Faster, Cheaper, Safer — and Deeper
How Homeopathy Can Help
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These additional resources supporting the IHS 2017 presentation are organized as follows for your convenience:

- Protocols that can be implemented in a healthcare setting as well as for home care
- Instructions for administering homeopathic medicines
- Top homeopathic medicines for acute care or home care
- Regulatory status of homeopathic medicines and practice
- Resources for further learning
- Research documenting homeopathy’s effectiveness:
  - Research documenting its mechanism of action
  - Research indicating homeopathy is not a placebo
- Obstacles to research and publication
- A vision for the future of healthcare in the United States

These research studies are a small sampling of the available studies. Best resource for research:
  Dana Ullman’s *Evidence-Based Homeopathic Family Medicine*, ebook from [www.homeopathic.com](http://www.homeopathic.com).

Protocols that can be implemented in a healthcare setting or for home care

**Recovery after surgery or tooth extraction**

See potency and dosage guidelines below. Benefits:
- speed recovery
- reduce pain, make patient-controlled analgesics unnecessary
- prevent infection and scarring
- reduce the length of hospital stay

**Nux vomica** or **Phosphorus**: difficulty coming out of anesthesia
- Nux vomica if nauseous
- Phosphorus if drowsy, disoriented, compromised mental status
- one dose of 2 pellets sublingually.

**Arnica**: top remedy for soft tissue trauma
- bruising, swelling and soreness
- Give several times a day for the first few days until these symptoms are resolved.

**Calendula**: top remedy when the skin is broken
- approximate the wound, prevent infection and scarring, reduce pain in the incision. Give orally to heal from the inside out. Does not need to be applied topically.
- Can also be used in solution to irrigate the wound, to moisten wet-to-dry dressing, or spray on a cut, abrasion, laceration, burn.
Hypericum: top remedy for injuries to nerves or spinal cord
  • after epidural or spinal tap
  • especially if the patient has a headache

Silica: top remedy for expelling a foreign object below the skin
  • bullet or fragments of a shell in a war zone
  • shards of glass embedded in the skin after an accident
  • so effective at pushing out foreign objects that before using it, must rule out pacemaker, pins holding bones together, other metal objects

Symphytum: top remedy to heal a fracture
  • promotes callus formation
  • speeds union of fractures
  • do not start until the bone is properly aligned.

Ruta grav.: top remedy for connective tissue
  • tendons, ligaments, periosteum (shin splints)
  • heals the socket after a tooth extraction especially “dry socket.”
  • post-dental extraction protocol may not single dose of an analgesic.

Combating opioid addiction
  Nux vomica 200c: a single dose can help addicts going through detox
  Residential treatment program: 2/3 of residents dropped out of six-month program unless treated with Nux vomica: only 1/3 dropped out
  Protocol credit to Dr. Loretta Butehorn

Thinning tracheal secretions with Kali bichromicum
  Research at U. of Vienna Hospital: 5 pellets of ‘Kali bic’ BID
    • “The amount of tracheal secretions was reduced significantly …
    • extubation could be performed earlier …
    • length of stay was significantly shorter.”
    • Administered sublingually, dissolves on contact, will not be
  Kali bic: top remedy for thick, sticky mucus anywhere in the body
    • for nasal mucus that comes out in strings like rubber cement
    • when suffering from a sinus headache, typically a pain in one small dime-sized spot that the sufferer can locate when palpating the sinus area
    • when flying, to relieve ears blocked by congestion
    • mucus hard to budge may require water dose (see instructions below).
Potency and Dosage

**Standard dosing:** This is the dosage protocol I use most frequently in acute conditions.
- one dose is two pellets of the 30c potency (the potency most commonly available in stores)
- dissolved in the mouth, 2 to 4 times a day depending on severity.

**Water dose:** when the dry dose is not strong enough or when topical application is desired
- dissolve two pellets in 4 ounces of water (1/2 cup).
- may have to be crushed to be dissolved.
- stir well then sip occasionally to finish the cup in one day.

**Hypersensitives** (those with universal sensitivities not just specific allergies) use a mild 6c dose.

**Frequency:** depends on the intensity of the symptoms.
- extreme or even life-threatening: hourly or even every 15 minutes (typically in a water dose for this frequency).
- must be stopped when the symptoms start to get better
- repeat only upon relapse.

**Using multiple homeopathic medicines simultaneously:**
- each homeopathic medicine imparts instructions to the body’s healing energy
- like a flash drive providing information to a computer when inserted in the USB port
- no antidote each other but different information simultaneously can be confusing
- prioritize, try to give only the highest-priority medicine each day
- e.g. Arnica the first few days after surgery when the bruising, swelling and soreness are worst
- Calendula to heal the incision can wait for day 4 and after.
- If patient urgently needs more than one remedy at a time give them at least an hour apart.
Top Homeopathic Medicines for Acute Care and Home Care
Excerpted from *Your Natural Medicine Cabinet* by Burke Lennihan, RN, CCH

**Arnica**
This is the best single remedy for every medicine cabinet and gym bag. Remember three key symptoms:
- bruised
- soft tissue trauma
- “I’m fine! Leave me alone!”
It’s perfect for those times when people have been injured and they don’t feel pain because of the endorphins, but you know they’re hurt.
It also works for a variety of conditions where there hasn’t been an actual blow, but the person feels bruised, sore, or beaten up, for example during the flu or jet lag.
- after childbirth for mother and baby, especially if the baby has a hematoma
- black eyes
- bruises
- concussion, while waiting for appropriate medical help
- surgery dental extractions
- nosebleeds after a blow to the nose
- sore muscles, pulled muscles
- sports injuries, sprains, and strains

**Arsenicum**
Made from arsenic, safe because it’s so diluted that the trace amounts (nanoparticles) can’t be detected by conventional methods. Key concepts for Arsenicum:
- anxious and fretful about survival issues like health, money, and having a roof over your head; also about things being out of place
- extreme exhaustion “out of proportion” (like, why would someone need to stay in bed for a week with a cold?)
- watery, drippy nasal discharge (“nose running like a faucet”) causing chapping of the skin under the nose (“red mustache”)
- burning sensation, for example with diarrhea
- worse after midnight (including insomnia), with a restlessness that makes the person get out of bed and drive you crazy, if it’s your spouse.
Once you know these key concepts, you can use it for so many things:
- acute anxiety
- colds and flu
- other infectious conditions: coughs, sore throats, conjunctivitis
- diarrhea, especially travelers’ diarrhea and food poisoning
- hay fever with that watery nasal discharge
- headaches
- insomnia
- mouth sores with a burning sensation
Each of these conditions could require a different remedy, though. Look for the typical Arsenicum
tiredness, fretfulness and restlessness to make sure you have a good match.

**Calendula**

Anytime the skin is broken or cut, Calendula does several important things:

- approximates the wound
- helps prevent infection
- reduces pain
- prevents scarring

**Gelsemium**

This is our top medicine for flu and many viral conditions when the person feels totally flattened and drained of energy. You can often tell when someone needs it because they are so exhausted, their eyelids are drooping.

It’s also a great remedy for “hearing bad news” when the person reacts by going numb. Instead of crying, they shut down. They may feel like their brain freezes up and they can’t think of what to do (that “deer in the headlights” feeling). And they may feel so totally drained of energy that they can hardly move (that “just got run over by a truck” kind of totally flattened feeling). So they look like they’ve got the flu, but it may be all emotional.

Gelsemium’s key concepts:
- dizzy, drowsy, droopy, dopy
- anticipation anxiety with diarrhea
- “hearing bad news” and reacting with emotional numbness.

Use it for:
- anxiety before exams, performing on stage, medical procedures or dental work
- anxiety before the vet, for pets
- diarrhea
- fever and chills
- flu
- insomnia when you can’t sleep even though you’re exhausted, or from anxiety, or mental overwork
- vertigo (remember the “dizzy” symptom: dizzy with the flu, or vertigo by itself).

**Hypericum**

Injuries to a nerve-rich area: a fingertip, toe, lip, base of the spine; a tear or an episiotomy during childbirth.

Pins and needles, or shooting pains which are likely to be along the path of a nerve like a thin line or a thin thread. When to use it:

- hit your finger with a hammer or slammed it in the car door
- hit or badly cut your lip
- a piercing on the lip, tongue or other tender area
- a tear or incision in the vaginal area during childbirth
- a puncture wound
- when you fall and hurt your tailbone, or for an injury to the spine, while you are on the way to
professional care

- pain in the root of a tooth especially if it feels like a thin thread of pain going into the jaw
- phantom limb pain after amputation

**Ignatia**

“Hearing bad news” with sudden strong emotions, whether grief or fear or shame or anger over injustice. Key words for Ignatia:

- sighing (maybe from a feeling of a heavy weight on the chest)
- sobbing
- stormy, tumultuous emotions.
- psychosomatic symptoms
- cramps and spasms

Use it for:

- emotional support in a crisis
- insomnia when upset, when “rehearsing” for a relationship problem (“I wish I told that guy off . . . next time I see him I’ll . . . ”)
- any physical symptom caused by stormy emotions, especially ones involving cramps or spasms:
  - spasmotic coughing
  - nausea/vomiting
  - lump in the throat (throat muscles cramped together)
  - back spasms, rectal spasms, or other muscle cramps
  - colic in an infant, especially if the mom is upset.

**Kali bic.**

This is the best remedy for thick sticky mucus, like when you blow your nose or cough up phlegm, and there’s a long string of mucus to your mouth or nose — yuck! Kali bic. sounds like “bick”, and we say “When mucus sticks, use Kali bic.” It may not form an actual string, but the consistency will remind you of rubber cement.

- in the nose
- in the sinuses
- in the ears, when you have to pop your ears, like in a plane but this time it’s to clear the mucus
- mucus you can’t get up from your lungs.

**Nux Vomica**

Nux covers problems in the digestive tract, from heartburn to hemorrhoids, plus several others to boot. Key concepts:

- digestive problems
- cramps and cramping pain
- worse from overindulging in rich/fatty food, junk food, spicy food, alcohol
- irritable
- liver: anything affecting the liver such as alcohol, fatty foods, or toxins that the liver has to break down.

Use it for (if the symptoms match):
• cramping pains in the stomach or abdomen
• constipation, perhaps with ineffectual cramping
• diarrhea
• acute gallbladder attack
• hangovers
• heartburn
• hemorrhoids
• nausea and vomiting
• back pain

Phosphorus

Bright red bleeding:
• bleeding gums
• bleeding hemorrhoids
• cuts that just won’t stop bleeding
• after surgery or a tooth extraction both to help come out of anesthesia and stop the bleeding
• coughing or vomiting blood
• nosebleed
• heavy menstrual bleeding or bleeding from fibroids
• postpartum hemorrhage.

Pulsatilla

Most common remedy for small children especially if they are clingy, attached to mom, needy of reassurance that you love them, a little weepy but easily consoled. If this temperament is present, it can be used for many childhood issues:
• colds, sore throats, ear infections
• tummy aches and headaches especially when you suspect your child really just wants to stay home with you
• fevers, common infectious diseases of childhood
Regulatory Status of Homeopathic Medicines and Practice

The FDA regulates most homeopathic medicines as OTC meds, and they have an NDA number (unlike vitamins and herbs, which have a different regulatory status).

That means that legally there should be no obstacle to having them included in the formulary of a hospital or clinic, although there may be other obstacles due to a lack of understanding of homeopathy.

The practice of homeopathy, like other health care professions, is regulated on the state level.

Only two states (Connecticut and Arizona) require that homeopaths be medical doctors.

Some states specifically allow anyone to practice it as part of a Health Freedom statute.

There is no state that licenses homeopathy as a standalone profession.

There is also no state in which non-medically-licensed homeopaths are being prevented from practicing homeopathy. In other words, even though these are not Health Freedom states, non-medically-licensed homeopaths are at this point free to practice. (Florida may be an exception to this, as they tend to be less friendly to holistic practitioners.)

Nurse practitioners can practice homeopathy in any state except Connecticut and Arizona, as far as I know.

RNs have to work within the scope of our license. Patient education is well within our scope of practice, so we can educate people about going to a health food store and buying a homeopathic medicine. If an RN is working in a facility, the facility may not allow this.

In many states there are RNs working as professional homeopaths. Consult your state’s Board of Registration in Nursing for its policy.
Resources for further information

For introductory information on homeopathy and how best to use it, I recommend my *Your Natural Medicine Cabinet* as the best book to read first. Next, Chernin D. *The Complete Homeopathic Resource for Common Illnesses.*

And if you have children or treat children, Ullman D. *Homeopathic Medicines for Children and Infants.* *Cough Cures,* my book whose first author is pulmonologist Gustavo Ferrer MD, may be of especial interest to physicians as its holistic recommendations are supported with more than 200 research studies.

**Primary care**

Skinner S. *An Introduction to Homeopathic Medicine in Primary Care* includes many practical protocols and an excellent introduction to homeopathy in general.

**Chronic diseases/Hospital care (an intro, not a how-to)**

Banerji P. *The Banerji Protocols: A New Method of Treatment with Homeopathic Medicines,* from the Banerji clinic in India whose cancer protocol was researched with positive outcomes at MD Anderson.

Frass M et al. *Homeopathy in Intensive Care and Emergency Medicine* by two physicians from the University of Vienna Hospital

**Research**

Ullman D. *Evidence-Based Homeopathic Family Medicine,* ebook available from [www.homeopathic.com](http://www.homeopathic.com), includes both the most effective homeopathic medicine for more than 100 common conditions and a review of the research for those conditions.

**Web:** [www.nationalcenterforhomeopathy.org](http://www.nationalcenterforhomeopathy.org) (includes referrals)

Referrals to a homeopath also on [www.homeopathicdirectory.com](http://www.homeopathicdirectory.com).

**Studying homeopathy professionally**

Excellent video series teaching homeopathic acute care by Dana Ullman, www.homeopathic.com

A 10-weekend practical training program only for certain categories of health care professionals is available by contacting [www.boironusa.org](http://www.boironusa.org).


Recommended for those wishing to become full-fledged professional homeopaths.
Research Documenting Homeopathy’s Effectiveness

A small sample of available research studies

See Dana Ullman’s Evidence-Based Homeopathic Family Medicine, www.homeopathic.com

Can work better than conventional meds; fewer side effects. *Multidiscip Respir Med.* Does additional antimicrobial treatment have a better effect on URTI cough resolution than homeopathic symptomatic therapy alone? A real-life preliminary observational study in a pediatric population. 2015. Zanasi A, Cazzato S et al. PMID 26251722. Antibiotics provided no additional benefit and increased the adverse events.

Fewer recurrences, better quality of life, parents had fewer sick leave days: *Homeopathy.* Pharmacoeconomic comparison between homeopathic and antibiotic treatment strategies in recurrent acute rhinopharyngitis in children, 2015. Trichard M et al. 499 children treated by homeopathic (268) or conventional (231) MD. PMID 15751328

The former had fewer recurrences, fewer complications, higher quality of life, parents had fewer sick-leave days.

Fewer side effects: *Evid Based Complement Alternat Med.* Homeopathic individualized Q potencies versus fluoxetine for moderate to severe depression: double-blind, randomized non-inferiority trial. 2011. Adler UC et al. PMID 19687192. Homeopathic treatment was non-inferior; more fluoxetine patients had to stop treatment due to side effects.

Can work faster than conventional meds


*Homeopathy.* 2007. Homeopathic Arnica montana for post-tonsillectomy analgesia: a randomised placebo control trial. Robertson et al. PMID 17227743. The Arnica group had a significantly larger drop in pain score from day 1 to day 14.

*BMC Complement Altern Med* 2012. Accelerating the healing of bone fracture using homeopathy: a prospective, randomized double-blind controlled study. Sharma S et al. PMC3373423. Faster healing in homeopathy group at week 9 including significant improvement in callus formation, fracture line, fracture edge, fracture union; also reduced use of analgesics.

Safer: *Pharmacoeconomic Drug Saf* Adverse drug reactions to anthroposophic and homeopathic solutions for injection: a systematic evaluation of German pharmacovigilance databases. 2012. Jong et al. Anthroposophic medicines are similar to homeopathy; these were given by injection (common in Germany, not done in the US). 303 million doses, only 486 case reports, only 46 classified as serious, 27% of reactions were localized at the injection site: itching, swelling, erythema. PMID 22692862.

Inaccurate study claiming lack of safety: *Intl J Clin Prac.* Adverse effects of homeopathy: a systematic review of published case reports and case series. 2012. Posadzi P, Ernst E et al. “The most common AEs were allergic reactions and intoxications.” PMID 23163497 [Homeopathic medicines do not contain enough substantive material to cause allergic reactions and poisonings.] Multiple fallacies in this study include: most “cases” were simply inquiries for information; patients were simultaneously on
medications; reactions could not be clearly attributed to homeopathy. For example, only 4 reports of death in the study, and one of them was a cancer patient on chemotherapy.

**Caution:** Products claiming to be homeopathic but which contain material doses of the active ingredient. Example Zicam (at the time of consumer complaints about loss of smell) used full-strength zinc as its active ingredient and added homeopathic zinc in order to make a label claim (which homeopathic remedies are allowed to do). The FDA has been requested not to allow this misleading labeling on hybrid products.

**Replace antibiotics**

**Treat infections in ICU.** Homeopathy. Adjunctive homeopathic treatment in patients with severe sepsis: a randomized, double-blind, placebo-controlled trial in an ICU. 2005. Frass M et al. PMID 21459302. 75% of homeopathy patients survived at 180 days (no adverse effects) compared to 50% of placebo group.

**Prevent recurrence.** *Int J Clin Pharmacol Ther.* The homeopathic treatment of otitis media in children—comparisons with conventional therapy. 1997. Friese KH et al. Duration of pain 2 days with homeopathic treatment 3 days in conventional (antibiotic, antipyretic, secretolytic) therapy. Homeopathy group had fewer recurrences in the following year (71% vs 57%). PMID 9247843

**Replace use of antibiotics in livestock:** *Altern Ther Health Med.* Homeopathy versus antibiotics in metaphylaxis of infectious diseases. 1999. Albrecht H, Schutte A. PMID 10484832 Homeopathy worked better than placebo, while subtherapeutic doses of antibiotics were no more effective than placebo, at preventing URIs, a common problem in piglets raised commercially.

**Reduce opioid use by reducing use of conventional pain meds:** *Clin J Pain.* Homeopathic treatment of patients with chronic low back pain: a prospective observational study with 2 years’ followup. 2009. Witt et al. Use of conventional pain meds was reduced by 50%; improved quality of life; reduced use of conventional health services. PMID 19590483

*Pharmacoepidemiol Drug Saf*2012. Impact of physician preferences for homeopathic or conventional medicines on patients with musculoskeletal disorders: results from the EP13-MSD cohort. Rossignol et al. NSAID use approx. half in homeopathic group while clinical progression was similar. Fewer NSAID-related adverse events, no loss of therapeutic opportunity. PMID 22782803.

**Enhance effectiveness of detox programs for addicts**

*Homeopathic Links.* Nux vomica, the Arnica of recovery from addiction: an exploratory study of homeopathy in the reduction of Post Acute Withdrawal Syndrome in addiction treatment. 2015. Butenorn L et al. [http://dx.doi.org/10.1055/s-0035-1544202](http://dx.doi.org/10.1055/s-0035-1544202) In two Boston-area substance abuse treatment programs, residents who took a single dose of Nux vomica 200c were more likely to complete them (66% vs 33% in one group, 63% vs 37% in a second, 77% vs 58% at another location. Dr. Butenorn was invited to present her findings to three annual Harvard Addictions Conferences and the 2014 Mass. Dept of Public Health Innovations in Treatment conference.

**Reduce health care costs**

**Save on cost of medication:** *Homeopathy.* Cost-benefit evaluation of homeopathic versus conventional therapy in respiratory diseases. 2009. Rossi E et al. PMID 19135953. For example, drug costs for patients with chronic asthma went down by 71% in the first year for patients treated with homeopathy and 54% after the second year, versus an INCREASE of 12% in the first year and 45% after the second year in patients treated with conventional medicines. (Costs compared to cost of drugs in the previous year at a homeopathic clinic in Tuscany, Italy.)

**Save on tests ordered by doctors:** *Homeopathy.* The impact of the medical specialty in primary healthcare problem solving in Belo Horizonte, Brazil: homeopaths versus family doctors: a preliminary quantitative study. 2012. Iannotti G, Melo EM. PMID 22226314. In more than 200,000 consultations in public health clinics, homeopathic MDs requested fewer tests and resolved problems better than family health doctors.

**Save on overall care:** *Health Econ Rev.* Economic impact of homeopathic practice in general medicine in France. 2015. Colas A et al. in terms of the cost to France’s Social Security system, homeopathic drugs are less expensive, homeopathic consults are more expensive, homeopathic GPs prescribed fewer psychotropic drugs, antibiotics and NSAIDS, and the net effect was that treatment by homeopathic GPs “may be less expensive from a global perspective.” PMID 26152791.

**Effective and cost-effective per Swiss government study:** Five year study comparing homeopathy and conventional medicine. Reviewed all available research, concluded 20 of 22 systematic reviews favorable to homeopathy. Analyzed claims data. Result: homeopathy as effective but costs 15% less

Bornhoft G, Matthiesen P. *Homeopathy in Healthcare: Effectiveness, Appropriateness, Safety, Costs.* Basel, Switzerland: Springer International Publishing AG, 2011. “It confirms homeopathy as a valuable addition to the conventional medical landscape — a status it has been holding for a long time in practical health care.”


**Summary (if you don’t want to buy the book) at http://www.huffingtonpost.com/dana-ullman/homeopathic-medicine-_b_1258607.html**

**Cost-effective compared to Switzerland:** The US has the most expensive health care system in the world. Brill S. Bitter pill: why medical bills are killing us. *Time,* April 4, 2013.

Total cost of healthcare (*public and private spending*) is only **65% as much** in Switzerland: OECD Health Data 2012

So if homeopathy costs 85% as much as conventional care there, it would cost about **half as much here (.65 x .85 = .55).**
The 80-20 rule governing insurance premium costs: http://www.huffingtonpost.com/john-weeks/the-8020-rule-why-insurer_b_11115430.html
Information from: https://www.healthcare.gov/health-care-law-protections/rate-review/

Deeper into Chronic Illness: Longterm Benefits to patients and the healthcare system


**After six years:** *J Alt Complement Med.* Homeopathic treatment for chronic disease: a 6-year, university-hospital outpatient observational study. Spence DS et al. 2005. PMID 16296912. 70% of patients reported improved health; 50% had major improvement in IBD, IBS, menopause, migraines.

**After eight years:** *BMC Public Health.* How healthy are chronically ill patients after eight years of homeopathic treatment? – results from a longterm observational study. 2008. Witt CM et al. PMID 19091085. “Patients who seek homeopathic treatment are likely to improve considerably.”

Effectiveness of homeopathy in chronic conditions

**Fibromyalgia:** *BMJ.* Effect of homeopathic treatment on fibrositis (primary fibromyalgia). 1989. Fisher P et al. “The homeopathic medicine … was effective for a selected subgroup of patients with fibrositis [i.e. those whose symptoms matched those of the medicine]. The improvement in tenderness … was particularly distinct [and overall] was at least as great as that reported for any other treatment that has been assessed double-blind.” PMC 1837216

*Rheumatology.* Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo. 2004. Bell et al. “significantly better than placebo in lessening tender point pain and improving the quality of life and global health of persons with fibromyalgia.” PMID 147334789

*Homeopathy.* Healthcare provided by a homeopath as an adjunct to usual care for Fibromyalgia: results of a pilot randomised controlled trial. 2009. Relton et al. The homeopathy group had reduced pain, fatigue and tiredness on waking with no reported adverse events. PMID 19358959

**Rheumatoid arthritis:** *Br J Clin Pharmacol.* Homeopathic therapy in rheumatoid arthritis: evaluation by double-blind clinical therapeutic trial. 1980. Gibson RG et al. PMID 6994789. Both homeopathic and control groups received orthodox first-line treatment. The former had significant improvement in subjective pain, articular index, stiffness and grip strength, with no side effects.

**Menopause:** *Sci Eng Ethics.* Homeopathic remedies as placebo alternatives — verification on the example of treatment of menopause-related vegetative and emotional disturbances. 2004. Wasilewski BW. “Substantial improvement in psychological and psychosomatic symptoms was observed. Climacteric complaints diminished or disappeared completely in the majority of women (95.7% by pt. eval. and 96.2% by physician eval.) PMID 14986784

**Effect of childhood trauma on adult health conditions** *(this research did not use homeopathy, however it shows the importance of addressing childhood emotional and physical trauma underlying adult illnesses)*
Research on Homeopathy’s Effectiveness

**Allergies**

*BMJ.* Randomised controlled trial of homoeopathy versus placebo in perennial allergic rhinitis with overview of four trial series. 2000. Taylor MA, Reilly D et al. PMID 10948025. “The homoeopathy group had a significant objective improvement in nasal airflow compared with the placebo group” and the results confirmed the previous three studies by the same researchers, who had intended to disprove homeopathy.


*Forsch Komplementarmed.* A randomized equivalence trial comparing the efficacy and safety of (a brand of) nasal spray with cromolyn sodium spray [e.g. Flonase] in the treatment of seasonal allergic rhinitis. 1999. Weiser M, Klein P. PMID 10460983. “Quick and lasting effects of treatment” equivalent to cromolyn sodium.

**Arnica**

*Reduced postpartum bleeding.* *Complement Ther Med.* The effect of the homeopathic remedies Arnica montana and Bellis perennis on mild postpartum bleeding – a randomized, double-blind, placebo-controlled study. 2005. Oberbaum M et al. Hemoglobin levels measured at 48h and 72h postpartum indicated less postpartum blood loss with the use of Arnica and its very similar companion remedy Bellis. PMID 16036165

*Reduced ecchymosis after rhinoplasty.* *Ann Plastic Surg* Perioperative Arnica montana for reduction of ecchymosis in rhinoplasty surgery. 2016. Chalet SR, Marcus BC. PMID 25944844. “Arnica montana seems to accelerate postoperative healing, with quicker resolution of the extent and the intensity of ecchymosis after osteotomies in rhinoplasty surgery, which may dramatically affect patient satisfaction.”

**Chamomilla**

*Ear infections:* *Homeopathy.* A randomized controlled pilot study to compare homeopathy and conventional therapy in acute otitis media. 2012. Sinha MN et al. The homeopathy group was cured
more quickly and none needed antibiotics compared to 97.5% in the control group. Chamomilla was one of the main remedies used. PMID 22226309

**Stress:** *J Vet Sci.* Matricaria chamomilla CH12 decreases handling stress in Nelore calves. 2006. Reis LS et al. Calves were stressed by being immobilized for 5 minutes, then serum cortisol levels analyzed. Chamomilla group had significantly lower cortisol levels. PMID 16645346

**Gelsemium**

**Anxiety:** *J Altern Complement Med.* Effects of a homeopathic combination remedy on the acute stress response, well-being, and sleep: a double-blind, randomized clinical trial. 2012. Hellhammer J, Schubert M. The homeopathic group had lower norepinephrine levels and improved sleep. Gelsemium was the first ingredient in the blend. PMID 22963271

*Psychopharmacol (Berl)* Dose-effect study of Gelsemium sempervirens in high dilutions on anxiety-related responses in mice. 2010. Magnani et al. “The overall pattern of results provides evidence that [Gelsemium] acts on the emotional reactivity of mice, and its anxiolytic effects are apparent … even at high dilutions” and comparable to those of buspirone (buspar). PMID 20401745.

**Migraines** *J Altern Complement Med.* Homeopathic treatment of migraine in children: results of a prospective, multicenter, observational study. 2013. Danno et al. “A significant decrease in the frequency, severity, and duration of migraine attacks was observed … reduced absenteeism from school.” Most common medicines included Gelsemium for prevention and treatment. PMID 22978244

**Hypericum**

**Wound healing:** *BMC Complement Altern Med.* A homeopathic remedy from Arnica, marigold, St. John’s wort [Hypericum] and comfrey accelerates in vitro wound scratch closure of NIH 3T3 fibroblasts. 2012. Hostanska K et al. PMID 22809174 The wound closure effect resulted from stimulation of fibroblast motility rather than their mitosis.

**Dental pain:** *Homeopathy.* A systematic review and meta-analysis on the use of Hypericum perforatum for pain conditions in dental practice. 2012. Raak C et al. PMID 23089215 The overall effect on pain favors Hypericum although it is not statistically significant.


**Kali bichromicum (Kali bic)**

**Sinusitis:** *Adv Ther.* Efficacy and safety of a fixed-combination homeopathic therapy for sinusitis. 1999. Adler M. “At the first visit after a mean of 4 days of treatment, secretolysis had increased significantly and typical sinusitis symptoms such as headache, pressure pain at nerve exit points, and irritating cough, were reduced. … Only one patient [of 119] needed an antibiotic. At the end of treatment, 81.5% described themselves as symptom free or significantly improved.” No adverse effects. Kali bich. was one of three medicines in the combination. PMID 10539378.
**Wean from a vent:** *Chest.* Influence of potassium dichromate on tracheal secretions in critically ill patients. 2005. Frass M et al. The homeopathic group had reduced tracheal secretions, earlier extubations and shorter length of stay. PMID 15764779

**Nux vomica**

**Hemorrhoids:** *Indian J Res Homeopathy.* Effect of homoeopathic LM potencies in acute attacks of hemorrhoidal disease: a multicentric randomized single-blind placebo-controlled trial. 2013. Chakraborty PS et al. doi 10.4103/0974-7168.116630 Homeopathic medicines (Nux was one of top) relieved acute hemorrhoid symptoms faster than placebo.

**Irritable bowel syndrome:** *Cochrane Database Syst Rev.* Homeopathy for treatment of irritable bowel syndrome. 2013. Peckham et al. 73% of patients in homeopathy group improved (given Nux vomica plus one other remedy) versus 45% of placebo patients although not statistically significant – low grade analysis for study. PMID 24222383

**Insomnia:** *Sleep Med.* Effects of homeopathic medicines on polysomnographic sleep of young adults with histories of coffee-related insomnia. 2011. Bell et al. PMID 20673648

**Pulsatilla**

**Colds:** *Int J High Dilution Res.* A multi-centric open clinical trial to evaluate the usefulness of 13 predefined homeopathic medicines in the management of acute rhinitis in children. 2010. Nayak et al. Pulsatilla was one of the 13 medicines. 75% of kids were cured, 17% improved markedly, but no control group so limited usefulness (only 2 of 638 had an AE, fever.


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**Research on Homeopathy’s Mechanism of Action**

**Crystalline structures in homeopathic remedy water:** The issue of whether it is possible to find two identical snowflakes is explained by a physicist (chair of the department of physics at CalTech) – and in the process he indirectly explains how it is possible to have different structures in homeopathic remedy water – in “In Search of Identical Snowflakes”, ch. 8 in *The Snowflake: Winter’s Secret Beauty.* Kenneth Libbrecht PhD. New York: Metro Books 2003.

**Smallest information storage device with only 12 atoms:** *Science.* Bistability in atomic-scale antiferromagnets. 2012. Loth S et al. PMID 2246771. “Researchers at IBM have stored and retrieved digital 1s and 0s from an array of just 12 atoms, pushing the boundaries of the magnetic storage of information to the edge of what is possible. ... Until now, the most advanced magnetic storage systems have needed about one million atoms to store a digital 1 or 0.” from “New storage device is very small, at 12 atoms.” Markoff J, in *New York Times,* Jan. 12, 2012.

**Action of nanoparticles in homeopathic remedy water:** Iris Bell, MD PhD. Pursuing the Biological Basis of Homeopathic Remedy Response. [https://youtu.be/U8lUZRc8-DU](https://youtu.be/U8lUZRc8-DU). This is the best
explanation of homeopathy’s mechanism of action by the premier researcher in the US, in a webinar she gave for her fellow homeopathic physicians. It is marked “private” and you will need to copy and paste the URL. Used by permission.

The following are among the research studies documenting the nanoparticles in homeopathic remedy water. The YouTube video above is easier to understand.


Homeopathy. Testing the nanoparticle-allostatic cross adaptation-sensitization model for homeopathic remedy effects. 2013. Bell IR et al. PMID 23290883


Symbiosis. Extending the adaptive network nanomedicine model for homeopathic medicines: nanostructures as salient cell danger signals for adaptation. 2015. Bell IR et al. (available on researchgate)

Action of ultra high dilutions confirmed by Nobel Laureate Dr. Luc Montagnier:

“I can’t say that homeopathy is right in everything. What I can say now is that the high dilutions [used in homeopathy] are right. High dilutions of something are not nothing. They are water structures which mimic the original molecules.” Science. French Nobelist escapes “intellectual terror” to pursue radical ideas in China. 2010. Enserink M. doi: 10.1126/science.330.6012.1732.

Dr. Montagnier’s own research into ultra high dilutions:


Interdiscip Sci. Electromagnetic signals are produced by aqueous nanostructures derived from bacterial DNA sequences. 2009. Montagnier L et al. PMID 20640822

Action of “liquid crystals” in homeopathic remedy water described by Nobel Laureate Dr. Brian Josephson: “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.” New Scientist. Letter. 1997. Josephson BD.
Research Indicating Homeopathy Is Not a Placebo


New field of agrohomeopathy significant for organic food:
Maute C. Homeopathy for Plants. Introduction useful for home gardeners as well as farmers.

Kaviraj, VD. Homeopathy for Farm and Garden: The Homeopathic Treatment of Plants. The pioneering work in this field however difficult to understand for non-homeopaths.

It works on animals

Effects on diabetes and serum lipid levels: J Nat Sci Biol Med. Ameliorating effect of mother tincture of Syzygium jambolanum on carbohydrate and lipid metabolic disorders in streptozotocin-induced diabetic rat. 2013. Maiti S et al. The remedy “significantly decreased fasting blood glucose levels… serum lipid biomarkers were significantly ameliorated … [it] has the capacity to attenuate diabetes induced hepatic injury.” PMID 23633838

Stimulates excretion of toxic heavy metals: Hum Exp Toxicol. Critical review and meta-analysis of serial agitated dilutions in experimental toxicology. 1994. Linde et al. Animal experiments proved the effectiveness of homeopathy in protection against toxic metals: rats given crude doses of arsenic, bismuth, cadmium, mercury chloride or lead if given the same substance in homeopathic dilution (before exposure, and repeatedly afterwards) excreted more of the toxic substances through urine, feces and sweat; in one study, 40% decrease in mortality. PMID 7917505

Replacing antibiotics for diarrhea in piglets: Homeopathy. Homeopathy as replacement to antibiotics in the case of Escherichia coli diarrhea in neonatal piglets. 2010. Camerlink I et al. Piglets born to sows treated with a homeopathic remedy in the month prior to gestation had significantly less E.coli diarrhea; the diarrhea was less severe, with shorter duration and less transmission. PMID 20129177.

Replacing antibiotics for mastitis in dairy cows J Dairy Sci. Mastitis prevention and control practices and mastitis treatment strategies associated with the consumption of (critically important) antimicrobials on dairy herds in Flanders, Belgium. 2016. Stevens M et al. “Herd treating some subclinical mastitis cases with intramammary homeopathic substances consumed fewer antimicrobials than herds not applying such homeopathic treatments.” PMID 26874421

It works in the Intensive Care Unit

Frass M, Bündner M. Homeopathy in Intensive Care and Emergency Medicine documents results at the University of Vienna Hospital.
Obstacles to Research and Publication: Lack of Funding


$1 million approximate annual US funding for homeopathic research: Personal communication, Iris Bell MD PhD, top expert in homeopathic research.

NCCIH has stopped funding, based on lack of evidence that homeopathy works.

NCCAM-funded positive study for homeopathy: *J Head Trauma Rehabil*. Homeopathic treatment of mild traumatic brain injury: a randomized, double-blind, placebo-controlled clinical trial. 1999. Chapman EH, Weintraub RJ, et al. Patients had persistent MBTI (mean 3 years) and were not improving before starting homeopathy. “These results indicate a significant improvement from the homeopathic treatment versus control and translate into clinically significant outcomes.” PMID 10671699

Obstacles to Research and Publication: Publication Bias

Research studies containing the word “homeopathy” consistently rejected, then accepted when the word is deleted. Example: *Intl Immunopharmacol*. Low doses of sequential-kinetic-activated interferon-g enhance the ex vivo cytotoxicity of peripheral blood natural killer cells from patients with early-stage colorectal cancer. A preliminary study. 2014. Radice E et al. PMID24369312.

Obstacles to Research and Publication: Inappropriate Study Design


*Int J Pediatr Otorhinolaryngol*. Hospital clinical trial: Homeopathy as adjuvant, in children with otitis media with effusion. 2016. Pedrero-Escalas et al. The combination remedy used “cannot be claimed to be an effective treatment” [because the remedies chosen were inappropriate and did not include the remedies most commonly used by homeopaths for OME]. PMID 27497418.

Obstacles to Research and Publication:
Limitations of the RCT Especially for Holistic Modalities

Dept. of Health and Human Services: AHRQ.gov, Agency for Healthcare Research and Quality using single subject design.

PCORI; Patient-Centered Outcomes Research Institutes studying medical outcomes in real world situations.

Office of Research Integrity: Nature 453, 980-982 (19 June 2008). Repairing research integrity. Titus Sl et al. 2005. Every year, a staggering 18,000 RCTs of conventional medicine are published, but because of a “paucity of high-quality evidence,” most of them have “little meaning or value for informing clinical practice,” says the Office of Research Integrity in Maryland.

Parameters measured in research on homeopathy cited in this presentation:

- Rate of recurrence of chief complaint
- Rate of hospitalization due to adverse reactions
- Patient satisfaction with treatment
- Practitioner satisfaction
- Quality of life measures
- 5-year outcomes and overall cost
A Vision for the Future of Healthcare in the United States

Saputo L. *A Return to Healing*. In sum:

1. **Lifestyle strategies**: diet, exercise, adequate sleep, stress reduction, weight control, avoidance of toxic exposures, and securing emotional and spiritual balance in life
2. **Noninvasive CAM**: acupuncture, herbal medicine, chiropractic, bodywork, homeopathy, energy medicine
3. **Natural-medicine approaches**: orthomolecular medicine, functional medicine, and bioenergetic research including advanced forms of testing
4. **Very careful and sparing use of drugs, surgery**, and other invasive strategies *only as a last resort*


1. Establish the conditions for health
2. Stimulate the healing power of nature
3. Address weakened or damaged systems or organs
4. **Correct structural integrity** [e.g. chiropractic]
5. Address pathology with natural substances and interventions
6. Address pathology with pharmacologic or synthetic substances
7. Suppress or surgically remove pathology

Combining the two and creating a new triage — ideal to start with nurses:

1. Exercise, healthy diet, basic supplements, yoga, mindfulness meditation
2. Referral for non-invasive CAM:
   - acupuncture, homeopathy, low-force chiro
3. Refer to a naturopath or functional MD
   - for special diet, supplements and herbs
4. Drugs and surgery only as a last resort

Disclaimer: I am recommending the International Nurse Coach Association but this is my proposal not necessarily theirs