

# **Proving at Lac Humanum - obtained from my milk and the comparative study of Lac Humanum obtained from other sources - Dr. Angelica Noica Dumitrescu**

In general, Lac Humanum is known as a remedy made from the milk of one woman that has a good connection with her child. During lactation (about the 5-th month) my baby was refusing the breast, which made lactation decrease greatly day by day, so I got the idea to make a remedy from my milk - both to create a memory and to study if the remedy manifests the same symptoms no matter the source of Lac Humanum. I lifted the potency up to 30 CH, then gave it to Plant Extract to be lifted even more - to 200CH. Meanwhile I have obtained Lac Humanum from 2 different sources, one from Switzerland and, one from Italy, also in dilutions 30 CH and 200CH. I distributed it to the provers trying to have equal groups of participants, but unfortunately I haven't found too many willing and many from those I found have not kept their promises.

The essence of this remedy (by Sankaran) should be linked to the definition of ego, who is always looking for a balance between survival in a group, but without losing the sense of identity and focus on the process of individuation. Group versus Self - is the main theme of the remedy.

Here's what I obtained:

## **The potency of 30 CH my version:**

### **1. SS**

- "the appearance of inner agitation, rebellion, alternating states of inner calm, patience and planning, professional and family success";

- "alternating between good energy states, weakly (states of exhaustion) and disgust **in the same** day which the time before were good days or bad days, usually caused by eating, sleeping, or other various minor reasons";
- "emotionally balanced, I focused more on what I had to do"
- "feeling that I was invaded / assaulted by too many people around me that asked me for help"
- "lots of dreams, clear, rough with many people, with unsolvable searches and feeling of unfulfilled, renunciation, self-blame, although, ironically, during the day was fine and had accomplishments, erotic dreams, dreams of children who I had to save, patients, thieves, policemen "
- " increased sexuality that surprised my husband "
- " sweating was more abundant and more smelly "
- " cystitis and onychomycosis of the feet have improved "

## **2 IE**

- " I feel good, but obsessed with the idea of not scheduling my affairs (tasks) so as not to waste time "
- " alert ( "connected") more in the morning and evening, alternating with easy drowsiness "
- " less times(moments) of irritability and nervousness, I move more easily over issues "
- " lability state in the morning, in the afternoon nervousness , restlessness, tearfulness(I cry at the slightest thing, I cry easily)- (these symptoms) have improved in the evening when I went for a walk, the desire of tenderness and consolation "
- "abundant dreams , with many people around, lit in a bright yellow color with thieves and colleagues from college with a sense of failure in what we are (I was) looking for or want to do; once I dreamed how the teeth of my son grew" ;
- "frontal headache, especially occipital and left temple, most prominent at the beginning of proving then decreased gradually, as well as knee, hip and back pain";

- "hematic crusts especially in the left nostril, not hinder respiration but bothered me, I've never had anything like this before"

- "the left eye twitches a little"

- "menstrual cycle is over 2-3 days earlier than usual while taking the remedy and the next period came with five days earlier and bleeding was not so abundant."

### **3. IC**

- "tolerance to stress increased ";

- "improvement of insomnia".

### **30CH potency Italian version:**

#### **1. CVO**

- "at 30 min. after administration I felt a slight dizziness as a floating sensation, detachment, peaceful ";

- "Throughout the period of one week after taking the remedy I felt very energetic, invigorated, like I could erase all the negative and start all over again."

- "I could resist better at the work"

#### **2. AS**

- "1-2 hours after taking the remedy, the 5th day I felt dizzy, a sense of faint"

- "Menstruation came, after administration, and lasted less than usual (4 days instead of 7)

- "I felt happier, more careful with what I wear, I was more childish".

3. MS – this prover didn't answered the phone anymore.

### **The potency of Switzerland 30CH version:**

**1. ZM** - did not notice any change;

**2. CAM** - "a better and more accurate capacity to anticipate events that will happen, clarification, clarity and accuracy of my premonitions"

- "allergic rhinitis was also improved."

**3. AA** - "many dreams about patients, about congresses and not finding my place, sense of self for dissatisfaction that I acted too cold with a child, dreaming that I fly and I love it";

- "I noticed a dryness of mucous membranes, especially in the nostrils, then less";

- "easy abdominal discomfort with epigastric distress in the morning and softer stool on the first day";

- "Menstruation came early, painless, without feeling anything that I had felt before";

- "Thirst is more accentuated than normally";

- "a week after administration, pimples appeared on the face, around the mouth and forehead, worse than the puberty".

#### **In my version 200CH potency:**

**1. MM** - "more optimism, more confident, a better psychological tonus, more trust and confidence in what I do, more planned";

- "at first terrifying dreams, the feeling of unfulfilled, then a shallow sleep, interrupted; I had at some point an erotic dream"

- "occipital pain and on the right temple, which ceased spontaneously after 2 hours and were gradually ameliorated towards the end of the proving"

- "sweating more (abundant) with sour smelling"

- "bowel movements more pronounced in the first weeks of remedy with bloating, colic and sharper flatulence, which were then normalized, as well as pollakiuria".

**2. GM** - "depressive state on the 10th day of proving that lasted three weeks, with recollections of situations that I was reconciled in the past, feeling like a victim";

- "heavy sweating throughout the body, more intense than usual, as hot flashes"

- "strong stabbing abdominal cramps and bloating very strong throughout the abdomen that took my breath away, I no longer found myself the right sleeping position in bed, I was awoken during the night until 3:00-4:00 am; I got scared and I decided to stop taking the remedy, I never had that before. "

**3. AA** - "a more delayed menstrual cycle, that lasted less, otherwise I have not noticed anything else.

**4. - I. C** - "increased tolerance to stress, managing to do more things and I'm not precipitate as before"

- "I rest better and I remember dreams more than usual. "

**5. SS** - "initial wellbeing, euphoria, energy, optimism, power, feel like anything can be solved, the latter - mental confusion, inner fog, sadness, pessimism, victim feeling (like a victim), self-pity, tearfulness at the slightest provocation, feeling of knot in the throat ";

- "I wish I can go somewhere far away, not to hear anyone or anything";

- "I rush patients, I am easily irritated, unhappy and so I'm reviewing again all the inconveniences experienced within the recent months";

- "I took refuge in work to stop thinking about others and to end triggering other reactions";

- "heavy dreams, with endless searches with no findings, hiding so I can go unnoticed, an erotic dream ";

- "overall the day was good and many of the symptoms seemed to worsen by the second part of the day especially in the evening-night";

- "Hot flashes alternating with chills, hot and cold"

- "sweating more than usual with slight smelling odor";

- "slight hunger more pronounced than usual, needing to crunch some bakeries, craving fruits, more salt than sugar; drinking liquids a little more than usual"

- "more accentuated bloating gas, loose stools"

- "frequent urination"

- "itching skin, many pimples or irritation"

- "pelvic congestion (sensation of ovarian congestion as prior to menstrual cycle), menstrual cycle came earlier and lasted only three days, it was not too abundant, started with brown clots. Libido was quite low, even my husband had little feel for me, and I was too preoccupied with my own feelings ... so I only lived intensely sensual only in my dream! "

**6. DNA** -" from the psychomental point of view – emotionally I felt very good, more willing to work, I put on more work plans, more determined, with a very good response to stress, no matter what happens around me, I carried on my own business, not that I did not care, but I was not giving up on what I had to do. I would say I left myself in the hands of God, seeking His help, just like a child does in the arms of their mother. "

- " nervousness and speaking bluntly to others on issues that bother me ";

-, desire of purity, cleanliness, perfection, justice further exacerbated because anyway I have always had it in me and I always wanted both to me and to others, but ....  
deception! !! "

- "I was paying more attention to how I was dressing";

- "I emphasized my subconscious or better said my connection with the subconscious, with many vivid , colorful dreams that included more people around, with people from the past or family with unsuccessful attempts, an erotic dream, dreams that I remembered surprisingly well, because generally I was only remembering some scenes from last dream ";

- "I felt an intense hunger, all the time I would want to eat";

- "It has regulated my vaginal flora by getting rid of a terrible imbalance after antibiotic-therapy"

- "Menstruation occurred two days later than usual, then it came normal, and it took less than 5 days instead of 7 days, much more fluent, reddish normal from what I previously had - brown-blackish clots; and I did not have pain in the popliteal region, as I had recently with the feeling of heavy legs"

### **The 200 potency CH version Switzerland:**

**1. PI** - "I felt nothing , I'm like a very active and concerned about the problems of others around me who capture all my attention and maybe that's why I have not noticed anything."

**2. DR** - "accentuated drowsiness, sleeping better"

- "not really remembering my dreams, but I feel like I have other characters, other topics than usual"

**3. DNA** - "abundant dreams about situation adjustments, one of which had an erotic character”;

- "I feel a sensation of excitation in genital area and a state of angriness"

- "intense hunger";

- "on the 2nd day of the remedy I had the courage to tell those around what disturb me".

### **200CH potency Italian version:**

**1. DN** - "I did not feel anything special, I am a very hyperactive, agitated person, I have a lot of work and maybe that's why I did not feel anything."

**2. DNA** – "abundant dreams in which I wanted to do something but did not succeed, erotic dreams, dreams with many people around”;

- "foggy eyes, slight inattention (lack of focus), inadequacy in motion";

- "moments of terrible annoyance alternating with calmness in which I saw my own business";

- I have not been stressed so much like another time in the same situation”;

- "fantastic sleepiness after lunch";

- "strong abdominal cramps, accentuated flatulence even after a glass of water";

- “states of sexual excitement”;

- "I still show quite a lot of calm, I put energy and determination in everything I do, but I found that when the energy reserves depleted I feel it intensely and I fall down by fatigue".

- "Today, when I parked the car, I have reached the neighbor 's car back. I was very surprised because I was convinced that I appreciated well the distances. "

**Comparing the symptoms obtained from other provings such as:**

## **Mental symptoms**

- mood swings, dependence versus independence;
- detached ego, indifferent (to those who suffer, to anyone), lack of empathy, but compassion increased also;
- feeling of relaxation and peace;
- alert , active, and acute senses;
- irritability , feeling the need to swear (extremely angry at the lack of care that they experienced), malicious, rushed response;
- the need for control (to order anything (+ in the world)), disorder aggravate;
- the feeling of isolation, fear of being outside the world, but also the need for isolation, aversion to company, not feeling well when observed by others;
- Increased confidence or lack of confidence, despair, depression ;
- daydreaming, it is very difficult to concentrate, lack of awareness, automatic behavior, numbness, illusion as if being in a dream, behaves as being drugged, this behavior is intensified on awakening;
- cannot judge (determine) distances well;
- dogmatist (formalist)

## **Sleep / Dreams:**

- Lack of sleep after 1 am, walk after 4 am;
- Drowsiness after meal;
- interrupted sleep, unsettling (restless, poor quality sleep));
- many vivid, colorful dreams about children, family, colleagues, important people, police, disasters, wars, excrement, toilets (placed in strange places and exposed).

## **General:**

- increased energy;
- physical relaxation;
- disorders after sexual abuse;
- abuse / addiction (smoking, eating, etc.)
- fluctuations in body weight;



- hormonal imbalances;
- sensation of warmth, flushing.

**Vertigo** - dizziness with a feeling of floating; feel like the floor is moving with you;

- feels like being drunk or intoxicated.

### **Physical symptoms:**

#### **Head:**

- frontal headache, explosive pain in the temples, especially in the left one;
- feeling that the prover has two heads;
- heavy watery eyes, burning pains in eyes, feeling like fog or sand are present in the eye, bloodshot eye, sensitive to wind and toothpaste smell aggravated, symptoms especially for the left eye;
- clear rhinorrhea, non-irritant, unilateral obstruction on the left side, especially in dry place, bleeding secretions in the left nostril, sneezing, itching inside the nose;
- cracks in the corners of the mouth, lip herpes rash;
- painful tongue especially in the top and right side, sensation of tongue pulled back
- constant belching(eructation), hiccups, heartburn, sensation of bitterness from the stomach to the mouth;
- increased appetite, intense thirst (likes hot beverages) / its absence;
- the desire for sweets and pasta, ginger, ham, chocolate, salt and milk;
- aversion to food and sour milk - worsening in alcohol, milk, ginger, chocolate;
- eating disorder and major fluctuations on weight;
- gingival bleeding, gums moving away from the base of the teeth.
- sensation like jaws would be dislocated, fluid flowing from the mouth into the larynx (causing the sensation of drowning) difficulty in articulating words.

#### **Genital**

- dark menses brownish stream, almost black with clots, prolonged;
- lack of menstruation, rare menstrual periods, intermittent, shortened;
- sadness during menstruation and during lactation, when the lactation decreases;

- increased sexual desire;
- swollen breasts (worsening before menstruation), sensation as milk appears;
- breast nodules at weaning;

### **Neck**

- stiff neck, crackles when you turn your head;
- a feeling of dryness, irritation, sensation of opened wound , tickling, adherent mucus, sensation of lump in the throat.

### **Thorax:**

- dry cough, barking like / wet cough with viscous expectoration difficult to eliminate, metallic taste;
- oppressive chest pain behind the breastbone irradiation (sternal pain irradiating towards the back);
- feeling heart cramps , palpitations worse when supine .

### **Abdomen**

- abdominal distension aggravated after eating;
- nausea ameliorated if eating, caused by motion, aggravated by the smell of food;

### **Back and extremities**

- stiffness in the back, sciatica, more on the right side, amelioration when sitting or walking;
- pain in the wrists and ankles;
- stiff knees and feeling of paralysis;
- restless hands and feet;
- foot feels soft and spongy, as would it have been too much in water.

### **Rectum:**

- initial hard stool, then soft
- frequent or infrequent stools
- feeling as it was more to come out;
- stool darker (as meconium) or golden ocher stools.

### **Urine:**

- frequent urination during menstruation, with strong odor, offensive and dark yellow.

### **Skin**

-aggravated rashes before menses, itching, chicken skin.

### **Modalities:**

–aggravation while consuming alcohol, after eating, at waking up, before menses, after nursing, at new or full moon;

- amelioration at food, exercise, sex, breastfeeding, new moon or full moon;

- exacerbations especially on the left side.

**In conclusion, regardless of the primary source and potency of Lac Humanum's information is universally valid.**

As regarding blood tests we found the following:

- an increase in the number of leukocytes from 5430-7620;
- neutrophils from 70.9% to 66.3% or from 3.6mii / ml in no. absolutely 5.4mii / ml;
- Ig. A increases from 155.99 mg / dl to 170.44 mg / dl;
- Ig. G increases from 1168 mg / dl 1232 mg / dl;
- Ig. M increase from 125.93 mg / dl to 144.02 mg / dl;
- Ig.E decreases at 105.8 IU / dl to 105 IU / dL (normal adult is less than 100 IU / dL)
- the same trend of increasing of the leukocytes and particularly of the neutrophils, with the normalization of Ig E was also reflected by another prover who made conscientiously his analyzes.

Considering all the information mentioned above and another case where a prover who had allergic rhinitis declared that it was ameliorated, we can conclude that this remedy has imunostimulation action, especially for the neutrophils segment, and an anti – allergic effect, through normalizing the Ig. E level.

As I got used to, at the end of the proving to ask Mrs. Alexandra Baltac, person endowed with clairvoyance, her opinion. After she faced the vials of medicine, she told me as

those in potency 200CH especially variants produced abroad were not well done, presenting impurities and not being well impregnated, fact that was observed in proving those who took the medicine from these bottles, they did not feel much of improvement. In terms of mechanism of action seems that Lac Humanum can be called **the elixir of youth** because it is involved in stimulating the production of young cells inside the body and provides the turn-over of body cells. It regenerates the cells including nervous cells. During the first phase it slows down the aging process that is caused by the wrong order/command of human to not throw aging cells out of the body, then it moves to the actual process of regeneration. Arguments from the proving session in support for this are feelings of rejuvenation of the provers, dreams with people from the past, to enhancement of the discharges by stool, urine, sweat, and the analyzes have indicated a slight increase in protein levels.

#### **Clinical indications:**

- addictions (food, tobacco, alcohol) ;
- variations in mood; indifference, detachment / hyperactivity, anger;
- ADHD (attention deficiency hyperactive syndrome);
- hormones imbalances; fluctuations in body weight, premenstrual syndrome, hot flashes, amenorrhea, reduced menses quantity;
- postnatal depression or weaning;
- allergic syndromes;
- early aging;
- reduced immunity;
- social adjustment difficulties.

Regarding the use/administration of this remedy, it should be taken in high potency, well done, between 3 days and a week, with a month break, three times repeatedly, then less often.