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## **Donkey milk as a food and medicine according to tradition**

### **Premise**

We have published this article with care and to the best of our knowledge and belief. However, we cannot exclude that it contains errors in form and content. The article will be updated from time to time as we receive new information on donkey / mare milk. If necessary, consult other sources on equine milk. **WE DO NOT ASSUME** any liability for damage of any kind, neither to property nor to people, resulting from the use of the information offered in this article. The following article is a summary of tradition-based knowledge. In the article we list all the diseases known to us for which equine milk has been used successfully as a remedy or as an accompanying "food / remedy", including information on the dose and brief therapeutic advice. It is worth remembering that donkey and mare's milk are very similar therefore it is assumed, as partly reported also in the scientific literature, they have similar therapeutic properties therefore for knowledge based on tradition we will speak indiscriminately of donkey and mare milk (equid milk) This is not an invitation to treat these diseases on your own without the support of a medical specialist but to consider it as a support alongside medical treatment.

Much "medicinal" knowledge of equid milk (donkey and horse) is based on tradition. It must be remembered that cultural experience is created over very long periods of time and through many people. In this way, long-term effects are also recorded and **NON-FAVORABLE** effects are "tested" on many people in daily life. The first written documents reporting the nourishing and healing effects of equid milk date back to around 100 AD. The effects described are repeated consistently in the documents of the following centuries, and some effects have been supported by systematic and scientific studies since about 1850.

Today the scientific community is still carrying out scientific research on the effects of equid milk on humans. The accuracy and clarity of the results that can be achieved with the scientific method are certainly to be appreciated, however, scientific studies on equine milk are often lacking regarding the beneficial effects for certain pathologies that are known through tradition. Unfortunately, the scientific method has these weaknesses and limitations as much as any other method, so in the meantime the data that comes from cultural experience should not be underestimated.

Lev Nikolayevich Tolstoy, world famous writer, wrote ON Mare's milk: "Mare's milk regenerates my body and **INSPIRES** my mind".

Cleopatra bathed regularly in donkey milk to maintain her legendary beauty. The Egyptians were masters of preserving the beauty of the human body with their embalming techniques. They have learned this art to a level of perfection that is unique in the entire history of mankind. Cleopatra was aware of these secrets. It can be assumed that if she bathed in donkey milk regularly, she knew what she was doing.

The curative effects of equid milk from the earliest historical sources to the present day is aimed at:

- lungs and the entire respiratory system
- entire digestive system including the liver
- metabolism
- skin, directly and indirectly via the intestine
- hematopoietic organs

It is generally described as a food capable of regenerating a weakened, emaciated, depleted organism in an unusually short time. It is also described that regular feeding with equine milk allows the body to achieve great endurance or better cope with physical exertion.

Postnikov, a Russian physician who devoted his entire life to researching and using equine milk in the mid 19th century, summed up the effects in three words:

- It nourishes

gives the body the ability to absorb and use food better.

- Strengthens

strengthens and stimulates the functional activity of the organs.

- Edit

changes, renews the functions of metabolism in the body towards healthy and normal.

## MILK THERAPIES

### I. Useful for treating diseases that weaken the body, eg.

- severe physical and emotional exhaustion
- after serious operations and injuries
- after burns
- Cancer (eg. During or after chemotherapy, post-radiotherapy syndrome)
- congenital and acquired defects of the immune system (eg cystic fibrosis, AIDS)
- Others: eg. Inflammation of the heart muscles, haemophilia

Effect: Equine milk helps to strengthen the organism which will be able to support the healing process.

These are not direct effects on disease.

Give parallel to the usual medical care.

Adults: from 250 ml (glass) to 1,500 ml / day in 1-6 doses.

Children: from 125 ml (glass) to 750 ml / day in 1-6 doses.

## **2. Inflammatory diseases of the joints and soft tissues**

- joint swelling
- rheumatic forms

Effects: relief, improvement of mobility. Administered in parallel with the usual drug treatment.

Adults: 250 - 1,000 ml / day in 1 - 4 doses.

## **3. Skin disorders**

- Atopic dermatitis (especially with contemporary food intolerance)
- psoriasis (psoriasis)
- chronic eczema
- acne

**The diseases mentioned are actually multifactorial diseases with skin involvement. There is a close relationship between the intestines and the skin.**

**A bowel rehabilitation often leads to an improvement in**

the complexion of the skin.

Effects: less itching, improved complexion

Give parallel to the usual drug treatment.

Adults: from 250 ml to 500 ml / day in 1 - 2 doses.

Children: from 125 ml to 250 ml / day in 1 - 2 doses.

## **4. Lung:**

- tuberculosis
- lung and pleura that heal poorly
- acute and chronic bronchitis, including obstructive forms and allergic respiratory diseases
- cystic fibrosis
- Whooping cough

Effects: Relief, Reduced frequency of infections, Increased respiratory capacity

Drug. Cystic fibrosis: Less frequent lung infections administered in parallel with usual drug treatment.

Adults: 500 - 1,000 ml / day in 2-4 doses.

Children: 250-500 ml / day in 2-4 doses.

## 5. Liver:

- acute and chronic inflammation of the liver, in all stages, up to liver cirrhosis regardless of genesis (eg.

Alcohol, drugs, drugs, viral hepatitis, liver metastases, eg. Colon cancer, AIDS, etc.)

- disorders of lipid metabolism

Effects: very good efficacy. Relief. Relief of symptoms, general strengthening, weight gain.

Give parallel to the usual pharmacological and / or nutritional treatment.

Adults: initially 3 x 50 ml / day, up to 750 - 1,500 ml / day in 3-6 doses.

Children: initially 3 x 25 ml / day, up to 300-600 ml / day in 3-6 doses.

## 6. Digestive tract

- Chronic swelling of the stomach

- Stomach and duodenal ulcers

- Diseases of the biliary system

- Chronic inflammation (general / nonspecific, Crohn's disease, ulcerative colitis, diverticulitis)

- Biliary tract atresia in childhood (post-operative follow-up treatment)

Effects: Relief. Symptom reduction. Increased appetite, weight gain Note: These effects only occur with a

diet adapted to the disease. In the case of biliary atresia in children: faster healing, fewer complications.

Give in part in parallel with the usual pharmacological and / or nutritional treatment

Adults: initially 3 x 50 ml / day, up to 750 - 1,500 ml / day in 3-6 doses, each between meals.

Children: initially 3 x 25 ml / day, up to 500 - 750 ml / day in 2-6 doses, respectively between meals or as a

single meal

## 7. Infant and premature feeding

for instance .:

- in case of allergy to cow's milk proteins

- in case of taste intolerance to hypoallergenic infant formula

- in infants with insufficient weight

Pleasant taste

Donkey's milk tastes lighter than cow's milk (lower fat content), but sweeter (higher lactose content) and

more aromatic ("vegetable" taste).

Effect: good conditions for donkey milk to be accepted as food (especially for infants and premature babies)

Dr Giuseppe Iannella

**Bibliography :**

Deutscher Fachverband für Stutenmilch e.V. (DFS) (Hrsg.) Hackelberg, Alexander (Autor)  
"Stutenmilch – das unbekannte Lebenselixier" Selbstverlag des DFS, Thomasburg (2012)  
Veröffentlichung und Vertrieb ausschließlich als PDF-Dokument im Download unter  
[www.stutenmilchfachverband.de](http://www.stutenmilchfachverband.de)

More info in :

**ZUR VERWENDBARKEIT VON STUTENMILCH, KUMYS UND ESELMILCH ALS DIÄTETIKA  
UND**

**HEILMITTEL unter besonderer Berücksichtigung der Bedürfnisse des Säuglings und des**

**Frühgeborenen ( USE OF MARE'S MILK, KUMYS AND DONKEY'S MILK AS DIETETIC AND  
MEDICINAL**

**PRODUCTS, WITH SPECIAL NOTE TO THE NEEDS OF THE INFANT AND THE PREMATURE  
BABY) :**

<http://avtorskie.by/materialy/files/alexander-hackelberg.pdf>