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# THE EVIDENCE FOR HOMEOPATHY

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We began putting together the solid evidence for homeopathy with the intention of creating a handout for all participants. However, even with just summary information, the document very quickly grew to forty pages. Out of ecological consideration, we are printing only the table of contents. The full document is available electronically by email. Please ensure that we have your email address so that we can send it to you.

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## HOMEOPATHY: AN EMPIRICAL SCIENCE

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Homeopathy is based on observation, provings and empirical laws. It is the only branch of western medicine to have such a solid foundation built on observation and understanding of fundamental principles.

In this section of the handout we have gathered together publications of research studies that show that homeopathy has an effect greater than a placebo. Many of these studies are so-called “meta analyses”: in such a study a number of clinical trials is reviewed to improve the reliability of the outcomes. So a meta-analysis on clinical trials of homeopathy indicates an even stronger result than a single clinical trial alone.

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## HOMEOPATHY: CLINICAL TRIAL EVIDENCE

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### CONTROLLED CLINICAL TRIALS IN REPORTED MEDICAL JOURNALS

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People with a serious interest, will find methodologically reliable, controlled clinical trials proving the efficacy of homeopathy in these international and national, non-homeopathic medical journals:

Lancet

British Medical Journal

Rheumatology

Phlebotomy

Pediatrics

Pédiatrie

Allergologie

British Journal of Clinical Pharmacology

Pediatric Infective Disease Journal

American Revue of Respiratory Diseases

Archives of Medical Emergency

Journal of Head Trauma Rehabilitation

Canadian Medical Association Journal

National Scientific Journal

Orthopadische Praxis

Therapiewoche  
Kinderarzt  
Forschungs-medizin  
Revue Française De Gynecologie Et Obstetricie  
Cancer  
Thrombosis Research  
Journal of Clinical Pharmacology  
Archives of Otolaryngology/Head and Neck Surgery  
Arzneimittel Forschung/-Drug Research

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## **HOMEOPATHY IS EFFECTIVE IN CONTROLLED CLINICAL TRIALS AND LABORATORY STUDIES**

There are more than 150 placebo controlled randomized and double-blinded clinical studies (RCTs) following standard approved clinical trial protocols. Most of these have some positive results, showing homeopathy's effectiveness. Other studies have compared a homeopathic remedy to the standard medical treatment for a particular condition and have found homeopathy as effective as these treatments. Yet other studies looked at the action of homeopathic remedies in laboratory controlled environments on cell lines or on animals and have found that homeopathy has a positive effect.

Some examples of reviews of homeopathic RCTs:

Jonas WB, Kaptchuk TJ, Linde K, A Critical Overview of Homeopathy, *Annals in Internal Medicine*, March 4, 2003:138:393-399.

Linde K, Clausius N, Ramirez G, et al., "Are the Clinical Effects of Homoeopathy Placebo Effects? A Meta-analysis of Placebo-Controlled Trials," *Lancet*, September 20, 1997, 350:834-843. (In 1999, Linde acknowledged that some new research reduced the significance of this review, but he never said or implied that the significance was lost. In fact, in 2005, he sharply criticized the Shang review of homeopathic research.)

Kleijnen J, Knipschild P, ter Riet G, "Clinical Trials of Homoeopathy," *British Medical Journal*, February 9, 1991, 302:316-323.

Ullman Dana. Homeopathic Family Medicine: Evidence Based Nanopharmacology. An ebook. [www.homeopathic.com/ebook](http://www.homeopathic.com/ebook)

M. Weiser, W. Strosser, P. Klein, "Homeopathic vs Conventional Treatment of Vertigo: A Randomized Double-blind Controlled Clinical Trial," *Archives of Otolaryngology--Head and Neck Surgery*, August, 1998, 124:879-885.

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## THE MAJOR REVIEWS OF RCT'S REACH POSITIVE CONCLUSION OF HOMEOPATHY'S EFFECTIVENESS

Over the course of the past two decades, a number of meta-analyses have been done on homeopathic clinical trials. The British Faculty of Homeopathy did a meta-meta-analysis (review of these meta-analyses), and found the following: “Four of five major comprehensive reviews of RCTs (randomized clinical trials) in homeopathy have reached broadly positive conclusions. Based on a smaller selection of trials, a fifth review came to a negative conclusion about homeopathy.”

Unfortunately, this fifth meta-analysis is the most recent one published in the *Lancet*.

The four:

- 1 Kleijnen J, Knipschild P, ter Riet G. Clinical trials of homeopathy. *Br Med J* 1991; 302: 316–23.
- 2 Linde K, Clausius N, Ramirez G, et al. Are the clinical effects of homeopathy placebo effects? A meta-analysis of placebo-controlled trials. *Lancet* 1997; 350: 834–43.
- 3 Linde K, Scholz M, Ramirez G, et al. Impact of study quality on outcome in placebo controlled trials of homeopathy. *J Clin Epidemiol* 1999; 52: 631–6.
- 4 Cucherat M, Haugh MC, Gooch M, Boissel JP. Evidence of clinical efficacy of homeopathy – A meta-analysis of clinical trials. *Eur J Clin Pharmacol* 2000; 56: 27–33.

This is the fifth:

Shang, A. et al, Are the clinical effects of homeopathy placebo effects? Comparative study of placebo-controlled trials of homeopathy and allopathy *Lancet* 2005; 366: 726–32

They took 110 placebo-controlled studies of homeopathy, excluded 102 studies and concluded that homeopathy has no more effect than placebo, based on eight of them.

A.L.B. Rutten, C.F. Stolper in “The 2005 meta-analysis of homeopathy: the importance of post-publication data,” questioned the discrepancy between the outcome of a meta-analysis published in 1997 of 89 trials of homeopathy by Linde et al and an analysis of 110 trials by Shang et al published in 2005, these reached opposite conclusions. Important data were not mentioned in Shang et al's paper, but only provided subsequently. Rutten et al shows the many short-comings in Shang et al's paper, including the lack of clarity about the inclusion criteria for the RCTs and the lack of matching between the homeopathic and conventional RCTs. In fact the only true comparison is between the quality of the studies and here the conclusion should be that quality of homeopathic trials is better than of conventional trials, for all trials as well as for smaller trials. See: [http://www.homeopathyjournal.net/article/S1475-4916\(08\)00089-1/abstract](http://www.homeopathyjournal.net/article/S1475-4916(08)00089-1/abstract)

There are significant problems with Shang's et al's analysis, including lack of external validity in the small number of trials chosen and a significant bias in the choice of the trials. That and other flaws made this “research” an utter failure. But it was widely publicized in the media—causing bitter consequences for homeopaths and their patients, especially in the UK.

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## ADJUNCTIVE HOMEOPATHIC TREATMENT IN PATIENTS WITH SEVERE SEPSIS: 50% GREATER CHANCE OF SURVIVAL.

Frass M, Linkesch, M, Banjya, S, et al. Adjunctive homeopathic treatment in patients with severe sepsis: a randomized, double-blind, placebo-controlled trial in an intensive care unit. *Homeopathy* 2005;94;75–80. At a University of Vienna hospital, 70 patients with severe sepsis were enrolled in a randomized double-blind, placebo-controlled clinical trial, measuring survival rates at 30 days and at 180 days. Those patients given a homeopathic medicine were prescribed the remedy in the 200C potency only (in 12 hour intervals during their hospital stay). The survival rate at day 30 was 81.8% for homeopathic patients and 67.7% for those given a placebo. At day 180, 75.8% of homeopathic patients survived and only 50.0% of the placebo patients survived ( $p=0.043$ ). One patient was saved for every four who were treated. The conclusion of the study was that homeopathic treatment may be an useful additional therapeutic measure with a long-term benefit for severely septic patients

admitted to the intensive care unit. A constraint to wider application of this method is the limited number of trained homeopaths.

[http://www.homeopathyjournal.net/article/S1475-4916\(05\)00026-3/abstract](http://www.homeopathyjournal.net/article/S1475-4916(05)00026-3/abstract)

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## **ALLERGY RESEARCH SHOWS HOMEOPATHY IS EFFECTIVE**

A summary of research studies on homeopathic treatment of allergies was provided by Dana Ullman. Below is an excerpt. The full article with references can be found at:

[http://www.huffingtonpost.com/dana-ullman/homeopathy-for-allergies\\_b\\_320998.html](http://www.huffingtonpost.com/dana-ullman/homeopathy-for-allergies_b_320998.html)

Respiratory allergies represent the condition for which there is a relatively strong research base for efficacious treatment with homeopathic medicines. A group of researchers at the University of Glasgow published four studies, three of which were published in the BMJ (British Medical Journal) and the Lancet, two highly respected medical journals. Each study was randomized, double-blind, and placebo-controlled. Each trial used an oral 30C homeopathic preparation. The first two trials involved patients with hay fever, where patients were either give a placebo or homeopathic doses of 12 common flowers to which people are allergic.

The third trial involved patients with asthma, where patients underwent conventional allergy testing to determine to what substance they were most allergic. Half of the patients were given a placebo and half were given a homeopathic dose of the substance to which they were most allergic (the most common allergen was "house dust mite" and thus, these patients were given House Dust Mite 30C).

The fourth study was the treatment of patients suffering with perennial allergic rhinitis (a broad technical term for respiratory allergies that are not seasonal). Like the previous study, half of the patients were given a placebo, while the other half was given a homeopathic dose of whatever substance the person was most allergic. The patients given the homeopathic medicine experienced significant improvement in nasal inspiratory flow comparable with the improvement typically experienced by patients given steroidal drugs...without side effects!

When evaluating all four trials together (there were 253 patients in all of their clinical trials), there was a 28 percent improvement in homeopathic subjects versus a 3 percent improvement in placebo subjects.

Following in the footsteps of the above research, a 4-week, double-blind clinical trial comparing homeopathic preparations with placebo was conducted in the Phoenix metropolitan area during the regional allergy season from February to May. [8] The treatment group was given a homeopathic preparation (6X) of common allergens in the Southwest region of the U.S. Participants included 40 men and women, 26-63 years of age, diagnosed with moderate to severe seasonal allergic rhinitis symptoms.

In addition to the above research, a group of German researchers conducted annual controlled

clinical trials using a single homeopathic medicine (*Galphima glauca*) on over 1,000 hay fever subjects. The last six clinical trials were randomized, double-blind, and placebo-controlled. These studies consistently showed benefits from this homeopathic treatment as compared with those patients given a placebo.

Reilly D, Taylor MA, McSharry C, Aitchison T. Is homoeopathy a placebo response? Controlled trial of homoeopathic potency, with pollen in hayfever as model. *Lancet* October 18, 1986; ii: 881-886.

Reilly, DT, Taylor, MA, Potent placebo or potency? A proposed study model with initial findings using homoeopathically prepared pollens in hayfever, *British Homoeopathic Journal* 1985,74:65-75.

Reilly D, Taylor MA, McSharry C, Aitchison T. Is homoeopathy a placebo response? Controlled trial of homoeopathic potency, with pollen in hayfever as model. *Lancet* October 18, 1986; ii: 881-886.

Reilly, DT, Taylor MA, Beattie NGM, et al, Is evidence for homoeopathy reproducible? *Lancet* 1994,344:1601-1606.

Taylor MA, Reilly D, Llewellyn-Jones H, McSharry C, Aitchison TC, Randomised controlled trial of homoeopathy versus placebo in perennial allergic rhinitis with overview of four trial series, *BMJ* August 19, 2000,321:471-476.

Kim LS, Riedlinger JE, Baldwin CM, Hilli L, Khalsa SV, Messer SA, Waters RF. Treatment of seasonal allergic rhinitis using homeopathic preparation of common allergens in the southwest region of the US: a randomized, controlled clinical trial. *Ann Pharmacother.* 2005 Apr;39(4):617-24.

Wiesenauer M, Ludtke R, "A Meta-analysis of the Homeopathic Treatment of Pollinosis with *Galphimia glauca*," *Forsch Komplementarmed.*, 3(1996):230-234.

Aabel S. Prophylactic and acute treatment with the homeopathic medicine *Betula 30C* for birch pollen allergy: a double-blind, randomized, placebo-controlled study of consistency of VAS responses. *Br Homeopath J* 2001;90:73-78.

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## **INTERNATIONAL MULTI-CENTRE STUDY SHOWS HOMEOPATHY IS AS EFFECTIVE AS CONVENTIONAL MEDICINE IN TREATING ACUTE RESPIRATORY AND EAR COMPLAINTS**

A study using 57 primary care centers in Europe showed that homeopathy is as effective at treating acute respiratory and ear complaints as conventional treatment. Data of 1,577 patients was evaluated and 857 patient received homeopathic treatment.

The study was designed as an international, multi-centre, comparative cohort study of non-randomised design. Patients, presenting themselves with at least one chief complaint: acute ( $\leq 7$  days) runny nose, sore throat, ear pain, sinus pain or cough, were recruited at 57 primary care practices in Austria (8), Germany (8), the Netherlands (7), Russia (6), Spain (6), Ukraine (4), United Kingdom (10) and the USA (8) and given either homeopathic or conventional treatment. Therapy outcome was measured by using the response rate, defined as the proportion of patients experiencing 'complete recovery' or 'major improvement' in each treatment group. The primary outcome criterion was the response rate after 14 days of therapy.

The study concluded that homeopathic treatment for acute respiratory and ear complaints, including those in children was at least as good as conventional medicine. And as importantly, the study also showed that the onset of improvement was much faster for patients using homeopathy with adults having less adverse reactions using homeopathy.

“However, onset of improvement within the first 7 days after treatment was significantly faster upon homeopathic treatment both in children ( $p = 0.0488$ ) and adults ( $p = 0.0001$ ). Adverse drug reactions occurred more frequently in adults of the conventional group than in the homeopathic group ...”  
BMC Complementary and Alternative Medicine-PubMedCentral

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## STUDY SHOWS HOMEOPATHY SUCCESSFULLY TREATING PSORIASIS

Updated April 13, 2009

A study of 82 patients suffering psoriasis treated with homeopathy in primary care over a period of two years shows significant improvement in their quality of life and reduction in their psoriasis symptoms. Many of the patients had suffered psoriasis for as long as 15 years and had previously unsuccessfully tried conventional treatments. The full paper of the study is published in the Journal of the European Academy of Dermatology and Venereology, a conventional medical Journal.

Objective of the study: To evaluate details and effects of homeopathic treatment in patients with psoriasis in usual medical care.

Methods: Primary care patients were evaluated over 2 years using standardized questionnaires, recording diagnoses and complaints severity, health-related quality of life (QoL), medical history, consultations, all treatments, and use of other health services.

Results: Forty-five physicians treated 82 adults, 51.2% women, aged  $41.6 \pm 12.2$  (mean  $\pm$  SD) years. Patients had psoriasis for  $14.7 \pm 11.9$  years; 96.3% had been treated before. Initial case taking took  $127 \pm 47$  min. The  $7.4 \pm 7.4$  subsequent consultations (duration:  $19.4 \pm 10.5$  min) cumulated to  $169.0 \pm 138.8$  min. Patients received  $6.0 \pm 4.9$  homeopathic prescriptions. Diagnoses and complaints severity improved markedly with large effect sizes (Cohen's  $d = 1.02$ – $2.09$ ). In addition, QoL improved (SF-36 physical component score  $d = 0.26$ , mental component score  $d = 0.49$ ), while conventional treatment and health service use were considerably reduced.

Conclusions: Under classical\* homeopathic treatment, patients with psoriasis improved in symptoms and QoL.

Journal of the European Academy of Dermatology and Venerology-

<http://www3.interscience.wiley.com/journal/121675687/abstract>

Homeopaths have successfully treated psoriasis with no side effects. For over 200 years homeopaths have demonstrated strategies for treating and dealing with it. Hahnemann the original founder of homeopathy, even discussed this disease as a consequence of various genetic influences.

Homeopathy's safety and efficacy stand in contrast to some of the drugs used to treat psoriasis. In 2009, the US Food and Drug Administration issued a warning drug Raptiva could result in serious brain infections and even death after the drug was linked to the death of four individuals taking the drug. Soon afterwards, the drug was voluntarily removed from the U.S. market by the manufacturer (Genetech).

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## **HOMEOPATHY AIDS STUDY DEMONSTRATES 90% DRAMATIC IMPROVEMENT**

A pilot project in Kenya using inexpensive homeopathic remedies has shown great promise in the treatment of AIDS. "More than 90 per cent of the patients showed significant improvement in their health."

The study [<http://www.aidsremedyfund.org/cms/studies>] and the use of this homeopathic remedy (Iquilai) could revolutionize the treatment of AIDS. It offers the millions of people suffering from AIDS in Africa who cannot afford the expensive pharmaceutical drugs dramatic relief.

### The Study

A total of 228 HIV-positive patients formed a group of AIDS patients in different stages of the disease. Patients in the advanced or very advanced stage of the WHO classification (CD4 <200) formed 78% of the total tested group. (59% of the patients had CD4 tested) About half the patients were already using regular anti-retroviral treatment (ART-monotherapy). The patients who did not get ART had a CD4 cell count >200, were not tested yet or had no access to regular treatment. Also individual patients had stopped ART because of the side effects. Each patient was given a total of five doses of the Iquilai remedy over a period of five consecutive days. The follow-up was recorded over a period of between four and nine months. Clinical parameters as well as the laboratory results of the CD4 cell count were recorded. As a primary outcome the Karnofsky score was taken, as in earlier treated patients the clinical improvement was very impressive. The CD4 was tested to see if the improvement could also be seen in laboratory tests. It was tested only in about 59% of the patients out of cost considerations. For the same reason no viral load was tested.

### Results

Within two weeks, an improvement in appetite and an increase in energy and weight could be observed. In addition, in more than 90 percent of the patients recovery from opportunistic infections, such as the disappearance of diarrhoea, respiratory infections and skin problems was seen. This applied to both patients treated with conventional drugs and the group not receiving any ARV treatment. The CD4 tests, which had initial values under 200, showed significant improvement. The levels increased by an average of 123 points (a CD4 value of 200 or less is a critical lower limit for which anti-viral therapy is deemed necessary). An improvement in quality of life could be observed in the whole research group. Restoration of independent functioning became possible for practically the whole population after treatment with Iquilai. Also, the side effects of those who were on regular ART were reduced.

In the study, no one was taken off their medications but some participants could not afford conventional medications and those individuals did incredibly well using the homeopathic remedy alone.

The study was funded by the AIDS Remedy Fund. The team of homeopathic Medical Doctors were led by Dutch homeopath Jan Scholten MD. The homeopaths donated their time and energy to this pilot project. Jan Scholten MD started the foundation "with the purpose of promoting complementary and alternative medicine (CAM) in the treatment of AIDS. The founders are convinced that alternative medicine has a lot to offer in the treatment of HIV infection and AIDS."

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## **ARIZONA UNIVERSITY STUDY CONCLUSIVELY SHOWS CHOSEN HOMEOPATHIC REMEDIES IMPROVE SLEEP**

A study entitled, "Effects of homeopathic medicines on polysomnographic sleep of young adults with histories of coffee-related insomnia" (2010) has shown that homeopathic remedies have an impact on sleep using technical *polysomnographic recordings*. It was a placebo controlled study.

**The study showed that a homeopathic remedy unlike the placebo "significantly increased PSG total sleep time and NREM, as well as awakenings and stage changes" in those participating in the study.**

The study was run by faculty members of the Department of Family and Community Medicine, Department of Psychiatry, Department of Psychology, Mel and Enid Zuckerman College of Public Health, Division of Family Studies and Human Development and the College of Nursing and Health Innovation at The University of Arizona College of Medicine, Tucson, AZ, USA and the Office of World Health Promotion & Disease Prevention, Arizona State University, Tempe, AZ, USA.

*From the study:*

### **Results**

Verum remedies [real homeopathic remedies and not the placebo] significantly increased PSG total sleep time and NREM, as well as awakenings and stage changes. Changes in actigraphic and self-rated scale effects were not significant.

### **Conclusions**

The study demonstrated the feasibility of using in-home, all-night sleep recordings to study homeopathic remedy effects. Findings are similar though not identical to those reported in animals with the same remedies. Possible mechanisms include initial disruption of the nonlinear dynamics of sleep patterns by the verum remedies.

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## **IMPROVEMENT IN PAIN AND QUALITY OF LIFE FOR FIBROMYALGIA PATIENTS TREATED WITH HOMEOPATHY**

Bell I.R. et al, *Rheumatology* (Oxford). 2004 May;43(5):577-82.

This well-designed high quality scientific study published in the *British Medical Journal* and in *Rheumatology* (the journal of the British Society for Rheumatology) have confirmed the real benefits of homeopathic medicines as distinct from a placebo. "Participants on active treatment showed significantly greater improvements in tender point count and tender point pain, quality of life, global health and a trend toward less depression compared with those on placebo."

Learn more:

[http://www.naturalnews.com/031353\\_fibromyalgia\\_homeopathy.html](http://www.naturalnews.com/031353_fibromyalgia_homeopathy.html)

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## **HOMEOPATHIC REMEDY GELSEMIUM SEMPERVIRENS SHOWS ITS ANTI-ANXIETY EFFECT**

Homeopathically prepared Gelsemium sempervirens has been used for over a century as a homeopathic remedy for individuals who can be suffering from anticipatory anxiety. It is also a very good remedy for influenza and many other complaints.

A recent experiment published by an Oxford University Press Journal that tested homeopathic Gelsemium in mice using standardized protocols for testing anxiety has shown that it has a significant impact. The article in the Journal is called “Homeopathic Doses of Gelsemium sempervirens Improve the Behavior of Mice in Response to Novel Environments.”

The study was led by Professor Bellavite in the Medicine and Surgery Faculty at the University of Verona, Verona Italy in association with Department of Medicine and Public Health (Biomedical Statistics Section) and Department of Medicine and Public Health (Medical Pharmacology Section) at the same University.

Gelsemium sempervirens is used in homeopathy for treating patients with anxiety related symptoms, however there have been few experimental studies evaluating its pharmacological activity. We have investigated the effects of homeopathic doses of *G. sempervirens* on mice, using validated behavioral models. Centesimal (CH) dilutions/dynamizations of *G. sempervirens*, the reference drug diazepam (1 mg/kg bodyweight) or a placebo (solvent vehicle) were intraperitoneally delivered to groups of mice of CD1 strain during 8 days, then the effects were assessed by the Light–Dark (LD) choice test and by the Open-Field (OF) exploration test, in a fully blind manner. In the LD test, the mean time spent in the illuminated area by control and placebo-treated animals was 15.98%, for mice treated with diazepam it increased to 19.91% ( $P = 0.047$ ), while with *G. sempervirens* 5 CH it was 18.11% ( $P = 0.341$ , non-significant). The number of transitions between the two compartments increased with diazepam from 6.19 to 9.64 ( $P < 0.001$ ) but not with *G. Sempervirens*. In the OF test, *G. sempervirens* 5 CH significantly increased the time spent and the distance traveled in the central zone ( $P = 0.009$  and  $P = 0.003$ , respectively), while diazepam had no effect on these OF test parameters. In a subsequent series of experiments, *G. sempervirens* 7 and 30 CH also significantly improved the behavioral responses of mice in the OF test ( $P < 0.01$  for all tested variables). Neither dilutions of *G. sempervirens* affected the total distance traveled, indicating that the behavioral effect was not due to unspecific changes in locomotor activity. In conclusion, homeopathic doses of *G. sempervirens* influence the emotional responses of mice to novel environments, suggesting an improvement in exploratory behavior and a diminution of thigmotaxis and neophobia.

Oxford University Press

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## **HOMEOPATHY TREATS ADHD SUCCESSFULLY AS CONVENTIONAL PSYCHIATRIST DRUG COMPANY PAYMENT SCANDAL DEEPENS**

Ritalin Free Kids is a wonderful book by Robert Ullman and Judyth Reichenberg-Ullman. The success stories in the book attests to the ability of well trained homeopaths to treat ADHD and similar disorders. From their web site:

Homeopathy is a safe, no side effects, natural alternative to Adderall, Concerta, Ritalin, Metadate, Dexedrine, and Strattera for ADHD, behavior problems, learning disabilities, oppositional defiant disorder, autism, depression and anxiety. Read our books, Ritalin-Free Kids, and Rage-Free Kids, and you will be amazed how a homeopathic remedy will help your child focus, behave better, do well in school, and be healthier and happier.

Attention-deficit/hyperactivity disorder (ADHD) is a developmental disorder characterized by distractibility, hyperactivity, impulsive behaviors, and the inability to remain focused on tasks or activities.

ADHD, also known as hyperkinetic disorder (HKD) outside of the United States, is estimated to affect 3-9% of children, and afflicts boys more often than girls. [answers.com]

The simple clinical success of homeopathy is in contradistinction to a deepening scandal that finds the psychiatrist who is behind the official guidelines for conventional drug treatment of children with these conditions, (and also claims there are no long term side effects from these drugs) to have taken over 1.6 million dollars in kickbacks from pharmaceutical companies. Governments around the world have used these guidelines and as in Australia are now reconsidering:

A cloud has been cast over the draft's validity after one of the psychiatrists, whose research into anti-psychotic drugs helped form the guidelines, was accused of failing to reveal payments from drug companies. The US Congress investigation has found Dr Biederman failed to declare where all the money came from and has possibly breached federal and Harvard University research laws. US-based child psychiatrist Dr Joseph Biederman is under investigation in America by authorities who have uncovered \$1.6 million in payments. [news.com Australia]

Ben Goldacre, a psychiatrist along with Sense about Science have been attempting to set guidelines for (i.e. stop) the practice of homeopathy and distribution of homeopathic remedies without having practiced it and without any real knowledge of the practice of homeopathy. The organization has received large sums of money from Pharmaceutical Companies and Ben Goldacre receives "awards" from them. Both claim that only pharmaceutical drugs are the answer to most medical problems and want to restrict the choice of ANY alternative particularly in emerging pharmaceutical markets.

Yet on the Ullman-Recheinberg web site the two practitioners with their many years of real and deep clinical experience says that homeopathy as an alternative to Ritalin:

- Treats the whole person at the root of the problem
- Considered safe, without the side effects of Ritalin and other medications
- Uses natural, nontoxic medicines
- Treats each person as an individual
- Heals physical as well as mental and emotional symptoms
- Lasts for months or years rather than hours
- Is inexpensive
- Is cost-effective

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## **HOMEOPATHIC REMEDY AS EFFECTIVE IN TREATMENT OF ADHD AS METHYLPHENIDATE (MPD)**

Br Homeopath J. 2001 Oct;90(4):183-8.

Treatment for hyperactive children: homeopathy and methylphenidate compared in a family setting. Frei H, Thurneysen A.

Source

Spezialarzt FMH für Kinder und Jugendliche, FA Homöopathie SVHA, Laupen, Switzerland.

dr.heiner.frei@swissonline.ch

Abstract

The sharp increase of the prescription of methylphenidate (MPD) in hyperactive children in recent years is a matter of increasing uneasiness among professionals, parents and politicians. There is little awareness of treatment alternatives. The purpose of this prospective trial was to assess the efficacy of homeopathy in hyperactive patients and to compare it MPD. The study was performed in a paediatric practice with conventional and homeopathic backgrounds. Children aged 3-17 y, conforming to the DSM-IV criteria for attention deficit hyperactivity disorder (ADHD) with a Conners Global Index (CGI) of 14 or higher were eligible for the study. All of them received an individual homeopathic treatment. When clinical improvement reached 50%, the parents were asked to reevaluate the symptoms. Those who did not improve sufficiently on homeopathy were changed to MPD, and again evaluated after 3 months. One hundred and fifteen children (92 boys, 23 girls) with a mean age of 8.3 y at diagnosis were included in the study. Prior to treatment the mean CGI was 20.63 (14-30), the mean index of the homeopathy group 20.52 and of the MPD-group 20.94. After an average treatment time of 3.5 months 86 children (75%) had responded to homeopathy, reaching a clinical improvement rating of 73% and an amelioration of the CGI of 55%. Twenty-five children (22%) needed MPD; the average duration of homeopathic (pre-) treatment in this group was 22 months. Clinical improvement under MPD reached 65%, the lowering of the CGI 48%. Three children did not respond to homeopathy nor to MPD, and one left the study. In cases where treatment of a hyperactive child is not urgent, homeopathy is a valuable alternative to MPD. The reported results of homeopathic treatment appear to be similar to the effects of MPD. Only children who did not reach the high level of sensory integration for school had to be changed to MPD. In preschoolers, homeopathy appears a particularly useful treatment for ADHD.

<http://www.ncbi.nlm.nih.gov/pubmed/11680802>

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### **HOMEOPATHY EFFECTIVE IN CHILDHOOD DIARRHEA**

Jacobs, J. et al. Homeopathy for childhood diarrhea: combined results and meta-analysis from three randomized, controlled clinical trials *Pediatric Infectious Disease Journal*, 2003;22:229–34. A meta-analysis of three studies showing homeopathy dropped the duration of the disease by a quarter. Authors recommend using it along with oral rehydration.

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### **HOMEOPATHY WORKS FOR E-COLI DIARRHEA IN PIGLETS**

A research study at the Wageningen University in Holland suggests that homeopathy may be an alternative to antibiotics in neonatal diarrhoea of piglets. This is a randomised, observer blind and placebo-controlled trial done on piglets, not prone to placebo effect. It is another remarkable example of a study showing that homeopathy works and that there is scientific verification for it. You can find the results in pubmed.

The Biological Farming Systems Group at the Wageningen University in the Netherlands recently conducted a research study to investigate if homeopathy might be an alternative to antibiotics in one of the most common illnesses in swine which is neonatal diarrhoea of piglets. This disease leads to weight loss and increased piglet mortality, which has substantial economic consequences.

Conventional treatments of *Escherichia coli* (*E. coli*) diarrhoea is administration of antibiotics to affected piglets, or preventive vaccination of the sows.

To investigate if *E. coli* diarrhoea in neonatal piglets could be prevented by homeopathy, the researchers set up a randomised, observer blind and placebo-controlled trial. On a commercial pig farm 52 sows of different parities, in their last month of gestation, were treated twice a week with

either the homeopathic agent Coli 30K or placebo. The 525 piglets born from these sows were scored for occurrence and duration of diarrhoea.

Piglets of the homeopathic treated group had significantly less *E. coli* diarrhoea than piglets in the placebo group ( $P < .0001$ ). Especially piglets from first parity sows gave a good response to treatment with Coli 30K. The diarrhoea seemed to be less severe in the homeopathically treated litters, there was less transmission and duration appeared shorter.

Advantages at farm level are application of the treatment by the farmer and cost reduction. These advantages and the positive results from this study make the homeopathic agent Coli 30K an attractive potential alternative in the prevention of *E. coli* diarrhoea. This study also suggests that homeopathic treatment in livestock may help the European citizen be protected from pharmacological residues in animal products and thus reduce the problem of antibiotic resistance.

Reference:

Camerlink I, Ellinger L, Bakker EJ, Lantinga EA (2010). Homeopathy as replacement to antibiotics in the case of *Escherichia coli* diarrhoea in neonatal piglets. *Homeopathy*, 99; 57–62.

-From homeopathyeurope.org

### HOMEOPATHY MAKES COLDS GO AWAY FASTER

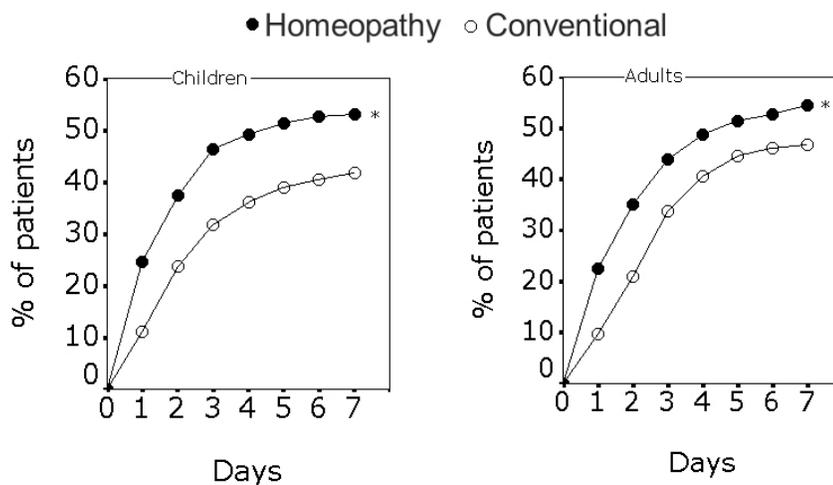
Homeopathic and conventional treatment for acute respiratory and ear complaints: A comparative study on outcome in the primary care setting *BMC Complementary and Alternative Medicine*, 2007, 7:7.

This comparative cohort study, involving more than 1,500 patients in primary care practices of at least 6 different European countries, concludes that homeopathic treatment for acute respiratory and ear complaints was not inferior to conventional treatment.

“Figure 3: Onset of improvement within the first week. Onset of improvement within the first week of treatment (cumulative percentages of patients that experienced their first improvement).”

Homeopaths already knew this.

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## **HOMEOPATHIC PREPARATION AS EFFECTIVE AS LORAZEPAM IN ‘MILD NERVOUS DISORDERS’**

Meerschaut & Sunder (2007). The Homeopathic Preparation Nervoheel N can offer an Alternative to Lorazepam Therapy for Mild Nervous Disorders. eCam. Coi.: 10.1093: 131-134

Both treatment groups reported significant symptomatic improvement of similar magnitude during the course of the study. Both treatments were well tolerated, however, 89.1% of patients using the homeopathic treatment rated the tolerability as “excellent”, while only 45.5% in the lorazepam group gave it this rating. The researchers concluded that the homeopathic preparation is not inferior to the drug lorazepam. Since the long-term effects of lorazepam, a benzodiazepine drug, is known to have serious side effects, the use of this safer homeopathic medicine may make sense.

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## **HOMEOPATHY: BASIC RESEARCH EVIDENCE**

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### **HORMESIS OR THE POWER OF SMALL DOSES**

Hormesis is the multidisciplinary science of evaluating the power of small doses of varied biological systems and its thousands of studies in a wide variety of scientific disciplines. The doses of homeopathic medicines that are commonly sold in health food stores and pharmacies throughout the world are in a similar low dosage range to the thousands of hormesis studies on low-dose effects.

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### **HOMEOPATHY EFFECTIVE ON CANCER CELLS**

Banerji Clinic treats 1,200 patients per day with 70% benefit. Homeopathics do not destroy the immune system. They've treated cases with no relapses after five years and have at least one case in which a brain tumor was 100% regressed using homeopathy alone. The patient in this case was delighted to be cured without surgery and at minimal expense. This is a wonderful opportunity for children (and adults) who are too frail for conventional treatment, which, in any case, has been shown to be effective in only 25% of patients.

In February, 2010, the International Journal of Oncology published a ground-breaking study completed at M.D. Anderson Cancer Center, Texas U. "This study showed that four homeopathic remedies were demonstrated to induce apoptosis (programmed cell death) in breast cancer cell lines in the lab. This study not only identified the effect of the homeopathics but the potential mechanism of action in one of the most thorough and interesting studies ever done on Homeopathics. The study is significant and covers almost 9 pages of analysis, graphs, and the mechanism of the homeopathics including the observed mechanism of action which was the upregulation and downregulation by the homeopathics of specific functions."

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## **ANDERSON CANCER CENTER STUDY: HOMEOPATHY SHOWS GREAT PROMISE IN TREATMENT OF BRAIN CANCER**

A study at the Anderson Cancer Center showed that the homeopathic remedy Ruta eliminated cancer cells while preserving white blood cells.

Int J Oncol. 2003 Oct;23(4):975-82.

Ruta 6 selectively induces cell death in brain cancer cells but proliferation in normal peripheral blood lymphocytes: A novel treatment for human brain cancer.

Pathak S, Multani AS, Banerji P, Banerji P.

Source

Department of Molecular Genetics, M.D. Anderson Cancer Center, Houston, TX 77030, USA.

pathak\_sen@yahoo.com

### **Abstract**

Although conventional chemotherapies are used to treat patients with malignancies, damage to normal cells is problematic. Blood-forming bone marrow cells are the most adversely affected. It is therefore necessary to find alternative agents that can kill cancer cells but have minimal effects on normal cells. We investigated the brain cancer cell-killing activity of a homeopathic medicine, Ruta, isolated from a plant, *Ruta graveolens*. We treated human brain cancer and HL-60 leukemia cells, normal B-lymphoid cells, and murine melanoma cells in vitro with different concentrations of Ruta in combination with Ca<sub>3</sub>(PO<sub>4</sub>)<sub>2</sub>.

Normal human blood lymphocytes, B-lymphoid cells, and brain cancer cells treated with Ruta in vitro were examined for telomere dynamics, mitotic catastrophe, and apoptosis to understand the possible mechanism of cell-killing, using conventional and molecular cytogenetic techniques. Both in vivo and in vitro results showed induction of survival-signaling pathways in normal lymphocytes and induction of death-signaling pathways in brain cancer cells. Cancer cell death was initiated by telomere erosion and completed through mitotic catastrophe events. We propose that Ruta in combination with Ca<sub>3</sub>(PO<sub>4</sub>)<sub>2</sub> could be used for effective treatment of brain cancers, particularly glioma.

<http://www.ncbi.nlm.nih.gov/pubmed/12963976>

This University of Texas centre has also recently published a study showing homeopathy's use in the treatment of brain cancer (see below).

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## **6/7 GLIOMA PATIENTS SHOWED COMPLETE REGRESSION OF TUMORS**

Fifteen patients diagnosed with intracranial tumors were treated with Ruta 6 and Ca<sub>3</sub>(PO<sub>4</sub>)<sub>2</sub>. Of these 15 patients, 6 of the 7 glioma patients showed complete regression of tumors.

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## **HOMEOPATHIC REMEDIES HAVE IMPACT ON BREAST CANCER CELLS**

Four well known homeopathic remedies were tested for their effects on breast cancer cell lines with the remarkable conclusion that “the remedies exerted preferential cytotoxic effects against the two breast cancer cell lines, causing cell cycle delay/arrest and apoptosis”. The laboratory study was conducted at the Department of Molecular Pathology, The University of Texas M.D. Anderson Cancer Center, Houston, Texas and published in the Journal of Oncology, 2010 Feb;36(2):395-403. Here is the abstract that was published in PubMed:

The use of ultra-diluted natural products in the management of disease and treatment of cancer has generated a lot of interest and controversy. We conducted an in vitro study to determine if products prescribed by a clinic in India have any effect on breast cancer cell lines. We studied four ultra-diluted remedies (Carcinosin, Phytolacca, Conium and Thuja) against two human breast adenocarcinoma cell lines (MCF-7 and MDA-MB-231) and a cell line derived from immortalized normal human mammary epithelial cells (HMLE). The remedies exerted preferential cytotoxic effects against the two breast cancer cell lines, causing cell cycle delay/arrest and apoptosis. These effects were accompanied by altered expression of the cell cycle regulatory proteins, including downregulation of phosphorylated Rb and upregulation of the CDK inhibitor p27, which were likely responsible for the cell cycle delay/arrest as well as induction of the apoptotic cascade that manifested in the activation of caspase 7 and cleavage of PARP in the treated cells. The findings demonstrate biological activity of these natural products when presented at ultra-diluted doses. Further in-depth studies with additional cell lines and animal models are warranted to explore the clinical applicability of these agents.

The other conclusion in the study was that “The findings demonstrate biological activity of these natural products when presented at ultra-diluted doses.”

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## **STAGGERING IMPLICATIONS FOR BREAST CANCER PATIENTS**

Frenkel, M. et al. Cytotoxic effects of ultra-diluted remedies on breast cancer cells International Journal of Oncology 2010 Feb;36(2):395-403. Conclusion: Four homeopathic remedies caused death of breast cancer cell lines in the laboratory, similar to the effect of chemotherapy, but without affecting normal cells.

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## **HOMEOPATHY CANCER CENTRE MAKES RESEARCH BREAKTHROUGH SHOWING HOMEOPATHY AFFECTS CANCER CELLS**

Dana Ullman reports that a new study done at the Amala Cancer Research Centre in India and published in the Oxford University Press journal called e-CAM shows that homeopathy has a dramatic impact on gene expression and various cancer cells in a long term way.

Dana Ullman, who has a Masters of Public Health writes, “Of special interest is the fact that this study has shown that homeopathically potentized doses have dramatic effects on various kinds of cancer cells, not just in the short-term but the long-term. This research also shows that various homeopathic medicines have dramatic effects on gene expression (this is the type of evidence that

conventional drug companies LOVE to see for their drugs...and there is increasing evidence that homeopathic medicines have this profound effect).”

**ABSTRACT:** Although reports on the efficacy of homeopathic medicines in animal models are limited, there are even fewer reports on the in vitro action of these dynamized preparations. We have evaluated the cytotoxic activity of 30C and 200C potencies of ten dynamized medicines against Dalton’s Lymphoma Ascites, Ehrlich’s Ascites Carcinoma, lung fibroblast (L929) and Chinese Hamster Ovary (CHO) cell lines and compared activity with their mother tinctures during short-term and long-term cell culture. The effect of dynamized medicines to induce apoptosis was also evaluated and we studied how dynamized medicines affected genes expressed during apoptosis. Mother tinctures as well as some dynamized medicines showed significant cytotoxicity to cells during short and long-term incubation. Potentiated alcohol control did not produce any cytotoxicity at concentrations studied. The dynamized medicines were found to inhibit CHO cell colony formation and thymidine uptake in L929 cells and those of Thuja, Hydrastis and Carcinosinum were found to induce apoptosis in DLA cells. Moreover, dynamized Carcinosinum was found to induce the expression of p53 while dynamized Thuja produced characteristic laddering pattern in agarose gel electrophoresis of DNA. These results indicate that dynamized medicines possess cytotoxic as well as apoptosis-inducing properties.

—> <http://ecam.oxfordjournals.org/cgi/content/abstract/6/2/257?etoc>

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## **NEW SCIENTIFIC STUDY SHOWS HOMEOPATHIC REMEDY HAS SIGNIFICANT EFFECT**

A new study has been performed at the Cytogenetics and Molecular Biology Laboratory Department of Zoology, India with amazing results. The study can be seen here in the JCIM Journal.

“The Objective: Whether ultra-highly diluted homeopathic remedies can affect living systems is questionable. Therefore, this study sees value in the analysis of whether homeopathically diluted glucose 30C has any effect on Escherichia coli exposed to arsenite stress.”

The astounding results were:

“ In arsenite-exposed E. coli, the glucose uptake increased along with decreases in the specific activities of hexokinase and glucokinase, intracellular ATP and membrane potential and an increase in the gene expression level of glucose permease. Glucose uptake increased further by addition of 1%, 3% or ultra-highly diluted glucose in the medium, but not by the placebo.”

This study has profound implications and is easily replicable. The Lab used modern technological equipment.

“The experiment was performed by Indian researchers from the Cytogenetics and Molecular Biology Laboratory of the Department of Zoology at the University of Kalyani in Kalyani, India.

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## **HOMEOPATHY: EFFECTIVE IN EPIDEMICS**

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Homeopathy's effectiveness extends from individual acute or chronic diseases to epidemics. Hahnemann himself as well as many homeopaths over the two centuries that followed have prescribed homeopathic remedies with success in treatment and prevention of epidemic diseases.

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## **SUMMARY OF CUBAN EXPERIENCES ON LEPTOSPIROSIS PREVENTION**

Bracho, Gustavo et al. Large-scale application of highly-diluted bacteria for Leptospirosis epidemic control. *Homeopathy*, 2010; 99: 156-166.

This was the largest-scale of homeopathic study ever undertaken, involving 2.3 million patients distributed over parts of Cuba, who were given two doses of a homeopathic remedy as a preventative to the hurricane-triggered disease. The infection rate for leptospirosis dropped to near zero, for a cost that was a small fraction of what the cost for vaccination would have been. Furthermore, the Cuban government did not possess sufficient doses for vaccinating this population whereas with homeopathy the whole population could benefit. Cuba now uses the homeopathic protocol with its entire population (Bracho, Gustavo, personal communication).

Currently, they're working on another study on upper respiratory infections, with nine million (9,000,000) people.

The report

Homeoprophylaxis: Cuban Experiences on Leptospirosis

Dr. Concepción Campa, Dr. Luis E. Varela, Dr. Esperanza Gilling, MCs. Rolando Fernández, Tec. Bárbara Ordaz, Dr. Gustavo Bracho, Dr. Luis García, Dr. Jorge Menéndez, Lic. Natalia Marzoa, Dr. Rubén Martínez.

"The Finlay Institute is a centre dedicated to development and production of vaccines; we also bring our WHO qualified facilities for all homeopaths and homeopathic medicine. The Finlay Institute acts as supporting institution for research, production and development of high quality homeopathic products. However, according with the social objective addressing prevention of infectious diseases, we are focused on homeo- prophylaxis as strategy to attenuate the impact of preventable diseases on developing world, the ones that need it the most.

Thus, development and evaluation of nosodes, appears to be our main approach to fill up the breakthrough on current conventional strategies based on vaccination. Similarly with vaccination interventions, massive applications of prophylactic nosodes give rise to a greater impact on population health compared with individualized therapies. In addition, the easy administration and low economics resources needed, become this alternative really suitable and accessible for developing countries and almost the best for emergency situations comprising epidemic outbreaks and natural disasters. The Cuban experiences of massively administrated nosodes supports its use as promising solution to confront epidemiological dangerous situations.

On October November 2007, three provinces of the eastern region of Cuba were affected by strong rainfalls causing floods of big areas and several damages to sanitary and health systems. The risk of leptospirosis infection raised extremely dangerous levels with about 2 million of peoples exposed to potentially contaminated water.

Considering this situation, the Finlay Institute prepared a leptospira nosode 200 CH using 4 circulating strains and following international quality standards. A multidisciplinary team travelled to the affected regions to conduct the massive administration of the nosode. Coordinated action with public health system infrastructures allowed the administration of a preventive treatment consisting in two doses (7- 9 days apart) of the nosode to about 2,4 million of people (4,8 million of doses). The coverage of the intervention rose up to 95% percent of total population of the three provinces at risk.

The epidemiology surveillance after the intervention showed a dramatic decrease of morbidity two weeks after and a reduction to zero of mortality of hospitalized patient. The number of confirmed

leptospirosis cases remains at low levels and below the expected levels according with the trends and rain regimens.

A reinforcing application was given after the hit of the hurricane IKE but using the nosode diluted up to 10 MC. Strict epidemiologic surveillance is carried out on the provinces. Up to date result will be presented.

The results supported the design of new strategies for leptospirosis control. This experience could be extended to other diseases and other countries. The Finlay Institute is offering our facilities and specialists to spread this alternative treatment to all regions needing emergent alternatives for epidemic control and prevention”.

<http://homeopathyresource.wordpress.com/2009/01/01/successful-use-of-homeopathy-in-over-5-million-people-reported-from-cuba/>

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## HOMEOPATHY SUCCESSFUL DURING EPIDEMICS

The success of the Cuban experience mirrors the many successes achieved with homeopathy during epidemics in the 19<sup>th</sup> century in Europe and in the USA. Extensive documentation of these successes can be found in:

Coulter, H.L. (1973) “Homeopathic Influences in Nineteenth Century Allopathic Therapeutics.” St Louis: Formur.

Winston, J (1999) “The Faces of Homeopathy.” Great Auk Publishing.

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## HOMEOPATHY: SUPPORT FROM SCIENTISTS

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### **NOBEL PRIZE LAUREATE STUNS COLLEAGUES WITH HOMEOPATHY AT A PRESTIGIOUS INTERNATIONAL SCIENTIFIC MEETING**

At a recent international meeting of Nobel Laureates held in Germany, Luc Montagnier presented a new method for detecting viral infections using the principles of homeopathy. He is a nobel laureate who discovered the link between HIV and AIDS.

Montagnier told the conference last week that solutions containing the DNA of pathogenic bacteria and viruses, including HIV, “could emit low frequency radio waves” that induced surrounding water molecules to become arranged into “nanostructures”. These water molecules, he said, could also emit radio waves.

He suggested water could retain such properties even after the original solutions were massively diluted, to the point where the original DNA had effectively vanished. In this way, he suggested,

water could retain the “memory” of substances with which it had been in contact — and doctors could use the emissions to detect disease.

From an article entitled: “Nobel Laureate Gives Homeopathy a Boost” in *The Australian*, July 10, 2010.

Last week’s conference was the Lindau Nobel laureate meeting in Germany where 60 Nobel prize winners had gathered, along with 700 other scientists, to discuss the latest breakthroughs in medicine, chemistry and physics.

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## **2008 NOBEL PRIZE WINNER PROVES HOMEOPATHIC REMEDIES ARE ACTIVE**

Professor Luc Montagnier is a French virologist and joint recipient with Françoise Barré-Sinoussi and Harald zur Hausen of the 2008 Nobel Prize in Physiology or Medicine for his co-discovery of the Human Immunodeficiency Virus (HIV).

He and his team of researchers have been doing rigorous experiments using homeopathically prepared biological substances. They have conclusively shown that homeopathically prepared biological substances give off electromagnetic waves and therefore have effects.

“The researchers also noted that one experiment found significant effects from dilutions as high as 10(-18) (equivalent to 18X). The EM signature changed with dilution levels but was unaffected by the initial concentration and remained even after the remaining DNA fragments were destroyed by chemical agents. Of additional interest was the researchers’ observation that they observed the SAME results whether their initial concentration of cells were just 10 or 10(9)(this is 10 to the 9th power = 10,000,000,000 cells).” Click here for the full report from Dana Ullman MPH

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The researchers also quote Italian physicist, E. Del Giudice for positing that water molecules can form long polymers of dipoles associated by hydrogen bonds and that electromagnetic radiations that they emit enable them to avoid decay.

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## **ANOTHER NOBEL PRIZE WINNER SPEAKS OUT FOR HOMEOPATHY**

Nobel Prize winner Brian Josephson PhD, an emeritus professor at Cambridge University, England has joined Luc Montagnier in making strong statements in favour of homeopathy. In the *New Scientist* he writes:

Regarding your comments on claims made for homeopathy: criticisms centered around the vanishingly small number of solute molecules present in a solution after it has been repeatedly diluted are beside the point, since advocates of homeopathic remedies attribute their effects not to molecules present in the water, but to modifications of the water’s structure. Simple-minded analysis may

suggest that water, being a fluid, cannot have a structure of the kind that such a picture would demand. But cases such as that of liquid crystals, which while flowing like an ordinary fluid can maintain an ordered structure over macroscopic distances, show the limitations of such ways of thinking. There have not, to the best of my knowledge, been any refutations of homeopathy that remain valid after this particular point is taken into account.

A related topic is the phenomenon, claimed by Jacques Benveniste's colleague Yolène Thomas and by others to be well established experimentally, known as "memory of water." If valid, this would be of greater significance than homeopathy itself, and it attests to the limited vision of the modern scientific community that, far from hastening to test such claims, the only response has been to dismiss them out of hand.

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## INTERVIEWS WITH A TOP RESEARCH SCIENTIST IN HOMEOPATHY- DR. IRIS BELL

The National Center for Homeopathy features new interviews with Dr. Iris Bell MD, Phd who comes with top credentials in research science.

"Dr. Bell graduated with an AB degree in biology from Harvard University, magna cum laude. She then received her PhD in Neuro- and Biobehavioral Sciences and her MD from Stanford University. After completing her psychiatry residency at the University of California – San Francisco, Dr. Bell served as a faculty member at the University of California – San Francisco and, later, at Harvard Medical School. She is board-certified in psychiatry, with added qualification in geriatric psychiatry.

**She has published over 100 peer-reviewed articles**, as well as over a dozen book chapters, and a monograph on environmental chemical sensitivity. She has received grant funding from the National Institutes of Health, the Department of Veterans Affairs, and numerous private foundations on topics ranging from nutrition in dementia and depression to the neurobiology of environmental illness to individual difference predictors of excellent outcomes during classical homeopathic treatment.

Dr. Bell is currently Professor of Psychiatry, Psychology, Medicine, Family & Community Medicine, and Public Health as well as Director of Research for the Program in Integrative Medicine at the University of Arizona College of Medicine. She also directs an NIH-funded T32 Complementary and Alternative Medicine Research Training Grant for predoctoral and postdoctoral fellows.

In this interview, research scientist and Professor at the University of Arizona College of Medicine Dr. Bell continues to discuss research in homeopathy. Dr. Bell answers the key questions "Is there evidence that homeopathy works?" and "Is homeopathy biologically active?"

Dr. Bell also highlights the key differences between the "properties" of homeopathic medicine and conventional medicine. She says, **"The evidence coming from multiple laboratories, multiple technologies and multiple investigators overwhelming demonstrates that homeopathy demonstrates biological activity. Further, plausibility is addressed by ground breaking research in material science."**

[Click here to listen to the interviews.](#)

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## **VETERINARIAN WITH SCIENCE BACKGROUND PRAISES THE DEEP AND EFFECTIVE TREATMENTS ACHIEVED WITH HOMEOPATHY**

Veterinary Surgeon Nick Thompson talks about how after initially rejecting alternative medicine, he came to use homeopathy in his veterinary practice.

<http://youtu.be/RfcVeQIxN5I>

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## **CHAIR OF MAYO CLINIC INTERNAL MEDICINE DEPARTMENT PRAISES ALTERNATIVE MEDICINE**

In a recent article in *The Atlantic*, many main stream medical doctors such as Dr. Gertz have come out in favour of homeopathy in spite of venomous attacks by skeptics. The author of the article writes:

Morie Gertz, a hematologist, who chairs the Mayo Clinic's internal-medicine department: "Most of the doctors here were top of their medical-school class, top of their residency, blah, blah, blah," he told me. "That's technical mastery. That doesn't make them effective healers. Over the past 30 years, I've seen hundreds of patients who clearly feel they've benefited from alternative therapies. It's not my job to tell them they shouldn't feel better. And I wouldn't tell patients they shouldn't try alternative medicine if they want to—we need to follow the clues patients give us about what might help them. If a patient chooses to walk away from the therapy I've prescribed and go to an alternative therapist instead, that's not the fault of alternative medicine; it's because I've failed as a doctor to do a good job of making my case in terms that are important to the patient."

Gertz is among the many physicians who dismiss the lack of supportive randomized-trial data as a reason to write off alternative medicine. "The randomized trial is a very high bar," he says. "Eighty percent of what I do here isn't based on randomized-trial data."

Physicians routinely write "off-label" prescriptions, Gertz says—that is, prescriptions that call for drugs to treat conditions for which those drugs have not been officially approved. It's a perfectly legal and ethical practice, and even one that physicians consider essential, accounting for about a fifth of all U.S. prescriptions. "It's off-label not because it doesn't work, but because there's no good randomized-trial data on it. In the same way, we may not have great evidence that alternative medicine works, but that's very different from saying it doesn't work."

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## **SKEPTICAL RESEARCHER RELUCTANTLY ADMITS HOMEOPATHY WORKS**

An article in the *New Scientist* (June 2009) points out how a pharmacologist who was attempting to debunk homeopathy had to reluctantly admit that it works.

MADELEINE Ennis, a pharmacologist at Queen's University, Belfast, was the scourge of homeopathy. She railed against its claims that a chemical remedy could be diluted to the point where a sample was unlikely to contain a single molecule of anything but water, and yet still have a healing effect. Until, that is, she set out to prove once and for all that homeopathy was bunkum. In her most recent paper, Ennis describes how her team looked at the effects of ultra-dilute solutions of histamine on human white blood cells involved in inflammation. These "basophils" release histamine when the cells are under attack. Once released, the histamine stops them releasing any

more. The study, replicated in four different labs, found that homeopathic solutions – so dilute that they probably didn't contain a single histamine molecule – worked just like histamine. Ennis might not be happy with the homeopaths' claims, but she admits that an effect cannot be ruled out.

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## **HOMEOPATHY RESEARCHERS AND CLINICAL EXPERTS GATHER AT BRITISH PARLIAMENTARY SPONSORED MEETING**

Academics, scientist and politicians from all over the world attended a unique and positive Homeopathy Research Institute reception at the British House. A 2 million GBP fund-raising appeal was launched for the Homeopathy Research Institute.

The event was sponsored by British Member of Parliament David Tredineck who is the chair of the Parliamentary Group for Integrated Healthcare with the aim of promoting scientific research in homeopathy.

The well attended event had experts in homeopathy research and experienced clinicians discussing research and other homeopathy related issues with other members of parliament and heads of various government agencies.

There were many pro-homeopathy presentations by experts on homeopathy and even professors of medicine. The host, David Trednick MP made an impassioned speech about the value of homeopathy.

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## **HOMEOPATHY: POPULARITY WITH MEDICAL DOCTORS**

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### **HOMEOPATHY IS THE #1 ALTERNATIVE FOR DOCTORS IN EUROPE**

Dana Ullman who has a Masters of Public Health and is a leading proponent of homeopathy has written a well-researched article on homeopathy and it's popularity in European nations. It is another article in a series presented by Dana Ullman on homeopathy posted on the Huffington Post website. In this article and others he provides compelling and well-researched information on advanced medical research into homeopathy proving homeopathy's effectiveness as well as information on its popularity.

The article discusses homeopathy's popularity in Europe and how it has become the number one choice amongst medical doctors who are seeking alternatives for their patients. Dana Ullman bases his information on various studies and reports. For more read the full post on Huffington Post.

[http://www.huffingtonpost.com/dana-ullman/homeopathic-medicine-euro\\_b\\_402490.html](http://www.huffingtonpost.com/dana-ullman/homeopathic-medicine-euro_b_402490.html)

Dana Ullman estimates that tens of millions of people use homeopathy world-wide.

**France**

France is ranked first in the world in the performance of its health care system, a country in which around 40 percent of the population uses homeopathic medicines and around 30 percent of its family physicians prescribe them. (See also Fisher, Peter, and Ward, Adam, "Complementary Medicine in Europe," *British Medical Journal*, July 9, 1994,309:107-110).

### **United Kingdom**

...According to a House of Lords report (2000), 17 percent of the British population use homeopathic medicines (11). The respect accorded homeopathy and homeopathic practice by British physicians is evidenced by a 1986 survey in the *British Medical Journal* that showed that 42 percent of physicians referred patients to homeopathic doctors...

### **Ireland**

A survey in Ireland was conducted at 13 pediatric settings over a 4-month period (19). They found that 57 percent of parents reported using CAM for their child. Use was significantly higher in the two to four years age group. The most common medicinal CAMs used were vitamins (88 percent), fish oils (27 percent) and Echinacea (26 percent). The most common non-medicinal CAMs used were homeopathy (16 percent) and craniosacral therapy (14 percent). Only 13 percent of parents had informed their pediatrician of their child's CAM use...

### **Germany**

The German people are so supportive of natural medicine that the German government mandated that all medical school curricula include information about natural medicines. Approximately 10 percent of German doctors specialize in homeopathy, with approximately 10 percent more prescribing homeopathic remedies on occasion. In 1993, there were 1,993 medical doctors who had formally qualified in homeopathy, while in 2006, this number jumped over 100 percent to 6,073 (20). In Germany there are 9,000 natural health practitioners called *heilpraktikers* in 1993 and over 20,000 in 2007. Approximately 20-30 percent of *heilpraktikers* specialize in homeopathy...

...A cross-sectional survey was conducted in a large random sample of 516 German outpatient care physicians with qualifications in 13 medical fields representative of a basic population of 118,085 statutory health insurance physicians in November and December 2005 as part of a national healthcare survey... This survey found that 38 percent of the medical doctors prescribed homeopathic medicines.

...Sales of homeopathic medicines in Germany were approximately \$428 million in 1991, growing at a rate of about 10 percent per year. Evidence of the significant support from the German medical community is the fact that 85 percent of these sales are prescriptions from physicians. Surveys indicate that 98 percent of pharmacies sell homeopathic medicines.

### **Switzerland**

A government-sponsored survey was conducted in Switzerland that evaluated patient satisfaction and side effects in primary care and that compared homeopathic treatment and conventional medical treatment (29). A total of 3,126 adult patients responded to a questionnaire, 1,363 of whom received conventional medical treatment and 1,702 who received homeopathic treatment. This survey found that a higher percentage of homeopathic patients had chronic and severe conditions than the conventional medical patients, that homeopathic patients were more often "completely satisfied" with their treatment (53 percent vs. 43 percent), that homeopathic patients experienced significantly fewer side effects (7.3 percent vs. 16.1 percent), that the proportion of patients reporting complete resolution of symptoms was non-significantly higher in the conventional medical patients (28 percent vs. 21 percent). What is particularly important about this survey is the observation that homeopathic patients had a higher percentage of seriously ill patients but they expressed a much higher amount of

satisfaction with their treatment than the patients who received conventional medical treatment. This survey also confirmed a common observation about people who seek homeopathic treatment and that is they were much more educated than those who didn't (32.4 percent vs. 24.7 percent received "higher education").

### **Italy**

In 2004 a total of 7.5 million Italians use homeopathic medicines, 2.5 million more than a survey showed in 2000. Approximately 14 percent of Italian women and 10 percent of men prefer homeopathic medicine to conventional medicine. A total of 9.6 percent of children between three and five years of age are treated with homeopathic medicines. Almost 90 percent of Italians who have used such medicines say these treatments helped by them, with 30 percent saying that they used homeopathic medicines for pain syndromes and 24 percent for severe or chronic diseases.

### **Spain**

In Spain, homeopathy has gotten so popular that INE, the country's statistic institute, added expenditures on homeopathic medicines to their calculations for monthly inflation rates. Sales of homeopathic medicines in Spain are growing at 10-15 percent annually, with approximately 15 percent of the population saying that they have used a homeopathic medicine and 25 percent said that they would be happy to try one.

### **Eastern Europe**

A survey of Russian physicians in three academic hospitals in St. Petersburg was published in 2008 (44). This survey found that 100 percent of the respondents had practice CAM and/or referred patients to at least two CAM therapies. On average, each physician had practiced or referred patients to 12.7 different CAM treatments. Homeopathic medicine was the 8th most popular, with 58 percent using or referring for homeopathic treatment, 31 percent using on themselves, 29 percent using it on their own patients, and 38 percent referring for homeopathic care...

...In Hungary, homeopathic literature was banned for 40 years until 1990. (*Some of the current and most vociferous leaders of the anti-homeopathy movement in England are communists- ed*) Homeopathy has now been accepted and integrated into regular medical education and is taught in two medical schools. The Hungarian Homeopathic Medical Association started with 11 members in 1990, grew to 75 after 18 months, and grew further to 302 members in 1994...

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## **INDIAN MD HOMEOPATHS IMPLEMENTING RESEARCH PROTOCOLS AND MANY RESEARCH STUDIES**

Dr. Prashant Tamboli, MD reports that many research protocols and projects have been implemented to deal with the enormous numbers of individuals being treated with homeopathy in India. The numbers at his clinics alone total over 100,000 per year. The development of these protocols will improve the clinical application of homeopathy. He states:

The main objective of our research activity is to evolve new, effective and reliable treatment strategies for different clinical conditions which would benefit both science and the community. The focus is to update our homeopathic science in a way that would directly benefit the community. The Action Research Programmes planned and launched, all aimed at promoting the health and welfare of the community. Apart from this, we review the fundamental principles of homeopathic science as per the Organon in the light of current scientific advances, so that a scientific explanation of the homeopathic system is possible.

When the Department of AYUSH (alternative systems), Ministry of Health and Family Welfare, Government of India considered the work done by the trust, they granted us 4 research projects. Out

of these, one on Diabetes mellitus is already over and has been published. Two others – Scabies, and Diarrhea, done in tribal areas, are in their last phases. A new project on learning disability has started this year. There are several smaller internal projects also going on in various research centers. A few joint projects are undertaken in association with other like-minded institutes such as Muskan, Tata Institute of Social Science, Mumbai.

All this research is not possible unless the young, enthusiastic, research oriented homeopaths are trained in basic research methodology. Hence the research department has developed various research training modules. These too were recognized by the department of AYUSH and they have included these as part of their reorientation and training programmes for teachers of homeopathic colleges from all over India.

In Pune, in the last year, multiple research activities are taking place in standardized ICR centers. Though we have been working in the field of Education and Clinical Services near Pune for over 20 years, the first hospital here, the ICR Specialty Hospital, was inaugurated on April 10, 2001. At this hospital, research in Diabetes, Ashtma, Rheumatology, Hypertension and Pediatrics is ongoing. An integrated research project : “Role of Homeopathy in Fracture Healing” has been undertaken jointly with the Deenath Mageshkar General Hospital in Pune and more are in the pipeline. All our research activities are under the guidance of the Institutional Ethics Committee.

We are finalizing plans to conduct a course in research methodology specially for our homeopaths. This will enable interested homeopaths to be qualified to carry out research projects at ours and other homeopathic institutions. We hope to be ready with those plans and details soon.

<http://www.hpathy.com/papersnew/tamboli-research-homeopathy.asp>

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### **HOMEOPATHS WITHOUT BORDERS TREAT HAITIANS SUCCESSFULLY**

Dr. Nancy Eos, a 30 year emergency room medical doctor who now enthusiastically uses homeopathy led a group of homeopaths to treat Haitians with homeopathy in the aftermath of the earthquake.” The group set up shop in two tents next to a clinic and hospital, and treated more than 2,000 patients in three days.”

The more serious injuries went into the clinic or hospital. And many of the gravest cases, such as amputees, were at the main base of relief operations some five miles away at the airport. The mission of the homeopaths was to deal with what Eos called the walking wounded.

Eos said that when they first arrived there was a lot of skepticism about homeopathy. But by the time the doctors left, the Haitians “were embracing us and thanking us.”

Eos understands those who don’t embrace homeopathy. As an emergency room doctor for 30 years, she initially had a hard time herself. “It took me a few years, when I was changing over from the regular medicine way of thinking into the homeopathic or energetic ways of thinking of medicine,” she said. “It was tough, and that’s why I don’t fault any physician now for not being able to understand us, or for not embracing our way of thinking, because it’s much different than what we were taught in medical school.”

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### **HOMEOPATHY: POPULARITY WITH GOVERNMENTS**

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The growing popularity of homeopathy, and the growing number of reported successes with homeopathic treatment has incited many governments to include homeopathy in their health care system.

In India and Pakistan the government officially recognized homeopathy in 1965 and has allocated funds for establishing homeopathic colleges. Homeopathic prescriptions are reimbursed under the National Health Service. India has a large number of homeopathic colleges, many of which are supported by the state governments or the federal government.

The British Parliament adopted the Faculty of Homeopathy Act in 1950, incorporating the faculty of the Royal London Homeopathic Hospital and empowering it to issue diplomas of competence in homeopathy. The National Health Service reimburses homeopathic physicians for treatment. The UK has placed homeopathy in the highest group of therapies together with osteopathy, acupuncture and herbalism, and described it as a “professionally organized discipline with its own diagnostic approach....”

The Greek government has also legislated homeopathy. 37% of Norwegian population uses homeopathy, 48% of Australia’s and 90% of the Netherlands’s population favors homeopathy.

In 1970 the government of Sri Lanka (Ceylon) passed a homeopathy bill which accorded official recognition to this method of practice.

Mexico has several homeopathic medical schools, both public and private, of which the leading one is the Escuela Nacional de Medicina Homeoptica.

In Brazil, the government-financed Federal Medical School has professors of clinical homeopathy. In Cuba, provincial and National centers for Homeopathy train health professionals (aprox.700 MDs, 150 pharmacists, 600 veterinarians and 250 dentists) and provide homeopathic services in all policlinics on the island.

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### **CANADIAN PROVINCIAL GOVERNMENT ACCEPTS HOMEOPATHY AS REGULATED HEALTH PROFESSION**

The Ministry of Health and Long Term Care in Ontario has recognized the need for homeopathy to be a Regulated Health Profession. This means that all homeopaths will have to follow the rules of entry to practice, standards of practice and competencies as outlined by the Regulatory College of Homeopaths. Patients can now choose to visit a homeopath and be assured quality care.

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### **INDIA POST REPORTS OVER 400,000 REGISTERED HOMEOPATHS WITH AN ADDITIONAL 13,000 NEW HOMEOPATHS PER YEAR**

The India Post (January 29 1010) reports that both Ayurvedic and Homeopathic Medicine have gained tremendous growth in India. The World Health Organization states that over one billion people world wide use herbal medicines and alternatives. Many of those are in India which has a population of about 1.17 billion people.

“With the rise in health problems under the category of lifestyle diseases, the alternate systems of medicines like Ayurveda, Homeopathy have witnessed impressive growth over the years with time-tested methodologies and marketing techniques.

“India's expertise in traditional treatments such as Homeopathy, Naturopathy, Ayurveda and Unani are becoming increasingly popular as these have no side effects, according to industry chambers.

“...There are over 400,000 registered homeopaths in the country currently, with approximately 13,000 more being added every year.

“Amrit Kalsi, Senior Medical Officer, Delhi Government, says, “The demand for Homeopathic and Ayurvedic medicines has increased in the last few years and to cure chronic ailments such as respiratory diseases, fevers, skin diseases, viral infections, asthma and allergic disorders, people are choosing the traditional way of treatment before allopathic.’...”

India is considered one of the largest emerging markets yet the pharmaceutical industry markets have only grown 13-15 per cent against a 25-30 per cent growth for homeopathy. The fact that homeopathy is such a beloved health treatment modality attests to its history of safety and effectiveness around the world but especially in India. Pharmaceutical company sponsored organizations attacking homeopathy have no ground to stand on in India and thus they have instituted attacks in countries such as England with the hope that it will have an impact on emerging markets in India and Africa.

From: Homeopathy Resource, post January 29, 2010

[\(http://homeopathyresource.wordpress.com/2010/01/29/india-times-reports-over-400000-registered-homeopaths-with-an-additional-13000-new-homeopaths-per-year/\)](http://homeopathyresource.wordpress.com/2010/01/29/india-times-reports-over-400000-registered-homeopaths-with-an-additional-13000-new-homeopaths-per-year/)

<http://www.indiapost.com/health-science/4708-Ayurveda-Homeopathy-witness-impressive-growth.html> accessed Feb 9, 2010.

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## **SWISS GOVERNMENT STUDY: HOMEOPATHY IS MOST COST EFFECTIVE**

The Swiss government has determined that homeopathy is the most cost effective method of the medical treatment of ‘ambulatory’ patients (Dec 2011).

“From 1999 to 2005, 5 methods of complementary and alternative medicine (CAM) applied by physicians were provisionally included into mandatory Swiss basic health insurance. Within this process, an evaluation of cost-effectiveness is required.”

Homeopathy was one of the five methods and it turns out that it is the most cost effective, more than any other complimentary medicine or conventional medicine. And patients reported better quality of the patient-physician relationship and fewer adverse side effects with all complimentary medical approaches.

The positive general conclusion of the study was: “This study uses a health system perspective and demonstrates at least equal or better cost-effectiveness of complimentary and alternative medicine in the setting of Swiss ambulatory care. CAM can therefore be seen as a valid complement to conventional medicine within Swiss health care.”

The study “Comparison of Swiss basic health insurance costs of complementary and conventional medicine” was published in PubMed. <http://www.ncbi.nlm.nih.gov/pubmed/22189362>

Original Study:

Gudrun Bornhöft, Peter Matthiessen. (Springer 2011) Homeopathy in Healthcare: Effectiveness, Appropriateness, Safety, Costs.

(Also read more in Dana Ullman's posting, accessed on February 15, 2012:

[http://www.huffingtonpost.com/dana-ullman/homeopathic-medicine-\\_b\\_1258607.html](http://www.huffingtonpost.com/dana-ullman/homeopathic-medicine-_b_1258607.html))

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## SWITZERLAND ENSHRINES COMPLEMENTARY MEDICINE AND HOMEOPATHY IN THEIR CONSTITUTION

On 17 May 2009 the Swiss people voted in favour of a constitutional article for complementary medicine in a national vote. Sixty Seven percent of voters supported the new constitutional article.

Federal constitution Art. 118a BV (new):

The Federal government and cantons shall ensure that, within the scope of their jurisdiction, complementary medicine is taken into consideration.

On this constitutional basis, parliament and the authorities have to implement the following requirements:

1. Admission of doctors of complementary medicine in the fields of anthroposophical medicine, homeopathy, neural therapy, phytotherapy and Traditional Chinese Medicine (TCM) into obligatory health insurance.
2. Creation of national diplomas for non-medical therapists.
3. Integration of complementary medicine into teaching and research.
4. Safeguarding of proven remedies.

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## HOMEOPATHY: POPULARITY WITH PATIENTS

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In his book, the Homeopathic Revolution: Why Famous People and Cultural Heroes Choose Homeopathy, Dana Ullman provides a solid body of evidence of use of homeopathy over the past 200 years. Page after page describes people's successes with homeopathy. From doctors, to TV stars, to monarchs, to spiritual leaders, we find homeopathy widely used among their ranks. People like homeopathy's gentle action that brings a long-lasting effect.

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## LONG TERM BENEFITS WITH HOMEOPATHY IN CHRONIC DISEASE

Two years follow-up...

Witt, CM, Ludtke R, Baur R et al. Homeopathic medical practice: long-term results of a cohort study with 3981 patients. BMC Public Health 2005, 5:115 In a prospective, multicentre cohort study with 103 primary care practices with additional specialisation in homeopathy in Germany and Switzerland, data from all patients (age > 1 year) consulting the physician for the first time were observed. The main outcome measures were: Patient and physician assessments (numeric rating scales from 0 to 10) and quality of life at baseline, and after 3, 12, and 24 months. Conclusion: Quality of life and disease severity showed significant improvement after two years, based on both patient and physician

assessment. Conditions treated were allergic rhinitis in men, headache in women, and atopic dermatitis in children. The researchers conclude that homeopathic medical therapy may play a beneficial role in the long-term care of patients with chronic diseases.

Six years follow-up...

Thompson, E.A. et al, Homeopathic treatment for chronic disease: a 6-year, university-hospital outpatient observational study. *Journal of Alternative and Complementary Medicine*, 2005 Oct;11(5):793-8.

This observational study of 6,544 patients treated homeopathically and followed over a six-year period, showed that 70% of patients reported improved health. 50% had major improvement in inflammatory bowel disease, irritable bowel syndrome, menopausal problems and migraines. Of the children, 80% had improvement and 65% major improvements in eczema and asthma.

Eight years follow-up...

Witt, CM et al, How healthy are chronically ill patients after eight years of homeopathic treatment? – Results from a long term observational study. *BMC Public Health*, 2008 Dec 17;8:413. A total of 3,709 patients were studied, 73% contributed data to the 8-year follow-up. The most frequent diagnoses were allergic rhinitis and headache in adults, and atopic dermatitis and multiple recurrent infections in children. Conclusion of the study: “Patients who seek homeopathic treatment are likely to improve considerably. These effects persist for as long as 8 years.”

Conclusion of this paper: “Disease severity and quality of life demonstrated marked and sustained improvements following homeopathic treatment period. Our findings indicate that homeopathic medical therapy may play a beneficial role in the long-term care of patients with chronic diseases.”

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## **HOSPITALS REPORT PATIENT SATISFACTION WITH HOMEOPATHY**

### **BRISTOL HOMEOPATHIC HOSPITAL**

An observational study at Bristol Homeopathic Hospital included over 6,500 consecutive patients with over 23,000 attendances in a 6-year period.<sup>6</sup> Seventy percent of follow-up patients reported improved health, 50% referring to major improvement. The best treatment responses were reported in childhood eczema and asthma, and in inflammatory bowel disease, irritable bowel syndrome, menopausal problems and migraine in adults. Similar patient-reported outcomes have been reported from the UK's other four NHS homeopathic hospitals.<sup>7-10</sup>

### **ROYAL LONDON HOMEOPATHIC HOSPITAL**

The 500-patient survey at the Royal London Homeopathic Hospital showed that many patients were able to reduce or stop conventional medication following homeopathic treatment.<sup>9</sup> The size of the effect varied between diagnoses: for skin complaints, for example, 72% of patients reported being able to stop or reduce their conventional medication; for cancer patients there was no reduction.

### **References**

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Richardson WR. Patient benefit survey: Liverpool Regional Department of Homoeopathic Medicine. *British Homeopathic Journal*, 2001; 90: 158–162.

Sharples F, van Haselen R, Fisher P. NHS patients' perspective on complementary medicine. *Complementary Therapies in Medicine*, 2003; 11: 243–248.

Reilly D, Mercer SW, Bikker AP, Harrison T. Outcome related to impact on daily living: preliminary validation of the ORIDL instrument. *BMC Health Services Research*, 2007; 7: 139.

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### **MAJORITY OF GERMANS USE HOMEOPATHY**

According to a recent study by the Allensbach Institute, a public opinion research firm in southern Germany, the use of homeopathy is on the rise. In 1970, only one in four West Germans had ever used homeopathic remedies - a figure that has since risen to 57 percent.

[http://www.heel.com/upload/Allensbach\\_survey\\_EN\\_4232.pdf](http://www.heel.com/upload/Allensbach_survey_EN_4232.pdf)

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### **PATIENTS MORE SATISFIED WITH HOMEOPATHIC TREATMENT THAN WITH CONVENTIONAL TREATMENT**

Various studies demonstrate that homeopathy users are more satisfied with their treatment and its effects than they are with a (previous) regular therapy. A clear example is the study performed in 2001 on the request of the Belgian association of homeopathic doctors. Some 800 patients were treated homeopathically for various and quite serious complaints for which they had already received regular treatment for a longer period of time. Not less than 95% were (very) satisfied with the effect versus 20% who were happy with the former regular treatment. 89% stated that their health had improved versus 13% saying so about the regular treatment. Well-being is a subjective perception. However, objective effects run in parallel to it. The number of visits paid to regular medical specialists decreased considerably after homeopathic treatment. More than half of the treated patients were able to reduce their medicine use significantly. This effect is not only a gain in health, it also represents an economic benefit. If these cost saving effects are extrapolated to all patients, this would have saved the Belgian state

€775 million per annum

From: <http://www.scribd.com/doc/49273487/ECHAMP-2005-The-Science-Base-of-Homeopathic-and-Anthroposophic-Medicine>

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### **A STRONG TESTIMONIAL FOR HOMEOPATHY**

Homeopathy has helped *millions* of people overcome serious chronic diseases. It is a 200 year old system that has stood the test of time both in terms of efficacy and safety.

In this video, patient and British Homeopathic Association Trustee Lauren Vaknine talks about how homeopathy has helped her live a normal life. She believes that without homeopathy she would have ended up in a wheelchair. She was diagnosed with Rheumatoid Arthritis at the age of 2.

[http://www.youtube.com/watch?v=C5\\_PLHGBFv0](http://www.youtube.com/watch?v=C5_PLHGBFv0)

The British Homeopathic Association which is the sister organisation of the Faculty of Homeopathy exists to promote homeopathy practised by doctors and other healthcare professionals. As a charity founded in 1902, the organization a long-established reputation for providing authoritative information and supporting research and training in homeopathy.

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## AMAZING CURES OF AUTISM WITH HOMEOPATHY

From Homeopathy Resource:

Autism, part of a group of disorders known as autism spectrum disorders (ASD), is a complex neurobiological disorder that typically lasts throughout a person's lifetime. According to the Centers for Disease Control, autism affects as many as 1 in every 110 children in the United States. Therefore, it is estimated that 1.5 million Americans may be affected with autism. Also, government statistics suggest the rate of autism is rising 10-17 percent annually. The parents in the video below relate their son's autism to vaccination. But this is an excellent video describing how homeopathy made a lasting change in their son's problem- its worth watching.

<http://homeopathyresource.wordpress.com/2010/06/01/amazing-cures-of-autism-with-homeopathy/>

Amy Lanksy's book *An Impossible Cure* is featured in this video. She too had a son with autism. She relates the successful homeopathic treatment of her son who had autism to homeopathy and wrote a book about her experience as well as others' experiences.

At the core of *Impossible Cure* is the amazing story of *how the author's son was cured of autism with homeopathy*. It also includes dozens of other testimonials of homeopathic cures for a variety of physical, mental, and emotional conditions.

Amy Lanksy PhD was a computer scientist leading research projects for NASA and her husband was a researcher for Apple Computer. As she says, she "was an avid devotee of modern medicine" but subsequent to her son's "impossible cure" from autism she studied homeopathy and became a homeopathic practitioner herself.

Good homeopathy for chronic problems requires individual case taking and prescribing. The results vary from person to person but they can be very satisfying as seen in this video. The parents in this film are not Amy Lanksy and her husband but were prompted to seek homeopathic care after reading Amy's book. For information on the book: [www.impossiblecure.com/](http://www.impossiblecure.com/)

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## HOMEOPATHY MOST FAVORED CAM IN PEDIATRIC ONCOLOGY

Homeopathy is a frequently used complementary and alternative medicine (CAM) treatment. We present results comparing responses of homeopathy users (HUs) and users of other forms of CAM (NHUs) in pediatric oncology (PO) in Germany. Differences between these two groups (usage, associated demographic characteristics, previous experience with CAM) are investigated. 186 (45.2%) of the 367 CAM users were exposed to homeopathy. The treatment duration amounted to a median

of 601 days for HUs and 282 days for NHUs. Parents with p (127; 76.5%) also used homeopathy for their child's cancer. Nonmedical practitioners played a considerably greater role as source of information than did treating physician. In the majority HUs received their prescriptions from nonmedical practitioners (56%; 29.4% of NHUs). HUs communicate more frequently with their physicians about the CAM-use (77.7% versus 65.2%) and recommend CAM more often than NHUs (94% versus 85.6%). Homeopathy is the most frequently used CAM treatment in PO in Germany. HUs sustain treatment and therapies considerably longer than NHUs. Most families who had used homeopathy before their child was diagnosed with cancer also used homeopathy for the treatment of their child's cancer. Compared to other CAM treatments, patient satisfaction with homeopathy appears to be very high.

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### **PRO-HOMEOPATHY LOBBY PRESENTS PRIME MINISTER AND BRITISH PARLIAMENT WITH DECLARATION SIGNED BY 28,112 PEOPLE**

Weeks after the release of a negative report by a British Parliamentary Committee on homeopathy hundreds showed up to lobby the British Parliament. The politicians on the parliamentary committee had difficulty comprehending the principles of homeopathy, showed serious prejudicial behaviour and one politician known to be in support of drug companies ridiculed scientists presenting evidence in support of homeopathy. The subsequent report gave free reign to conventional Pharmaceutical Company Representatives' evidence.

A few days ago, a pro homeopathy rally outside the British Parliament saw hundreds show up to support homeopathy. They presented a declaration in support of homeopathy to the Prime Minister that had been signed by 28,112 people!

They included patients and homeopaths from as far afield as Scotland, Worcestershire, Norfolk and Devon, and representing the worldwide spread of homeopathy, including the U.S.A., Japan, India and Ghana as well as Britain. The age range was enormous too, with a baby not yet one year old, who has never had any treatment but homeopathy, right up to a 96-year-old, who has also never had any treatment but homeopathy. Even animals were represented by Frankie, a dog who has been treated homeopathically for a T-cell lymphoma.

The group led by the organization H:MC21.org hand delivered a letter to the Prime Minister . Here is some of the text from the letter by the non profit organization, also known as Homeopathy: Medicine for the 21st Century.

We urge the government:

To reject the report of the Commons Science and Technology Committee on the grounds that it is profoundly flawed and shows strong evidence of prejudice.

To provide a substantial re-directing of NHS research funding, so that the use of homeopathy in the NHS can be properly assessed as regards both its clinical and cost effectiveness.

To instruct Primary Care Trusts that homeopathy forms part of the NHS provision of healthcare, and that it should not be a victim of cuts simply because decision-makers are not qualified to judge its principles and practice.

We ask your government to recognise that this declaration is the voice of nearly 28,000 people who represent some 10% of the electorate. It is a call to the government to listen not to those who have abused their access to the media, but to those who have experience of successful treatment with homeopathy, those who proudly declare: Homeopathy Works for Me!

Homeopathy: Medicine for the 21st Century is based in the UK and exists to campaign for homeopathy and to provide access to information and research for homeopaths, patients and others interested in supporting diversity in medical approaches. The declaration had been signed by 28,112 people and supported by 32 organizations.

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## ANECDOTAL INFORMATION IS ESSENTIAL TO YOUR HEALTH

Editorial:

Skeptic organizations are decrying the use of anecdotal information as a means of validating a therapy or invalidating certain conventional drugs and vaccines. Yet anecdotal information is the most important consumer and clinician tool for knowing what works, does not work and what is harmful in a real time not academic or laboratory setting.

And more importantly the body of information on side effects from drugs is for the most part based on anecdotes from patients and consumers- not laboratory evidence.

The MILLIONS every day who use homeopathy have depended on its profound clinical results. Seeing family, children, pets and even herds of animals respond so well to homeopathic remedies have made it one of the most rapidly growing health modalities in the world. Homeopaths have built an important body of knowledge in the treatment of chronic disease by listening carefully to their patients. This includes honestly evaluating their results- what works and what does not work- and, over time, seeing the best approaches. It also has included the importance of referring patients to conventional medical doctors and working in combination with them.

Clinically, the safety and effectiveness of homeopathic remedies have been proven in a 200- year old record with both scientific studies and clinical results. And yes, for the most part homeopathic treatment works on an individual basis, but there are times when it does not.

But now, there comes along a group of fundamentalist “skeptical” organizations funded by pharmaceutical companies recruiting academics who have no medical clinical experience to say that anecdotal information is not relevant to medicine and is, in fact, detrimental to it. They are saying, “Give me the evidence” only through scientific laboratory data and the double blind test. They also want you to believe that this narrow drug company sponsored view is science. Many scientists and medical clinicians would disagree with them and their approach. For instance, most surgical techniques have been developed over years of feedback from clinical information and, of course, not from double blind studies.

This is a drug company dream made into reality! Why is that?

Well, the body of information on side effects from drugs is, for the most part, based on anecdote and not on laboratory evidence.

It has been shown again and again that both the safety and efficacy of drugs has not been determined by double blind studies- the only “evidence” that skeptics want you to believe is important. Many drugs that have successfully undergone double blind studies have been many years later determined to be harmful by clinical results and patient reports, (anecdotes!).

It is rather strange that the organization that is the most opposed to validating anecdotal evidence and is fighting homeopathy the most is “Sense about Science” (and similar organizations that have now opened around the world). “Sense about Science” is almost entirely funded by the conventional pharmaceutical and medical industry- to the tune of 250,000 GBP and counting.

Luckily, authorities responsible for drug safety don’t listen to the denials of drug companies themselves, or these drug-company sponsored skeptics, but rather to the public and their suffering as

a result of taking a particular conventional drug. They have also seen the effectiveness and safety of homeopathic remedies validated through scientific testing, clinical results and demand.

It was for this reason that in England, the “Evidence Check Report” on homeopathy, which was primarily based on recommendations from two well known pharmaceutical company- sponsored skeptics, was not accepted by Parliament and strongly opposed by many members of Parliament who saw through the canard. The Canadian Broadcasting Company (CBC) is now linking to that report as if it was passed without further investigation, which gives you an idea of their bias.

Eventually, a conventional drug is proved to be harmful by a body of anecdotal information. Skeptics and drug companies would like you to believe that this is primarily “in your head”, or in the head of the victim, or caused by the “placebo effect”. This is why for many years drugs that are harmful are kept on the market. The FDA estimates that Vioxx killed or injured over 55,000 people in the United States by the time it was finally pulled from the market. The leading cause of liver failure in the United States is Tylenol, but we have yet to hear a peep out of skeptic groups about these problematic situations. Why? Because of their conservative support of the pharmaceutical industry. Homeopathy will continue to be strong in spite of some mainstream press outlets who have decided to pick up the battle cry of pharmaceutical company advertisers and skeptics- “evidence only and forget what happens in the clinic”.

There are many good laboratory studies showing homeopathy works, validating its clinical value and intelligent approach to the human condition and suffering- making it a number one choice for the millions who use it daily.

But if you value the positive results both in yourself, friends, family and colleagues, homeopathy at this time needs to your support to protect it from the substantial interests working against it.

And if you have had some positive effects from homeopathy, it is important for you to get involved and be a voice of reason in all the shouting going on against it. Make your voice heard.

A special thank you to the number of homeopathic clinicians, medical doctors, including medical specialists, who contributed to this editorial.

Filed under: Homeopathy, Homeopathy and Conventional Medicine, Skeptics and Homeopathy | Tagged: anecdotal verses evidence, BBC homeopathy, CBC Marketplace homeopathy, Center for Information, evidence check British parliament, Sense about Science, skeptics | 1 Comment »

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## **EXTRAORDINARY NEW WEB SITE SHARING SUCCESS STORIES OF HOMEOPATHY!**

There is an excellent new web site on homeopathy: <http://www.extraordinarymedicine.org/>

The website collects accounts from patients who have had success with homeopathy. There are hundreds of high-quality basic science, pre-clinical and clinical studies showing it works. It is one of the fastest-growing forms of health care in Canada and around the world, and has recently become a regulated health profession in the Canadian province of Ontario. It is vastly safer than conventional medicine. No form of health care could claim such accomplishments without being effective.

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## **PRINCE CHARLES CONGRATULATES HOMEOPATHY SCHOOL'S SUCCESS**

The School of Homeopathy in England held an historic event in Stroud to celebrate their 30th Anniversary. Many of the world's leading homeopaths came to show support and give presentations and His Royal Highness the Prince of Wales sent his warmest congratulations:

"I did just want to send my warmest possible congratulations in celebration of the Stroud School of Homeopathy's 30th Anniversary. It seems to me this most noteworthy of events takes on an even greater resonance, coming as it does at a time when, sadly, we have been witnessing the relative decline of some homeopathic services in different parts of the United Kingdom.

It makes the achievements of the School even more significant – from being one of the first in this country to offer an on-site, four year programme, to developing an extensive clinical supervision process and, in addition, creating a home-study programme which reaches students in over sixty countries.

It seems remarkable all this has happened in spite of the apparently ceaseless attacks on homeopathy, and on the individuals attempting to build credibility around its patient outcomes, and I can only wish you every possible success in the years to come."

Mani Norland, the School of Homeopathy's Principal says, "This incredible event was our way of celebrating the School's achievement of 30 years at the forefront of UK homeopathic education. This is one of the largest most exciting events ever held in homeopathy. Never before have so many influential homeopaths come together to present at one free online event – it is truly world class! We are honoured and proud to be given the added endorsement from His Royal Highness the Prince of Wales. We feel it was a great gift to give the profession and a fitting way to mark the year for us."

The School (which is the longest running in the UK) was founded in 1981 and quickly developed to be one of the first to offer an on-site four year programme. It has worked closely with the Society of Homeopaths during a long development towards an accreditation process.

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## **DR. OZ: "ALTERNATIVE MEDICINE EMPOWERS US"**

Dr. Oz on "The Dr. Oz Show" came out dramatically in favour of consumers using alternative medicine. He had a Scripps' clinic cardiologist on who recommends and discusses alternative health therapies with her patients.

He also discussed why "your doctor is afraid of alternative medicine" and why mainstream America is using alternative health. On the show he asserts that 40 per cent of Americans use alternative health.

After a doctor on the show who represented the skeptic movement was rebuked for using research over 10 years old to come to the conclusion that alternative health modalities including acupuncture doesn't work, the skeptics are attempting to attack and immolate Dr. Oz. In the end, Dr. Oz said that alternative health is a grassroots movement and empowering to consumers of health care.

The Dr. Oz show is the most watched health show in the world.

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## **HOMEOPATHY: ECONOMIC ADVANTAGE**

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In most pocket.

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## WORLD MARKET SHARE OF HOMEOPATHY

World market for Alternative Medicine is experiencing robust growth triggered by growing demand for nature-based products...Traditional Chinese Medicine, Homeopathy, Acupuncture, Chiropractic Treatment, Massage, and Ayurveda are widely practiced in Asian and African countries, and are gaining ground at a healthy rate in the developed world as well.

The herbal remedies and homeopathic market posted steady gains largely as a result of a growing percentage of senior individuals, members of the baby boom generation who are now mostly in their 60s, seeking a more holistic approach to healthcare as their ailments become more chronic in nature. These ailments include arthritis and other degenerative ailments such as heart disease, diabetes, and cancer, in addition to depression, headaches, and anxiety.

Read more: <http://www.sfgate.com/cgi-bin/article.cgi?f=/g/a/2012/01/10/prweb9087888.DTL#ixzz1mPZmaDJL>

Read more: <http://www.sfgate.com/cgi-bin/article.cgi?f=/g/a/2012/01/10/prweb9087888.DTL#ixzz1mPZH2bNN>

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## MANAGING DIRECTOR OF NASDAQ SAYS HOMEOPATHY IS FASTEST GROWING ALTERNATIVE FORM OF MEDICINE

The staff and supporters of the American Medical College of Homeopathy visited NASDAQ stock market in New York City's Times Square and were featured as special guests on the podium at the world's largest exchange company. In honor of the occasion, the President of the American Medical College of Homeopathy, rang the NASDAQ Closing Bell. The Managing Director of NASDAQ introduced homeopathy as the fastest growing alternative form of medicine. The president of the college, Dr. Todd Rowe a homeopathic MD from Arizona gave a speech about the school and homeopathy. Watch the Video: <http://youtu.be/F9FSqudFOe4>

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## DUTCH STUDY BY PROFESSOR OF ECONOMICS SHOWS THAT "PATIENTS WHOSE GP KNOWS COMPLEMENTARY MEDICINE HAVE LOWER COSTS AND LIVE LONGER"

Professor Peter Kooreman at the Department of Economics at Tilburg University has completed a study that concludes:

"Overall, the results provide strong evidence of substantially lower costs for general practitioners who have additional training in complementary medicine. "

The study, by this eminent economist suggests that homeopathy, along with acupuncture and anthroposophical medicine could save governments significant amounts of health care costs and also that patients of complimentary practitioners are healthier after alternative treatment and live longer. He also added in his conclusion that:

“Note that insurees interested in complementary medicine are more likely to buy supplementary insurance since Complimentary Alternative Medicine- CAM is not covered by basic health insurance. This would imply that the marginal out-of-pocket expenses for these insurees are lower than for insurees with a conventional GP, leading to more consumption of health care. Yet, we find that the costs of patients with a GPC are lower. This suggests that if we could control for the endogeneity of the supplementary insurance decision (with additional data), the estimated cost differences might be even larger.

Finally, several studies that compare the health status of patients treated in CAM and in conventional medicine in primary care settings find that patients treated in CAM practices suffer more often from severe and chronic illnesses [prior to seeking CAM help] (e.g., Esch et al, 2008; Florica et al, 2009). This suggests that if we could control for severity and chronicity of illnesses (with additional data), the estimated cost differences might be even larger.”

Peter Kooreman is a professor in the Department of Economics of Tilburg University. His current primary field of research and teaching is health economics. Other research interests are household and consumer behavior, social interactions, and public choice. His publications include articles in the American Economic Review, Economic Journal, European Economic Review, Journal of Applied Econometrics, Journal of Econometrics, Journal of Health Economics, Journal of Human Resources, Journal of Money, Credit, and Banking, Journal of Political Economy, Journal of Public Economics, Review of Economics and Statistics, and other journals.

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## HOMEOPATHY: RESEARCH WEBSITES

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See more homeopathy-related research at:

<http://homeoinst.org/>

<http://www.homeonetresearch.ca>

<http://www.girweb.com/>

<http://www.homeopathy-ecch.org/>

<http://www.homeopathyeuropa.org/>

<http://www.cam-quest.org/en/>

<http://www.feg.unesp.br/~ojs/index.php/ijbdr/index>

<http://www.homeopathic.org/>

<http://www.amcofb.org/Research/>

<http://www.britishhomeopathic.org/>

<http://www.homeopathy-sob.org/>

<http://www.ncbi.nlm.nih.gov/pubmed> : search “homeopathy”