Practicing Evidence-Based Homeopathy

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What You Will Learn Today

- Origins of evidenced-based homeopathy
- Homeopathy’s key scientific principles & theories
- Basics for practicing evidenced-based homeopathy as nurses for this flu season
- Case outcomes using evidenced-based homeopathy
- A little Greek & little Latin
You Will *Not* Learn Today

- How to be a homeopath
- How to treat chronic or serious illness
- That homeopathy is the panacea for all ills
- That homeopathy is synonymous with “herbal,” “natural,” or “alternative” medicine
What is Homeopathy?

- A scientific-based system of medicine that
- Has its own language
- Antiquated in its terminology
- Homeo-pathy
  - homoios, meaning like, similar
  - patheia, meaning suffering, pain
- Remedies--minute doses of substances that would produce symptoms of a disease in healthy persons
- Latin terminology
What Is Homeopathy?

- Over 200 years of evidenced-based, empirical medicine
  - principles popping up in medical history back to Egypt & Classical Greek up through today
  - verified by observation & experience rather than theory or pure logic
  - sadly, not formalized into a scientific system of medicine until late eighteenth century by Dr. Samuel Hahnemann
- It works but logically it shouldn’t
  - both art & science
  - one of the most scientific & precise medicine available today
  - Information medicine
  - quantum physics
Quantum Physics

- A branch of **physics** providing a mathematical description of much of the dual particle-like and wave-like behavior and interactions of **energy** and **matter**.
- Water molecules carry memories and vibration patterns of substances
- “What the Bleep We Know”
What Is Homeopathy?

- A medicine that:
  - no side effects, gentle, non-toxic & effective
  - non-suppressive, scientific, integrative
  - simulates the body & mind to heal itself on all levels to homeostasis state
  - uses medicines (remedies) in minute doses
    - natural substance from plants, animals, minerals
      every substance in the world possesses its own inherent & unique healing properties. All individual substance will have an equal ability to cure the identical symptoms that is has the ability to cause
What Is Homeopathy?

- A medicine that:
  - non-addictive
  - no bitter pills to take
  - improves the body’s resistance & immunity
  - ensures long-term benefits
  - no environmental pollution
  - cost effective
  - use for pets as well as family
  - no need for laboratory trials in animals
  - Interrogative in nature to conventional medicine & non-conventional medicine
Receiving treatment at a Swiss rural pharmacy in 1774. Homeopaths draw up a personal profile of their patients, including family medical history, to treat the body as a whole. When prescribing remedies, a homeopath takes into account all aspects of a person’s life, as an illness may be the result of a wide variety of causes, both physical or mental.
What is Homeopathy

Absolute Principles of Healing:
- The Law of Similars
  - like cures like
- The Minimum Dose
  - dilution & succussion
- Single Dose
  - one remedy at a time
    - assess the outcome accurately
    - provings were from single substances
- Direction of Cure
  - top down, inside to outside
  - important organ to less important organ
  - reverse order they appeared
The Origins of Homeopathy

- Used by Egyptians
- Chinese medicine has some resemblances
  - vital force, life force
  - energy path ways, meridian lines
  - immune system
- Greece/Rome
  - Hippocrates c.460-370 B.C., father of medicine
  - Taught healing could be from two methods
# Healing From Two Methods

<table>
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<tr>
<th><strong>Law of Contraries, allopathy</strong></th>
<th><strong>Law of Similars, homeopathy</strong></th>
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| - illogical hit & miss affair, the more distasteful the more effective; cut, burn, poison  
  - Headache: give analgesics to “kill” the pain, which acts by inhibiting the nerve sensation  
  - suppression | - “Let like be treated by like”  
  - Headache: remedy is chosen from the Materia Medica (list of proving symptoms) that matches the same headache symptoms  
  - body’s immune system responds to this “information” curing the cause for the pain  
  - homoeostasis, balance  
  - between health & disease |
The Formalizing of Homeopathy

- European Middle Ages saw little advance in medicine
- Paracelsus 1493-1542
  - Switzerland: “father of chemistry,” a biochemist, physiologist, pathologist:
  - Advocated “like can cure like” & herbs, minerals, & chemicals as medicines
  - Predicted germ theory of disease
  - Believed natural recuperative power of the body
  - Railed against contraries cures of the day
  - A very small dose could overcome disease
- Sadly ignored for over 200 years until Dr. Hahnemann
Samuel Hahnemann
(1755–1843).
The Father of Homeopathy

Samuel Hahnemann 1755-1843
- Germany (Meissen, Saxony)
- Family,
  - poor, father a porcelain painter,
  - high principles, devout Protestant family
  - taught never to learn or listen passively, to question everything
- Fluent in at least eight languages
- For income translated: medicine, botany & chemistry texts
  - At age 12, taught Latin & Greek to fellow students for income
    - Gave private lessons in French & German
Samuel Hahnnemann (1755-1843)

- Completed medical school in 1779
- Taught Medicine & chemistry, University of Leipzig
- Master pharmacist, procedures still used today
- Taught natural foods, healthy life-style, & hygiene
- First to promote humane treatment of the mentally ill & cured them
- Understood the principles of contagious illnesses & successful treating of deadly epidemics
- Pioneer of modern public health & sanitation
Samuel Hahnemann (1755-1843)

- His writings protested against harsh medical practices
  - overcrowding,
  - bloodletting,
  - purging,
  - mass dosing of medicines

- Argued for
  - better public hygiene,
  - sensible eating,
  - fresh air, exercise,
  - regular bathing & cleanliness of bed linen,
  - goat & sheep’s milk not cow’s milk
Samuel Hahnemann  
(1755-1843)

- After a few years of practicing orthodox medicine of his day with a gnawing conscience & disillusionment with the medical treatments of the day he gave up practicing medicine

  “they would do better without me causing more suffering than cure”

- Return to research, chemistry & translating for income

  “In spite of this my pride does not prevent me from confessing that veterinary surgeons are usually more successful, that is, more skilled in the treatment of old wounds than the learned professors & members of the academic—I wish I had their skill based on experience—”

  (1784 essay “Directions for curing old sores & ulcers” six years before his discovery)
Hahnemann’s First Proving

1791 move to Leipzig, while translating a treatise on *Materia Medica*, by William Cullen (1710-1790) an Edinburgh teacher, physician, & chemist

- Quinine, from Peruvian Bark (cinchona), was used to cure malaria because it was bitter
- There were more powerful bitter qualities that had no effect on malaria—why Peruvian Bark?
- Hahnemann tested himself for days with small doses quinine
- Began to develop symptoms of malaria yet he did not have malaria
- When stopped, his symptoms disappeared
Research writings A page from Hahnemann's original manuscript, The Chronic Diseases, Their Nature and Their Cure, published in 1828, in which the results of his own and his collaborators' provings were written up.
First Principle of Homeopathy

- 1796 Dr. Hahnemann devised the theory that small doses of a substance apparently producing symptoms similar to those of a disease could be used to treat these same illnesses:
  - “similar similibus curentur – let like be cured with like”
- Next six years was spent studying & proving on friend & family & recording any accounts of victims of poisonings
  - drug provings on healthy humans was unique
- First to develop & formalize into a scientific evidenced-based system of medicine
- He never stopped studying & proving & perfecting homeopathic system of medicine based on the Law of Similars his whole life
Returning to Practicing

- Returned to medicine with renewed vigor & put his new theory into practice
  - Practice thrived
  - Rich or poor: “no cure, no fee”
  - Lectured at Leipzig University
Making It’s Place in Medicine

- 1813 Napoleon’s army was retreating across Europe & lost the battle of Leipzig where Hahnemann lived
  - Treated 180 cases of Typhus in the struggling-dying stragglers
    - Only two died, one of these was an old woman (man)
- Made his mark during the 1831-1832 Cholera epidemic
  - Treated 154 cases & lost six (3.9%)
  - Orthodox doctors treated 1,500 cases & lost 821 (54.7%)
  - Preceded knowledge of antibiotics or bacteria
    - 1864 Pasteur’s germ theory
- Homeopathy quickly spread from Germany to Europe and then to the Americas and eastward to Asia
Leipzig Homeopathic Hospital

- Opened hospital in 1833 after Cholera epidemic
- Preventive in intent
  - Met with ridicule, angered medical community
    - Closed hospital 1842
  - Died in Paris 1843
Regulated by the FDA

- Homeopathic Pharmacopoeia of the United States (HPUS.com)
  - Over 4,000 remedies
  - Manufacturing, standards, quality, purity & packaging
  - No known toxic side-effects
- All remedies are “proved” on healthy people,
  - never on sick people or on animals
  - (50 to 100 group take a mild dose daily for six weeks & record all their reactions)
  - Effective in curing these same symptoms
  - Provings were more scientific method than allopathic model
- Dilutions after 12c or 24x do not contain an original molecules of the original substance
- Homeopathic pharmacies
Preparations of the Remedies

- Non-toxic:
  - The small amount of original substance in a remedy is unlikely to trigger an allergic reaction.
  - The small amount of milk sugar in a remedy is unlikely to trigger an allergic reaction.
    - If this is a concern, remedies are available in liquid form, usually in an alcohol base, which can be dropped into water for dosing
  - The energetic remedy itself should not cause "side effects" or an "overdose" as with material doses of conventional medications or vaccines.
  - No allergic reactions in over 200 years.
Preparations of the Remedies

One part of mother tincture of powder is added to nine parts liquid or milk sugar & succussed to make a 1x potency.

As this process is repeated, less & less of the material substance is present.
Remedy Preparation

Extraction:
- ground/mashed/soaked in water/alcohol
- “Mother tincture” from soluble matter.
  - Some substances are powdered & triturated with powdered milk sugar.
- remedy base is diluted per pharmacy spec’s
Remedy Preparation

- Dilution & Potentization:
  - (shaking releases energy of base substance into a homeopathic medicine.
  - repeated process, less & less of the material substance is present e.g. 6x, 12x, & 30x
    - remedies labeled by their dilution.
    - good potencies for homeopathy at home.

**Potentization:** The solution goes through a series of dilutions, in a ratio of 1:9 or 1:99, with shaking or succussion between each step.
Remedy Preparation

Formulation:

- 6c, 12c, & 30c are more dilute & more potent than remedies in the X scale.
- Homeopathic remedy kits & single vials for home & first-aid use are sold in one of these X or C potencies.

**Formulation:** Final dilutions are stock potencies kept at the homeopathic pharmacy. These are put into pills, tablets, granules or liquid medicines, for use by consumers and professionals.
In 19th Century USA

- 1825 Constantine Hering lit the fire in America
  - Formulated the Laws of Cure & use of nosodes
- Medicine in a worse state in the USA than Europe
- The 1st national medical association founded in 1844, American Institute of Homeopath
- The 2nd major medical association founded in 1847, AMA: could not consort with homeopath
- Many homeopathic hospitals & 22 schools
- Presently there is one homeopathic medical school for; up until just recently there were no homeopathic medical schools
Practicing & Defining
A Homeopathic Evidence-Based Practice (EBP)
“To Do No Harm”

“The physician’s high and only mission is to restore the sick to health, to cure, as it is termed. The highest ideal of cure is rapid, gentle and permanent restoration of health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way, on easily comprehensible principles. Dr. Samuel Hahnemann----, Organon, 6th ed.
For The Over All Good of the Patient

- A practice that uses homeopathy along side allopathy for the over all good of the patient:
  - The best of both worlds
- Understands that health care is ever changing & individualized
- Based on complex & conscientious decision making
  - using the best evidence possible to make clinical decisions for individual patients
  - involves decision-making based on available evidence, patient characteristics & patient preference
  - treatment decisions are purely individualized to that patient
The Law of Similars

Following the key scientific principles & theories of homeopathy as laid down by Dr. Hahnemann

- The Law of Similars: “like cures like” based on the **Totality of Symptoms**
  - physical symptoms
  - mental & emotional symptoms
  - general sensitivities & sensations
The Single Remedy

- "Classical" prescribing uses one carefully chosen remedy at a time, then watch & wait
- Combination formulas are available over the counter and may work on some symptoms or may confuse the body in its healing response
- One remedy selected and given correctly will effect more long-lasting change in the whole person
The Law of Minimum Dose

- “Less Is Better”
- Minimum possible dose for least possible time
  - Use smallest amount of a homeopathic remedy to effect positive change
  - Do not repeat a second dose if there is no response to the first dose;
  - if no similar, the body is not getting the information it needs to heal itself
The Direction Law of Cure

- "Hering's" direction of cure
  - how to evaluate if a remedy is working curatively
  - from top down to bottom of body
  - from inside outward
  - from most important organs to the least important
  - in reverse order in which the symptoms presented
- (Dr. Constantine Hering, a student of Hahnemann, est. homeopathy in America)
Acute & Chronic Disease

- **Acute illness**
  - self-limiting,
  - not deep-seated,
  - responsive to external factors

- **Chronic illness**
  - develop slowly,
  - deep-seated,
  - affects overall health over time
    - i.e. cancer, mental illness, diabetes, hypertension, arthritis
  - needs a care team that includes a homeopath practitioner
Prescription Medications

- Homeopathic remedies can work alongside conventional medications.

- **You should never discontinue prescribed medication without consulting the prescriber.**
  - Homeopathy improves health from the inside out, it will become clear that other medicines are needed less often, but this decision should be made with the prescribing health care provider.
Remedy Response

- Important to look, listen and feel how a remedy acts
  - Write it down!
  - If symptoms appear about the same, but the person falls asleep or feels better inside, that is a remedy action. Watch and wait.
  - When using low potencies of homeopathic remedies at home, follow the lead of the person with the illness
  - They will often know if their condition has been "met"
  - A remedy may need to be repeated if there is slight improvement, then a stall occurs or a return of the same symptoms (relapse)
Finally

- Above all, “teach” your patients, setting the patients on a path to take back control of the health of their families and themselves.
- There are some people that don’t want this responsibility, but I have yet to find a woman that does not.
  - Women by nature are caregivers…
- Change comes from the grassroots up, not top down.
- It is the common-man’s medicine
Where to Start?

- Learn the history and science of homeopathy
- Like Dr. Hahnemann did, use one remedy
  - Only treat acute
  - Get to know all the different things your chosen remedy can be used for
  - Use on yourself, family and pets
  - Watch and learn from what the remedy will teach you about your body; it will become an old friend
- Arnica montana would be my first choice
  - the matriarch of homeopathy & queen of trauma
- Arsenicum my second choice, especially for traveling
- Apis my third choice
- Aconite my fourth choice
- Hypericum my fifth choice
NCH Affiliated Study Groups

- Study groups provide more than 5,000 hours of homeopathic instruction per year
  - developed almost twenty years ago
  - number of homeopathic self help groups has grown to over 100.
  - throughout the United States and Canada has grown to over 1,000 members.
- Working together, a great deal of self-care information becomes available
  - take care of simple illnesses at home
  - share experiences and knowledge
  - avoid frequent doctor visits.
NCH Affiliated Study Groups

- Summer educational program
  - train study group leaders and teachers.
  - they return to their study groups
  - hold more informative classes on homeopathy
  - increase public awareness of homeopathy in their communities

- NCH materials
  - start-up packets,
  - videos, and
  - study group manuals/curriculum guides

- Contact: http://nationalcenterforhomeopathy.org/
Researching 1918 Flu Epidemic

- Death toll of ordinary flu epidemics was 25 to 60 percent.
- Orthodox medicine mortality rate of 28% for 24,000.
- Homeopathic medicine mortality rate of 1.05% for 26,000.
- The origin of the 1918 virus remains a mystery.
  - Originally, the virus was thought to have come from China.
  - But the true incubators were U.S. military camps.
  - Starting in California in December 1917. [2]
- Flu migrated to Fort Funston, Kan., early spring of 1918.
  - The soldiers were shipped to Europe, the flu spread.
  - In the fall of 1918 soldiers were coming back to Camp Devens, Mass.
    - Mortality rate averaged 100 deaths per day (Cardcow.com)[3]
How do they know that a virus caused the flu epidemic of 1918, when the first virus was not isolated until 1933?

- They Don’t
- Many believe that the epidemic was actually a vaccine reaction.
- Army vaccinations became compulsory in 1911
- The death rate from typhoid vaccination rose to the highest point in the history of the US Army
- US Secretary of War, Henry L Stimson, reported that seven men dropped dead after being vaccinated. He also reported 63 deaths and 28,585 cases of hepatitis as a direct result of yellow fever vaccination during only six months of WWI.
According to a report in the *Irish Examiner*

- “Surgeon-General of the US Army shows that during 1917 there were admitted into the army hospitals 19,608 men suffering from anti-typhoid inoculation
- doctors tried to suppress the symptoms of typhoid with a stronger vaccine, it caused a worse form of typhoid
  - paratyphoid
- concocted an even stronger vaccine to suppress that one
- created an even worse disease Spanish flu.
Did the flu strain that caused the 1918 flu ever return?

• The 1918 Spanish Flu was first reported in Camp Funston, Fort Riley, in troops preparing for WWI
  • receiving 25 vaccinations.
• According to the CDC
  • the same flu strain appeared only one other time
    • 1976 US army base, Fort Dix
    • in recently vaccinated troops
      • only in them
      • the virus has not appeared anywhere else
History is often presented selectively

- **Fatality Depends on Location & Treatment**
- While some got sick in the comforts of home
- At that time, World War I was coming to an end
- Soldiers were under triple jeopardy
- Most of the victims in that age group were troops
  - immune systems compromised by many vaccinations weaken constitutions
  - treated by the orthodox medicine of the day
  - over crowded barracks, ships, or on the battlefield
  - lack of health-planning
  - stresses of the war and poor nutrition
  - death usually occurred after bacterial pneumonia
Some factors accounting for the wide differences?

- Fatality Depends on Location & Treatment
  - death toll of ordinary flu epidemics was 25 to 60 percent.
  - Ohio, for instance
    - orthodox medicine mortality rate of 28 percent for 24,000 cases
    - homeopathic medicine mortality rate of 1.05 percent for 26,000 cases
1918 Flu Epidemic

The following are some of the examples

“In a plant of 8,000 workers, we had only one death. Gelsemium was practically the only remedy used; there was no use of either aspirin or vaccination.’ — Frank Wieland, M.D., Chicago.”

“I did not lose a single case of influenza; my death rate in the pneumonias was 2.1 percent. The salicylates, including aspirin and quinine, were almost the sole standbys of the old school, and it was a common thing to hear them speaking of losing 60 percent of their pneumonias.’—Dudley A. Williams, M.D., Providence, R.I.”
“Fifteen hundred cases were reported at the Homeopathic Medical Society of the District of Columbia with but 15 deaths. Recoveries in the National Homeopathic Hospital were 100 percent.’—E. F. Sappington, M. D., Philadelphia.”

“I have treated 1,000 cases of influenza. I have the records to show my work. I have no losses. Please give all credit to homeopathy and none to the Scotch-Irish-American!’—T. A. McCann, M.D., Dayton, Ohio.”
“H. A. Roberts, M.D., was a physician on a troop ship at the time. Another boat pulled alongside to get any spare coffins—it's mortality rate was so high. On his return to port, the commander asked Roberts, ‘Used all your coffins?’ To which Roberts, who had been treating his ship with homeopathy, replied, ‘Yes, and lost not one man!’

“In the transport service, I [Roberts] had 81 cases on the way over. All recovered and were landed. Every man received homeopathic treatment. One ship lost 31 on the way.”
One physician in a Pittsburgh hospital asked a nurse if she knew anything better than what he was doing, because he was losing a lot of cases.

"Yes, Doctor, stop aspirin and go down to a homeopathic pharmacy, and get homeopathic remedies." The Doctor replied: "But that is homeopathy." "I know it, but the homeopathic doctors for whom I have nursed have not lost a single case."-- W. F. Edmundson, MD, Pittsburgh. Some history of the treatment of epidemics with Homeopathy by Julian Winston
Nurse-kidnapping

- Available physicians & nurses strained limits
- Hugh demand, offered huge sums of money
  - Standard salary was $50 week
  - Offered $100 week barley two month’s training
  - Nurses more critical, down to quality of care
  - Reports of kidnapping & locked in houses after arriving to care for desperate families
- Britain down to one doctor for 5,000 patients
- Medical students jointed the ranks
- Dentists & veterinarians pressed into service
1918 Flu Treatment

- **Medical Treatment** The U.S. government recommended the following medications and treatments in 1918:
  - Aspirin for reducing fever
  - Calomel, a laxative
  - Seidlitz powder or Epsom salts, two more laxatives
  - Bed rest and warmth.
  - However, fever is an essential defense against viruses. The practice of giving aspirin for the flu began in November 1918. [7] Was aspirin, then, the medication that suddenly put fatalities over the top?
  - Calomel, a mercury laxative, has many side effects, such as dehydration, inflammation of the gums, and dental problems, according to “American Physicians in the Nineteenth Century: From Sects to Science” by William G. Rothstein.
Fever & The flu

- Fever should not be allowed > 104 -106 F
  - brain protein begin to denature >106-108 F
  - evaporation and dehydration
- Not to be suppressed when low grade
- Rebound effect
- Low to work with the immune system
Remedies Used—Some Outcomes

- What homeopathic remedies were used to successfully treat the Spanish flu in 1918?
  - Gelsemium and Bryonia
  - According to Dr. Frank Wieland, MD, in Chicago
    - 8,000 workers we had only one death
    - Gelsemium was practically the only remedy used
    - We used no aspirin and no vaccines
    - "Homeopathy was 98% successful in treating the Spanish flu epidemic in 1918"
- Ohio reported that
  - 24,000 cases of flu treated allopathically mortality 28.2%
  - 26,000 cases of flu treated homeopathically mortality 1.05%
- Connecticut 6,602 cases were reported
  - 55 deaths, less than 1%
In Summary

- Homeopathic doctors still successfully apply the principles of natural law: “Let likes be cured by likes in treating the flu epidemic of 1918.
- Homeopathy can provide quick & inexpensive relief for symptoms of the flu.
- A system of medicine based on the principles of "like cures like," homeopathy uses plant, mineral and animal sources for the natural flu remedies.
- Homeopathic remedies have been used to treat flu symptoms for two centuries.
In Summary

- While the mortality rate of people treated with traditional medicine and drugs was 30%, those treated by homeopathic physicians had a mortality rate of 1.05%.
- Of the 1,500 cases reported at the Homeopathic Medical Society of the District of Columbia there were only fifteen deaths.
- Recoveries in the National Homeopathic Hospital were 100%.
- In Ohio, of 1,000 cases of influenza, Dr. T. A. McCann, MD, Dayton, Ohio reported NO Deaths.
1918 Flu Epidemic Summary

- Of all the treatments officially recommended in 1918, the best advice was go to bed and keep warm.
- There were many people who did not get the flu, including those who cared for flu victims and lost sleep from long hours of work.
- Should we be studying those people to learn what enabled their immune systems to remain strong?
- Many lessons were learned from 1918 and subsequent flu epidemics
  - keep informed so we can use our wisdom in the face of an onslaught of misinformation and media hype.
Please Note: I would add this caution - the epidemicus remedy will work when the condition is caught early. Neglected cases may require different remedies. Also, strep throat almost always rides along the influenza wave so a high fever with a sore throat should not be neglected.
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