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Prolotherapy

What Are Prolotherapy Injections

What Are Prolotherapy Injections

<http://www.wisegeek.com/what-are-prolotherapy-injections.htm>

Prolotherapy injections are an experimental treatment for chronic pain. Also known as non-surgical ligament reconstruction, this treatment involves injecting sugar solutions into painful areas, such as ligaments and tendons, to stimulate the body's natural healing process. Doctors typically recommend prolotherapy injections when patients fail to respond to traditional treatments. Prolotherapy is used to treat a variety of chronic pain, including arthritis, tendonitis, back

The term "prolotherapy" refers to proliferation therapy. Prolotherapy purportedly ignites the proliferation of new skeletal tissue. The theory behind prolotherapy is that when a substance is injected into an affected area, it causes localized inflammation. The body's natural response is to generate new collagen, which is a fibrous material of which connective

Prolotherapy injections typically contain dextrose, which is a common form of simple sugar, but other substances are sometimes used. The goal is to create a minor injury in the painful area to stimulate the body's natural healing response. Some insurance companies do not cover experimental procedures such as prolotherapy injections. Patients typically The doctor generally will conduct an X-ray or ultrasound of the area before the procedure to provide guidance. A mild, local anaesthetic is often used to desensitize the area. Some doctors recommend a sedative for patients who experience anxiety during procedures that include needles. The doctor typically will inject the area with a harmless solution several After the patient receives prolotherapy injections, the affected area typically is swollen and sore for a few days. The doctor usually will schedule the next procedure for several weeks later to allow the healing process to take place. The patient is instructed to keep the area clean and dry. The area is vulnerable to infection, which is a complication that can require The typical response to treatment varies widely, depending on the individual. Patients might notice increased flexibility in the affected joint and reduced pain after the process is complete. Patients who are slow to respond to treatment might

What Are the Most Common Prolotherapy Side Effects

<http://www.wisegeek.com/what-are-the-most-common-prolotherapy-side-effects.htm>

What Are the Most Common Prolotherapy Side Effects

Prolotherapy is a non-surgical treatment for people dealing with chronic pain. It involves a series of injections intended to stimulate healing in the affected area. Though prolotherapy is considered safe when performed by a trained doctor, it can cause side effects. Among the most common prolotherapy side effects are discomfort, stiffness, bruising, and headaches. For most people, the side effects are temporary and go away within a week or so of treatment; more serious effects, such as allergic reactions and infection, are much less common.

One of the most common prolotherapy side effects is pain. Often, a person who has this treatment feels pain when a needle is inserted into his body and particularly when the needle is guided in between bones to a soft-tissue target. It can be normal to experience a mild-to-moderate amount of pain as a side effect, but severe pain can be a sign that something is wrong. Bruises sometimes develop at the site of the injections or in the general area. In most cases, the initial bruising is mild and fades within about seven days or so. This type of treatment often requires many injections and multiple treatment sessions, however. As such, a person may have more severe bruising or note that his bruises last for a significant amount of time.

Many people also notice stiffness in the area in which they receive injections as part of a prolotherapy session. These injections push an irritating solution into the patient's joints, cartilage, and tendons in an effort to make the body's healing process speed up and ultimately get rid of the source of pain. Sometimes, the presence of this fluid in damaged or deteriorating tissue causes stiffening. Like other prolotherapy side effects, however, the stiffness typically fades with time.

Headaches may also develop when a person has prolotherapy treatment. For some people, the pain lasts for just a couple of days after treatment while others note headaches for a couple of weeks after the injections. A person might also experience

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How Do I Find the Best Prolotherapy Doctor

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B.E.M.E.R Therapy

B.E.M.E.R Therapy

<http://www.integrativemedicine.co.za/bemer-therapy.html>

Applying an electromagnetic field to the body can help almost any condition. The human body is created in such a way, that if it has a sufficient supply of energy, it can compensate for illness by self-regulation and self-healing. Each form of illness has, at its foundation, an energy deficit. Most of us suffer from lack of vitality, which is due largely to a deficiency of energy. Due to a new and exciting development from Germany, you can now do something to correct this lack of energy within each cell in the body. This therapy is called Bio-Electro-Magnetic-Energy-Regulation [BEMER for short]. The therapy is applied by means of a mat upon which you lie, while a pulsed magnetic field envelops you. It is entirely painless and free

HOW DOES BEMER THERAPY WORK?

All functions of the body are controlled by electromagnetic signals, much of which is generated by moving across the surface of the earth i.e. exercise. Motion promotes muscle growth, strengthens organs and the immune system: without motion the tissues suffer from insufficient levels of electromagnetic energy. Humans can survive without gravity but not without magnetism. Exercise also stimulates the circulation and thereby the oxygenation of our tissues. Insufficient oxygen in the cells is thought to be the root cause of most illnesses including cancer. BEMER not only increases the electromagnetic energy of all the cells it also improves the circulation and oxygenation of the tissues. This encourages each cell

FOR WHAT CONDITIONS IS BEMER THERAPY USEFUL?

1. General Health

A sense of well-being can be induced in all, from the very young to the aged. It can rejuvenate deteriorating functioning in the elderly. It is also used by top athletes to optimize performance.

2. Acute and Chronic Painful Conditions

Headaches and Migraines

Muscle tension

Arthritis and Rheumatism

Sciatica and Neuralgia

3. Trauma

All injuries, swellings and sprains, and burns

Speeds the healing of fractures

Post surgical healing and delayed healing of wounds

Post injury rehabilitation

4. Chronic Illness

Chronic Fatigue Syndrome

Depression and Insomnia

Asthma

Metabolic disorders

Circulatory disorders

Osteoporosis

Skin disorders

Muscular Dystonia

Infertility

Diabetes & its complications

Tinnitus

HOW LONG DOES THIS HEALING TAKE?

In an ideal situation, BEMER treatment should be applied for 8 minutes twice or thrice a day. Even once or twice daily for 5 days a week will have remarkable benefits.

Painful injuries and energy levels can be improved within a few treatments, but for chronic conditions it can take 4 - 6 weeks to see sustained improvement. For optimum health, like exercise, BEMER treatments should be ongoing. Within 10

IS IT SAFE?

There are no known side effects of BEMER treatment. You generally feel relaxed while having a treatment, although some may feel a slight tingle as the flow of blood improves. The amount of electromagnetic energy administered is less than that of the earth's natural magnetism and far less than that administered by a MRI scan.

There are no contraindications either, and it is even safe in pregnancy.

For further benefit it may be combined with acupuncture or other treatments. It can assist drugs and homoeopathic

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Chelation Therapy

Chelation Therapy

<http://www.integrativemedicine.co.za/chelation-therapy.html>

The word "chelation" is derived from the Greek word chele which means "claw" [like that of a crab]. When a chelating agent comes into contact with certain positively charged metals, it surrounds and binds to them forming a complex which Examples of chelating agents in nature are haemoglobin, which chelates an iron molecule in blood, chlorophyll which chelates a magnesium molecule in plants and vitamin C which chelates an iron molecule to facilitate its absorption from

Chelation is the process whereby certain chelating agents are administered over a period of time, to draw toxic metals out

EDTA is a synthetic amino acid, which has been used since the 1940's for chelating heavy metals, and is still widely used today in chelation treatments. Some agents such as EDTA, DMPS, Ascorbic acid and DTPA are given intravenously.

WHO NEEDS CHELATION?

Almost invariably, everyone has toxins in their bodies. In order to ascertain whether the toxin load is high and whether this may be having an impact on one's health, one needs to undergo testing. Hair analysis is easy to perform, but the results may be difficult to interpret. A urine challenge test is an accurate way of assessing levels of toxic metals in the body. The chelating agents are administered [orally or intravenously or both] and urine is collected for several hours. This is then

HOW IS CHELATION ADMINISTERED?

A comprehensive history is taken and a full physical examination is performed. A series of blood tests are required to assess the functioning of the kidneys, liver and pancreas, and the level of minerals and lipids in the blood. Cardiovascular and respiratory fitness testing may also be done. Different chelating agents work best on different metals, so a protocol Some chelating agents such as DMSA, Cilantro and Chlorella, can be administered by mouth over a prolonged period of time. More often chelating agents are used in combinations to get the maximum effect for excreting a wide range of metals. Agents such as DMPS and CaEDTA are usually given by slow intravenous injection once or twice a week for a course of 6 10 treatments before retesting is performed. One may need several courses of treatment, depending on the initial level of the toxic metals.

EDTA is given by slow infusion, mixed with vitamins and minerals, over 3 hours, once or twice weekly over an extended period of time. Adherence to a healthy diet, avoidance of smoking and exercise are mandatory as is the supplementation of

WHAT ARE THE BENEFITS?

Chelation therapy halts the bad effects of heavy metal toxicity on the organs and systems of the body, thereby removing obstructions to the restoration of health. See Obstacles to Cure. This stimulates the body's healing process, activating enzyme pathways and other metabolic reactions, and often damage can be reversed. One may start to feel more alert, with Chelation therapy with EDTA is widely used in the USA and Europe for the treatment of cardiovascular disorders, rather than for removal of toxic metals. In South Africa it is offered by selected Doctors practising Integrative Medicine. EDTA improves function and exercise tolerance in conditions associated with atherosclerosis, such as angina, peripheral vascular disease and cerebrovascular disease. By chelating and removing calcium, along with a variety of other metals, it has a direct effect on reducing platelet aggregation, which prevents clotting of the blood which may otherwise have had fatal. Thus for anyone with one or more risk factors for cardiovascular disease, EDTA has been shown to reduce these risks greatly while improving overall health.

EDTA also has a positive effect on the aging process and many other conditions such as Diabetes Mellitus, Rheumatoid arthritis, Multiple Sclerosis, fibromyalgia, peripheral neuropathy, osteoporosis, Alzheimer's disease, thyroid disorders,

POTENTIAL PROBLEMS

Hundreds of thousands of chelation treatments have been performed with few side effects and no deaths.

If practised according to established protocols, chelation therapy is very safe:

Critics claim that EDTA is dangerous to the kidneys, but if given slowly and in the correct quantity, it does not harm the kidneys and in fact will improve kidney function with time.

If given too quickly, calcium levels may drop too far causing cramps, but this can be rectified easily.

Blood sugar levels may also drop, especially in diabetics, but this is carefully monitored during treatment.

Blood pressure is also monitored during treatment as it may drop causing dizziness. This could be caused by the needle

Fatigue in the early stages may be due to mineral or vitamin deficiencies, which can be corrected.

EDTA may be combined with most cardiovascular medication without the risk of serious interaction.

DMPS, given intravenously, is widely condemned by many websites for causing side effects. This may have arisen due to poorly manufactured material being used. If well manufactured DMPS is administered according to internationally

COST

Although it may seem expensive at first, a course of 25 treatments of EDTA costs a fraction of the cost of bypass surgery,

WHY IS IT NOT MORE WIDELY USED?

EDTA chelation therapy is approved in the USA only for very limited usage: lead toxicity, treatment of hypercalcaemia, and digitalis toxicity. Over the years there has been enormous opposition to the use of EDTA for cardiovascular disease. Cardiologists, cardiovascular surgeons and pharmaceutical manufacturers are threatened by the use of a substance, which is effective, relatively cheap and safe. Bypass surgery benefits surgeons and hospitals alike. Pharmaceutical drugs needed by sufferers over many years garner enormous profits. In spite of the cries of "unscientific" and "unproven" by the Information provided by Dr D M Nye www.greenhousehealth.com

Laser Therapy

Laser Therapy

<http://www.integrativemedicine.co.za/laser-therapy.html>

Low Energy Lasers [LEL] are being used with increasing frequency and for many different applications. Most people come into contact with laser technology of one sort or another almost daily. Laser light for example is used in such devices Lasers also have medical applications. High powered lasers can cut through tissue for operating on the lens of the eye, for sealing tears and for many other operations where it functions as a light scalpel. Over the last 40 years or so an increasing Light therapy itself is not new, and goes back hundreds of years and perhaps even longer. Sunlight has always been understood to have healing properties and even today the absence of sunlight is recognized as a cause of ill health and even All lasers emit photons or light energy packets. In photosynthesis the photons from the sun are converted by the plant into plant energy. Low powered lasers are also called 'soft' or 'cold' or 'low intensity' lasers. They have no heating effect, which differentiates them from high-powered lasers, which heat or burn tissues. It would seem that photons emitted from the LEL are able to induce biochemical reactions in the body. This is referred to as a photochemical effect, and tends to modulate or regulate biochemical processes towards a healing end, referred to as photo-biomodulation.

INDICATIONS FOR LOW ENERGY LASER TREATMENT

The laser is especially important and useful in a number of key areas highlighted below:

Wound healing: All wounds, in both humans and animals, should be treated with laser. It is safe to use in babies, children and the elderly. It can be applied to open tissue even if the wound is covered with a dressing, provided the dressing is not

Soft tissue injuries such as bruising and sprains and all sports injuries, which often respond quite dramatically.

Nerve injuries such as neuropathies and neuritis due to injuries.

Pain relief: The effect is similar to that produced by acupuncture and in fact the laser can be used to stimulate acupuncture points. This is especially useful in babies and children and other people afraid of needles.

Lymph oedema and other tissue swelling. LEL stimulates drainage of tissue such as after mastectomies and other surgical

Improves blood supply to tissues. This is useful in cases with poor blood supply to lower limbs and the laser has even been used to improve blood supply to the heart in patients with angina. In all these cases the laser is applied to the outside of the

Mucous membranes: The mucous membranes respond in a very beneficial way when the LEL is applied. Healing is improved, swelling is diminished and there is a rapid decrease of pain. This is especially useful in sinus problems.

Skin: The LEL improves the micro-circulation of the skin tissue and has been used as an anti-aging device and can be tried in any skin condition such as Juvenile Acne, Acne Rocacea, Psoriasis, warts and many other conditions.

Dentistry: A very important area for LEL treatment. The anti-inflammatory, anti-oedema , bioregulatory and normalization of micro-circulation all contribute to the healing response in the full range of dental and gum problems

Internal Organs: In Russia where a great deal of LEL research has been carried out, the LEL is used also to treat conditions of the organs such as chronic lung problems, liver disorders and, over the abdomen to treat the intestines and

In fact the laser is so safe that, apart from directly applying it over the eyes, it can always be tried as a first line of
Information provided by Dr B Brom www.creatinghealth.co.za

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Intravenous Therapy

Intravenous Therapy

<http://www.integrativemedicine.co.za/intravenous-therapies.html>

HYDROGEN PEROXIDE

This is an extremely useful therapy that has been around for almost a century, but unfortunately has become forgotten. The first doctors to use this substance intravenously were two medical practitioners in the British forces in India during the They were faced with large numbers of patients dying of pneumonia with the influenza epidemic at the end of the war. They wrote up their findings in the Lancet published in 1922. They treated 26 terminally ill patients with intravenous hydrogen peroxide, and 13 of the patients survived. Not bad considering they had to do a cut down and drip the fluid into a There was little or no interest in their work until 1988 when Dr Charles Farr working at the Oklahoma Academic Hospital on his PHD thesis on the intracellular effects of hydrogen peroxide, also during a influenza epidemic, sent message around the hospital that anyone who was not well should come to his department. He treated 45 personnel on the first day, seven on day 2 who were still not well, and four on day 3. He noted that those patients who needed more therapy had existing Dr Farr showed that the body has an abundance of hydrogen peroxide in minute quantities in every cell of the body, and by giving very dilute solutions of hydrogen peroxide it is possible to activate cytochrome P450, promote immune regulation, and exhibit viricidal, bactericidal and fungicidal activity. There are three main enzyme systems that are activated by This therapy may be used in acute and chronic cases. In chronic cases the usefulness comes in with the release of oxygen intra-cellularly, by the action of catalase which breaks down the hydrogen peroxide into oxygen and water. This is of great use in tissue that is anoxic due to various reasons. The patient with angina will obtain relief with this

VITAMIN C

This is a remarkable substance to use intravenously when the normal oral dose needs to be exceeded. Diarrhoea may occur when taking doses of 5 or more grams per day, and bowel tolerance is a maximum of 10 grams per 24 hours. Vitamin C in dosages of 25 grams or more take on a therapeutic role that is safe and effective in treating many clinical conditions.

In studying the physiological role of Vitamin C, one realizes that it does a lot more than merely stop humans getting scurvy or giving them expensive urine. It is well known for immune stimulation, but also plays a part in collagen formation.

CHELATION

Derived from the Greek "chele", the claw of a crab or lobster, the word refers to the pincer-like binding action of certain chemicals to a metal ion. These chemicals are then excreted mainly via the urine and a small amount via the liver. Heavy metals are a cause of, and contribute to, many chronic disease states.

Toxic levels in the body can be assessed by doing a heavy metal challenge test. This involves being given EDTA, DMPS and DMSA and collecting a urine sample two hours later which is sent to the laboratory for analysis. Based on the results a

STEM CELLS

This is a technique whereby stem cells are extracted from adipose tissue which is removed from the patient by liposuction. These cells are separated from the fat cells and concentrated by spinning the fluid in a centrifuge and then activated by a specific light frequency, then given back to the patient intravenously. This technology is from ADISTEM www.ADISTEM.com.

The advantages of this form of stem cell administration are that the patients get their own cells back, and the problems of

PLATELET RICH PLASMA [PRP]

Platelets initiate repair and attract the assistance of stem cells. PRP injection therapy works by releasing the growth factors in an injured site or arthritic joint. PRP has 3-9 times the growth factors that whole blood does and can stimulate healing, by rebuilding joint cartilage and strengthening injured ligaments and tendons. This procedure is performed on osteo- This procedure involves taking 50ml of blood spinning it down and discarding the red cells and harvesting the serum, particularly the buffy coat, rich in platelets and white cells. This is further spun and the concentrate of platelets and growth The patient is advised to rest the injured area for 24-36 hours and given passive exercises to do to aid the muscles around the joint. There is initially an inflammatory reaction which settles in few days, which responds well to the application of heat, after which the patient should experience some relief of their chronic pain. This procedure is repeated at one to two Information provided by Dr P Rowan, who presents workshops on the above for practitioners. rowan@icon.co.za

Flower Essence Therapy

Flower Essence Therapy

<http://www.integrativemedicine.co.za/flower-essence-therapy.html>

This is a simple and natural method of establishing complete equilibrium and harmony of the emotions by means of

ORIGINS

The first flower remedies were discovered by a Physician, Dr Edward Bach, in England 80 years ago. They are still prepared in exactly the same manner, in the same place in England, and exported all over the world.

They are prepared either by placing fresh blooms in a bowl of purified water, and allowing the sun to extract the energetic essence into the water, or by boiling the plant material to extract the essence. This tincture, as it is called, is then preserved

ACTIONS OF FLOWER ESSENCES

Dr Bach's 38 remedies cover most negative states of mind, and are not used directly for physical complaints, but for emotional imbalances. These negative states of mind or moods, not only hinder recovery of health, but are generally For example, a long continued fear or worry will deplete the individual's vitality. He/she will feel out of sorts or below par, and the body then loses it's natural resistance, and may become susceptible to various disorders, or a state of dis-ease. With the use of the correct flower essence. balance and harmony return. restoring mind and body. This allows the Vital Force to

The Bach Flower remedies are categorised under 7 headings:

1. Apprehension and fear
2. Uncertainty and indecision
3. Loneliness
4. Insufficient interest in present circumstances
5. Over-sensitiveness to ideas and influence
6. Despondency and despair
7. Over-care for the welfare of others.

Five of the remedies are combined in the well-known Rescue Remedy, which is so effective in states of shock, trauma or emergency. It can be used to calm and comfort anyone who has received bad news, or been the victim of an accident. It can be given to plants [for transplant shock etc] and to animals for any distressing situation. It can also be applied topically

HOW FLOWER ESSENCES ARE USED

After a careful history is taken, the appropriate essences are chosen and placed into a treatment bottle, which contains pure water and a little alcohol as preservative. Any number of essences can be combined, but it is better to restrict the number to The patient is instructed to take 4 drops directly on the tongue at least 4 times a day, or added to a glass of water and sipped through the day. They can be taken every 30-60 minutes in a crisis, reducing the frequency as the condition improves. As the emotions regain their balance, new remedies may be needed in subsequent treatment bottles, while others are no longer needed.

As they are so safe one cannot overdose, or become addicted to them. They can be taken by people of all ages, including infants - by adding the drops to their feeding bottles. They will not be influenced by, or affect, any other medicine

OTHER ESSENCES

Since the development of the original Bach Flower Remedies, many other essences have appeared which are prepared from a great variety of natural substances and intangibles. The Australian Bush Essences, the South African Flower & Gem Essences and Alaskan Flower Essences are some examples. Remedies can be selected from different systems and

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Intramuscular Stimulation Therapy (IMS)

Intramuscular Stimulation Therapy (IMS)

<http://www.integrativemedicine.co.za/intramuscular-stimulation-therapy.html>

A great deal of confusion has arisen because the word 'Acupuncture' has been used in many different ways by different practitioners and therapists and even includes techniques that may not use needles and philosophies that do not belong to

Medical doctors in particular have a deep understanding of anatomy of the body together with training in injections and needle manipulation. Many have moved away from the TCM philosophy and developed techniques which can be grouped

It is important to make a clear distinction between IMS and Traditional Acupuncture. The former technique is not based on TCM philosophy and no knowledge of acupuncture points is required. IMS depends on a good knowledge of anatomy, an understanding of the way pain may be referred and the accumulated experience of practitioners. IMS is a broad term which includes a number of other techniques such as biopuncture, dry needling, trigger point acupuncture, low energy laser therapy and mesotherapy. It is still in the developing stage, while doctors coming from the various different specialities

Medical doctors generally have not paid much attention to the soft tissues of the body and generally left treatment of muscles, ligaments, joints and connective tissue to physiotherapists, reflexologists and many non-registered practitioners. Medical involvement is often confined to using cortisone or anti-inflammatory injections. As the medical profession gains better understanding of the importance of the soft tissues of the body and how pain can be referred to distant areas, not

Definition of IMS

Stimulation of selected points on the surface of the body based on anatomy, nerve pathways and tenderness, to affect the local condition or deeper tissues and organs.

The technique uses needles, injections of drugs or natural substances but may also use low energy lasers, electrical

Safety

The technique is completely safe when used by persons knowledgeable in anatomy and familiar with injection therapy. If drugs are used for the injection then patients need to be informed. Most practitioners however choose to use biological

Anatomy of IMS

IMS practitioners have noted three basic kinds of abnormal structures that require treatment.

Tender points in the soft tissue or areas where muscles are attached to bone. In the muscle these tender points feel like hard

Palpable taut bands. These not only feel hard when pressed with the fingers but feel almost like bone when an attempt is made to insert a needle. They are however taut bands in the muscle.

Tender points over the periosteum of the bones especially near joints.

How does IMS work?

A great deal of research has been performed on acupuncture, and it is most likely that the IMS effect is a similar effect. Research on acupuncture for example has shown that inserting needles anywhere in the body, the so called "sham acupuncture" also has some effect, explaining why clinical acupuncture research has been difficult. The exact mechanism

Examples of IMS in practice

Case 1: Patient with neck/shoulder pain and X-rays suggesting narrowed discs in the cervical area. If the pain persists despite analgesia and anti-inflammatory medication, surgery will often be suggested.

The pain however is often not due to the narrowed disc space but trigger points causing muscle spasm, which in turn may cause some imbalance on the cervical vertebra, aggravating and causing more trigger points.

Using the IMS technique the practitioner can very quickly obtain relief, and then is able to decide whether surgery would be necessary or not. Only two or three treatments may be required.

Case 2: Patient has had a severe injury of a knee joint due to a skiing accident. Ligaments and muscles were torn and included some fractures. Healing appeared to be good over the following months but the person was left with such severe pain that the leg could not be used. Walking was almost impossible and constant daily analgesia was needed. Major tender

Case 3: Heel pain for two months. Cortisone injection and physiotherapy had not made any difference. After one treatment combining an injection approach together with low energy laser there was already some improvement.

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What Is Reconstructive Therapy

What Is Reconstructive Therapy

<http://www.wisegeek.com/what-is-reconstructive-therapy.htm>

Reconstructive therapy is a non-surgical therapy for joint pain and degeneration. It involves the injection of nutrient mixtures into the joint to promote the regrowth of ligaments and other connective tissues, with the goal of stabilizing the joint. This therapy is usually classified as an alternative or complementary therapy, and it is most commonly offered by

Practised since the 1920s, reconstructive therapy relies on stimulating the body's connective tissue to grow. It is also known as proliferative or prolotherapy, in a reference to the idea that it encourages connective tissues to proliferate at the injection site. Practitioners can offer injections anywhere in the body, although this treatment is often recommended

Before reconstructive therapy can be used, a thorough patient examination must be conducted where the doctor palpates the joint, determines the range of motion available to the patient, and interviews the patient about his or her medical history. Medical imaging studies are used to learn more about the extent of the damage to the joint and the cause. If the doctor feels that the patient is a good candidate, a series of injections will be performed, with periodic repeat imaging

The goal of reconstructive therapy is to stabilize and strengthen joints. People can be candidates if they have degenerative joint conditions that cause breakdowns of ligaments and other connective tissues, and in the wake of sports injuries that rupture or bruise connective tissue around the joints. There are risks to this injection technique, such as introducing the contents of the syringe to an unintended area or of causing an infection at the injection site. The procedure must be

Physicians may encourage their patients to use stretching and other techniques while undergoing reconstructive therapy. Practices such as yoga can also strengthen the joints and help patients develop more stability. It is especially important to slowly build strength in the joint to avoid causing injuries by overworking or straining. A physical therapist or personal

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Herbology, Naturopathy and Orthomolecular medicine

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Herbology

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Popular Herbs

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Indispensable Herbs

The Ten Most Indispensable Herbs in My Practice and Indispensable Herbs for First Aide

<http://www.woodherbs.com/Indispensable.html>

Selections from The Earthwise Herbal By Matthew Wood M.Sc. (Herbal Medicine)

Registered Herbalist (AHG)

Published by North Atlantic Books, in two books, 2008-9

In a busy practice covering over twenty five years and tens of thousands of clients, a person learns what remedies are of I would like to share my selection – herbs I choose and herbs that choose me.

I. The Indispensable Blood Remedy.

In order to effectively treat disease we have to be able to decongest blood associated with inflammation, thin stagnant, congealed blood, tone the veins, stimulant the capillaries and arteries, and move the blood to or from the surface. Yarrow, the great ‘normalizer’ of the blood does all these things.

II. The Indispensable Water Remedy.

In order to control dryness and hardness we have to be able to move in water to moisten and soften. There is no better remedy than Marshmallow, the great mucilage and emollient.

III. The Indispensable Oil Remedy.

In addition to water, the body needs oil. Burdock increases the bile secretion to digest oily foods better, increases oil uptake and liver processing of lipids, and distributes lipids to the skin, hair, tissues, adrenals, and steroids and hormonal

IV. The Indispensable Relaxant.

We always need a remedy to relax tension and remove 'wind' or constriction and in this agrimony is inferior to none. Intensify by combining 7 parts agrimony to 4 parts Solomon's seal. Works well with the nervines.

V. The Indispensable Nerve Rebuilder.

It is always necessary, in some cases, to sedate and calm a deeply vexed and worn out nervous system. The best remedy for this is borage, though it has been nearly forgotten in North America. It can be used in combination with burdock to rebuild the adrenals.

VI. The Indispensable Nerve Sedative.

In addition to sedating and calming the nervous system on a deep level, as we are able to do with borage, we need to be The sour lemon balm is cooling, in addition to relaxing, and therefore sedates through reducing the excitation of heat as

VII. The Indispensable Muscular and Skeletal Remedy.

Men and women are subject to injury of the locomotive system upon which they rely for movement. Thus, we must be able to repair damage to the connective tissue – bones, cartilage, joints – and true Solomon's seal is the

VIII. The Indispensable Cooling Remedy.

It is always necessary to sedate heat and excitation and for this purpose no remedies surpass the rose family. Peach, a member of this clan, is particularly beneficial because it is cooling and moistening, a therapeutic action often

IX. The Indispensable Drying Remedy.

In order to control tissue that is prolapsed or collapsed and leaking fluids we need a reliable astringent. Sumach is the best medicine for stopping the outflow of fluids via the kidneys, skin, colon, lungs, and other channels of

X. The Indispensable Warming Remedy.

It is necessary to warm up as well as cool down, and none is as easily accessible, safe, and widely effective as the common It is also a good liniment for spasmed muscles.

XI. Indispensable Herbs for First Aide.

Herbal First Aide for Cuts, Lacerations, Bruises, Burns, Boils, Broken Bones, Bites. Herbs have affinities to certain phases of wound healing and different types of wounds. Therefore, they can accelerate the process of healing beyond what people would imagine. There are herbs to draw out dirt and pus from wounds, close the lips of clean wounds, prevent the development of excessive scar tissue, remove it after it has developed, reduce proud flesh, reduce nerve damage, regenerate lost tissue.

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Traditional Western Herbalism

The Three Basic Principles of Traditional Western Herbalism

<http://www.naturasophia.com/Principles.html>

Matthew Wood M.Sc. (Herbal Medicine) Registered Herbalist (AHG)

One theory has it that we should abandon the herbalism of the past, instead binding our destiny to modern medicine. According to this view, herbs should be used like mild drugs, suited to the treatment of molecular changes in the body, completely independent of the holistic context within which the disease developed. This, however, is not holistic medicine, and it is not the best way to use herbs.

Drugs are suited to specific molecular changes in the body because they are isolated molecules themselves, but each herb contains a slurry of chemicals – dilute, synergistic and gentle in action – which instead of operating on a single specific site in the body nudges many different sites and through them, different tissues, functions, and organs. In this way herbs This effect is also holistic because the herb stimulates whole functions rather than isolated molecular sites.

In order to use medicinal plants effectively we therefore need to understand how the body works in a holistic fashion, with numerous functions integrated together, rather than tinkering about with isolated molecular changes.

This is really a more sophisticated way of thinking than is prevalent in modern medicine, because it requires an

At the same time, this is a return to traditional knowledge, because this is the way doctors thought in the past, when all they could perceive and understand were the broad patterns of behavior of the organs and systems of the body.

Thus, we need to recover the rich knowledge of the past and bring it up to date with recent medical discoveries.

Instead of thinking of diseases as precise germ entities or molecular lesions observable in isolated tissue samples, we need

This is not new knowledge.

Plato described it perfectly twenty five centuries ago in a passage in the *Timaeus* (Longrigg, *Greek Medicine*, 1998, 160):

Diseases, except where they are very dangerous, should not be irritated by drugs.

For every disease has a structure that resembles in a certain manner the nature of living creatures.

For the composition of these living creatures has prescribed periods of life for the species as a whole. . . .

It is the same with the constitution of diseases; whenever anyone destroys this by drugs, contrary to the allotted period of time, many serious diseases are wont to arise from those that are few and slight.

Consequently, so far as leisure permits, one should control all such diseases by regimen, instead of irritating a troublesome

The meaning is even clearer in the Greek, where “living creature” [zoion] means both an animal and a symbol or pattern,

At any rate, as Plato says, it is dangerous to thwart and pervert disease processes.

They will only be driven deeper in the system and pop up somewhere else, more unpleasant and dangerous than before.

The Three Basic Principles of Herbal Treatment

In order to practice herbalism holistically, we need to understand three basic principles:

(1) the affinity of the herb to a pattern of disease, (2) the affinity of the herb to an organ or system, and (3) the affinity of the herb to the basic pattern of self-governance in the organism (from centre to circumference).

This basic plan was set out by Galen, a Roman physician in the third century CE, in his *Ars medica*.

Nicholas Culpeper, the colorful Reformation London herbalist, translated this as *A Key to Galen’s Art of Physick* (1652).

No one has ever stated the principles of herbalism more succinctly.

I. Energetics or Patterns of Disease

Aristotle broke the natural world up into four basic qualities, hot, cold, damp, and dry.

These were used in Greek medicine to define the basic patterns of imbalance and the properties of plants.

Thus, by hot to cold, or damp to dry, the Greeks envisioned the treatment of disease.

For instance, cayenne is warming and stimulating, increasing the circulation of the blood when it is tending to coagulate

Lavender is cooling, and thus stops a headache from a surfeit of blood and heat to the head – the blood carries the heat,

Marshmallow, which is moist, is used for dry coughs and mucous membranes.

Astringents such as blackberry leaf are drying; they are used for stopping the discharge of fluids, as in diarrhoea.

Galen acknowledged only the four qualities of Aristotle, but for the sake of completion, and better clinical work, we need

also to include the two basic conditions described by his opponents, the methodist physicians: too much tension (status

The four qualities represent fixed, oppositional imbalances, while the two states represent dynamic imbalances due to

Putting them altogether we have a system of six types, which corresponds to the system of six “tissue states” introduced by

the physiomedicalists, or botanical physicians (the descendants of Samuel Thomson) in the early twentieth century.

Putting these two systems together we have the following six conditions of imbalance.

Heat/Excitation

This corresponds to the symptoms of inflammation: heat, redness, swelling, and tenderness.

The tongue is usually elongated, red, and pointed – like a flame, pulse rapid or raised to the surface or both.

This state does not correspond to the source of all inflammation, which can be from drying out, blockage, rotting of tissue, bacteria, etc., but only to that which arises from an excess in the organism.

Thus, there are greater tendencies to over excitability of the tissues, to excess immune reactions, and to heat and

Heat corresponds to is oxidation in chemistry, so this is an overly oxidized condition, and the remedies here are cooling, That includes the cooling remedies we like to eat and drink in the summer derived from fruits and berries.

Hence, the great cooling remedies are rose, hawthorn, peach, wild cherry (rose family), lemon, lime (citrus), yellow dock root, rhubarb (rhubarb family), elder and honeysuckle (honeysuckle family).

There are also some exceptional coolants such as lemon balm (mint family) and yarrow (asteraceae).

Elder and yarrow are both stimulating (warming) and sedative (cooling), making them particularly effective in fevers,

The hyperthyroid remedies can also be mentioned here: lemon balm, motherwort, bugleweed.

Wind/Constriction

This is the status strictus of the methodists; we can adopt the concept of “wind” from Chinese medicine.

It corresponds to tension or constriction.

The characteristic symptoms are sudden changes and onsets, alternating or changeable symptoms (like the wind), and

The pulse is resistant, wiry, or hard.

This condition usually involves the nervous system, though it is possible for blockage of the pores, fluids or blood to cause

In fact, one of the most characteristic symptoms is blockage of the pores of the skin, cessation of perspiration, due to wind,

The old theory of treating fevers and colds was to open the pores of the skin, not to “kill germs.”

The condition of the skin (see below under government from centre to circumference) is the first line of defence which is disordered before the appearance of germs, or the need to kill them.

Thus, the remedies for constriction are relaxants, antispasmodics, and diaphoretics.

The Chinese discovered that most of the remedies for wind or opening the pores are “acid” in flavor (like bile in the back

Thus, relaxants and diaphoretics include catnip, valerian, viburnum, hops, wild lettuce, lobelia, blue vervain, boneset, and others. A good remedy here is agrimony, though it is more astringent than acid.

Dry/Atrophy

There are two kinds of fluids in the body: water and oils.

It takes fluids to move food from the digestion to the cell, so if there is dryness there will also be lack of nutrition and

Thus, the symptoms of dry/atrophy are dryness of the tongue, digestive tract (gas, constipation), and skin (flaky, irritable,

In severe cases there will be emaciation (weight loss) and weakness.

The tongue is dry; in severe cases withered.

The pulse is usually weak on one side (usually the left).

These people need fluids, both water and oil, or herbs that carry in water and oil with the special intelligence herbs have to re-establish pathways and functions that the body has forgotten or lost.

They also need foods to rebuild.

Many types of substances are useful.

Because water follows salt, salty plants are needed to break up hardness (emollients) and because bitters cause salivation, bitters can sometimes be used in this tissue state (also in others).

The following are the most important remedies:

Marshmallow, slippery elm, comfrey, fenugreek (mucilaginous, or moistening), plantain, chickweed, cleavers (moist), burdock, sage, angelica, psyllium seed, fenugreek (oily), marshmallow (salty), slippery elm, American ginseng, burdock, codonopsis, rehmannia root (sweet/nutritious), mushrooms, nettles (meatv. proteinaceous), nettles, slippery elm (minerals). Aging processes are usually associated with dry and atrophy.

Damp/Relaxation

Relaxed tissues have open pores that lose fluids or secretions, thus this is both a relaxed and a damp tissue state.

Here the fluids are flowing over and out of the tissues.

The tissues, in turn, are likely to lose their tone or elasticity, and to become saggy or prolapsed.

The major symptoms are loss of fluids through one or more of the channels of elimination (skin, lungs, bowels, kidneys, menses), leading to profuse sweating, expectoration, diarrhoea, urination, or watery, excess menses.

The electrolytes are also lost, including potassium, so that it is hard to concentrate the urine – urine pale and copious.

Tissues tend to prolapse: haemorrhoids, varicose veins, uterus.

Tongue is moist as shown in streamers running down the sides.

Pulse is non-resistant or relaxed.

Skin pale, with prominent blue veins, tendencies to anaemia.

This is the state that needs astringents: sumach, oak bark, raspberry leaf, blackberry, alum root, bayberry bark, plantain, Some of the mineralizing plants can also help, like oak, plantain, and nettles.

Damp/Stagnation

This is a second kind of dampness, in which the fluids do not run off, but get stagnant and build up in the tissues.

When fluids build up they tend to precipitate into mucopolysaccharides, which gum up the internal works. These were

Also, undelivered food and waste materials build up in the fluids, causing what used to be called “bad blood” or “toxic

The liver is overworked, the channels of elimination are stressed to carry off the toxins, leading to skin eruptions and

lesions, and the thyroid is usually low – hence a low metabolism. too low to move the fluids and burn off the toxins and

“Bad blood” is treated with the alteratives or blood cleansers such as dandelion, burdock, Oregon grape root, red clover,

nettles, yellow dock root, black walnut, and the laxatives, such as yellow dock, rhubarb, cascara sagrada, black walnut, and

Blackened hulls of black walnut are a superlative remedy for hypothyroidism – I learned this from herbalist Phyllis Light,

Cold/Depression

This condition is the opposite of heat.

The cells and tissues are deficient of energy.

As a consequence there is an internal cold (not an acquired cold from chill, though the person is more prone to chilliness).

Nor is the skin cool and damp, as in relaxation, from the passage of fluids out of the body.

Skin cold, inactive, pale or dark, complexion pale, dark, blue (from coagulated blood), black.

Activities of the body are suppressed, inviting in the presence of bacteria, viri, and parasites, which live off the foods the

cells can't use, or which impose themselves on the body, suppressing function with their exotoxins, and causing subpar

Tendencies to sepsis, necrosis, putrefaction.

Pulse low or slow.

Tongue dark.

Spirits often depressed.

Remedies here are the numerous warming stimulants of herbalism: thyme, rosemary, sage, angelica, cabbage, mustard, shepherd's purse, cayenne, saffron, echinacea, prickly ash, bayberry bark, etc.

Stimulants are often combined with astringents or alterative or laxatives.

II. Organ Systems

This is a subject which is too grand to take up in a short lecture or paper, but the main point is that we want to understand how the entire organ system works, not just the parts in their isolated molecular glory.

Thus, for instance, we want to know that a lack of saliva and dry mouth will be associated with poor secretion in the stomach, tension, food sitting and rotting, gas, intestinal colic, poor digestion, and weight loss.

If the urine is concentrated and dark we think of coolants and relaxants, if copious and pale, we think of astringents and

We do not think of the specific pathways in the liver, but of the general function of detoxification and rebuilding of food/toxins, and so we use metabolic stimulants or alteratives – the Greek word for metabolism was “alteration.”

To give an example of differentiation in the treatment of a single organ: we do not just understand high blood pressure in Thus, the BP associated with beta-blockers calls for relaxants to the nervous system.

When associated with ACE inhibitors and diuretics we need salt-balancing remedies that retain potassium and strengthen

When statins are prescribed there is an indication, not only need for exercise and dietary restraint, but for better oils,

The following is just a short list of organ-affinities:

Brain (wood betony)

Neck and spine (blue vervain, black cohosh)

Throat glands/lymphatics (cleavers, calendula, scrophularia, poke, ceanothus)

Ears (lady's mantle, ground ivy, pulsatilla)

Eyes (eyebright, goldenrod, pulsatilla)
 Throat passages (marshmallow, elecampane, sage, propolis)
 Trachea (calamus)
 Bronchial tubes (garlic, Easter lily, elecampane)
 Lungs (elecampane, coltsfoot, mullein, pine, usnea, white hoarhound)
 Heart (hawthorn, cayenne, linden flower)
 Vasculature (collinsonia, horse chestnut, oak bark, black walnut)
 Blood (cayenne, saffron, yarrow)
 Stomach (meadowsweet, wood betony, lemon balm)
 Intestines (yellow dock root, rhubarb, plantain, butternut)
 Kidneys (sumach, pipsissewa, nettles, string beans)
 Bladder (monarda, corn silk, yarrow, buchu)
 Adrenal cortex (burdock, licorice, Siberian ginseng, spikenard)
 Thyroid (lemon balm, black walnut, cleavers, chickweed)
 Pituitary (pulsatilla, vitex)
 Sex glands and hormones (white peony, black cohosh, angelica, shepherd's purse, blue vervain, raspberry, mitchella,
 Nerves (lemon balm, oatseed, skullcap)
 Muscles (lady's mantle, shepherd's purse)
 Connective tissue (true and false Solomon's seal, horsetail)
 Bone (boneset, comfrey, true Solomon's seal, nettles, horsetail)

III. Government from Centre to Circumference

The hypothalamus is the "master gland" of the endocrine system.

It regulates the internal temperature and fluid levels through sensors, the autonomic nervous system, hormones, and

It also regulates the periphery in the same manner – the "vents" of the exterior open and shut to keep the internal

This includes the sweat glands, capillaries, sebaceous glands, and "shivering mechanism."

When the body is overheated the sweat glands open up to release sweat, which cools the body as it vaporizes off the surface: it opens the peripheral capillaries to release heat to the surface.

When the body is overcooled it elicits the shivering mechanism to generate heat, and if the body is cold and damp the oily

The healthy surface temperature is slightly lower (98.6°) than the interior (100°) so there is always a gentle flow from

Samuel Thomson realized that the organism was like a "fountain" and that it flowed from interior to exterior, bringing in a

sense nutriment, heat, and life to all corners of the body, while it was protected from the cold and exterior by the skin or

If the internal heat died down the organism was not able to defend the periphery and cold, blockage, and disease crept in.

Likewise, if the exterior was too weak cold and blockage burst their way in forcefully and attacked the internal heat.

Thus, the object of medicine was to maintain the heat in the centre, the flow to the periphery, and the integrity of the

This gives us a model to understand the self-regulation and orderliness of the organism.

Galen classified herbs according to whether they opened, closed, moved up or down, thinned or thickened.

Here are a few pointers.

Opening. Hyssop, pleurisy root, elder.

Closing. Sweet leaf (*Monarda fistulosa*), sumach.

Open and Close. Burdock, blue vervain, sage.

Thins. Elecampane, dandelion, saffron, parsley.

Thickens. Slippery elm, marshmallow, comfrey.

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Herbalists and Homoeopaths - Allies or intrinsically different

Herbalists and Homoeopaths - Allies or intrinsically different?

<http://forums2.gardenweb.com/forums/load/herbal/msg0400322130442.html>

Occasionally we see suggestions in this forum that homoeopathy is a respectable branch of herbalism, and that homoeopathic herbal remedies work for various conditions. Naturopaths are among those practitioners with a foot in both

It may be surprising then, to hear that there are herbalists who object to being lumped in with what they feel is the

"Herbal medicine is NOT homoeopathy. Herbal medicine and the use of pure chemical constituents from plants still subscribe to dose-response pharmacology: that the biological response varies in direct proportion to the dose or concentration of the remedy. While some medicinal plants are used as a source for homoeopathic treatments, the rationale for dosing in medicine vs. homoeopathy are diametrically opposed. Lumping together herbal medicine with homoeopathy

Does embracing the idea of homoeopathic herbal medicines detract from herbalism's credibility and promise?

Possibly it would, in those that think simplistically. Most of those people probably don't know what homoeopathy is, though. The "either or" mentality does keep many from seeing the full range of possibility.

I personally prefer to use herbs in a homoeopathic way--just a few to stimulate a reaction. Taking massive amounts of material that has been inadequately studied is a bit more than I am prepared to do.

Herbalism will never go totally out of style, because one of the appeals is the feeling of self sufficiency in emergency or disaster situations. The feeling of safety may be a bit misplaced, but it is comforting.

The other attraction is the herbs themselves, and the unlimited new things that can be learned about them. Their histories are all interesting, and there is constantly new information coming out regarding their properties. There is the gardening

Whether to utilize herbs or modern medicine as an individual can be a rigid lifestyle choice for some, but for others it is more a matter of preference or availability. Users range from those in developing countries with no other options to those

When alchemy was abandoned for modern chemistry, aspects of psychology were left behind until Carl Jung went back and took another look. That did not, you might notice, cause anyone to feel that chemistry had been invalidated.

Herbalism merits the same treatment.

I think there's misunderstanding among users of herbs as to how different herbalism and homoeopathy are. Awhile back we had a poster going off about "allopathic" medicine being opposite to herbalism, not realizing that both traditional and modern evidence-based herbalism (as well as mainstream medicine) are "allopathy". the opposing belief system being

Both herbalists and physicians prescribe medications to counter diseases/symptoms, with the goal being to alleviate them by countering a harmful process with a substance(s) that blocks or otherwise works against that process. Homoeopaths believe that vanishingly small amounts of a substance that mimics or causes the harmful effect diminish that effect in the "Hahnemann declared that diseases represent a disturbance in the body's ability to heal itself and that only a small stimulus is needed to begin the healing process. He also claimed that chronic diseases were manifestations of a suppressed itch (psora), a kind of miasma or evil spirit. At first he used small doses of accepted medications. But later he used enormous dilutions and theorized that the smaller the dose, the more powerful the effect—a notion commonly referred to as the "law of infinitesimals." That, of course, is just the opposite of the dose-response relationship that pharmacologists have demonstrated...Homoeopathic products are made from minerals, botanical substances, and several other sources. If the original substance is soluble, one part is diluted with either nine or ninety-nine parts of distilled water and/or alcohol and

A 30X dilution means that the original substance has been diluted 1,000,000,000,000,000,000,000,000,000 times...

Oscillocochinum, a 200C product "for the relief of colds and flu-like symptoms," involves "dilutions" that are even more far-fetched. Its "active ingredient" is prepared by incubating small amounts of a freshly killed duck's liver and heart for 40 days. The resultant solution is then filtered, freeze-dried, rehydrated, repeatedly diluted, and impregnated into sugar granules. If a single molecule of the duck's heart or liver were to survive the dilution, its concentration would be 1 in 100,000. This huge number, which has 400 zeroes, is vastly greater than the estimated number of molecules in the universe.

What I asked about in the opening post was not whether herbalism is a valid field increasingly grounded in solid evidence. The question is whether its linkage to homeopathy in the minds of many herb users (and non-herb users) does harm to the

I believe it does.

Here is a link that might be useful: [Defining homeopathy](#)

not realizing that both traditional and modern evidence-based herbalism (as well as mainstream medicine) are "allopathy",

Your thinking reflects a false dichotomy. Some herbalists are allopathic, others are naturopathic, and there are various other schools of herbalism (ayurveda, Appalachian bush medicine, etc etc) that do not fit neatly into any of the categories of allopathy, naturopathy, or homeopathy. I believe that most western herbalism is closer to naturopathy, which is one

RE: Herbalists and Homeopaths - Allies or intrinsically different

There are some systems of medicine that may employ herbalism in part, but the typical traditional uses of herbs in our

If many "allopaths" (funny how this came to be a pejorative term for physicians) "bristle at the very idea of herbalism", it's because it's allied to some extent with quackery like homeopathy and espoused by people who are more interested in

Acceptance of herbalism as complementary medicine can be enhanced if users discard outmoded thinking and demand the same proven effectiveness, purity of products and safety from herbalism that they rightfully expect from mainstream

RE: Herbalists and Homeopaths - Allies or intrinsically different

For your specific question, Eric; Yes, I do think that lumping Herbalism and Homeopathy together, as viewed by the average person, is detrimental to the acceptance of medicinal herbs as a viable mode of healing.

Though both modalities rely on plant materials, they have very different approaches to treating illness, as you've illustrated. I am not well versed in homeopathy, but know the principles, and, know the herbal use of the same plants well. I'm open-minded to homeopathy, even though it goes against the grain of my scientifically-raised mind, because I

But, at this point of acceptance with alternative medicine, you have to choose your battles, and I'd rather have medicinal herbs separated from homeopathics, which can't be studied for active components. I want medicinal herbs to be responsibly studied for active components, and, hopefully, not just isolated patentable ones, but synergistic components of

To add to the misperception fray, I have seen Herbalism, Homeopathy, and Holistic modalities all lumped together as "Teh Crazy Woo Woo" on some otherwise intelligent message boards, with no distinction or understanding as to the differences in the terms. Ya know, all them H words. But, it's quite easy these days to get a quick basic understanding of

Appalachian "bush medicine"??? Think we could find Dr. Livingston in a holler? The lost tribes of Scotland? Coal miners

"Herbal medicine and the use of pure chemical constituents from plants still subscribe to dose-response pharmacology". Wrong from the start. Just a complete fallacy of a statement. The reason: Everybody's different. The same dose that works on me, might not on you. Or may send to the hospital with an overdose. We herbalists start with the smallest possible

Next, you do not use herbs "to counter ... a harmful process with a substance(s) that blocks or otherwise works against that process." I'm surprised, if anyone reading this is a practical herbalist, that they would believe that.

Herbs are always used to bring the body back into balance, not by "countering" or "attacking" an issue but by bolstering the body's natural defences or stimulating the body's natural response so THE BODY does its own healing work. You only ever want to use an herb that will work WITH the body. To do otherwise is counter-productive & will cause more

There's a whole different modality with the way you use herbs than with the way you use medicine-- or any other healing method-- & that's the problem with trying to compare the two (or three or four)-- you use them differently & they work differently. They can work synergistically with one another or be counter-indicative. We don't live a world where

Regarding homeopathy-- again a different modality. A different approach, a different effect and essentially a different purpose. Just because herbalism and homeopathy use the same basic components does not necessarily link them.

For example, I can cut down a tree & use the wood for a boat, or to make paper. Different processing of the wood in each case. Different purpose. Different outcome. And while I can draw on a boat, I cannot necessarily float on paper. And.

Another example: I am trained as both an aromatherapist and as an herbalist (and as a botanist & a lot of other things that have to do with plants) In my line of work I use infused oils and essential oils. They are not the same thing. While they may come from the same base, they are not made the same way and while they have similar purposes, they must be handled differently with a great deal of regard for what each can and can't do. I can make an infused oil of peppermint

Maybe the general public needs better education as to what different types of healers do. But then again, we Appalachian Wood Workers have been around a long time & we wouldn't be so successful or so enduring if an intelligent population didn't exist to carry on the art. If anybody ever did confuse me with a homeopath, I would have to correct them for the same

Thanks for your response, Phylla. While homeopathy has zero hope of ever being demonstrated to be more than placebo (and those instances of anecdotal "success" with homeopathic drugs are placebo effect in action), it's good to hear from

For simplicity: I can't speak to how things are done in every corner of Appalachia - but the reading I've done on the history of herbalism in North America (for example) suggests that people have historically used herbs to counter and relieve unpleasant symptoms. I've seen this repeatedly discussed in works on Native American use of herbs. Some may

And try as one might, it would be extremely difficult to link historic use of herbs by Native Americans and the colonists who first adapted those ideas as akin to homeopathy. You just don't see accounts of people in those days diluting down an herbal preparation to the point where there's not even a molecule of active substance left. It was Hahnemann and his followers in the early 19th century who got homeopathy going and accepted by a number of medical practitioners of the

I think it's interesting that the Chinese and the West both have systems of healing based on the elements...Earth, Air, Fire, and Water for us, and a similar system with Wood and Metal in the Chinese system, which has five elements instead of

It's also interesting to me that India has an extensive database of homeopathic practice, similar to that of the West.

I always feel that where there is smoke, there is fire.

This whole conversation reminds me of a cartoon I once saw, though, where a family trying to give away some puppies, which they were showing to another family, had the enormous parent dog hidden away in another room.

Eric wants to hide the other aspects of Herbalism.

I am not all that invested in transforming Herbalism into a scientific discipline. To me, the other aspects are where the interest and the fun are. I don't see why my fun has to be abandoned to meet Eric's needs.

I realize Herbalism can be an exact science, but when people like Eric get done with it, that is all it will be--a bunch of chemical studies with no spirit to it. The numinosity will all be drained away.

Dead and dried up herbs will never take the place of the real thing.

The problem is that herbalism, like it or not, is no longer solely an amateur preoccupation. It's big business, to the tune of billions of dollars a year in sales, with various practitioners elbowing each other to get in on the action. Scams and false

The fascinating history and do-it-yourself aspects of herbalism are not threatened by scientific research. Herbalism to me is enhanced by the knowledge that a given portion of it is research-validated.

To paraphrase eibren's last line: in regard to homoeopathy, a dilution taken to the point where there is not even a single

Where there is smoke there is fire, but the fire isn't necessarily burning on what you think it is. It might be working, or it

All around the world people used to push on the bellies of women giving birth to speed the process, while it doesn't make it go faster it does kill quite a few babies. Smoke all over, fire all over, not the fire of success.

RE: Herbalists and Homoeopaths - Allies or intrinsically different

"The problem is that herbalism, like it or not, is no longer solely an amateur preoccupation. It's big business, to the tune of billions of dollars a year in sales, with various practitioners elbowing each other to get in on the action. Scams and false

Just because amateurs are making big money at it does not make them professionals.

Most of us can see the difference, even in the quality of the websites themselves.

I think you have been tilting at windmills, and at times throwing the baby out with the bath water.

Hahnemann, the father of Homoeopathy, got his self a statue in Philadelphia - not sure if still there.

Some currently marketed preparations, bearing homoeopathic brand labels, are not classical titrations - but have

Buyers not versed in the jargon do not know if getting the real deal or some real plant matter.

Call it adulteration of a homoeopathic remedy with herbal dosage - product trying to have it both ways.

"Just because amateurs are making big money at it does not make them professionals. "

I call that the worst of both worlds. Big profits for someone, but a dodge of the ethics regulations.

gringojay is correct that some products marketed as homoeopathic actually have been found to contain substances in non-

The real health problem associated with these products is typically not that they cause harmful effects/side effects (after all water, which is what these drugs actually consist of, is pretty non-toxic) - but that people forego useful treatment in taking

One example of a herbalist (and former homoeopath) who now warns the public against homoeopathy is Edzard Ernst, professor of complementary medicine at Exeter University (UK). Ernst is offering a 10,000 prize to the first person who can demonstrate that homoeopathy works (haven't heard of any takers yet). The author (with Dr. Ernst) of a book on

"'If homoeopathy could be proven to be effective it might earn the researcher a Nobel Prize in Medicine,' he said.

'He or she would also deserve Nobel prizes in chemistry and physics because the laws of science would need to be re-

The chances of that happening, similar to the active ingredient in a 200C dilution, are infinitesimally small.

Incidentally, trusting in a supplement company's professionalism based on the quality of their website is a very risky proposition. Lots of people have been taken in by marketers with a slick promotional site.

Eric forgot to bring up the black side of the Western medicalism. Of greedy doctors and hospitals raising prices so people are forced to do without care or shaving safety for a little more profit as in several water sources from pharma companies where FDA has found enormous quantity of drugs in local water supplies. Strangely the same drugs these local companies

How about these good doctors and nurses that set up fly by night clinics that charge outrageous prices for illegal IV chelation treatments said to cure blood vessel blockage. These are medical doctors and nurses folks! Not herbalists or

How about a good medical doctor that got hooked on drugs and kept being reinstated by the medical board. Until he killed a patient and is now in prison. The medical board people should be in prison with him.

Eric can easily see the problems of what he seems to consider the peons in the medical field. Herbalists and homeopaths but overlooks the problems (Of which there are many) in his own field. To add injury to insult he does it on an herbalism

It would be so nice if someone in the medical field would try to solve the problem of getting health care from the good medical doctors to everyone in this country. That is the nr 1 reason the US HEALTH CARE system is ranked nr 37 by the

Oh- Cuba is #38 right behind us and France is #1. They have Universal health care and it doesn't cost near as much per capita as ours does. They also stress care for everyone and not money from everyone. Does that say to anyone this medical system better wake up and learn some medical ethics. Oh BTW France also works side by side with herbalists and homeopaths and they are respected members of the medical family. Today the US is not the leader in medical research, Europe is. India and China are fast coming upwards in healthcare and research. Personally I think they ought to fire all American medical personnel and bring in Europeans to teach new people. Eric said once that other countries send students

Grow your own medicine and know what you are getting after getting a check up by a doctor. They have enough equipment now to make a half way guess at what is wrong with you. In other words don't take

There are quacks in every profession. The difference between herbalism and homeopathy (and between mainstream medicine and homeopathy) is that the entire field of homeopathy is quackery.

The big thing now in homeopathy is attempts to exploit fears about swine flu. We are seeing nonsensical claims that homeopaths successfully treated flu in the pandemic of 1918 and that current nostrums are good for flu.

The bright side of this (if you can call it that) is that if people who get sick with swine flu go to their homeopaths for glorified water, that'll leave more genuine antivirals available for the rest of us. One hopes these people won't rely on

The medical field and the media keep feeding the fears of people by comparing this outbreak of flu with the 1918 flu outbreak. And of course the medical offices are full of patients giving up their hard earned money for nothing.

Maybe they ought to look to an herbal answer. It's cheaper. LOL

We had a thread recently on swine flu which mentioned common sense precautions that can be taken against it, without

As of now, buying homeopathic nostrums to prevent flu will only cost you money for nothing. If a person comes down with a deadly strain of flu, the price for depending on homeopathy will be higher.

Here's one recent tragic case involving faith in homeopathy.

I am not a fan of homeopathy; I think the theories are nonsense and I don't use anything that is strictly homeopathy (I do use some zinc lozenges billed as homeopathic, but they contain 5-10 mg of zinc each, which is not homeopathic). A few

People turn to homoeopathy for a variety of reasons. Some would say ignorance is the biggest reason. But there are others.

There was an interesting study titled "How do parents of child patients compare consultations with homoeopaths and

Homoeopaths spent more time with their patients. Homoeopaths were described as people who listened to their patients. Homoeopaths were seen as focusing on the whole person and health, not just symptoms. There was more positive interaction between homoeopaths and their clients than between doctors and their patients. A doctor's office was far more

Given these differences, is it surprising that people continue to visit homoeopaths? Especially when the conditions that compel them to go are often mild or self-limiting, so that they get better regardless? And is it surprising that these

I suggest that blaming the stupidity of the patient is not the best place to start - maybe humanizing medicine would do more

Curious patients' interpretation that Homoeopaths are not focused on symptoms; it shows how misunderstood it is in the

The whole theory is that "likes" cures "likes". The founder dosed himself with everything conceivable to record his

The practitioner is supposed to parse the finer circumstances of when symptoms occur to match the exact remedy "like"

This is why the consultation is so endearing, because it becomes intimate as to when does what occur, and makes the

Technically the traditional Homoeopath is just cross referencing symptoms they hear a patient report in response to probative questions. The dosages, permutations & sequential program of remedies are probably run on computer programs

Old school practitioners claim that an inappropriately selected remedy is capable of setting back the course of cure. A wrong prescription not only makes the case more confused, but also itself induces symptoms.

The modern commercialized over the counter products, aside from the "Rescue Remedy", would be malpractice under

The one thing homoeopaths do right is spending a lot of time with their patients, that is fantastic for patient confidence and

Homoeopaths tend to avoid the fact that their modality is entirely based on symptoms, and I have several times been criticized by homoeopathy supporters for supporting western medicine which "just tries to treat symptoms instead of the root cause". I think that the fact that homoeopaths say that is the reason that people repeat it and accept it. It's the same thing with Biodynamic farming, they have a byline ("Treats the farm as an organism") and they claim to be the first to put together all of the ideas of modern organic farming. but in the end Rudolph Steiner just took organic agriculture. and

"Given these differences, is it surprising that people continue to visit homoeopaths?"

If you've got far fewer patients, no emergencies, less pressure to perform and no concerns about fighting with insurers to get care for your patients funded, of course you've got more time to spend with an individual patient (even if the practical results are inversely proportional to the time spent). Don't forget as well that one of the characteristics of con men in general is lavishing attention on the victim to make them feel special. but who ultimately come out the loser. Physicians do

"I suggest that blaming the stupidity of the patient is not the best place to start "

I am pointing out the false nature of homoeopathy - and the faults of homoeopaths who are not willing to admit that what

Congratulations on coming right out and saying that about a type of nonsensical woo. I think it's a first. :)

"Supporters (of homoeopathy) claim that there are no risks from homoeopathic treatment. They say that the ultra dilute remedies are safer and cheaper than most prescription drugs. First, it has been shown that several homoeopathic remedies for asthma actually were contaminated with large amounts of artificial steroids. Second, some remedies do contain measurable amounts of the critical substance. If a patient takes 4 tablets daily of mercurv (D4). he would receive a

There is an additional risk of seeking homoeopathic treatment. If someone is ill and requires immediate medical treatment, any delay could have serious consequences. This is the risk that is present with all alternative medical care."

Another error on your part, eric. I won't spend all day looking at what I have said here, but it doesn't take long to prove that your opinion is wrong. One example of a previous post of mine: ("I don't consider homoeopathy to be effective.")

But it would be foolish of me to assume that you read my posts for any reason other than to pick them apart, or that you

Having browsed the quackbuster/sceptic sites over the past few days, I see now that you get much of your information third or fourth hand from those sites. More importantly, your posts here are typically an attempt to replicate those sites ... you are less about herbalism than about promoting the doctrines of the anti-woo crowd. Rather than actually looking at the

The fact that I don't believe in homoeopathy and occasionally say so is not enough for you; I am apparently guilty of serious sins for not denouncing the heresy frequently enough or emphatically enough. It doesn't matter that I think that I think that relatively few people actually use homoeopathy, and that when they do, it is mostly for minor, self-limiting conditions (like allergies) or as an adjunct to other care. It doesn't matter that I prefer to spend my time promoting things

Don't forget as well that one of the characteristics of con men in general is lavishing attention on the victim to make them

Don't forget that one of the biggest determinants of whether a patient will sue their doctor is whether they think the doctor

There's a wee bit of difference between saying "I don't think homoeopathy is effective" (italics added) and coming right out and labeling it nonsense. Congrats in any case. Though you're incorrect in believing that relatively few people go for homoeopathy. The homoeopathic products market hit \$230 million in sales back in 1995 and has been rapidly expanding.

And of course homoeopaths do promote their diluted drugs for far more than minor complaints - including for arthritis, heart disease and other major chronic ailments, and cancer. When your allergies don't improve on homoeopathic drugs, it's not usually an acute health crisis - the same can't be said for a cancer neglected while the patient is given homoeopathic

"Having browsed the quackbuster/sceptic sites over the past few days, I see now that you get much of your information third or fourth hand from those sites. More importantly, your posts here are typically an attempt to replicate those sites ...

Demonstrably false, as you know that in addition to linking to and quoting original research frequently, including articles from people like Professor of Complementary Medicine Edzard Ernst (a noted herbalist and former homoeopath), I cite the NIH, CDC and various professional health organizations on a frequent basis. Regardless of your sudden interest in

I will continue to promote herbs such as butterbur, echinacea, St. John's wort etc. that have solid evidence backing their use. I will continue to challenge unproven claims and exaggerations about herbs or supplements that are based on

In conclusion: The biggest determinants in whether a patient gets well is the effectiveness of the treatment. On this score, homoeopathy falls way, way short. Herbalism has a much better track record, and we need to recognize the differences

I will continue to challenge unproven claims and exaggerations about herbs or supplements that are based on testimonials

Are you irked by the fact that the National Institutes of Health (via the ADAM encyclopaedia on their web page) says that there is good scientific evidence that elderberries may reduce the intensity or duration of influenza?? How did such an authoritative source come to that conclusion, which was very different from yours?? Answer: you are not just looking for scientific evidence. you demand an iron-clad body of evidence. a complete lack of any ambiguity. and your decision

Other, less retentive types might say "there is some decent evidence elderberries might help with flu, there is no evidence it is any more dangerous than blueberries, so I can make a decision based on that 75% level of certainty that it might be

For me, the idea of a convergence of evidence is useful when there is incomplete information - and given the funding for herbal research, that is most areas of herbalism. You would rather stick to your binary theory of certainty, 100% proven, or unproven. Great if that works for you. Appropriate in some conditions where risks are high. But quite unnecessary or

What is irksome is that you want to define the terms of discussion in this forum by your standards, which few of us share. Most herbalists place some value on the tradition of herbalism, the historical/clinical uses of herbs, and our personal experiences. And in my case, yes, lab and animal studies, or studies that may not have 10,000 subjects in them and

Zum Beispiel, when the traditional use of an herb like kudzu is for headache, and we combine that fact with lab studies showing that compounds unique to kudzu affect serotonin metabolism in a particular way known to be beneficial to some types of headache, and then one (and then many) cluster headache patients I know who suffered with daily headaches for years suddenly became pain-free within a day or two after they start taking kudzu, I see a strong convergence of evidence that kudzu can help some with cluster headaches. And when my remission for cluster headaches ended recently, I used

To me, your way of thinking might be appropriate science in the context of a regulatory committee that decides on applications for new drugs, less applicable for a committee that makes decisions on orphan drugs, and quite irrelevant to

Do you think people should be choosing to sue their doctor based on how well they were listened too or how well they were treated? In other words, if there are two doctors, one who pretends to listen and gives dangerous treatments, and another who doesn't spend much time on dilly dallv and provides treatments that tend to be both safe and effective who

Do you think people should be choosing to sue their doctor based on how well they were listened too or how well they

I didn't say that at all ... my point is that there is widespread dissatisfaction with the way doctors interact with their patients, and that this affects many things, from the number of people that go to alternative medical practitioners to the number of

The appropriate treatment is of course essential, but a patient that doesn't feel he can communicate with his GP or be taken seriously is much less likely to schedule an appointment in the first place unless something is quite urgent.

Furthermore, in a discussion about homeopathy, I would ask if it is ethical for doctors to prescribe a placebo? I know doctors that do so - they are convinced that certain patients are merely hypochondriacs who are somatizing (although in one case, one these 'hypochondriacs' later proved to have actual conditions that were simply difficult to diagnose). In such cases, communication with the doctor is a key factor, and I would say that people should definitely avoid GPs who have

Perhaps apollo is unaware that there is a controversy in mainstream medicine over whether it is ever ethical to give placebos (there is no such ethical agonizing taking place among homeopaths). And it would never be tolerated for any

If I had a primary care doc who didn't listen to me adequately and had rotten people skills, I'd find another primary care doc. I wouldn't go to a homeopath who didn't know squat about medicine, no matter how nifty their interpersonal skills

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Herbalism and homeopathy

Herbalism and homeopathy

http://homeoinfo.com/08_non-classical_topics/traditional/herbalism.php

Uses many references from *The Efficacy, History, And Politics Of Medicinal Plants* by Frank J. Lipp, Ph.D. in *Alternative Therapies in Health and Medicine* (1996;2(4):36-41), now a subscription only website.

Herbalism is an ancestor to which we owe many thanks in homeopathy. As a system, it is the oldest and most widely used form of medicine in the world today. Yet as science marches on, some medicinal herbs have lost their importance and are

As sources of remedies and herbs, nature has proven to be the best. But herbalists and scientific research have sometimes

A drug (8-methoxypsoralen) produced from bishop's weed (*Ammi majus*) to treat psoriasis and other skin disorders, as well as T-cell lymphoma was used by ancient Egyptians to treat vitiligo, a skin condition characterized by a loss of pigment.

Pokeroot (*Phytolacca decandra*) was thought to be effective against cancer in the 18th century, and in studies has been shown to kill cancer in mice. Hale introduced the remedy to homoeopathy. Clarke records several cancer cases cured by it

One quarter of all medical prescriptions are somehow based on plants or plant-derived synthetic analogs. That doesn't seem like a lot but that's only 20% of the world's population that uses those. The other 80%, primarily in developing

Just since 1960, at least a dozen flowering plants have provided modern drugs including:

Dioscorea (wild yam) which provided diosgenin where we get all contraceptive agents concerned with preventing an ovum from descending. Burt made the proving of this one and found much pain in the stomach and abdomen as an unfortunate

The *Rauwolfia* species which provided reserpine and other antihypertensives and tranquilizing alkaloids.

Pilocarpus pinnatus which yielded pilocarpine to treat glaucoma and "dry mouth." Burnett found the remedy to be his chief

The rosy periwinkle (*Catharanthus roseus*) which provided two powerful anticancer agents.

The *Cassia* species which has laxative agents.

And the familiar *Digitalis* (foxglove), which gave us a cardiotonic agent to treat heart failure. Macfarlan treated gonorrhoea, many have used it with good effect for pneumonia, and of course, one of the keynotes is a weak and irregular

Three major sources for anti-cancer drugs were derived from North American plants used medicinally by Native

The papaw, (*Asimina triloba*) is a small remedy used for diarrhoea, sore throats and high fever.

The Western yew tree (*Taxus brevifolia*), is effective against ovarian cancer. The remedy (*Taxus baccata*) has shown to be

And the mayapple (*Podophyllum peltatum*) has been used to combat leukaemia, lymphoma, lung, and testicular cancer. Indians used the root to expel worms and cure deafness. Botanic and eclectic practitioners adopted the plant first and used

Why hasn't modern science taken a look at some of the homoeopathic provings which have been on the books for almost a century? Besides being on the edge, there is the economic side to realize. It costs a lot to research. But certainly, there is

Research investment in plant-derived drugs by pharmaceutical companies has been dwindling for much of the 20th century, and almost stopped by the end of the 1970s. One reason is that after a 20-year, multimillion-dollar plant screening effort by researchers for the National Cancer Institute. not a single agent of general use in the treatment of human cancer

Drug companies once again are actively collecting plants and other natural products. Two results of this chemical prospecting are alkaloids from a Cameroonian rain forest vine and an Australian chestnut tree showing activity against the

Pharmaceutical companies are asking whether the plants should be collected randomly or on the basis of local ethnobotanical knowledge. If you take a plant from Brazil, can you legally protect the drug, do you owe the people who

The chemical components of plants, even if published, cannot be patented and therefore generate profit. No profit incentive means drug companies will be unwilling to investigate and develop plant-based drugs. They also know that the

Some \$6 billion is spent annually on herbal medicines in Europe which attracts pharmaceutical companies without an interest in alternative medicine. They have been aggressively buying up smaller herbal medicine companies.

Safety

The prevailing scientific theory of drug discovery is that all disease starts at the molecular level. Molecules that go bad cause disease. Cholesterol molecules gang up and block the blood vessels causing heart disease.

All drug discovery procedures look for a particular molecule that stimulates or blocks the activity of cell receptor molecules by fitting into them, like a lock and key. In contrast, medicinal plants work on a higher, physiological level. A plant that increases the secretion of urine can be used to treat kidney and bladder ailments or to eliminate body poisons. Tannins can bind with proteins in the skin and mucous membranes to convert them into insoluble and resistant tissues.

When herbal medicines were first used, certain parts or the whole plant was prepared. But as chemistry got better, scientists extracted less and less of the plant which was thought to be a good idea until they found that the parts they had

The other components also affected how the extract was assimilated in the body, the stability, or increase the positive effects. For example, polysaccharides in chamomile increase the anti-inflammatory activity of apigenin, luteolin, and other

Combinations of chemicals occurring naturally in one plant are synergistic. Herbalists have found combining several plants create a synergy of healing also. Traditional Chinese medicine uses combinations to minimize or eliminate side effects.

In what manner and how often the herbal preparation is given affects the outcome. For example, a hot tea made from boneset will cause sweating, a cold infusion is a mild laxative, and in large doses boneset will cause vomiting and act as a

Dosage is important and therefore standardization of the substance used is important as we know from the standards set forth in the HPUS. Herbal medicines do not have this kind of supervision to protect the consumer.

Herbal literature can exaggerate the uses of the botanic substances which has given scientists a bad feeling about accuracy. For example, one popular herb book averages 23 different medicinal uses for each plant. There are many different symptoms that have been recorded in homeopathic materia medicas for each remedy which is one of the difficulties of

But herbs have a long recorded history of medicinal use and they commonly exhibit a wide range of pharmacological activities. Nut grass (*Cyperus rotundus*), for example, shows hypotensive, antihistamine, anti-emetic, smooth muscle relaxant, antipyretic, and anti-inflammatory activities in experimental animal studies. Ginkgolide B inhibits the platelet activating factor, an important inflammatory mediator, and has potential in treating illnesses including psoriasis, lupus.

A proper dose of anything is important. Prune juice taken as a laxative can produce diarrhoea. Licorice root is good for gastric ulcers but in large doses causes heart failure. Castor oil (*Ricinus communis*) seeds yield a strong laxative but are highly toxic. Several common medicinal plants including chamomile, marigold, and yarrow can produce minor allergic

As with any type of subjective study, there are those who want you to believe it's good and minimize potential dangers. Then there are those who are the conservatives in another camp that magnify tales of error and call for caution. Cases of adverse reactions to herbal medicines are rare and often due to misidentified or incorrect plant admixtures, adverse interaction of the herbal medicine with a prescription drug, inadequate evaluation and quality control, and over-

Four cases of herbal poisoning in two years can be understood considering that tons of most every kind of herb have been consumed over the years. In contrast, there are three million severe pesticide poisonings each year, with 220,000 deaths worldwide. Interestingly, no clinical trials are set to determine the safety of the billions of tons of more than 100,000

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Herbalism v homeopathy

Herbalism v homeopathy

<http://www.chapmancentral.co.uk/blahg/2010/10/herbalism-v-homeopathy/>

Homeopathy is particularly popular among the middle classes – the cynical might characterize this as those people who are generally healthy but tend to self-medicate for lifestyle reasons, but that is a little uncharitable.

I know a fair number of such people and one thing is pretty clear: there is a lack of basic understanding in this group of the

So let's have a quick overview.

Herbalism is the practice of using natural or herbal remedies for ailments. Many herbal remedies are close analogues of conventional medicines, and a decent number of conventional medicines started out as syntheses of provably effective natural remedies. Aspirin is a derivative of salicin, a natural compound found in the bark of the willow tree. The problem with herbal remedies is that their use tends to be empirical and some practitioners will steer patients away from conventional medicine. to the potential detriment of their health. Herbal remedies will not cure cancer or ulcers but they at

Homoeopathy is the practice of taking a substance you believe causes similar symptoms to the illness and diluting it until there is no significant chance of even a single molecule of the substance left, then administering it usually via sugar pills. There is no repeatable scientific evidence to support the idea that this “water memory” exists, there is no repeatable scientific evidence to support the idea that something which happens to cause similar symptoms can relieve those symptoms, there is no plausible scientific explanation as to how such an effect could be transferred to the human body via the alimentary canal in the way homoeopathy is traditionally administered. there is no scientific evidence to support the

So there you have it in a nutshell: the difference between herbalism and homoeopathy is that herbalism contains something that just might work but is administered by people who may be ignorant or sceptical of potentially more beneficial

<http://en.wikipedia.org/wiki/Homeopathy>

<http://en.wikipedia.org/wiki/Herbalism>

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Naturopathy

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Naturopathy

Naturopathy

<http://www.integrativemedicine.co.za/naturopathy.html>

Naturopathy, or Naturopathic Medicine, is a natural approach to health and healing that is both a way of life and a concept of healing. It has as its primary goal the establishment and maintenance of optimum health, which is achieved by teaching and promoting the principles of wellness, and treating with natural substances, as opposed to relying on pharmaceutical. It is a distinct, integrated system of primary health care, based on the vitalistic principles of naturopathic philosophy and holism, which is able to treat a wide range of disorders and imbalances. Vitalism treats disease through the support and stimulation of the body's own inherent healing capacity i.e. the vital force promotes self-cleansing and self-repair and

Naturopathy incorporates several fundamental components of health, including biochemistry, biomechanics, and emotional temperament i.e. it takes into account the multi-factorial nature of illness, in order to restore healing and balance to the body and mind. Fundamental to the practice of naturopathy is recognition of the integrity of the whole person, which takes into account physical, mental, spiritual, emotional, genetic, social and environmental factors: respect for the healing

Food is the best medicine

Naturopathic treatments originated as a system of using food, herbs, air, sun, and water for medicine and as healing agents for the restoration of health. The same principles still apply in modern day practice, with some innovations, but primarily it still consists of the diagnosis, treatment, and prevention of human disorders by the therapeutic use of diverse natural. Clinical nutrition, which incorporates micro-nutrient supplementation, diet, and fasting

Botanical, aromatic and homoeopathic medicine, which include herbals, homoeopaths, essential oils, flower essences and Iridology and other technical devices

Physical medicine, which includes diathermy, ultrasound, exercise, hydrotherapy, detoxifications, massage, manipulations, electro-magnetics, acupressure, acupuncture/dry needling, reflexology and aromatherapy
Counselling, which incorporates diet, lifestyle and stress management, biofeedback, hypnotherapy and stress management.

Naturopathic medicine is based on the following fundamental principles:

First do no harm - Primum no nocere

The healing power of Nature - Vis medicatrix naturae

Identify and treat the cause - Tolle causam

Treat the whole person - Tolle totum

The physician as teacher - Docere

Prevention is the best cure - Preoccupatio est optimus remedium

Establish health and well-being. Fundo valetudo quod salus

The naturopathic mode of healing ensures that each individual is treated according to his or her own unique set of symptoms and reactions. Since these indicators govern the naturopathic doctor's approach towards therapy, each person

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Naturopathy

REGULATION OF NATUROPATHIC MEDICINE IN SOUTH AFRICA

The Allied Health Professions Council of South Africa [AHPCSA] is the statutory council that regulates naturopathy in South Africa, in accordance with Act 63 of 1982. The AHPCSA controls all matters relating to students and practitioners

Information provided by Dr S Nye www.greenhousehealth.com

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Naturopathy ...

Naturopathy

http://en.wikipedia.org/wiki/Naturopathic_medicine

Naturopathy, or naturopathic medicine, is a form of alternative medicine based on a belief in vitalism, which posits that a special energy called vital energy or vital force guides bodily processes such as metabolism, reproduction, growth, and adaptation. Naturopathy favors a holistic approach with non-invasive treatment and, similar to conventional medicine.

The term "naturopathy" is derived from Greek and Latin, and literally translates as "nature disease". Modern naturopathy grew out of the Natural Cure movement of Europe. The term was coined in 1895 by John Scheel and popularized by Benedict Lust, the "father of U.S. naturopathy". Beginning in the 1970s, there was a revival of interest in the United States

Naturopathic practitioners are split into two groups, traditional naturopaths and naturopathic physicians. Naturopathic physicians employ the principles of naturopathy within the context of conventional medical practices. Naturopathy comprises many different treatment modalities of varying degrees of acceptance by the conventional medical community; Naturopathy is practised in several countries, primarily the United States and Canada, and is subject to different standards of regulation and levels of acceptance. The scope of practice varies widely between jurisdictions, and naturopaths in

The ideology and methodological underpinnings of naturopathy are in conflict with the paradigm of evidence-based medicine (EBM). Many naturopaths have opposed vaccination based in part on the early views that shaped the profession.

According to the American Cancer Society, "scientific evidence does not support claims that naturopathic medicine can cure cancer or any other disease, since virtually no studies on naturopathy as a whole have been published".

Alternate Options to Conventional Medicine

Just What are the Alternate Options to Conventional Medicine? by Pearlyn Goodman-Herrick

<http://homeopathyamerica.wordpress.com/2012/11/28/just-what-are-the-alternate-options-to->

If you are looking for an alternative solution to traditional medicine or wish to try something different, naturopathic medical treatment is just what you need. This practice is very comprehensive and makes use of quite a few therapeutic

The intention of naturopathy is to improve the health of the individual while handling any illnesses that are present. This natural medicine brings together philosophy, science, art and technique into one concentration in order to treat and stop

The assumption behind naturopathic medicine is that people are naturally healthy and balanced. Hurdles keep getting into the way of a remedy though and these obstructions need to be taken out. After they are, the entire body naturally heals itself. All therapies give attention to improving the eating habits and nutrition of the patient. Physical manipulation may be

The sufferer might be taught stress management methods. Exercise is a vital component of this treatment protocol. The specialist works to repair the natural sense of balance of the body while doing so in a highly effective and delicate way.

Naturopathic physicians in the United States undertake training a lot like that of conventional physicians. First, a four-year graduate-level degree will have to be obtained from a naturopathic medical school. When this has been done, the doctor will need to take board exams before permission to practice medicine is going to be issued. This schooling is intended to

Naturopathy was initially utilized in Germany and further evolved in America throughout the late nineteenth and early twentieth eras. It's today practised in a number of countries, like the United States, Germany, Australia and Canada.

A National Health Survey was completed in 2007 which established that almost one million Americans used at least one naturopathic remedies in the previous year. These solutions ranged from principal care to therapy for acute conditions like a cold or the flu virus. For those with serious illnesses, naturopathic professionals would in addition provide

Should you be looking for an alternative to traditional medicinal practices, this is one treatment method option to be looked at. While many individual therapies have been studied, naturopathy generally has not been through quite a lot of research. Let your medical service providers know if you're making use of this remedy option. This makes certain that all

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History – Naturopathic Medicine

History

http://en.wikipedia.org/wiki/Naturopathic_medicine

Some see the ancient Greek "Father of Medicine", Hippocrates, as the first advocate of naturopathic medicine, before the term existed. The modern practice of naturopathy has its roots in the Nature Cure movement of Europe during the 19th century. In Scotland, Thomas Allinson started advocating his "Hygienic Medicine" in the 1880s, promoting a natural diet

The term naturopathy was coined in 1895 by John Scheel, and purchased by Benedict Lust, the "father of U.S. naturopathy". Lust had been schooled in hydrotherapy and other natural health practices in Germany by Father Sebastian Kneipp; Kneipp sent Lust to the United States to spread his drugless methods. Lust defined naturopathy as a broad discipline rather than a particular method, and included such techniques as hydrotherapy, herbal medicine, and

In 1901, Lust founded the American School of Naturopathy in New York. In 1902 the original North American Kneipp Societies were discontinued and renamed "Naturopathic Societies". In September 1919 the Naturopathic Society of America was dissolved and Benedict Lust founded the American Naturopathic Association to supplant it. Naturopaths became licensed under naturopathic or drugless practitioner laws in 25 states in the first three decades of the twentieth

Estimates of the number of naturopathic schools active in the United States during this period vary from about one to two

After a period of rapid growth, naturopathy went into decline for several decades after the 1930s. In 1910 the Carnegie Foundation for the Advancement of Teaching published the Flexner Report, which criticized many aspects of medical education, especially quality and lack of scientific rigour. The advent of penicillin and other "miracle drugs" and the consequent popularity of modern medicine also contributed to naturopathy's decline. In the 1940s and 1950s, a broadening in scope of practice laws led many chiropractic schools to drop their ND degrees, though many chiropractors continued to practice naturopathy. From 1940 to 1963, the American Medical Association campaigned against heterodox medical systems. By 1958 practice of naturopathy was licensed in only five states. In 1968 the United States Department of Health

Naturopathy never completely ceased to exist. Beginning in the 1970s, interest waxed in the United States and Canada in

Today, there are (nine) schools of Traditional naturopathy offering certificate or degree programs accredited by the American Naturopathic Medical Accreditation Board. The largest correspondence school offering naturopathic certificates, Clayton College of Natural Health, has closed its doors. The National Board Of Naturopathic Examiners of the Naturopathic Medicine is represented with six accredited naturopathic medical schools and one candidate for accreditation in North America. In 1956, Charles Stone, Frank Spaulding, and W. Martin Bleything established the National College of Natural Medicine (NCNM) in Portland, Oregon, in response to plans by the Western States Chiropractic College to drop its ND program. In 1978, Sheila Quinn, Joseph Pizzorno, William Mitchell, and Les Griffith established John Bastyr College of Naturopathic Medicine (now Bastyr University) in Seattle, Washington. That same year, the Canadian College of Naturopathic Medicine was founded in Toronto, Canada. More recently founded schools include the Southwest College

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Ideology – Naturopathic Medicine

Ideology

http://en.wikipedia.org/wiki/Naturopathic_medicine

Naturopathy focuses on naturally-occurring substances, minimally-invasive methods, and encouragement of natural

Naturopaths generally favor an intuitive and vitalistic conception of the body, and complete rejection of biomedicine and modern science is common. Prevention through stress reduction and a healthy diet and lifestyle is emphasized, and pharmaceutical drugs, ionizing radiation, and surgery are generally minimized. The tenet of naturopathic practice is self-described by six core values. Multiple versions exist in the form of the naturopathic doctor's oath. various mission

First, do no harm; provide the most effective health care available with the least risk to patients at all times (primum non
Recognize, respect and promote the self-healing power of nature inherent in each individual human being. (Vis medicatrix
Identify and remove the causes of illness, rather than eliminate or suppress symptoms (Tolle Causam).

Educate, inspire rational hope and encourage self-responsibility for health (Doctor as Teacher).

Treat each person by considering all individual health factors and influences. (Treat the Whole Person).

Emphasize the condition of health to promote well-being and to prevent diseases for the individual, each community and

Practice

Naturopaths use a wide variety of treatment modalities, focusing on natural self-healing rather than any specific method. Some methods rely on immaterial "vital energy fields", the existence of which has not been proven, and there is concern that naturopathy as a field tends towards isolation from general scientific discourse. The effectiveness of naturopathy as a

A consultation typically begins with a lengthy patient interview focusing on lifestyle, medical history, emotional tone, and physical features, as well as physical examination. The traditional naturopath focuses on lifestyle changes and approaches that support the body's innate healing potential. Traditional naturopaths do not undertake to diagnose or treat diseases but concentrate on whole body wellness and facilitating the body healing itself. Traditional Naturopaths neither prescribe nor undertake to engage in the use of drugs, serums, potions, surgery or disease specific treatments or otherwise practice conventional medicine. Practitioners of naturopathic medicine hold themselves to be primary care providers and in addition to various natural approaches seek to prescribe legend drugs, perform minor surgery and apply other conventional

Methods

The particular modalities used by an individual naturopath varies with training and scope of practice. The demonstrated efficacy and scientific rationale also varies. These include: Acupuncture, applied kinesiology, botanical medicine, brainwave entrainment, chelation therapy for atherosclerosis, colonic enemas, color therapy, cranial osteopathy, hair analysis, homoeopathy, iridology, live blood analysis, nature cures—i.e. a range of therapies based upon exposure to natural elements such as sunshine, fresh air, heat, or cold, nutrition (examples include vegetarian and whole food diet, fasting and abstention from alcohol and sugar—ozone therapy physical medicine (e.g. naturopathic osseous and soft

A 2004 survey determined the most commonly prescribed naturopathic therapeutics in Washington State and Connecticut were botanical medicines, vitamins, minerals, homoeopathy, and allergy treatments.

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The Way the Immune System Works With Naturopathy

The Way the Immune System Works With Naturopathy by Pearlyn Goodman-Herrick

<http://homeopathyamerica.wordpress.com/2012/10/12/the-way-the-immune-system-works-with->

The immune system and naturopathy are strongly related. Since your immune system is very sensitive to things like stress, colds, bad ways of eating, and lack of exercise, naturopathic treatments can help bring back balance to your body and

The Consequences of Stress on the Immune System and Naturopathy

Stress is a huge problem in today's fast-paced world. Research indicates that people who routinely undergo stress, like those stuck within a traffic jam on their daily commute, have considerable decreases in the usefulness of their natural

Various other studies have been done to examine the impact of stress on kids in school. Societal pressures, peer pressure, expectations to perform well in sporting activities and academics, and the every day stress of becoming a grown up can all take a significant toll on a youngster or adolescent's health. These anxious kids have an over abundance of allergy and To help reduce the health outcomes of stress, naturopathy can begin to play a significant role in rebalancing one's body. By way of herbal medicines, nutritional therapy, chiropractic care, aromatherapy, and massage, naturopathy brings equilibrium back to the distressed body. Herbs just like licorice root, kava kava, lavender, St. John's Wort, passionflower.

The Impact of Insomnia on the Disease Fighting Capability and Naturopathy

Researchers have performed research into the precise reason for why we sleep, and they've learned that the body functions quite well without sleep for a few days, but the mind is grossly affected when required to miss or limit slumber periods. Researchers have theorized that sleep is a bit more for the advantage of the brain compared to the body. Even so, your

To combat insomnia, natural methods of treatment incorporate aromatherapy, massage, and herbs. Avoid stimulating activity for a few hours right before bed, as well as caffeine and weighty meals. Turn down bright lights, play relaxing music, and take part in relaxing massage with your partner to help get the very best sleep possible. Melatonin is a very

The Impact of Allergies on the Disease Fighting Capability and Naturopathy

Allergies can drastically affect your immune system and your all-around health. To combat allergies normally, try using a naturopathic remedy for instance a saline sinus rinse, or an air purifier. Should you suffer from allergies because of pet dander, sprinkling wheat germ on your pet's food might help slow up the quantity of dander shed, and dramatically reduce

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Vaccination – Naturopathic Medicine

Vaccination

http://en.wikipedia.org/wiki/Naturopathic_medicine

Many forms of alternative medicine, including naturopathy, homoeopathy, and chiropractic are based on beliefs opposed to vaccination and have practitioners who voice their opposition. This includes non-medically trained naturopaths. The reasons for this negative vaccination view are complicated and rest, at least in part, on the early views which shape the foundation of these professions. A survey of a cross section of students of a major complementary and alternative medicine

A University of Washington study investigated insurance claim histories for alternative medicine use in relation to the receipt of vaccinations against preventable illnesses, grouped into children aged 1–2 years and 1–17 years. Both groups were significantly less likely to receive a number of their vaccinations if they visited a naturopath. The study found a

Practitioners

A consultation with a naturopathic practitioner typically begins with a lengthy patient interview focusing on lifestyle, medical history, emotional tone, and physical features, as well as physical examination. Naturopathic practitioners can be

Doctors of Naturopathic Medicine

Main article: Doctor of Naturopathic Medicine

Naturopathic Medicine is represented in the United States by the American Association of Naturopathic Physicians (AANP), which was founded in 1985 and has 2,000 student, physicians, supporting, and corporate members. Many naturopaths present themselves as primary care providers. Doctor of Naturopathy (ND) training includes basic medical diagnostic tests and procedures such as medical imaging and blood tests, as well as vitalism and pseudo-scientific modalities such as homoeopathy. The Council on Naturopathic Medical Education (CNME) also provides for the inclusion of optional modalities including minor surgery, natural childbirth, and intravenous therapy, though they are not generally

The core set of interventions defined by the Council on Naturopathic Medical Education and taught at all six accredited schools in North America includes: acupuncture and traditional Chinese medicine, botanical medicine, homoeopathy, nature cure (a range of therapies based upon exposure to natural elements), nutrition, physical medicine, and psychological

Naturopathic medical license in most areas of North America requires graduation from one of the schools accredited by the

Licensure

In jurisdictions where Naturopathic doctor (ND or NMD) or a similar term is a protected designation, naturopathic doctors must pass board exams set by the North American Board of Naturopathic Examiners (NABNE) after completing academic and clinical training at a college certified by the Council on Naturopathic Medical Education (CNME). Residency programs are offered at Bastyr University, National College of Natural Medicine, South-west College of Naturopathic

In 2005, the Massachusetts Medical Society opposed licensure in that commonwealth based on concerns that NDs are not required to participate in residency, and are trained in inappropriate or harmful treatments. The Massachusetts Special Commission on Complementary and Alternative Medical Practitioners rejected their concerns and recommended licensure.

In the state of Washington, where naturopathic doctors are licensed comparably to primary care physicians, many naturopathic doctors also accept insurance, with some plans offering the option of designating a naturopath as a primary care provider. In Connecticut and Washington, state law requires insurance providers to provide some coverage of

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Traditional naturopaths ...

Traditional naturopaths

http://en.wikipedia.org/wiki/Naturopathic_medicine

Traditional naturopaths are those who have not graduated from accredited naturopathic medical colleges and are not eligible to obtain a license to practice naturopathic medicine. In licensed states they are not permitted to refer to themselves as NDs or NMDs. They are represented in the United States by two national organizations, the American Naturopathic Association (ANA) founded in 1919 by Benedict Lust, [verification needed] representing about 5,000 practitioners, [verification needed] and the American Naturopathic Medical Association (ANMA), founded in 1981 and

The level of naturopathic training varies among traditional naturopaths in the United States. Traditional naturopaths may complete non-degree certificate programs or undergraduate degree programs and can certify at a practitioner level with the American Naturopathic Medical Certification Board (ANMCB) and generally refer to themselves as Naturopathic Consultants. These programs are often online "degrees" and offer no biomedical education as well as no clinical training. Those completing a Doctor of Naturopathy (ND) degree from an ANMCB approved school can become a Board Certified Naturopathic Doctor. Medical Doctors with supplemental training in Naturopathy can become National Board Certified

Traditional naturopathy as defined by the profession and the U.S. Congress in the early twentieth century does not require a license in the United States. [verification needed] Traditional naturopaths, because they have not received comprehensive naturopathic medical training, as defined by the Council on Naturopathic Medical Education, are not permitted to practice

Other health care professionals

According to a 1998 task force report, some physicians are choosing to add naturopathic modalities to their practice, and states such as Texas have begun to establish practice guidelines for MDs who integrate alternative and complementary medicine into their practice. Continuing education in naturopathic modalities for health care professionals varies greatly but includes offerings for many professions, including physicians, physical therapists, chiropractors, acupuncturists, dentists, researchers, veterinarians, physician assistants, and nurses. These professionals usually retain their original designation but may use terms such as "holistic", "natural", or "integrative" to describe their practice. The American

Regulation

Naturopathy is practised in many countries, primarily the United States and Canada, and is subject to different standards of regulation and levels of acceptance. The scope of practice varies widely between jurisdictions, and naturopaths in some

North America

In five Canadian provinces, sixteen U.S. states, and the District of Columbia, naturopathic doctors who are trained at an accredited school of naturopathic medicine in North America, are entitled to use the designation ND or NMD. Elsewhere, In North America, each jurisdiction that regulates naturopathy defines a local scope of practice for naturopathic doctors that can vary considerably. Some regions permit minor surgery, access to prescription drugs, spinal manipulations,

Canada

Several Canadian provinces license naturopathic doctors: British Columbia, Alberta, Manitoba, Ontario, and Saskatchewan. British Columbia has regulated naturopathic medicine since 1936 and together with Ontario (since 2009)

United States

U.S. jurisdictions that currently regulate or license naturopathy include: Alaska, Arizona, California (see California Bureau of Naturopathic Medicine), Connecticut, District of Columbia, Hawaii, Idaho, Kansas, Maine, Minnesota, Montana, New Hampshire, North Dakota, Oregon, Puerto Rico, US Virgin Islands, Utah, Vermont, and Washington. Additionally, Florida U.S. jurisdictions that permit access to prescription drugs: Arizona, California, District of Columbia, Hawaii, Idaho, Kansas, Maine, Montana, New Hampshire, Oregon, Utah, Vermont, and Washington.

U.S. jurisdictions that permit minor surgery: Arizona, District of Columbia, Idaho, Kansas, Maine, Montana, Oregon,

U.S. states which specifically prohibit the practice of naturopathy: South Carolina, and Tennessee.

Naturopathic doctors are not mandated to undergo residency between graduation and commencing practice, except in the

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Australia – Naturopathic Medicine

Australia

http://en.wikipedia.org/wiki/Naturopathic_medicine

There is no state licensure in Australia, with the industry being self-regulated. There is no protection of title, meaning that technically anyone can practise as a naturopath. The only way to obtain insurance for professional indemnity or public liability is by joining a professional association, which can only be achieved by having completed an accredited course and

In 1977 a committee reviewed all colleges of naturopathy in Australia and found that, although the syllabuses of many colleges were reasonable in their coverage of basic biomedical sciences on paper, the actual instruction bore little relationship to the documented course. In no case was any practical work of consequence available. The lectures which were attended by the committee varied from the dictation of textbook material to a slow, but reasonably methodical, exposition of the terminology of medical sciences, at a level of dictionary definitions, without the benefit of depth or the understanding of mechanisms or the broader significance of the concepts. The committee did not see any significant teaching of the various therapeutic approaches favoured by naturopaths. People reported to be particularly interested in

India

In India there is a 5½-year degree course offering a Bachelor of Naturopathy and Yogic Sciences (BNYS) degree. The first college of naturopathy was started in Hyderabad, Andhra Pradesh by B. Venkatrao which offered a Diploma in Naturopathy (ND) and now has a full-time residential degree course. There are a total of ten Naturopathy colleges in Naturopathy and Yoga, as an Indian system of medicine, falls under the Department of AYUSH, Ministry of Health &

The Indian government established the "Central Council for Research in Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy" in 1969 as an autonomous organization under the Ministry of Health and Family Welfare. This organization was tasked to conduct scientific research into those branches of alternative medicine, until 1978. During this period, the development of Naturopathy was looked after by the Ministry of Health & Family Welfare directly. In March The National Institute of Naturopathy in Pune was established on 22 December 1986. It encourages facilities for standardization and propagation of the existing knowledge and its application through research in naturopathy throughout

United Kingdom

Naturopathy is not regulated in the United Kingdom. The largest registering body, the General Council & Register of Naturopaths, recognises only two courses in the UK, being taught at osteopathic schools: the British College of Osteopathic Medicine and The College of Osteopaths Educational Trust.^[citation needed] In 2012, publicly-funded

There are also the Association of Naturopathic Practitioners, The British Naturopathic Association, and Incorporated

Evidence basis

Naturopathy lacks an adequate scientific basis under the methodology of evidence-based medicine (EBM). Members of the medical community show a critical or rejecting view of naturopathy. Traditional naturopathic practitioners surveyed in Australia perceive EBM as an ideologic assault on their beliefs in vitalistic and holistic principles. They advocate the integrity of natural medicine practice. Traditional natural medicine practitioners surveyed in Australia could have problems in understanding and applying the concept of EBM. If naturopathy offers verifiable results for specific conditions, greater

In the United States, licensed Naturopathic Physicians have begun to contribute to research and incorporate modern

There are growing collaborative efforts between naturopaths and medical doctors to evaluate the safety and efficacy of naturopathic medicine in prevention and management of a broad range of common ailments, and to decide whether Naturopathy is criticized for its reliance on and its association with unproven, disproven, and other controversial alternative medical treatments, and for its vitalistic underpinnings. As with any medical care, there is a risk of misdiagnosis: this risk may be lower depending on level of training. Certain naturopathic treatments offered by traditional

"Natural" methods and chemicals are not necessarily safer or more effective than "artificial" or "synthetic" ones; any treatment capable of eliciting an effect may also have deleterious side effects.

Stephen Barrett of Quackwatch and the National Council Against Health Fraud has stated that Naturopathy is "simplistic and that its practices are riddled with quackery". "Non-scientific health care practitioners, including naturopaths, use unscientific methods and deception on a public who, lacking in-depth health care knowledge, must rely upon the assurance

K. C. Atwood writes, in the journal *Medscape General Medicine*, "Naturopathic physicians now claim to be primary care physicians proficient in the practice of both "conventional" and "natural" medicine. Their training, however, amounts to a small fraction of that of medical doctors who practice primary care. An examination of their literature, moreover, reveals that it is replete with pseudo-scientific, ineffective, unethical, and potentially dangerous practices". In another article, Atwood writes that "Physicians who consider naturopaths to be their colleagues thus find themselves in opposition to one of the fundamental ethical precepts of modern medicine. If naturopaths are not to be judged "non-scientific practitioners"

According to Arnold S. Relman, the *Textbook of Natural Medicine* is inadequate as a teaching tool, as it omits to mention or treat in detail many common ailments, improperly emphasizes treatments "not likely to be effective" over those that are, and promotes unproven herbal remedies at the expense of pharmaceuticals. He concludes that "the risks to many sick

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Orthomolecular Medicine

Orthomolecular Medicine

<http://www.integrativemedicine.co.za/orthomolecular-medicine.html>

The basis for the development of orthomolecular medicine, was the understanding based on clinical experience that a great deal of ill health had at its roots a deficiency of vitamins, minerals and other nutrients.

While classic deficiency diseases were very uncommon in industrialized countries, there were a large number of individuals suffering from insufficiency of nutrients, which were contributing to ill health.

While classic deficiency diseases were very uncommon in industrialized countries, there were a large number of individuals suffering from insufficiency of nutrients, which were contributing to ill health.

These deficiencies meant that the system was not functioning optimally and that various enzyme systems and other

Ill health can be the result of a real nutritional deficiency, because the diet may be inadequate, or a deficiency resulting from various inherited enzyme abnormalities leading to nutrient deficiencies. Especially in the latter case, very large doses of vitamins or minerals are often necessary to compensate for this enzyme problem. This is often referred to as Mega-

Dr Abram Hoffer, a Canadian psychiatrist, is one of the doyens of Orthomolecular Medicine, and introduced the use of high doses of vitamin B3 to treat Schizophrenia successfully. He was able to show that his combination vitamin and mineral therapy doubled the natural or spontaneous recovery rate of chronic Schizophrenia. More than 100.000

Kryptopyroluria is an inherited condition where an excessive amount of kryptopyroles in the blood, consumes large amounts of Vitamin B6 and zinc, leading to a range of mental-emotional-psychiatric states. These can range from schizophrenia and bipolar states to emotional withdrawal and temper outbursts. There is a simple urine test now available

Even Conventional Medicine recognizes the value of Niacin to lower cholesterol. The use of high doses of vitamin C to prevent viral infections and even treat cancer is however still controversial. The use of high doses of vitamin A to treat

Clearly a good diet is recognized as being of prime importance, and that excessive amounts of single nutrients, if carried on for a prolonged period without medical supervision, can cause problems. On the other hand, appropriate high-dose

Information provided by Dr B Brom www.creatinghealth.co.za

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Orthomolecular medicine ...

Orthomolecular medicine

http://en.wikipedia.org/wiki/Orthomolecular_medicine

From Wikipedia, the free encyclopaedia

Orthomolecular medicine

Orthomolecular medicine is a form of complementary and alternative medicine aimed at maintaining health through nutritional supplementation, and the assertion (which conflicts with the scientific consensus) that dietary nutrition is

The approach is sometimes referred to as mega-vitamin therapy as the practice evolved out of, and in some cases still uses, doses of vitamins and minerals many times higher than the recommended Dietary Reference Intake. Orthomolecular practitioners may also incorporate a variety of other treatment modalities into their approaches, including dietary

Proponents argue that non-optimal levels of certain substances can cause health issues beyond simple deficiency and see

The term "orthomolecular" was coined by Linus Pauling to mean "the right molecules in the right amounts" (ortho is Greek for "right"); thus orthomolecular medicine focuses on using the right nutritional molecules in the right amounts for the

Critics have described some aspects of orthomolecular medicine as food faddism or quackery and there is research suggesting that certain nutritional supplements are harmful with several specific vitamin therapies linked to increased risk of cancer, heart disease, and death. The scientific consensus view is that for normal individuals, a balanced diet contains

History and development

In the early 20th century, some doctors hypothesised that vitamins could cure disease, and supplements were prescribed in mega-doses by the 1930s. Their effects on health were disappointing, though, and in the 1950s and 60s, nutrition was de-emphasised in standard medical curricula. Orthomolecularists cite several figures from these early days of enthusiasm

Amongst the individuals described posthumously as orthomolecularists are Max Gerson, who developed a diet that he claimed could treat diseases, which the American Medical Association's 1949 Council on Pharmacy and Chemistry found ineffective; and the Shute brothers, who attempted to treat heart disease with vitamin E. Several concepts now cited by

In 1948, William McCormick theorized that vitamin C deficiency played an important role in many diseases and began to use large doses in patients. In the 1950s, Fred R. Klenner also used vitamin C mega-dosage as a therapy for a wide range of illnesses, including polio. Irwin Stone stated that organisms that do not synthesise their own vitamin C due to a loss-of-function mutation have a disease he called "hypoascorbemia". This term is not used by the medical community, and the

In the 1950s, some individuals believed that vitamin deficiencies caused mental illness. Psychiatrists Humphry Osmond and Abram Hoffer gave people having acute schizophrenic episodes high doses of niacin, while William Kaufman used niacinamide. While niacin has no known efficacy in psychiatric disease, the use of niacin in combination with statins and

In the late 1960s, Linus Pauling introduced the expression "orthomolecular" to express the idea of the right molecules in the right amounts. Since the first claims of medical breakthroughs with vitamin C by Pauling and others, findings on the later research branched out into nutrients besides niacin and vitamin C, including essential fatty acids.

Scope

According to Abram Hoffer, orthomolecular medicine does not purport to treat all diseases, nor is it "a replacement for standard treatment. A proportion of patients will require orthodox treatment, a proportion will do much better on orthomolecular treatment, and the rest will need a skilful blend of both." Nevertheless, advocates have said that nutrients can prevent, treat, and sometimes cure a wide range of medical conditions, including: acne, alcoholism, allergies, arthritis, autism, bee stings, bipolar disorder, burns, cancer, the common cold, depression, drug addiction, drug overdose, epilepsy, heart diseases, heavy metal toxicity, acute hepatitis, herpes, hyperactivity, hypertension, hypoglycaemia, influenza,

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Orthomolecular psychiatry - Orthomolecular medicine

Orthomolecular psychiatry

http://en.wikipedia.org/wiki/Orthomolecular_medicine

Main article: Orthomolecular psychiatry

Hoffer believed that particular nutrients could cure mental illness. In the 1950s, he attempted to treat schizophrenia with niacin, although proponents of orthomolecular psychiatry say that the ideas behind their approach predate Hoffer. Carl Pfeiffer of the Pfeiffer Treatment Centre continued Hoffer's approach, believing that for "every drug that benefits a patient, there is a natural substance that can achieve the same effect". According to Hoffer and others who called themselves "orthomolecular psychiatrists", psychiatric syndromes result from biochemical deficiencies, allergies, toxicities or several hypothetical contributing conditions which they termed *pyroluria*, *histadelia* and *histanenia*. These purported

Principles

According to Abram Hoffer, "primitive" peoples do not consume processed foods and do not have "degenerative" diseases. In contrast, typical "Western" diets are said to be insufficient for long-term health, necessitating the use of mega-dose supplements of vitamins, dietary minerals, proteins, antioxidants, amino acids, ω -3 fatty acids, ω -6 fatty acids, medium chain triglycerides, essential fatty acids, long chain fatty acids, lipotropes, systemic and digestive enzymes, other digestive factors, and

Orthomolecularists say that they provide prescriptions for optimal amounts of micro-nutrients after individual diagnoses based on blood tests and personal histories. Lifestyle and diet changes may also be recommended. The battery of tests

Prevalence

Orthomolecular medicine is practised by few medical practitioners, but mega-vitamin treatments are increasingly found in over the counter retail products and naturopathic textbooks.^[citation needed]

A survey released in May, 2004 by the National Centre for Complementary and Alternative Medicine focused on who used complementary and alternative medicine (CAM), what was used, and why it was used in the United States by adults age 18 years and over during 2002. The survey reported uses in the previous twelve months that include orthomolecular related. Another recent CAM survey reported that 12% of liver disease patients used the antioxidant silymarin, more than 6% used vitamins, and that "in all, 74% of patients reported using CAM in addition to the medications prescribed by their physician, but 26% did not inform their physician of their CAM use." The use of high doses of vitamins is also common in people who have been diagnosed with cancer, although usage depends of the type of cancer and ranges from 26% to 35%

Medical and scientific reception

Methodology

Orthomolecular therapies have been criticized as lacking a sufficient evidence base for clinical use: their scientific foundations are too weak, the studies that have been performed are too few and too open to interpretation, and reported positive findings in observational studies are contradicted by the results of more rigorous clinical trials. Accordingly, "there is no evidence that orthomolecular medicine is effective". Proponents of orthomolecular medicine strongly dispute this statement by citing studies demonstrating the effectiveness of treatments involving vitamins, though this ignores the belief that a normal diet will provide adequate nutrients to avoid deficiencies, and that orthomolecular treatments are not actually related to vitamin deficiency. The lack of scientifically rigorous testing of orthomolecular medicine has led to its Proponents of orthomolecular medicine contend that, unlike some other forms of alternative medicine such as homoeopathy, their ideas are at least biologically based, do not involve magical thinking, and are capable of generating testable hypotheses. Orthomolecular is not a standard medical term, and clinical use of specific nutrients is considered a

Views on safety and efficacy.

In general, the vitamin mega-doses advocated by orthomolecular medicine are unsupported by scientific consensus. Some vitamins are toxic in high doses, including niacin (B3), cholecalciferol (D) and tocopherol (E). Evidence does not support the efficacy of orthomolecular medicine in treating cancer or psychological health and its claims have been criticized by most medical organizations, including the American Cancer Society, the American Psychiatric Association, the National Institute of Mental Health, the American Academy of Paediatrics, CHAMPUS, and the Canadian Paediatric Society. The American Medical Association describes as "myths" the ideas that adequate nutrition is not readily achievable with normal

Similarly, the American Cancer Society comments that the current scientific evidence does not "support use of orthomolecular therapy for most of the conditions for which it is promoted." Some supplements have exhibited benefits for specific conditions, while a few have been confirmed to be harmful; the consumption of nutritious foods is the best recognized method to obtain vitamins, minerals, and nutrients crucial for good health. Barrie Cassileth, an adviser on alternative medicine to the National Institutes of Health, stated that "scientific research has found no benefit from

A 1973 task force of the American Psychiatric Association unanimously concluded:

This review and critique has carefully examined the literature produced by mega-vitamin proponents and by those who have attempted to replicate their basic and clinical work. It concludes in this regard that the credibility of the mega-vitamin proponents is low. Their credibility is further diminished by a consistent refusal over the past decade to perform controlled experiments and to report their new results in a scientifically acceptable fashion. Under these circumstances this Task In response to claims that orthomolecular medicine could cure childhood psychoses and learning disorders, the American Academy of Paediatrics labelled orthomolecular medicine a "cult" in 1976.

Proponents of orthomolecular medicine counter that some vitamins and nutrients are now used in medicine as treatments for specific diseases, such as mega-dose niacin and fish oil for dyslipidemias, and mega-vitamin therapies for a group of rare inborn errors of metabolism. A review in the *Annals of Internal Medicine* concluded that while some therapies might be beneficial, others might be harmful or interfere with effective medical therapy. A recent study of over 161,000 individuals provided, in the words of the authors, "convincing evidence that multivitamin use has little or no influence on the risk of common cancers, cardiovascular disease, or total mortality in post-menopausal women." A recent meta-analysis

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Safety - Orthomolecular medicine

Safety

http://en.wikipedia.org/wiki/Orthomolecular_medicine

In the United States, pharmaceuticals must be proven safe and effective to the satisfaction of the FDA before they can be marketed, whereas dietary supplements must be proven unsafe before regulatory action can be taken. A number of orthomolecular supplements are available in the US in pharmaceutical versions that are sometimes quite similar in strength and general content, or in other countries are regulated as pharmaceuticals. The US regulations also have provisions to recognize a general level of safety for established nutrients that can forgo new drug safety tests. Proponents of orthomolecular medicine argue that supplements are less likely to cause dangerous side-effects or harm, since they are

Health professionals see orthomolecular medicine as encouraging individuals to dose themselves with large amounts of vitamins and other nutrients without conventional supervision, which they worry might be damaging to health. Potential risks of inappropriate vitamin and supplement regimes include an increased risk of coronary heart disease, hypertension, thrombophlebitis, peripheral neuropathy, ataxia, neurological effects, liver toxicity, congenital abnormalities, spontaneous abortion, gouty arthritis, jaundice, kidney stones, and diarrhoea. In their book *Trick or Treatment*, Edzard Ernst and Simon

Example: vitamin E

Orthomolecular proponents claim that even large doses of vitamin E pose no risk to health and are useful for the treatment and prevention of a broad list of conditions, including heart and circulatory diseases, diabetes and nephritis. Initial hopes for the usefulness of vitamin E in orthomolecular medicine were based on epidemiological studies suggesting that people who consumed more vitamin E had lower risks of chronic disease, such as coronary heart disease. These observational studies could not distinguish between whether the higher levels of vitamin E improved health themselves, or whether confounding variables (such as other dietary factors or exercise) were responsible. To distinguish between these possibilities, a number of randomized controlled trials were performed and meta-analysis of these controlled clinical trials. Beyond the lack of apparent benefit, a series of three meta-analyses reported that vitamin E supplementation is associated with an increased risk of death: one of the meta-analyses performed by the Cochrane Collaboration also found significantly

Use in AIDS

Several articles in the alternative-medicine literature have suggested that orthomolecular-related dietary supplementation might be helpful for patients with HIV/AIDS. However, high-dose vitamin C treatments have been studied clinically to treat AIDS patients without any positive result. An analysis of fifteen clinical trials of micro-nutrient therapies by the Cochrane Collaboration in 2005 found no evidence that such approaches either reduce symptoms or mortality in HIV-infected adults who are not malnourished, but found evidence, in one hospital, that giving vitamin A to infants with HIV may be beneficial. Vitamin A deficiency is found in children with HIV infection who may or may not have symptoms of

Deaths resulting from illegal vitamin trials in South Africa

Main article: Matthias Rath

Matthias Rath has been extensively criticized for presenting his vitamin supplements as a treatment for AIDS and for testing them in illegal trials in South Africa. A former associate of Linus Pauling, Rath has promoted vitamins as a treatment for HIV infection, describing treatment with effective antiretroviral drugs as toxic and part of a global conspiracy serving the financial interests of the pharmaceutical industry. In a lawsuit that found against Rath, the South African Medical Association blamed his vitamin products for several deaths. The World Health Organization and two health agencies of the United Nations also described Rath's advertisements as "wrong and misleading" and "an irresponsible attack on ARV (antiretroviral) therapy." The South African Centre for Social Science Research described the

Alleged Institutional Bias

Advocates of orthomolecular medicine, including Pauling, Hoffer and Ewan Cameron have claimed that their findings are actively suppressed by the medical and pharmaceutical industry. Hoffer wrote "There is no conspiracy led and directed by a single person or by a single organization. There is no Mafia in psychiatry. However, there is a conspiracy led and directed by a large number of professionals and their associations who have a common aim to protect their hard-earned

The Journal of Orthomolecular Medicine, founded in 1967 as the Journal of Schizophrenia, is a major publication of We had to create our own journals because it was impossible to obtain entry into the official journals of psychiatry and medicine. Before 1967 I had not found it difficult to publish reports in these journals, and by then I had about 150 articles

Other members of the medical community deny the existence of such an institutional prejudice. A review in the Journal of Clinical Oncology denied that physicians collude against unconventional treatments. Despite claims of conspiracy, the Linus Pauling Institute's funding comes primarily from the National Institutes of Health, and some orthomolecular

Homeopathy

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WHAT IS THE DIFFERENCE BETWEEN A HOMEOPATH AND A NATUROPATH

WHAT IS THE DIFFERENCE BETWEEN A HOMEOPATH AND A NATUROPATH?

<http://www.realhealthandfitness.com/what-is-the-difference-between-a-homeopath-and-a-naturopath/>
11-Aug-10

As I promised on an earlier post, here is an explanation of the difference between a Hom o eopathic Doctor I am neither of these, by the way, so why am I writing this? Well, because I sometimes prescribe Hom o eopathic remedies, and because I am a practitioner who recommends natural foods and supplements, people assume I am one or Perhaps I should just nod and smile). Anyhow, here goes:

Homeopath

A Homoeopath is someone who has a degree in Homoeopathy.

Homoeopathy is a form of medicine that dates back to 200 years ago when Dr. Samuel Hahnemann discovered that if ingesting or coming in contact with a particular substance, say a plant, caused certain symptoms in a person, if he gave that person that very same plant but in tiny diluted doses, it would trigger the body's natural system of healing and those symptoms would go away. This is based on the principle of "Like cures like." For example, if someone got poison ivy, they'd be given a diluted dose (sometimes in thousand or even million dilutions) of poison ivy and those symptoms would go away.

This is an over-simplification; in reality, if 2 people got the same diagnosis but exhibited different physical and/or emotional symptoms, they would be prescribed different remedies, one that matched most appropriately to the person. Scientifically it can't be explained exactly how homoeopathy works, but we know that it does work.

Frankly, although I am a person who can't stand hokey, wacky treatments masquerading as medicine, I can assure you that when you see it work, as I have seen, even in my own children – on fevers, insect bites, insomnia, even stuttering, trust me. Now, I'm not saying it's a cure-all, especially since there are literally hundreds of remedies and sometimes finding the right one can be difficult. There are also many illnesses that I don't believe Homoeopathy can cure, and it certainly can't help a person's poor diet. That being said, it would still work to relieve some of the symptoms, assuming you had the help of an experienced practitioner. Homoeopathy can be safely used alongside conventional medicines and will not interfere with the action of medicines. Because homoeopathic medicines are non-toxic, there are no side effects and they are safe even for pregnant women and children.

True proponents of Homoeopathy believe in using one remedy at a time, and if the symptom picture changes or that there are several companies, however, that make combination remedies for the average layperson to use based on the symptoms. If you go to a health food store, you'll find many formulas for different ailments – if you've ever used Camilia for your baby's teething pain, you've used a combination homoeopathic remedy.

As well, practitioners like myself will sometimes prescribe speciality combination homoeopathic remedies to relieve symptoms and speed up the healing process, without having to try several remedies to see which one works.

Naturopath

A lot easier to explain, Naturopaths are doctors of naturopathic medicine.

They attend a 4 year medical school for alternative medicine and learn a variety of different ways to diagnose and treat medical problems, all using natural methods such as diet, ayurvedic medicine (a system of medicine originating in India), botanical medicine, hydrotherapy, homoeopathy, naturopathic manipulation and traditional Chinese medicine, which includes acupuncture. Think of them as the "Jack of all trades" of alternative medicine.

The benefit to this is they know a variety of ways to treat a person and can also perform diagnostic tests that require drawing blood; the disadvantage is it can sometimes be very confusing when you are prescribed many different modalities.

So, as you see, there is some overlap in both fields, as well as my field of Holistic Nutrition, but next time you enter in a conversation about natural medicine and some of the different types of practitioners, you'll feel incredibly smart and

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Difference Between Homoeopathy and Naturopathy

Categorized under Health:

Difference Between Homoeopathy and Naturopathy

<http://www.differencebetween.net/science/health/difference-between-homeopathy-and-naturopathy/>

Homoeopathy vs Naturopathy

Both naturopathy and homoeopathy refer to an alternative way of handling diseases and disorders of the body. So how are

Naturopathy basically refers to any method of treatment that depends on lifestyle and diet modifications to tackle a disease. It uses methods like homoeopathy, herbs and lifestyle alterations to deal with diseases.

So, in that sense, homoeopathy becomes a part of naturopathy: it is one of the methods used to tackle disorders naturally.

Traditional methods of treatment tend to tackle the symptoms of a particular disease.

However, both naturopathy and homoeopathy tries to find out the reason behind that particular disorder and tackle it.

While naturopathy will advise you to modify your exercise regimen and diet in order to tackle the disorder, homoeopathy will advise you on taking in homoeopathic medications that get to the root of the problem.

However, homoeopaths do not use herbs as medicine.

Another important difference between the two is that homoeopathy does not stress on the mind and spirit of the individual, It aims at freeing the human spirit and treating the patient as a whole.

Therefore, it bears the name holistic medicine or treatments!

Homoeopathy also aims to bring about a solution to the disease or disorder by tackling the physical problems of the

However, it has nothing to do with the mind of the patient!

It believes in introducing a number of diluted substances into the body.

This brings us to an important differentiation between the two.

While naturopathy believes in introducing only beneficial substance into the human body, homoeopathy actually introduces diluted versions of the substances that cause problems in the body. This helps the body in fighting against them!

While naturopaths stress on western herbal knowledge as well as Asian ancient medicine, homoeopathy is a better evolved

The naturopathy treatment you receive will depend on what your practitioner prescribes.

It may include botanical medications and supplements, herbal medications etc.

They may not always be safe for pregnant women or children. Homoeopathy on the other hand, is totally safe for pregnant

Both homoeopathy and naturopathy are important methods of tackling diseases and disorders in the world today.

They are becoming more and more popular as people realize the advantages of a more natural lifestyle!

Summary:

1. Naturopathy relies on herbs and lifestyle alterations to deal with diseases. However, homoeopathy relies on introducing
2. An important part of naturopathy deals with the mind and spirit of the person. However, homoeopathy has nothing to do
3. Homoeopathy is non toxic and does not harm pregnant women. However, certain natural herbs may be toxic to pregnant
4. Homoeopathy works by introducing harmful substances into the body in diluted form. However, natural therapies only

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What's the Difference between Homoeopathy and Naturopathy

What's the Difference between Homoeopathy and Naturopathy?

<http://karunahealthcare.com.au/index.php?page=what-s-the-difference-between-homeopathy-and->

Many people think that homoeopathy and naturopathy is one and the same thing.

Naturopathy is a 'broad spectrum' descriptor in which practitioners are more likely to prescribe multiple treatment

Conversely, homoeopathy is a single system of medicine in which practitioners focus totally on the application of

Jon and Nyema originally trained as naturopaths, then went on to specialize in homoeopathy. Following are some

NATUROPATHY

Naturopathy is an umbrella term for many natural therapies, which include herbal medicine, massage, nutrition, iridology,

Naturopathy's origin is in 'nature cures', when fasting and a diet of raw, whole foods and hydrotherapy was practised.

Over time, various therapeutic disciplines have been added to become what is now known as 'Naturopathy.'

THE NATUROPATHIC CONSULTATION

When you visit a naturopath your treatment is likely to include dietary advice, vitamins and minerals and herbal medicines.

Therefore, naturopaths are often considered to be the 'General Practitioners' of natural therapies. When naturopaths include

homoeopathic medicines in their treatment, it is often for acute symptoms, as one part of the whole treatment program.

Philosophy

The philosophy of naturopathy is based on providing an environment which supports recovery from illness.

Herbal Preparations

Herbs are preparations made from plants, called tinctures or fluid extracts, are usually dark in color and have a strong and

HOMEOPATHY

Homoeopathy is a scientific system of medicine, which grew out of the orthodox medicine of the 18th century. It matches a

medicine to the patient's symptoms. The unique characteristic of homoeopathy is the specific selection of a medicine to

correspond with the patient's symptoms according to specialized homoeopathic case taking. Homoeopaths often consider

The Homoeopathic Consultation

When you visit a homoeopath your consultation involves gathering detailed information about the patterns of your symptoms. Your treatment will be a homoeopathic medicine prescribed according to how closely the medicine picture

'matches' your particular symptoms. Prescriptions are highly individualized - several patients with headaches may all

receive different medicines to treat their headache, based on the headache symptoms. These symptoms are things like the

Philosophy

The philosophy of homoeopathy is to find a medicine based on the law of similars, or 'what a substance can cause, it can cure'. For example, a homoeopathic medicine made from the honeybee is used to treat the symptoms of bee stings and

Homoeopathic Preparations

Homoeopathic medicines come in the form of drops or small white pills, which have a slightly sweet taste. The medicines have been diluted and potentised from the source material, which means they are non-toxic and have no color.

Homoeopathic medicines are often thought to be 'herbs'. Homoeopathic and herbal medicines are quite different, even

though the origin of some homoeopathic medicines is herbs. The two differ considerably in their prescribing methods and medicine preparation. Homoeopathy uses highly diluted medicines, where western and Chinese herbal medicines are made

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What is the difference between homoeopathy and naturopathy

What is the difference between homoeopathy and naturopathy?

<http://answers.yahoo.com/question/index?qid=20070531120816AA78eSp>

Some stupid guys I just talked to said his clinic only uses Homoeopathic products.

Our product is a Naturopathic, and I didn't know how to explain that the difference was menial, if any.

I could really use some insight on this... any help is welcome.

Best Answer - Chosen by Asker

Homoeopathy:

- a. A Homoeopath uses homoeopathic medicine as the primary treatment for illness. Homoeopathy is a complete medicine – it can treat a wide variety of conditions from nosebleeds, skin conditions, stiff neck muscles, digestive problems and chronic pain to depression.

- b. Homoeopathic medicine is different from herbal medicines or mineral supplements. Homoeopathic medicines are made from very small quantities of plant, mineral or animal substances.

- c. Homoeopathic medicines are non-toxic and safe for babies and during pregnancy.

- d. Full treatment homoeopathy looks for one medicine to treat all of the patients' problems.
If you have headaches, constipation, chronic sinusitis, joint pain, depression and eczema, one homoeopathic remedy will be prescribed to treat all of these problems.
The medicine can cost as little as \$7 for 1 year of therapy.

Naturopathy:

- a. A Naturopath has some knowledge about a lot of natural therapies. Many of the therapies that a naturopath has a general understanding of (e.g. Western Herbalism, Traditional Chinese Medicine, Nutrition, Acupuncture and Homoeopathy) can also be studied exclusively as specialities for up to 4 years each. To become a specialist in each of the therapies listed above would require 15-20 years of training and an equal number of years in practical experience. Naturopaths generally focus on Western herbalism or botanical medicine.

- b. Naturopathic medicine depends on the therapy the naturopath chooses – most often this includes herbal medicine, minerals, enzymes ...)

- c. Herbal medicines, vitamins, minerals and enzymes are not always safe for children or during pregnancy. Dosages and quantities need to be closely monitored by a professional.

- d. Western herbalism is similar to Western medicine – you get one or more medicines for each problem you have. Western herbalism substitutes medicines listed above for pharmaceutical drugs. For instance, if you have liver problems you may be given Milk Thistle, if you have joint pain you might get Glucosamine Sulfate, if you have headaches you may With this approach costs escalate with the number of health problems that need to be treated. Each bottle costs an average

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How Naturopathic and Homoeopathic Medicine Differ

How Naturopathic and Homoeopathic Medicine Differ: *by Rachel Mork*

<http://www.life123.com/health/alternative-medicine/naturopathy/how-naturopathic-and-homeopathic->
Because most naturopathic doctors prescribe homoeopathic remedies as part of their treatment plans, it can be difficult to understand how naturopathic and homoeopathic medicine differs from one another. Perhaps the simplest explanation is that naturopathic doctors use homoeopathic remedies, but homoeopathic doctors only treat using homoeopathy.

Homoeopathy originated in Germany about 200 years ago. It is a natural form of medicine that uses animal, plant or mineral substances (diluted down to minute potencies) to treat ailments and illnesses by stimulating the body's ability to

Homoeopathic medicine stuns many sceptics because of its inexplicable philosophy that like can heal like. For example, a homoeopathic doctor might treat a measles patient by having him or her imbibe a tonic made from a substance that also produces rashes in healthy subjects. For some difficult to explain reason, this will prompt the body to fight the rash caused

Naturopathic treatment will often incorporate homoeopathic remedies into a health care plan, but naturopaths use much more than homoeopathy to cure poor health and promote good health. Naturopathic remedies can involve botanical remedies (different from the homoeopathic remedies) derived from Traditional Chinese Medicine, shamanistic medicine

In addition to herbal medicine, naturopathic doctors may use acupuncture, acupressure, bodywork (massage, chiropractic adjustments, manipulation of muscles, soft tissue, pressure points and skeletal alignment), reflexology, dietary instructions and lifestyle recommendations. The naturopathic doctor takes whatever the environment can offer to stimulate the natural

While both naturopathic and homoeopathic doctors take their cues from the natural world around them, using natural substances to promote good health and healing, homoeopathy is much more limited in scope.

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empty

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Homoeopathy ...

Homoeopathy

<http://en.wikipedia.org/wiki/Homeopathy>

Claims Proponents claim that illnesses can be treated with specially prepared extreme dilutions of a substance that produces symptoms similar to the illness. Homoeopathic remedies rarely contain any atom or molecule of the substance in Related scientific disciplines Chemistry, Medicine

Year proposed 1807

Original proponents Samuel Hahnemann

Subsequent proponents Organizations: Boiron, Heel, Miralus Healthcare, Nelsons, Zicam

Individuals: Deepak Chopra, Paul Herscu, Robin Murphy, Rajan Sankaran, Luc De Schepper, Jan Scholten, Jeremy Sherr,

Pseudoscientific concepts

The medicinal claims of homoeopathy are unsupported by the collective weight of modern scientific research. There is an overall absence of sound statistical evidence of therapeutic efficacy, which is consistent with the lack of any biologically plausible pharmacological agent or mechanism. Abstract concepts within theoretical physics have been invoked to suggest explanations of how or why remedies might work, including quantum entanglement, the theory of relativity and chaos theory. However, the explanations are offered by non-specialists within the field, and often include speculations that are

Plausibility

The extreme dilutions used in homoeopathic preparations usually leave none of the original substance in the final product. The modern mechanism proposed by homoeopaths, water memory, is considered implausible in that short-range order in water only persists for about 1 pico-second. Existence of a pharmacological effect in the absence of any true active ingredient is inconsistent with the observed dose-response relationships characteristic of therapeutic drugs (whereas placebo effects are non-specific and unrelated to pharmacological activity). The proposed rationale for these extreme

High dilutions

The extremely high dilutions in homoeopathy preclude a biologically plausible mechanism of action. Homoeopathic remedies are usually diluted to the point where there are no molecules from the original solution left in a dose of the final remedy. Homoeopaths contend that the methodical dilution of a substance, beginning with a 10% or lower solution and working downwards, with shaking after each dilution, produces a therapeutically active remedy, in contrast to therapeutically inert water. Since even the longest-lived non-covalent structures in liquid water at room temperature are

Furthermore, since water will have been in contact with millions of different substances throughout its history, critics point out that water is therefore an extreme dilution of almost any conceivable substance. By drinking water one would, according to this interpretation, receive treatment for every imaginable condition. For comparison, ISO 3696: 1987 defines a standard for water used in laboratory analysis: this allows for a contaminant level of ten parts per billion. 4C in

Philosophy - Homeopathy***Guide to Homeopathic Medicine******History of Homeopathic Medicine******History – Homeopathy*****History**

<http://en.wikipedia.org/wiki/Homeopathy>

1857 painting by Alexander Beydeman showing historical figures and personifications of homeopathy observing the

Historical context

An early assertion that like cures like was made by Hippocrates about 400 BC, when he prescribed mandrake root, which produced mania, to treat mania, by prescribing a dose smaller than what would produce mania. In the 16th century the pioneer of pharmacology Paracelsus declared that small doses of “what makes a man ill also cures him.” but it was Hahnemann who gave it a name and laid out its principles in the late 18th century. At that time, mainstream medicine employed such measures as blood letting and purging, used laxatives and enemas, and administered complex mixtures, such as Venice treacle, which was made from 64 substances including opium, myrrh, and viper's flesh. Such measures often worsened symptoms and sometimes proved fatal. While the virtues of these treatments had been extolled for

Hahnemann's concept

Hahnemann conceived of homeopathy while translating a medical treatise by Scottish physician and chemist William

Being sceptical of Cullen's theory concerning cinchona's action in intermittent fever, Hahnemann ingested some of the bark specifically to see if it cured fever "by virtue of its effect of strengthening the stomach". Upon ingesting the bark, he noticed few stomach symptoms, but did experience fever, shivering and joint pain, symptoms similar to some of the early symptoms of intermittent fever, the disease that the bark was ordinarily used to treat. From this, Hahnemann came to believe that all effective drugs produce symptoms in healthy individuals similar to those of the diseases that they treat. This later became known as the "law of similars", the most important concept of homeopathy. The term "homeopathy" was

Hahnemann began to test what effects substances produced in humans, a procedure that would later become known as "homeopathic proving". These time-consuming tests required subjects to clearly record all of their symptoms as well as the ancillary conditions under which they appeared. Hahnemann saw these data as a way of identifying substances suitable for the treatment of particular diseases. The first collection of provings was published in 1805 and a second collection of 65 remedies appeared in his book, *Materia Medica Pura*, in 1810. Hahnemann believed that large doses of drugs that caused similar symptoms would only aggravate illness, so he advocated extreme dilutions of the substances; he devised a technique for making dilutions that he believed would preserve a substance's therapeutic properties while removing its

19th century: rise to popularity and early criticism

Homeopathy achieved its greatest popularity in the 19th century. Dr. John Franklin Gray (1804–1882) was the first practitioner of homeopathy in the United States, beginning in 1828 in New York City. The first homeopathic schools opened in 1830, and throughout the 19th century dozens of homeopathic institutions appeared in Europe and the United States. By 1900, there were 22 homeopathic colleges and 15,000 practitioners in the United States. Because medical

Homeopathic remedies, even if ineffective, would almost surely cause no harm, making the users of homeopathic remedies less likely to be killed by the treatment that was supposed to be helping them. The relative success of homeopathy in the 19th century may have led to the abandonment of the ineffective and harmful treatments of blood letting and purging and to have begun the move towards more effective, science-based medicine. One reason for the growing popularity of homeopathy was its apparent success in treating people suffering from infectious disease

From its inception, however, homoeopathy was criticized by mainstream science. Sir John Forbes, physician to Queen Victoria, said in 1843 that the extremely small doses of homoeopathy were regularly derided as useless, "an outrage to human reason". James Young Simpson said in 1853 of the highly diluted drugs: "No poison, however strong or powerful, the billionth or decillionth of which would in the least degree affect a man or harm a fly." 19th century American physician and author Oliver Wendell Holmes, Sr. was also a vocal critic of homoeopathy and published an essay in 1842 entitled *Homoeopathy and its kindred delusions*. The members of the French Homoeopathic Society observed in 1867 that some

Revival in the late 20th century

Main article: Regulation and prevalence of homoeopathy

The Food, Drug, and Cosmetic Act of 1938 (sponsored by Royal Copeland, a United States Senator from New York and homoeopathic physician) recognized homoeopathic remedies as drugs. By the 1950s, there were only 75 pure homoeopaths practising in the U.S.[236] However, in the mid to late 1970s, homoeopathy made a significant comeback and sales of some homoeopathic companies increased tenfold. Greek homoeopath George Vithoulkas performed a "great deal of research to update the scenarios and refine the theories and practice of homoeopathy" beginning in the 1970s. and

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Effectiveness of Homoeopathic Medicine

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Efficacy - Homoeopathy

Efficacy

<http://en.wikipedia.org/wiki/Homoeopathy>

The effectiveness of homoeopathy has been in dispute since its inception. One of the earliest double blind studies concerning homoeopathy was sponsored by the British government during World War II in which volunteers tested the

No individual preparation has been unambiguously demonstrated to be different from placebo. The methodological quality of the primary research was generally low, with such problems as weaknesses in study design and reporting, small sample size, and selection bias. Since better quality trials have become available, the evidence for efficacy of homoeopathy preparations has diminished; the highest-quality trials indicate that the remedies themselves exert no intrinsic effect. A review conducted in 2010 of all the pertinent studies of "best evidence" produced by the Cochrane Collaboration

Publication bias and other methodological issues

Further information: Statistical hypothesis testing, P-value, and Publication bias

The fact that individual randomized controlled trials have given positive results is not in contradiction with an overall lack of statistical evidence of efficacy. A small proportion of randomized controlled trials inevitably provide false-positive outcomes due to the play of chance: a "statistically significant" positive outcome is commonly adjudicated when the probability of it being due to chance rather than a real effect is no more than 5%—a level at which about 1 in 20 tests can be expected to show a positive result in the absence of any therapeutic effect. Furthermore, trials of low methodological quality (ie ones which have been inappropriately designed, conducted or reported) are prone to give misleading results. In

A related issue is publication bias: researchers are more likely to submit trials that report a positive finding for publication,

Publication bias has been particularly marked in complementary and alternative medicine journals, where few of the published articles (just 5% during the year 2000) tend to report null results. Regarding the way in which homoeopathy is represented in the medical literature, a systematic review found signs of bias in the publications of clinical trials (towards

Systematic reviews and meta-analyses of efficacy

Both meta-analyses, which statistically combine the results of several randomized controlled trials, and other systematic reviews of the literature are essential tools to summarize evidence of therapeutic efficacy. Early systematic reviews and meta-analyses of trials evaluating the efficacy of homoeopathic remedies in comparison with placebo more often tended to generate positive results, but appeared unconvincing overall. In particular, reports of three large meta-analyses warned readers that firm conclusions could not be reached, largely due to methodological flaws in the primary studies and the

The evidence of bias [in the primary studies] weakens the findings of our original meta-analysis. Since we completed our literature search in 1995, a considerable number of new homoeopathy trials have been published. The fact that a number of the new high-quality trials ... have negative results, and a recent update of our review for the most "original" subtype of homoeopathy (classical or individualized homoeopathy), seem to confirm the finding that more rigorous trials have less-

In 2002, a systematic review of the available systematic reviews confirmed that higher-quality trials tended to have less positive results, and found no convincing evidence that any homoeopathic remedy exerts clinical effects different from

In 2005, The Lancet medical journal published a meta-analysis of 110 placebo-controlled homoeopathy trials and 110 matched medical trials based upon the Swiss government's Program for Evaluating Complementary Medicine, or PEK. The study concluded that its findings were compatible with the notion that the clinical effects of homoeopathy are nothing

A 2006 meta-analysis of six trials evaluating homoeopathic treatments to reduce cancer therapy side-effects following radiotherapy and chemotherapy found that there was "insufficient evidence to support clinical efficacy of homoeopathic

A 2007 systematic review of homoeopathy for children and adolescents found that the evidence for attention-deficit hyperactivity disorder and childhood diarrhoea was mixed. No difference from placebo was found for adenoid vegetation, asthma, or upper respiratory tract infection. Evidence was not sufficient to recommend any therapeutic or preventative

In 2012, a systematic review evaluating evidence of homoeopathy's possible adverse effects concluded that "homoeopathy has the potential to harm patients and consumers in both direct and indirect ways". One of the reviewers, Edzard Ernst, supplemented the article on his blog, writing: "I have said it often and I say it again: if used as an alternative to an effective

The Cochrane Library found insufficient clinical evidence to evaluate the efficacy of homoeopathic treatments for asthma[126] dementia,[127] or for the use of homoeopathy in induction of labor.[128] Other researchers found no

Health organisations such as the UK's National Health Service, the American Medical Association, and the FASEB have issued statements of their conclusion that there is no convincing scientific evidence to support the use of homoeopathic Clinical studies of the medical efficacy of homoeopathy have been criticised by some homoeopaths as being irrelevant because they do not test "classical homoeopathy". There have, however, been a number of clinical trials that have tested individualized homoeopathy. A 1998 review found 32 trials that met their inclusion criteria, 19 of which were placebo-controlled and provided enough data for meta-analysis. These 19 studies showed a pooled odds ratio of 1.17 to 2.23 in favor of individualized homoeopathy over the placebo, but no difference was seen when the analysis was restricted to the methodologically best trials. The authors concluded "that the results of the available randomized trials suggest that

In a 2012 article published in the *Sceptical Inquirer*, Edzard Ernst reviewed the publications of the research group that has published most of the clinical studies of homoeopathic treatment from 2005 to 2010. A total of eleven articles, published in both conventional and alternative medical journals, describe three randomized clinical trials (one article), prospective cohort studies without controls (seven articles) and comparative cohort studies with controls (three articles). The diseases include a wide range of conditions from knee surgery, eczema, migraine, insomnia to 'any condition of elderly patients'. Ernst's evaluation found numerous flaws in the design, conduct and reporting of the clinical studies.

Explanations of perceived effects - Homoeopathy

Explanations of perceived effects

<http://en.wikipedia.org/wiki/Homeopathy>

Science offers a variety of explanations for how homoeopathy may appear to cure diseases or alleviate symptoms even

The placebo effect — the intensive consultation process and expectations for the homoeopathic preparations may cause the Therapeutic effect of the consultation — the care, concern, and reassurance a patient experiences when opening up to a compassionate caregiver can have a positive effect on the patient's well-being

Unassisted natural healing — time and the body's ability to heal without assistance can eliminate many diseases of their

Unrecognized treatments — an unrelated food, exercise, environmental agent, or treatment for a different ailment, may

Regression toward the mean — since many diseases or conditions are cyclical, symptoms vary over time and patients tend to seek care when discomfort is greatest; they may feel better anyway but because the timing of the visit to the homoeopath

Non-homoeopathic treatment — patients may also receive standard medical care at the same time as homoeopathic

Cessation of unpleasant treatment — often homoeopaths recommend patients stop getting medical treatment such as surgery or drugs, which can cause unpleasant side-effects; improvements are attributed to homoeopathy when the actual cause is the cessation of the treatment causing side-effects in the first place, but the underlying disease remains untreated
Lifestyle changes — homoeopaths often recommend diet and exercise, as well as limitations in alcohol or coffee consumption and stress reduction, all of which can increase health and decrease symptoms[citation needed]

Effects in other biological systems

While some articles have suggested that homoeopathic solutions of high dilution can have statistically significant effects on organic processes including the growth of grain, histamine release by leukocytes, and enzyme reactions, such evidence

In 1987, French immunologist Jacques Benveniste submitted a paper to the journal *Nature* while working at INSERM. The paper purported to have discovered that basophils, a type of white blood cell, released histamine when exposed to a homoeopathic dilution of anti-immunoglobulin E antibody. The journal editors, sceptical of the results, requested that the study be replicated in a separate laboratory. Upon replication in four separate laboratories the study was published. Still sceptical of the findings, *Nature* assembled an independent investigative team to determine the accuracy of the research, consisting of *Nature* editor and physicist Sir John Maddox, American scientific fraud investigator and chemist Walter Stewart and scientist James Randi. After investigating the findings and methodology of the experiment, the team found that

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Ethics and safety - Homoeopathy

Ethics and safety

<http://en.wikipedia.org/wiki/Homeopathy>

As homoeopathic remedies usually contain only water and/or alcohol, they are thought to be generally safe. Only in rare cases are the original ingredients present at detectable levels. This may be due to improper preparation or intentional low dilution. Instances of arsenic poisoning have occurred after use of arsenic-containing homoeopathic preparations. Zicam Cold remedy Nasal Gel, which contains 2X (1:100) zinc gluconate, reportedly caused a small percentage of users to lose their sense of smell; 340 cases were settled out of court in 2006 for 12 million U.S. dollars. In 2009, the FDA advised consumers to stop using three discontinued cold remedy products manufactured by Zicam because it could cause
The lack of convincing scientific evidence supporting its efficacy and its use of remedies without active ingredients have led to characterizations as pseudo-science and quackery, or, in the words of a 1998 medical review, "placebo therapy at best and quackery at worst." Jack Killen, acting deputy director of the National Centre for Complementary and Alternative Medicine, says homoeopathy "goes beyond current understanding of chemistry and physics." He adds: "There is, to my knowledge, no condition for which homoeopathy has been proven to be an effective treatment." Ben Goldacre says that homoeopaths who misrepresent scientific evidence to a scientifically illiterate public, have "...walled themselves off from academic medicine, and critique has been all too often met with avoidance rather than argument." Homoeopaths often prefer

Referring specifically to homoeopathy, the British House of Commons Science and Technology Committee *has stated*:

In the Committee's view, homoeopathy is a placebo treatment and the Government should have a policy on prescribing placebos. The Government is reluctant to address the appropriateness and ethics of prescribing placebos to patients, which usually relies on some degree of patient deception. Prescribing of placebos is not consistent with informed patient choice -

Beyond ethical issues and the integrity of the doctor-patient relationship, prescribing pure placebos is bad medicine. Their effect is unreliable and unpredictable and cannot form the sole basis of any treatment on the NHS.

The National Centre for Complementary and Alternative Medicine of the United States' National Institutes of Health

Homoeopathy is a controversial area of CAM because a number of its key concepts are not consistent with established laws of science (particularly chemistry and physics). Critics think it is implausible that a remedy containing a minuscule amount of an active ingredient (sometimes not a single molecule of the original compound) can have any biological effect—beneficial or otherwise. For these reasons, critics argue that continuing the scientific study of homoeopathy is not

On clinical grounds, patients who choose to use homoeopathy in preference to normal medicine risk missing timely diagnosis and effective treatment, thereby worsening the outcomes of serious conditions. Critics of homoeopathy have cited individual cases of patients of homoeopathy failing to receive proper treatment for diseases that could have been easily diagnosed and managed with conventional medicine and who have died as a result and the "marketing practice" of criticizing and downplaying the effectiveness of mainstream medicine. Homoeopaths claim that use of conventional medicines will "push the disease deeper" and cause more serious conditions, a process referred to as "suppression". Some

In 1978, Anthony Campbell, then a consultant physician at The Royal London Homoeopathic Hospital, criticised statements made by George Vithoulkas to promote his homoeopathic treatments. Vithoulkas stated that syphilis, when treated with antibiotics, would develop into secondary and tertiary syphilis with involvement of the central nervous system. Campbell described this as a thoroughly irresponsible statement that could mislead an unfortunate layperson into refusing conventional medical treatment. This claim echoes the idea that treating a disease with external medication used to treat

A 2006 review by W. Steven Pray of the College of Pharmacy at South-western Oklahoma State University recommends that pharmacy colleges include a required course in unproven medications and therapies, that ethical dilemmas inherent in recommending products lacking proven safety and efficacy data be discussed, and that students should be taught where

Edzard Ernst, the first Professor of Complementary Medicine in the United Kingdom and a former homoeopathic practitioner, has expressed his concerns about pharmacists who violate their ethical code by failing to provide customers "My plea is simply for honesty. Let people buy what they want, but tell them the truth about what they are buying. These treatments are biologically implausible and the clinical tests have shown they don't do anything at all in human beings. The

Michael Baum, Professor Emeritus of Surgery and visiting Professor of Medical Humanities at University College London

In an article entitled "Should We Maintain an Open Mind about Homoeopathy?" published in the American Journal of Medicine, Michael Baum and Edzard Ernst—writing to other physicians—wrote that "Homoeopathy is among the worst examples of faith-based medicine... These axioms [of homoeopathy] are not only out of line with scientific facts but also

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Regulation and prevalence - Homeopathy

Regulation and prevalence

<http://en.wikipedia.org/wiki/Homeopathy>

Main article: Regulation and prevalence of hom o eopathy

Hampton House, the former site of Bristol Hom o eopathic Hospital, one of two hom o eopathic hospitals run by the NHS.

Homoeopathy is fairly common in some countries while being uncommon in others; is highly regulated in some countries and mostly unregulated in others. It is practised worldwide and professional qualifications and licences are needed in most countries. Regulations vary in Europe depending on the country. In some countries, there are no specific legal regulations concerning the use of homoeopathy, while in others, licences or degrees in conventional medicine from accredited universities are required. In Germany, to become a homoeopathic physician, one must attend a three-year training program, while France, Austria and Denmark mandate licences to diagnose any illness or dispense of any product whose purpose is to treat any illness. Some homoeopathic treatment is covered by the public health service of several European countries

The Indian government recognises homoeopathy as one of its national systems of medicine, it has established AYUSH or the Department of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy under the Ministry of Health & Family Welfare. The Central Council of Homoeopathy was established in 1973 to monitor higher education in Homoeopathy. and National Institute of Homoeopathy in 1975. A minimum of a recognised diploma in homoeopathy and

In the United Kingdom, MPs inquired into homoeopathy to assess the Government's policy on the issue, including funding of homoeopathy under the National Health Service and government policy for licensing homoeopathic products. The decision by the House of Commons Science and Technology Committee follows a written explanation from the Government in which it told the select committee that the licensing regime was not formulated on the basis of scientific evidence. "The three elements of the licensing regime (for homoeopathic products) probably lie outside the scope of the ...

In February 2010 the House of Commons Science and Technology Committee concluded that:

... the NHS should cease funding homoeopathy. It also concludes that the Medicines and Healthcare products Regulatory Agency (MHRA) should not allow homoeopathic product labels to make medical claims without evidence of efficacy. As The Committee concurred with the Government that the evidence base shows that homoeopathy is not efficacious (that is, it does not work beyond the placebo effect) and that explanations for why homoeopathy would work are scientifically

The Committee concluded – given that the existing scientific literature showed no good evidence of efficacy – that further

In the Committee’s view, homoeopathy is a placebo treatment and the Government should have a policy on prescribing placebos. The Government is reluctant to address the appropriateness and ethics of prescribing placebos to patients, which usually relies on some degree of patient deception. Prescribing of placebos is not consistent with informed patient choice –

Beyond ethical issues and the integrity of the doctor-patient relationship, prescribing pure placebos is bad medicine. Their effect is unreliable and unpredictable and cannot form the sole basis of any treatment on the NHS.

The Committee also stated:

We conclude that placebos should not be routinely prescribed on the NHS. The funding of homoeopathic hospitals – hospitals that specialise in the administration of placebos – should not continue, and NHS doctors should not refer patients

In July 2010 the newly appointed UK Secretary of State for Health deferred to local NHS on funding homoeopathy. A nineteen page document details the Government’s response, and it states that "our continued position on the use of homoeopathy within the NHS is that the local NHS and clinicians, rather than Whitehall, are best placed to make decisions on what treatment is appropriate for their patients - including complementary or alternative treatments such as

In 2012 in the United Kingdom, Derby University dropped its homoeopathy program, and the University of Westminster ceased enrolling new homoeopathy students. Salford University had dropped its homoeopathy program the previous year.

Public opposition

Overdosing on homoeopathic preparations by single individuals or in "mass suicides" have become more popular since James Randi began taking entire bottles of homoeopathic sleeping pills before lectures. In 2010 The Merseyside Sceptics Society from the United Kingdom launched the 10:23 campaign encouraging groups to publicly overdose as groups. In

In April 2012, at the Berkeley Sceptical conference, over 100 people participated in a mass overdose, taking *caffea cruda*

The non-profit, educational organizations Centre for Inquiry (CFI) and the associated Committee for Sceptical Inquiry (CSI) have petitioned the U.S. Food and Drug Administration (FDA), criticizing Boiron for misleading labeling and advertising of *Oscillocochinum*. CFI in Canada is calling for persons that feel they were harmed by homoeopathic products

In August 2011, a class action lawsuit was filed[203] against Boiron on behalf of "all California residents who purchased *Oscillo* at any time within the past four years." The lawsuit charges that it "is nothing more than a sugar pill," "despite

CBC News reporter Erica Johnson for Marketplace conducted an investigation on the homoeopathy industry in Canada, her findings were that it is "based on flawed science and some loopy thinking". Centre for Inquiry (CFI) Vancouver sceptics participated in a mass overdose outside an emergency room in Vancouver, B.C., taking entire bottles of "medications" that should have made them sleepy, nauseous or dead, after 45 minutes of observation no ill effects were felt. Johnson asked homoeopaths and company representatives about cures for cancer and vaccine claims, all reported positive results. None could offer any science backing up their statements, only that "it works". Johnson was unable to find

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List of Homoeopathic Remedies

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