Homeopathy and the Microbiome
A key to Lyme and other chronic diseases

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Discussion Goals

- The Human Microbiome
- An Epidemic of Chronic Disease
- Chronic Lyme Disease
- Homeopathy
The Human Microbiome
Microbiome

- An ecology of symbiosis
- Synonymous with health
- Damage leads to Dysbiosis
- Dysbiosis triggers inflammation
The Human Microbiome Project

- Launched in 2008 by the NIH
- Multicenter Research Project
- Genetic Sequencing Technology

http://www.hmpdacc.org/
The Human Microbiome Project

– Nasal passages
– Oral cavity
– Skin
– Gastrointestinal tract
– Urogenital tract

http://www.hmpdacc.org/
Ecological Complexity

Metagenomic studies reveal that the human microbiome is comprised of an exceedingly complex group of different ecological niches existing throughout the body.

The Supra-Organism

– A symbiotic group of human and microbial cells
– Working collectively for the benefit of the whole

Medical Hypotheses. 74(2), 2010:214215. The human superorganism – Of microbes and men. Sleator RD. (Ed)
DOI: 10.1016/j.mehy.2009.08.047
The Supra-Organism

A collection of ecosystems dependent on:

– Diversity
– Balanced ecology
– Symbiosis

DOI: 10.1186/gb-2013-14-1-r1
The Human Microbiome

The microbial genome complements the human genome


DOI: [10.1038/nature06244](http://10.1038/nature06244)
The Human Microbiome

Traits integral to:

- Nutrition
- Development
- Immunity
- Health


DOI: 10.1371/journal.pone.0032118
The Human Microbiome

Regulates development and function of the immune system

*Cell Host & Microbe*. Control of Brain Development, Function, and Behavior by the Microbiome. Sampson TR, Mazmanian SK.
DOI: [10.1016/j.chom.2015.04.011](10.1016/j.chom.2015.04.011)
Colonization

Begins in the placenta

DOI: 10.1126/scitranslmed.3008599.
Most Critical Period

Before birth until two years of life

DOI: 10.1111/j.1753-4887.2007.tb00305.x
Medications Damage the Microbiome

- Antibiotics, antifungals, antivirals
- PPI’s
- Glucocorticosteroids? Antihistamines?
- SSRI’s? HRT? Chemotherapy?
- Immunosuppressant's? Vaccines?
Antibiotics

- Disrupt ecology of the microbiome
- Alter microbiota via:
  - Overgrowth of resistant organisms
  - Inhibition and destruction of sensitive organisms

Antibiotics

Promote fungal (viral?) overgrowth


Antibiotics and Asthma

Maternal antibiotic use in pregnancy associated with 89% increased risk of childhood asthma (p<0.0001)

Medscape Ob/Gyn Women’s Health November 27, 2016
Coverage from the American College of Allergy, Asthma & Immunology (ACAAI) 2016 Annual Scientific Meeting.
Asthma and Antibiotics in the First Year of Life

- 1-2 Courses → 20% increased risk
- 3-4 Courses → 30% increased risk
- > 4 Courses → 50% increased risk

DOI: [10.1378/chest.06-3008](http://10.1378/chest.06-3008)
Asthma and Antibiotics in the First Year of Life

- Risk of asthma was highest in children receiving more than four courses of antibiotics
- Broad-spectrum cephalosporin use was more common in these subpopulations of children

DOI: 10.1378/chest.06-3008
Antibiotics and Asthma

• Adjusted odds ratio of 4.05 if ABX used in 1st year of life
• Adjusted odds ratio of 1.64 if ABX used after 1st year of life


**DOI:** 10.1046/j.1365-2222.1999.00536.x
Over the past four decades, there has been a significant increase in allergy and asthma in westernized countries, which correlates with alterations in fecal microbiota (microflora) and widespread use of antibiotics.


Since 1980, the prevalence of many chronic diseases, including Asthma has nearly tripled

**MMWR** Surveillance for Asthma -- United States, 1960-1995
Mannino DM, Homa DM, Pertowski CA.
https://www.cdc.gov/mmwr/preview/mmwrhtml/00052262.htm
Asthma

- The leading cause of chronic illness in U.S. children
- One of the fastest growing chronic conditions in developed nations

Carlson JE, Stroebel C.
Asthma

Between 1980-1994:

• The total number of affected children increased by 75%

• In children younger than 4 years, it increased by 160%

Carlson JE, Stroebel C.
Antibiotics

Use in the first year of life associated with increased risks of asthma, rhino-conjunctivitis and eczema

The Incidence of skin and food allergies nearly doubled between 1997 - 2011.

Allergies and the Microbiome

Studies using animal models of allergy have provided direct evidence that a robust microbiome provides protection against allergic responses.

DOI: 10.1016/B978-0-12-374279-7.16005-9
Allergies and the Microbiome

A lifestyle characterized by high standards of hygiene, overuse of antibiotics, and the consumption of highly processed foods is associated with a high incidence of allergic diseases.

DOI: 10.1016/B978-0-12-374279-7.16005-9
Atopy in Anthroposophically Raised Children

Lower Prevalence of atopy than in children from conventional families

– Fewer vaccinations
– Fewer antibiotics
– Higher levels of probiotics in diet
– More use of homeopathy

Diversity of Microbiome

“Diversity dictates the stability of ecosystems.”

Science 06 July 2007. Stability and Diversity of Ecosystems. Ives AR, Carpenter SR.
Diversity in the Gut

Rich, balanced and diverse bacterial communities seem to be perceived as “self” and induce a quick maturation of the immune system and gut responses.

DOI: 10.1016/j.immuni.2014.05.016
Diversity in the Gut

Poor and unbalanced bacterial communities are apparently perceived as “non-self” and induce inflammatory responses aimed at eliminating it.

Diversity in the Gut

- Diversity reduces inflammation
- Lack of diversity (dysbiosis) triggers inflammation

DOI:  10.1016/j.immuni.2014.05.016
Dysbiosis

- The opposite of Symbiosis
- An ecological imbalance between organisms within the ecology of the microbiome
- Inversely proportional to diversity

Dysbiosis

- Can occur anywhere on body
- Triggers inflammation

Dysbiosis

• Acute: Triggers an adaptive immune inflammatory response

• Chronic: Drives chronic inflammatory disease

PPI’s and Microbiome

- Raise gastric pH
- Alters GI microenvironment
- Alters growth of organisms, including C. difficile

DOI: [10.1016/S0195-6701(03)00088-4](https://doi.org/10.1016/S0195-6701(03)00088-4)
Maternal Exposure to PPI’s in Pregnancy and Asthma

- Danish Population Based Cohort
- N= 197,060
- Adjusted odds ratio 1.41, (95% CI: 1.27–1.56)


DOI: 10.1111/j.1365-2036.2012.05073.x
Diversity in the Gut

- Hookworm colonization reduces risk of asthma
- 9 Studies
- OR 0.50; 95% CI: 0.28–0.90

Diversity in the Gut

Whipworm ova therapy induces remissions of active ulcerative colitis (UC)

DOI: 10.1053/j.gastro.2005.01.005
Whipworm Therapy in UC

- Double Blinded Study
- N=54
- 45% vs 17% Improvement

DOI: [10.1053/j.gastro.2005.01.005](https://doi.org/10.1053/j.gastro.2005.01.005)
Malaria and Multiple Sclerosis

Eradication of malaria in an otherwise stable population induces the emergence of Multiple Sclerosis

DOI: 10.3201/eid1509.081317.
Sardinia, Italy

Between 1946–1950, the Rockefeller Foundation conducted a large-scale Malaria eradication Project

Sardinia, Italy

267 metric tons of DDT were spread over the island which entirely eliminated Malaria

Incidence of Multiple Sclerosis, Sardinia, Italy

• Near zero prior to 1960
• 1.1/100,000 in 1965-69
• 5.8/100,000 in 1995-99

DOI: 10.1159/000086677
Incidence of Multiple Sclerosis, Sardinia, Italy

• 9.7/100,000 in 2003-07

DOI: 10.1177/1352458511408754
Current Prevalence of Multiple Sclerosis

- 224/100,000 in Sardinia
- 90/100,000 in U.S.

PLOS One 2012; Population Based Study of 12 Autoimmune Diseases in Sardinia, Italy: Prevalence and Comorbidity. Sardu C, Cocco E, Mereu A.
DOI: 10.1371/journal.pone.0032487
Sardinia, Italy

“A dramatically rapid change of the environment after the eradication of malaria has led the Sardinian immune system to abnormal responses... favoring increased MS incidence over the last four decades in Sardinia because of the eradication of malaria, 50 years ago.”

DOI: 10.1016/j.mehy.2006.10.069
Sardinia, Italy

Eliminating a stable/commensal parasite in the environment alters the microbiome and allows the phenotypic penetration of a disease of immune dysfunction

DOI: 10.1016/j.mehy.2006.10.069
Rapid environmental changes destabilize the microbiome, triggering dysbiosis and inflammation

**EMBO Rep.** 2012 Nov; 13(11): 968–970. The inflammation theory of **Immunity; 41**(1) 2014:152–165. Foxp3+ T Cells Regulate Immunoglobulin A Selection and Facilitate Diversification of Bacterial Species Responsible for Immune Homeostasis  **Kawamoto** S, **Maruya** M, **Kato** LM.

DOI: [10.1016/j.immuni.2014.05.016](https://doi.org/10.1016/j.immuni.2014.05.016)
Implications

The programming (and health) of both the innate and adaptive immune systems rely heavily on the diversity the microbiome and the environment.

“We’ve just spent the better part of a century doing our unwitting best to wreck the human-associated microbiota with a multifronted war on bacteria and a diet notably detrimental to its well-being.”

NYTimes Magazine. May 19, 2013:36-43,50,58-59. Some of My Best Friends are Bacteria. Pollan M.
"We have to stop looking at medicine as a war between invading pathogens and our bodies."

The germ theory of disease... is a gross "oversimplification"

DOI: 10.1016/S0140-6736(68)91425-6
Germ Theory

• Formulated before any knowledge of the microbiome
• All about the eradication of micro-organisms; which is precisely what generates inflammation

Germ Theory

Ignores the role of ecological diversity in the microbiome as a foundation of health.

Germ Theory

Neglects the benefits of infection:
- Immune system maturation
- Diversification of the microbiome
- Appropriate inflammation
- (Evolution of intracellular organelles)

DOI: 10.1016/j.tree.2011.01.010
“It goes against [Germ Theory] dogma to think that bacteria would make our immune systems function better... But the picture is getting very clear: the driving force behind the immune system are commensals.”

Infections
(bacterial, viral, fungal)

Challenge immune system and microbiome to develop:

• Tolerance
• Increase Diversity

Infections

Challenge immune system and microbiome to develop:

- Immunity
- Appropriate levels of inflammation

Implications

Without an ecologically diverse microbiome (impossible without an ecologically diverse environment), dysbiosis develops, and triggers inflammation.

Implications

Human health is directly linked to the diversity and stability of the microbiome, and by extension, to the environment.

-Review-
The Human Microbiome

• The Supra-Organism is part of a complex ecology between human, microbiome and environment

• Health is simply impossible when microbiome and environment are damaged
Chronic Disease
Chronic Disease

The Leading Cause of Death and Disability in the US

http://www.cdc.gov/chronicdisease/overview/
Chronic Disease

“The great epidemic of our times, responsible for 75% of total health care costs and the majority of deaths in the US.”

DOI: http://dx.doi.org/10.1016/j.amjmed.2014.10.047
Chronic Disease

• About half of all adults—117 million people—had one or more chronic health conditions in 2012
• 25% had two or more chronic health conditions

DOI: [10.5888/pcd11.130389](https://doi.org/10.5888/pcd11.130389)
Chronic Diseases

- Hypertension
- coronary heart disease
- Stroke
- Diabetes
- Cancer
- Arthritis
- Hepatitis
- Kidneys disease
- Asthma
- COPD
Incidence of Chronic Disease

Total U.S. population

133 million Americans (45%) have one or more chronic diseases

Prevalence of Chronic Disease in the U.S.

Causes of Chronic Disease

- Lack of Physical Exercise
- Hypertension
- Hyperlipidemia
- Poor Nutrition
- Tobacco Use
- Excessive Alcohol Use

www.cdc.gov/chronicdisease/overview/
Chronic Disease

Common denominator: inflammation

DOI: 10.1038/embor.2012.142
Chronic Disease

“Inflammation has long been a well-known symptom of many infectious diseases, but molecular and epidemiological research increasingly suggests that it is also intimately linked with a broad range of non-infectious diseases, perhaps even all of them.”

DOI: 10.1038/embor.2012.142
Chronic Disease

“It is becoming increasingly evident that the lack of exposure to a variety of microorganisms, especially during early life, may result in the development of diseases such as type 1 diabetes, asthma, allergies, celiac disease, inflammatory bowel disease and obesity.”

According to the ‘hygiene hypothesis’, the decreasing incidence of infections in western countries and more recently in developing countries is at the origin of the increasing incidence of both autoimmune and allergic diseases.”


DOI: [10.1111/j.1365-2249.2010.04139.x](https://doi.org/10.1111/j.1365-2249.2010.04139.x)
There is growing evidence that dysbiosis of the gut microbiota is associated with the pathogenesis of both intestinal and extra-intestinal disorders.

Microbial Ecology in Health & Disease 2015, 26:26191
DOI: 10.3402/mehd.v26.26191
• Intestinal disorders include inflammatory bowel disease, irritable bowel syndrome (IBS), and coeliac disease

• Extra-intestinal disorders include allergy, asthma, metabolic syndrome, chronic fatigue, cardiovascular disease, autoimmune disorders, and obesity

Microbial Ecology in Health & Disease 2015, 26:26191
DOI: 10.3402/mehd.v26.26191
Dysbiosis

Antibiotic use is the single most common and significant cause

Review
Chronic Disease

• The leading cause of morbidity and mortality in the U.S. today
• A state of chronic inflammation
-Review-
Chronic Disease

• A result of damage to microbiome leading to dysbiosis and inflammation
• An iatrogenically driven epidemic
Chronic Lyme Disease
Chronic Lyme Disease

A chronic inflammatory condition, a form of chronic dysbiosis
Chronic Lyme Disease

• A diagnosis often based solely on clinical judgment rather than on well-defined clinical criteria and validated laboratory studies

• AKA: Post Lyme Disease Syndrome

DOI: 10.1056/NEJMra072023
Chronic Lyme Disease

A diagnostic term used in North America and Europe for patients with persistent pain, neurocognitive symptoms, fatigue, or all of these symptoms, with or without clinical or serologic evidence of previous early or late Lyme disease

DOI: 10.1056/NEJMra072023
Chronic Lyme Disease

Despite resolution of the objective manifestations of infection after antibiotic treatment of Lyme, a minority of patients develop fatigue, musculoskeletal pain, difficulties with concentration or short-term memory, or all of these symptoms.

DOI: 10.1056/NEJMra072023
Chronic Lyme Disease

Once the diagnosis is made, patients are commonly treated for months to years with multiple antimicrobial agents.

DOI: 10.1056/NEJMra072023
Chronic Lyme Disease

No significant difference found between clinical responses of patients who received intravenous and oral antibiotics for 90 days and those who received placebo.

DOI: [10.1056/NEJM200107123450202](https://doi.org/10.1056/NEJM200107123450202)
Chronic Lyme Disease

"IV ceftriaxone therapy results in short-term cognitive improvement for patients with post-treatment Lyme encephalopathy, but relapse in cognition occurs after the antibiotic is discontinued”

DOI: 10.1212/01.WNL.0000284604.61160.2d
Chronic Lyme Disease

"There is substantial risk, with little or no benefit, associated with additional antibiotic treatment for patients who have long-standing subjective symptoms after appropriate initial treatment for an episode of Lyme disease."

DOI: 10.1056/NEJMra072023
Chronic Lyme Disease

Antibiotic therapy causes considerable harm to patients treated for chronic Lyme disease or post–Lyme disease symptoms

Antibiotics

“Affect various host immune responses adversely… including leukocyte chemotaxis, lymphocyte and monocyte transformation, antibody production, phagocytosis, and the microbicidal action of polymorphonuclear leukocytes.”

Antibiotics

Temporarily suppress acute inflammation via nonantimicrobial effects

**Europ J Pharmacol.** Anti-inflammatory effects of macrolide antibiotics. Čulić O, Eraković V, Parnham MJ
DOI: 10.1016/S0014-2999(01)01321-8
Antibiotics

Associated with increased risk of chronic inflammation, recurrent infections, and cancer

DOI:10.1001/jama.291.7.827
Antibiotics

- Impair immune system
- Alter the microbiome
- Contribute to the development of dysbiosis
- Promote chronic inflammation

Chronic Lyme

Most cases of are remarkable for histories of repeated and prolonged overuse of antibiotics anteceding the acquisition of Lyme by many years, often beginning in early childhood

Clinical Observation: Whitmont, RD
Chronic Lyme

Most cases demonstrate a downward spiral of worsening clinical impairment, directly proportional to the length (and spectrum) of antibiotic therapy

Clinical Observation: Whitmont, RD
Chronic Lyme Disease

Etiology?

– Chronic dysbiosis
-Review-
Chronic Lyme Disease

- A diverse collection of symptoms
- A chronic dysbiosis
- Antibiotic administration worsens condition
Dysbiosis “Solutions”

- Use more antibiotics?
- Use probiotics, fecal transplants, etc.?
- Suppress it with anti-inflammatory and disease modifying agents?
- Shift paradigms…?
Homeopathy
Homeopathy

- A 200 year old form of alternative Medicine
- Currently used by more than 500 million worldwide
- A form of Nanomedicine

“Ironically, one of the most controversial systems of alternative medicine, homeopathy, could turn out to be one of the oldest and demonstrably safest forms of nanoparticle based treatment already used worldwide for infectious diseases.”

Homeopathy

Historically *interpreted* within a vitalistic and spiritual conceptual framework common in the 18th Century

*The Organon of Medicine*, 6th Ed. 1842. Hahnemann SC,
Homeopathy

A form of:

Adaptive Network Nanomedicine

Using Transmission Electron Microscopy (TEM), electron diffraction and chemical analysis by Inductively Coupled Plasma-Atomic Emission Spectroscopy (ICP-AES), the presence of physical entities in extreme homeopathic dilutions, in the form of nanoparticles of the starting metals and their aggregates, has been confirmed.

Medicines in high potencies (30c and 200c) involving huge dilution factors (10^{60} and 10^{400} respectively) are many orders of magnitude greater than Avogadro’s number, and theoretically should not contain measurable remnants of the starting materials.

Observable nanoparticle forms of source material (and silica) exist in all homeopathic potencies

Nanoparticles

- Measure from 1-100 nm in diameter
- Formed by:
  - Top-down milling from source material
  - Bottom-up self-assembly

Nanoparticles

Exhibit superior antioxidant properties than their respective bulk forms

Nanoparticles

More effective drug delivery vehicles than conventional bulk form drugs

- Reach selective targets more efficiently
- Reduce total dosage needed
- Cross Blood-Brain Barrier

Nanomedicine

Distinct advantages:
• Targets specific cells
• Doses last longer
• Therapeutic effects are magnified (up to 1000 times)

Nanoparticles

Multiple selective effects:
- Apoptosis
- Anti-inflammatory
- Antioxidant
- Immunomodulatory

Nanoparticles

- Reduced side effects
- Greater efficacy
- Lower costs

Nanoparticles

• At high doses:
  – Trigger stronger pharmacological effects

• At low doses:
  – Mobilize non-pharmacological, biological adaptation, hormesis and endogenous amplification mechanisms

Nanomedicine

• Supports the patient's adaptive networks leading to functional self reorganization as a biological network
• Host expression of a more robust cellular defense system against infections and other stressors

Homeopathy

- The world’s oldest form of clinical nanomedicine
- Thousands of published case studies in worldwide database
- Demonstrated effectiveness in a wide range of acute and chronic conditions
Plasmodium infected Mice

Significant inhibitory effects on parasite multiplication in vivo

DOI: [10.1016/j.homp.2006.06.003](http://dx.doi.org/10.1016/j.homp.2006.06.003)
Antiviral Effects

• In vitro
• Human pathogenic enveloped and non-enveloped RNA and DNA viruses

DOI: 10.1139/Y07-100
Antiviral Effects

Significant reductions of infectivity in:

- Human herpesvirus 1, Human adenovirus C serotype 5, Influenza A virus, Human respiratory syncytial virus, Human parainfluenza virus 3, Human rhinovirus B serotype 14, and Human coxsackievirus serotype A9


DOI: [10.1139/Y07-100](https://doi.org/10.1139/Y07-100)
HIV/AIDS

• A group of studies found specific physical, immunologic, neurologic, metabolic, and quality-of-life benefits, including improvements in lymphocyte counts and functions and reductions in HIV viral loads in HIV/AIDS.


DOI: [10.1089/107555303321223008](https://doi.org/10.1089/107555303321223008)
Leptospirosis

• Homeoprophylaxis prepared from dilutions of four circulating strains of Leptospirosis

• N=2.3 million in high risk epidemic region

DOI: 10.1016/j.homp.2010.05.009
Leptospirosis

- Significant decrease of disease incidence found in intervention regions
- Increased incidence observed in non-intervention regions
- Intervention region incidence fell below historic median

DOI: [10.1016/j.homp.2010.05.009](http://10.1016/j.homp.2010.05.009)
Chronic Disease

• 24 month follow-up
• N=3981
• 97% Chronic Disease

Chronic Disease

• Disease severity decreased significantly ($p < 0.001$)
• For adults and young children, major improvements were observed for quality of life
• Younger age and more severe disease at baseline were factors predictive of better therapeutic success

Chronic Disease

• 8 year follow-up
• N=3709
• 97% Chronic Disease

DOI:10.1186/1471-2458-8-413
Chronic Disease

Most frequent diagnoses:
- migraine, tension type headache, sleep disorders, depression, anxiety disorders, multiple eczemas, psoriasis, allergic dermatitis, allergic rhinitis, allergies, dysmenorrhea, multiple infections, hypertension, low back pain, asthma

DOI:10.1186/1471-2458-8-413
Chronic Disease

- Disease severity decreased significantly ($p < 0.001$)
- Physical and mental quality of life sores increased considerably
- Younger age, female gender and more severe disease at baseline were factors predictive of better therapeutic success

Homeopathy and the Microbiome

“Homeopathic potencies are capable of completely altering the bacterial flora of the bowel, and this fact has been demonstrated in many hundreds of cases”

Homeopathy and Lyme Disease

The judicious use of the classical homeopathic method has proven itself clinically effective in preventing and treating illnesses like Lyme disease in all its clinical stages.

J Am Inst Homeopathy 1997;90(4) :186-198 Homeopathy and Lyme Disease. Whitmont RD.
Homeopathy and Lyme Disease

Clinical experience demonstrates that the judicious use of homeopathic medicines applied through the Classical homeopathic approach is an excellent method of treating and curing Lyme disease.

*J Am Inst Homeopathy* 1997;90(4) :186-198 *Homeopathy and Lyme Disease*. Whitmont RD.
Review
Homeopathy

• The oldest continuously utilized form of nanomedicine worldwide
• Effective in a wide range of conditions including
  – Acute infections
  – Chronic inflammatory illness
  – Chronic Lyme Disease
-Review-
Homeopathy

Advantages:
- Ecologically sustainable
- Selective targeting
- Compatible with microbiome
- Ready to go!
A Case Report of Chronic Lyme Disease Treated Homeopathically
Initial Consultation:

A 92-year-old Caucasian male retired physician presented with complaints of “Chronic Lyme Disease”
Main Symptoms

• Multiple tick bites over previous year
• Living in Lyme endemic region
Main Symptoms

- Initial Rx: Doxycycline 100mg POBID for 28 days, followed by Cefdinir 600mg POQD for an additional 26 days

- Initial improvement in symptoms while being treated, followed by relapse and worsening symptoms shortly after discontinuing antibiotics
Main Symptoms

- Brain fog
- Depression
- Vertigo: Worse after rising in the morning
- Nausea with intolerance of spices and fatty foods
- Prefers warm environments, fresh air
- “Clicking” in neck
- Night sweats
- Fatigue: “great effort” to do deskwork. Has not gone outdoors in previous 2 months
- Generalized Weakness with lack of energy
Medical History

- Multiple urinary complaints including chronic urinary retention, hesitancy, incontinence, nocturia
- Recent UTI treated with Ciprofloxacin
- Life-long history of frequent recurrent antibiotic use (at “any sign” of cold or infection)
- IBS
- Gastroparesis
Medical History

• Chronic recurrent sinusitis treated repeatedly with antibiotics
• Hiatal hernia
• Osteopenia
Medical History

• Degenerative Disc Disease (DDD) of Spine
• Prostate cancer s/p radiation and chemotherapy
• Abdominal Aortic Aneurism (AAA)
Physical Examination

- Tall, thin, frail Caucasian male
- Appeared older than stated age
- Pectus excavatum
- Pale skin
- No apparent distress
- Vital signs and physical examination otherwise unremarkable and noncontributory
Diagnostic Assessment

Antibiotic overuse and abuse with evidence of chronic dysbiosis manifesting as:

- IBS
- Chronic sinusitis
- Chronic Lyme/Post Lyme Syndrome

Dysbiosis leading to chronic malabsorption and malnutrition contributing to:

- Osteopenia
- Fatigue
Therapeutic Intervention

- Classically Prescribed Homeopathic Medicine, 200c
- One Single Dry Dose By Mouth
Classical Homeopathic Prescribing

• Depends on the total clinical pattern of biopsychosocial symptoms

• Relies on:
  – Individual salience
  – State dependency in the host to elicit beneficial rather than adverse effects

1 Month Follow-up

- “Doing much better”
- Nausea is “mild”, worse in morning after rising, better by noon
- Vertigo only “once in a while”, usually with nausea.
- Still Feels head isn’t “level”, not “even-keeled”
- Nocturia “improved”
Therapeutic Intervention

- Classically Prescribed Homeopathic Medicine, 200c
- One Single Dry Dose By Mouth
3 Month Follow-up

- "Very pleased over last 6 weeks"
- Gradual improvement in energy
- No nausea
- No GI distension
- No recurrent sinusitis or UTI
3 Month Follow-up

• No vertigo
• No Brain fog
• No more urinary incontinence
• Asks: “How do you discourage old friends from staying too long?”
1 Year Follow-up

• No recurrence of symptoms
• No repetition of medicine
• Feels strong and fit

• “I’m doing very well for 94. I have no complaints. If I continue how I am I will be very satisfied.”
The Microbiome

- An ecology
- Directly related to Health
-Conclusion-
The Microbiome

Damaged by conventional medications, poor diet, and overuse of hygiene
-Conclusion-
The Microbiome

• Damage results in dysbiosis
• Dysbiosis triggers chronic inflammation
-Conclusion-

Chronic Inflammatory Disease

An iatrogenic epidemic
A direct consequence of the “Germ Theory” in practice
-Conclusion-
Chronic Lyme Disease

A form of chronic dysbiosis
-Conclusion-
Homeopathy

• A form of adaptive network nanomedicine
• A 200 year+ track record
• Demonstrated superior efficacy in treating and preventing chronic inflammatory disease
-Conclusion-
Homeopathy

• Already in use worldwide
• A time honored methodology of evaluation and prescription
• Safe, effective and inexpensive when used according to established guidelines
Conclusion

Homeopathy

In light of data from the microbiome, further investigation and use of homeopathy is definitely warranted
-Conclusion-
Homeopathy

Demonstrates clinical effectiveness
in chronic Lyme disease
“Rather than rejecting the entire field of homeopathy for its originally vitalistic interpretations, it is time for modern scientists to examine seriously the nanomedicine implications of Hahnemann’s empirical findings for integrative health care.”
