



## OF MILK AND THE HUMAN POTENTIAL

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Can a parent truly unlock a child's potential with a milk formula? Maybe, the most essential nutrients are needed in order to make a child grow and develop into a strong individual, but who is to say that a single type of food can really bring about geniuses to rule this world? This has started me wondering whether Einstein, Michelangelo and Mozart were fed with the most superior stuff, which brought about their incredible talents and skills. Although, of course, the unrivalled goodness of mother's milk is beyond question here.

In Science, we have been taught about the difference/s between kinetic energy and potential energy, and it is simply that Kinetic energy is energy of motion while Potential energy is stored energy, or energy at rest. To rationalize this in terms of human potential, what we basically have not made full use of remains stored capability. How wonderful the whole world would be if we were all given certain elements to unlock our potential most assuredly. But then, imagine the consequences if the world's evil geniuses found out sooner what sort of havoc they could wreak upon the planet: the human race might be extinct by this time.

Unlocking the human potential can never be attributed to one type of component, such as milk formula, alone. As parents have always known, a child's potential may not always be easily recognized, often remaining hidden until a certain, opportune moment when the child—or the child in his more advanced stages of growth—comes entirely to his own. We are not always born with a certain kernel of genius or skill within us, for most times we only have to discover them, quite often accidentally, on our own.

I have read somewhere that certain stereotypical characteristics do not always mean a person will eventually become what many have become. For instance, just because an individual likes playing teacher in his childhood, it doesn't always guarantee that he will become a teacher nonpareil—he could surprisingly turn out to be a dictator with a moustache. Or just because a teenager likes reading under the covers with a flashlight late at night doesn't consistently mean he'll become a successful, published writer someday—he might turn out to be a famous cat burglar instead. Or just because a child likes to take things apart doesn't always mean he'll be an expert engineer someday—he could very well become a suicide bomber, too.

There are really just some forms of potential that remain undiscovered, unfortunately. It is sometimes upon the individual himself to discover whatever it is he already has and take everything from there. No shortcuts like milk formulas can ever fully guarantee unlocking what you already have from the start.

### QUESTIONS FOR DISCUSSION:

1. What type of potential did you have when you were a child? Did they truly guarantee what you have become today?
2. Talk about certain types of food or practices believed to be good for the brain. Do you believe such food or practices are always so?
3. Why is it sometimes difficult to recognize a child's potential? What sort of advice would be useful for a parent trying to unlock a child's potential?
4. Do you think you still have potential waiting to be unleashed from within you? Why do you think they have remained hidden all this time?
5. Is potential important? Why?