Notes to the CME Committee

Research citations: research on homeopathy tends to be published in journals perhaps not considered leading international journals. For example, the *International Journal of High Dilution Research* is cited because this new field of physics explains homeopathy’s mechanism of action; *Indian Journal of Research in Homeopathy* because India leads the world in integrating homeopathy into its health care system, with hundreds of homeopathic hospitals and medical schools and over 200,000 professional homeopaths. The Indian Institute of Technology, considered “India’s MIT,” is where the existence of nanoparticles in homeopathic solutions was first documented.

Date of research citations: Homeopathy uses remedies developed 200 years ago, such as Sepia, still one of the top medicines for women’s hormonal conditions; since the medicines do not change, research of any date is cited in homeopathy.

Adding research: New research is coming out every month both on the effectiveness of homeopathy and on its mechanism of action, explained by two new branches of physics, materials science and ultra high dilution physics. I intend to keep adding new research to this powerpoint for the next few months following your format as you can see here.

Sources of illustrations: are you concerned with copyright issues, or with the validity of the information in a chart? I have many photos purchased from bigstock, istockphoto, shutterstock etc whose sources would take a long time to list. I think what you really wanted was the source of graphs etc that display information; I don’t have any of those. Please let me know if you need the sources for the photos. burke@yournaturalmedicinecabinet.com.
Faster, Cheaper, Safer — and Deeper: How Homeopathy Can Help

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Author, Your Natural Medicine Cabinet

Co-author with Gustavo Ferrer, MD
Cough Cures: The Best Natural Remedies and Over-the-Counter Drugs

photo credit: bigstock.com
Goals

- use homeopathy for yourself and your family
- use it in your practice
- insight into chronic prescribing
- the physics behind its mechanism of action
- research – strengths and limitations
- explain it succinctly to others

photo credit: bigstock.com
Overview

- benefits of homeopathy
- practical uses – top remedies
- potency and dosage
- mechanism of action from ultra high dilution physics
- overview of research
- myths and misinformation
- questions

photo credit: bigstock.com
Why Homeopathy?

FDA regulated as OTC meds with NDA number (unlike vitamins and herbs)

Why Homeopathy?
Fast-Acting Natural Medicine

Can work better than conventional meds
Fewer side effects, fewer recurrences
Better patient satisfaction, quality of life
Parents of kids with colds have fewer sick-leave days

*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.

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

*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. Homeopathic treatment was non-inferior; more fluoxetine patients had to stop treatment due to side effects.
Why Homeopathy?

Fast-Acting Natural Medicine

Can work faster than conventional meds


*Homeopathy. 2007*. Homeopathic Arnica montana for post-tonsillectomy analgesia: a randomised placebo control trial. Robertson et al. 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 lower use of analgesics.
303 million doses studied in Germany
Only 486 case reports
Only 46 classified as serious
Most frequent: itching, swelling, diarrhea, erythema

*Pharmacoepidemiol 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). 27% of reactions were localized at the injection site. PMID 22692862
Why Homeopathy? Replace Antibiotics

Comply with CDC request to limit use of antibiotics

Help limit development of medication-resistant bacteria

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

*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

*Alternative Therapies.* Homeopathy versus antibiotics in metaphylaxis of infectious diseases. 1999. Albrecht H, Schitte A. 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.
Why Homeopathy?
Reduce Opioid Use

Faster pain relief: otitis media, tonsillectomy, back pain

Reduced use of NSAIDs, less need for narcotics

\textit{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 reduced by 50%; improved quality of life; reduced use of conventional health services. PMID 19590483

\textit{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.

No drug-drug interaction

Can’t overdose or develop tolerance

Why Homeopathy? Reduce Opioid Addiction

Faster pain relief, reduced use of NSAIDs

= less need for narcotics

Homeopathy can enhance effectiveness of detox program for addicts


*Hpathy.com.* Exploring Nux vomica as a first step in treating drug abuse addiction. 2014. Butehorn L. In a large Boston-area substance abuse treatment program, 63% of residents who took a single dose of Nux vomica 200c completed the program as compared to 42% of those who did not. As a result the Mass. Dept. of Public Health invited Dr. Butehorn to present her findings at their annual Innovations in Treatment 2014 and two statewide seminars on using homeopathy in substance abuse treatment.
Why Homeopathy?
Save Money

Costs pennies per treatment

One $2 tube holds 1000 pellets

One dose is 2 pellets = 1/10 of a cent

Ten doses is more than enough for a typical cold, flu, sports injury etc.

One cent per treatment

Sample contents and cost of homeopathic remedies from www.a2zhomeopathy.com, remedies in an emergency kit. No endorsement of this brand implied. For illustration purposes only.
Why Homeopathy?
Save Money

Save on cost of medication, tests ordered by doctors, overall care

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

*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.

*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 year before starting at the Homeopathic Clinic in Tuscany, Italy.)
Why Homeopathy?
Effective and Cost-Effective

Swiss government study

5 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
15% less expensive? But wait . . .

The US has the most expensive health care system in the world. 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**, with

- reduced use of ABs and opioids,
- greater patient satisfaction
- fewer ARs and SEs
- lower recurrence/ readmission rates.
Faster, Safer, Cheaper — and Deeper: How Homeopathy Can Help

“Deeper” = chronic treatment, longterm benefits
Longterm Benefits
to patients and the healthcare system

After two years


After six years

*J Alt Complement Med.* Homeopathic treatment for chronic disease: a 6-year, university-hospital outpatient observational study. 2005. 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. “Patients who seek homeopathic treatment are likely to improve considerably.”
Faster, Safer, Cheaper — and Deeper: How Homeopathy Can Help

Now – how to use it?
Practical Homeopathy: Combination Remedies

Label name tells you the purpose
No need to study individual remedies
Easily available including drugstores
CVS now private-labeling

(not recommending this product in particular, just noting that it exists)

Better research because patented
BUT it may not work, patients may give up
Next Step:
Make Friends with Singles

Each condition can respond to multiple remedies

Examples: colds, flu, ear infections, cramps

Each remedy can treat more than one condition

American Pharmaceutical Association *Handbook of Non-Prescription Drugs* (2002 ed.)
Chapter 48, “Homeopathy.”

Takes more study . . .

BUT “your remedy” will work in multiple conditions

= friends for life!
A Universal First Aid Remedy: Arnica

Bruising, black eyes

Any other condition of bleeding under the skin

Before and after surgery

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.”

Complement Ther Med Homeopathic arnica therapy in patients receiving knee surgery: results of three randomised double-blind trials. 2006. Brinkhaus B et al. Outcome measure: knee swelling; trend towards less post-op swelling in all three trials, although only one showed a significant difference. PMID 17105693

J Altern Complement Med. Efficacy of Arnica montana D4 for healing of wounds after Hallux valgus surgery compared to diclofenac. 2008. Karow JH et al. Similar results in terms of need for additional analgesics; 20% of diclofenac group vs 5% of arnica group reported intolerance. Arnica is 60% less expensive than diclofenac.
A Universal First Aid Remedy: Arnica

Bleeding
Injuries
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

photo credit: bigstock.com
First Aid Remedies

Hypericum: nerve pain/injuries

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. 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. The overall effect on pain favors Hypericum although it is not statistically significant.

Whiplash

*Homeopathic Links.* A randomized controlled clinical trial comparing the outcomes of homeopathic-phytotherapeutic and conventional therapy of whiplash in an emergency department. 2012. Piraneo S et al. Significant improvement of post-acute outcome in homeopathy group, significant increase of adverse effects in conventional group.
Gelsemium:
anxiety, headaches

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

Kali bich: thick, sticky mucus

Mucus in postnasal drip, nose, eustachian tubes, sinus, larynx, chest

*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
Belladonna: red, hot, throbbing

Infections


Tonsillitis

*J Altern Complement Med.* Efficacy of a homeopathic complex on acute viral tonsillitis. 2014. Malapane E et al. Belladonna was the first ingredient; the complex showed significant anti-inflammatory and pain-relieving qualities with no adverse effects. PMID 25238506

Fever

*Explore (NY).* The effects of a complex homeopathic medicine compared with acetaminophen in the symptomatic treatment of acute febrile infections in children: an observational study. 2005. Derasse M et al. The homeopathic medicine (Belladonna was one of the ingredients) was non-inferior to acetaminophen on all variables and this group had more patients with the highest tolerability score. PMID 16781498
Ignatia: “emotional first aid”

Anxiety, insomnia, emotional distress, burnout

*Evid Based Complement Alternat Med.* The homeopathic preparation N** can offer an alternative to lorazepam therapy for mild nervous disorders. 2009. van den Meerschaut L, Sunder A. Non-inferiority of the homeopathic preparation; twice as many homeopathy patients rated their treatment “excellent”. PMC2781768.

Hormone balancing

*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.
Nux vomica: “heartburn to hemorrhoids”

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. 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
A top remedy for kids: **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.

**RSV**


In other research cited on other slides:
- upper respiratory infections
- migraines
- fevers
- hemorrhoids
But if they’re screaming: use 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
Administering the Medicines

For most conditions and clients, use the 30c potency (in health food stores)

One dose = 2 pellets dissolved in the mouth

2 to 4 times a day depending on severity of symptoms

Going Deeper

The “Never Well Since” in chronic illness

Can be physical
   (car accident, toxic exposure)

Often emotional trauma

*Health Rep.* Child abuse and physical health in adulthood. 2016. Afifi TO et al. “increased odds of 9 of the 13 physical conditions assessed in this study and reduced self-perceived general health in adulthood.” PMID 26983007

*CMAJ.* Child abuse and mental disorders in Canada. 2014. Afifo TO et al. “The prevalence of any child abuse was 32% … all types of child abuse were associated with all mental conditions including suicidal ideation and suicide attempts … associations between child abuse and ADD, suicidal ideation and suicide attempts showed stronger effects for women.” PMID 24756625

*Pediatrics.* Harsh physical punishment in childhood and adult physical health. 2013. Afifi TO et al. Higher odds of CVD, arthritis and obesity. PMID 23858428
An 11-year-old with juvenile rheumatoid arthritis

*Br J Clin Pharmacol.* Homeopathic therapy in rheumatoid arthritis: evaluation by double-blind clinical therapeutic trial. 1980. Gibson RG et al. 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. PMID 6994789.
A young widow with 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
So if it’s so fabulous . . .
Why isn’t it part of our healthcare system?
Need funds for more research, better outreach to physicians and patients!
Mythbusters

“There’s nothing in it” AND

“It’s so dangerous, it could kill you”

Homeopathy is Information Technology delivered by Nanopharmacology

Unlike meds, vitamins, and herbs — all of which have material STUFF in them and therefore can be toxic — homeopathy is pure information.
Mythbusters

“You have to get worse before you get better” - NOT!

“You can’t drink coffee, use mint toothpaste, use an electric blanket, go to the dentist, get them x-rayed in the airport . . .”

“You can’t touch the pellets with your hands.”

So How Does Water Convey Information?

Snowflakes: no two alike; all are “just” H₂O

The issue of whether it is possible to find two identical snowflakes is explained by a physicist – 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.
So few molecules needed to store information

New computer storage device with just 12 atoms


“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.
The Structure of Homeopathic Remedy Water

Dr. Mae-Wan Ho, winner of the Ilya Prigogine Prize for evolutionary biology

Book based on the work of Nobel laureates in chemistry and physics and prominent scientists such as Dr. Martin Chaplin, water research chemist, and Dr. Rustum Roy, founder of the field of materials science

Explains homeopathy through concepts such as

- Supramolecular structures in water
- Resonant energy transfer through hydrogen-bonded water
- Colloidal quasicrystals in water

Nobel Laureate Says Homeopathy’s High Dilutions “Are Right”

Dr. Luc Montagnier, co-discoverer of the AIDS virus

Based on his research – he wasn’t trying to test homeopathy.

“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.”

Dr. Luc Montagnier documenting ultrahigh dilutions

Ultrahigh dilutions of an HIV drug affect the virus through electromagnetic signaling even when diluted beyond Avogadro’s number (like the ultra high dilutions of homeopathic remedies).

*Interdiscip Sci.* Electromagnetic detection of HIV DNA in the blood of AIDS patients treated by antiretroviral therapy. 2009. Montagnier L et al. PMID 20640802

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

What’s In the Remedy Water?

NanoSTRUCTURES in the water, formed by/around NanoPARTICLES of the starting substance, and NanoPARTICLES of silica from the glass bottles

Per cutting-edge research in ultra high dilution physics from the Indian Institute of Technology ("India’s MIT")

*Homeopathy*. Extreme homeopathic dilutions retain starting materials: a nanoparticulate perspective. 2010. Chikramane PS et al. PMID 20970092
Research Challenges:

Publication bias

Inappropriate study design

Lack of funding

- $100 billion in US for pharmaceutical research in 2007
- $2 million worldwide for homeopathy

*JAMA*. Funding of US biomedical research, 2003-2008. Dorsey ER et al. PMID 20068207. “Biomedical research funding increased from $75.5 billion in 2003 to $101.1 billion in 2007.”

Homeopathy research funding worldwide estimate provided by Dr. Andre Saine, an expert in homeopathic research.
Research Underfunded in the US:

Lack of funds from homeopathic pharmacies, because the medicines are not patentable.

(That’s why they’re so inexpensive)

NCCIH: research funds were in “homeopathic doses”: Mild Traumatic Brain Injury study

Now funds from NCCIH denied because “little evidence to support homeopathy” – a conundrum

*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
Research Challenges: Publication Bias

Research studies containing the word “homeopathy” tend to be rejected; the same study is accepted when the term is deleted.

*Intl Immunopharmacol.* Low doses of sequential-kinetic-activated interferon-γ 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.
Research Challenges: Inappropriate Study Design

RCT format most appropriate for drug trials

- Studying a substance foreign to the body: need to isolate the variables
- Studying a natural substance: need to duplicate the natural environment with many interwoven variables and complex feedback systems
Research Challenges: Inappropriate Study Design

Additional issues for homeopathy:

- Inappropriate choice of remedy or potency
- Inappropriate study design
- Inappropriate endpoint


*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.

*J Roy Soc Med.* Homeopathic Arnica for prevention of pain and bruising: randomized placebo-controlled trial in hand surgery. 2003. Stevinson et al. PMC 539394. Patients given Arnica experienced less pain until day 4 when neither group had pain. Day 4 was chosen as the endpoint. Conclusion: Arnica no better than placebo.
How do we know it’s not placebo?
It works on plants . . .

Cress seedlings treated with an ultrahigh dilution of a homeopathic remedy (Stannum 30x) showed significant biological effects in an RCT trial.

It works on plants: new field of Agrohomeopathy significant for organic food
How do we know it’s not placebo? It works on animals

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

Replacing antibiotics for mastitis in dairy cows, 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.

*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. “Herds treating some subclinical mastitis cases with intramammary homeopathic substances consumed fewer antimicrobials than herds not applying such homeopathic treatments.” PMID 26874421

Animal studies on stimulating 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
How do we know it’s not placebo?
It works in the ICU

Used only for terminal patients when conventional medicine has nothing more to offer.
Is homeopathy safe?

Recent “study” claiming homeopathy causes adverse reactions, even death:

Sham study with multiple fallacies:

- 400 adverse reaction reports but no denominator: 400 out of how many doses?
  
  Remember the German study: about 400 out of 300 million

- patients were simultaneously on meds

- reactions could not be clearly attributed to homeopathy e.g. one patient of only 4 who died was a cancer patient on chemotherapy

- most “cases” were simply inquiries for info.

*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.” [Homeopathic medicines do not contain enough substantive material to cause allergic reactions and poisonings.]*
Is homeopathy safe?

One note of caution:
Products claiming to be homeopathic but which contain material doses of the active ingredient

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 can do). The FDA has been requested not to allow this misleading labeling on hybrid products.
So try it with your family, try it in your practice, decide for yourself