the Ladies Fashion section of a local department store). At these times he's with his dad and older brother at home so should be more settled as they do fun things together.

He's been waking at night saying that he dreams of monsters and can be very angry during the day for apparently no reason…just upends puzzles that we've done together or goes to the bookcase and clears a shelf with one swipe and then walks away as if he doesn't care.

I know he's always been sensitive to my diet and I've been slack lately and am wondering if this could be the problem.

What has changed?
Well I've gone back onto Diet Coke. Actually I've been very naughty as I have let him have an occasional sip and I worry now that he might have an addictive personality like me. I'm always looking for a fix and would hate to think that he'll be like that too.

What other things provide a fix?
Mostly I only have the Diet Coke while I'm at work but have succumbed to having some during the day at home. I try not to let the kids see me. Also I've been having a few cigarettes at night when they've gone to bed. It makes me feel young and irresponsible. It haunts me that feeling; will I ever be mature?

Affinities: mind
Theme: Teenage Years; needing a fix

(*I observe a deal of agitation with cracking of the knuckles during this part of the conversation so have the thought I'll be looking for a sycotic remedy.*)

I'm not having much water lately and am having at least 2 coffees a day and the Diet Coke; water bloats me.

Affinities: digestive system
Stomach: desires coffee flavoured with hazelnut, chocolate and sugar
Stomach: coffee agg

Actually most things bloat me. I'm hungry when I wake up but breakfast makes me feel sick especially if I have cereal or toast. I'm sure that I'm sensitive to wheat, so I've just been having fruit for breakfast. If I'm at home with the kids I have a sandwich for lunch but when I'm at work I have a donut and cappuccino or a Diet coke and a cigarette.

Mind: anorexia
Mind: pleasure in eating absent
Stomach: *nausea morning* with no desire to eat
Stomach: appetite absent
afternoon, until
meals eaten later than usual
Stomach: pleasure in eating absent
Stomach: quick satiety
food not exciting
fast, desire to
averse food
thoughts of being thin, with
Stomach: desires fruit
desires sugar; sweet food; cake
desires toast and jam
desires chocolate
desires coffee flavoured with hazelnut, chocolate and sugar
desires biscuits; granola (muesli); bread]

Eating is boring; especially at work where I have a definite “hang out” mentality and we girls stand around together outside where cigarettes are allowed and have a puff and drink our Cokes.

Delusions: teen years
shopping
whispering with girlfriends
worrying about how I look
Delusions: desire to be thin, no appetite, with

Even if I have something decent at home I’m immediately looking for chocolate or coffee afterwards.

I make a big effort at night to prepare a proper meal for everyone especially since my husband has now been diagnosed as diabetic so I have to be very careful with his diet. I am so over all this and the responsibility of providing proper food for him is getting me down.

Mind: Anger, family member’s issues at
Delusions: teen years
selfish
not giving a shit
no desire to be accommodating to others

Do any other things provide a fix?

I can be addicted to fashion. I love to go shopping for the perfect look.

(*She has just come straight from work and is dressed impeccably in black and white as her employer dictates. Both the top and skirt are the latest style and her hair and makeup are also impeccably done. She has fair hair and she has it in a chignon with some extra blonded streaks. Her makeup is the latest nude look with no lipstick. The thing that jars with her appearance is the wad of gum that rolls around in her mouth from time to time after speaking…such an odd combination with the sophisticated look.*)

Shopping gives me a high. I love to have a wardrobe full of beautiful clothes. I don’t care much if I don’t get to wear them; just having them there to look at and touch makes me feel good.
It’s all about I’ll do what I want!

Mind: desires to look good; to shop; to wear nice clothing
dress provocatively, desire to
compliments regarding clothing, enjoys

Any dreams?

I've had a few flirty dreams where guys have been eyeing me off and I'm enjoying being looked at. I'm sure this is all to do with feeling so down about my husband's illness. I don't want a sick man as my partner. I want one who is big; strong; capable and in charge of his Life.

Mind: relationships, new, heterosexual seeking
conversation, easy, comfortable, opposite sex with
flirtatious behaviour, towards unknown males, indulging in, she is
Dreams: overtures towards man she likes
flirtatious

Any other symptoms?

My periods have been a few days late recently; heavy flow with back pain prior and I think that I have a haemorrhoid.

Affinities: female organs: uterus
Female: menses heavy
pain, uterine pain, flow with
intense
sharp
cramping lower abdomen radiating to rectum:
s/if: uterus is coming out of rectum

I prescribed a NMN dose of *Lac Cameli Dromedari* 200C as all the above rubrics are to be found in the provings of that remedy.

Within 48 hours she reported that she experienced a big shift in her attitude and that the remedy immediately made her feel calm; relaxed; centred.

This shift persists and she's now back into her mothering role and enjoying it again. She's a devoted mother and her little one has always been a challenge. With the poor diet she slipped into a space where she could not deal with his temperamental behaviour.

Since the *lac-drom* she's having 3 nutritious meals a day and looking forward to them with minimal digestive disturbance. She's totally given up Diet Coke but has had an occasional real-thing Coke and an occasional chocolate just because she felt like them and they did not replace a meal. With the economic downturn there have been fewer shifts at work but she's happy about that as it means she has more time for her children and when she's at work the hang-out-with-the-girls mentality has gone.

Her haemorrhoid settled within a day of the remedy; and with the improved diet there's been no reoccurrence.

Her attitude towards her husband persisted until her next menstruation. The feeling of "I'm just not into you" affected her libido negatively but that shifted totally on day 4 of her bleeding which was on time (28 days) and "low key" (less heavy; no pain) and now she reports that she has a totally different perspective regarding him and enjoys all aspects of his companionship again. She said that she felt the old tenderness return and with it a realisation that he has so much strength to give her if she'll but allow it.