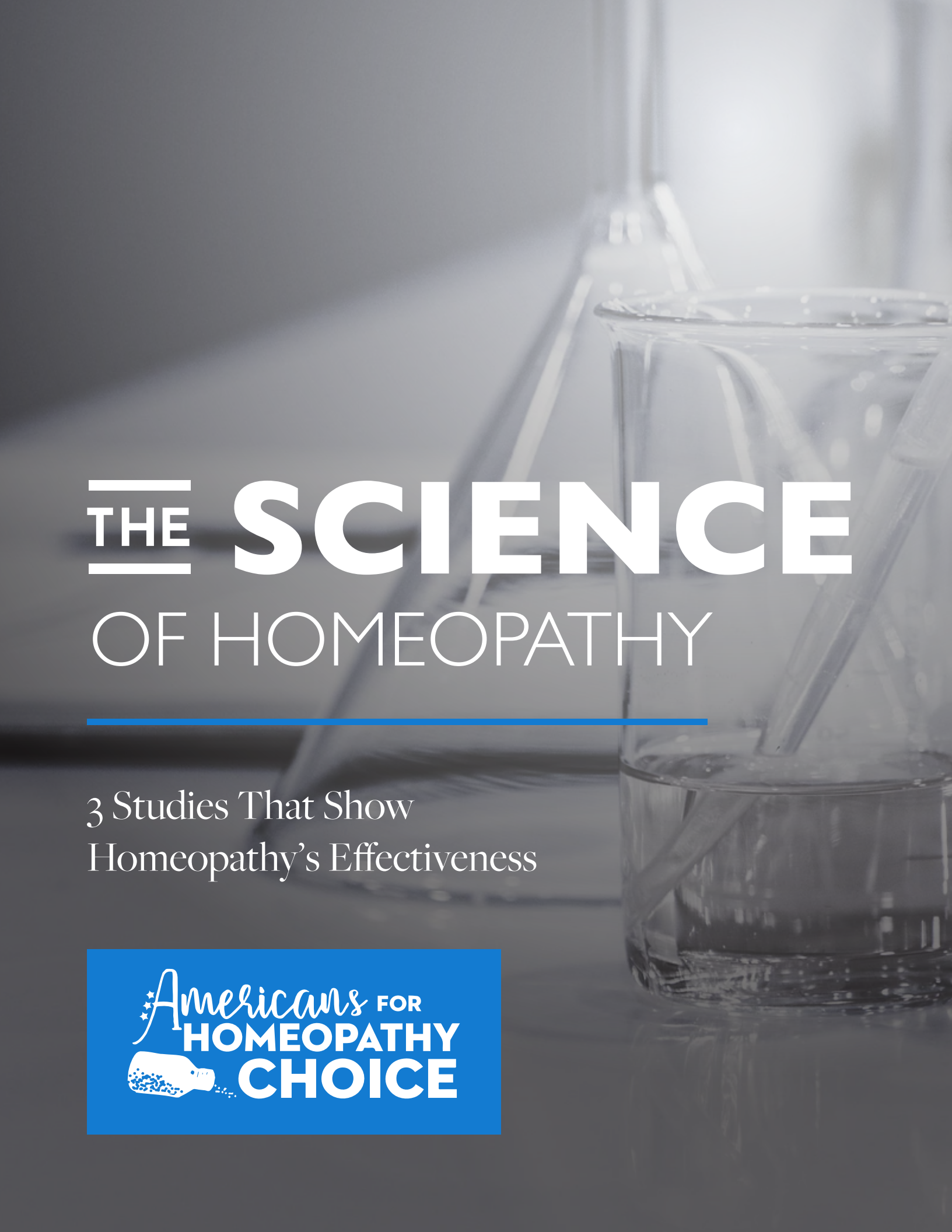


THE SCIENCE OF HOMEOPATHY

3 Studies That Show Homeopathy's Effectiveness

Americans FOR HOMEOPATHY CHOICE



What is Homeopathy?

Adapted from "Why Homeopathy Matters to U.S. Health Care" by By Dr. Peter Fisher, MD, and Homeopathy Can Reduce the Need for Antibiotics in America" by Kathleen Scheible, CCH.
Presented by Americans for Homeopathy Choice.

Homeopathy

is a 200-year-old system of medicine used by nearly 250,000 physicians and over 500,000,000 (that's 500 million) people worldwide.

Homeopathy is a holistic system of medicine—meaning it focuses on treating the person's entire lifestyle, not just one individual symptom. The concept of homeopathy is "treating like with like" (in Latin, similia similibus curentur). Homeopathy aims to use the body's own self-healing mechanisms to treat disease.

Some scientists are skeptical of homeopathy. This is largely because homeopathic medicines are highly diluted, leading people to ask the question, "how can they be effective if the doses are so small"?

Is homeopathy really scientific? In this document, we'll look at some of the powerful evidence that homeopathy really does work. If you want to find out whether homeopathy is for real, this is a great guide to get started.

In the following pages, we'll detail three different studies that provide a powerful case for the effectiveness of homeopathic remedies. There are many more studies to consider, but we'd like to present these three to get you started in understanding the scientific foundation behind homeopathic medicine.

1. The Largest Study on Homeopathy's Effectiveness



The largest study on the effectiveness of homeopathy ever published is called the "EPI3 study". It was a nationwide study in France, coordinated by the Department of Pharmacoepidemiology at the University of Bordeaux. The EPI3 Study included 6,379 patients from 804 medical practices.

The study compared treatment outcomes for patients who received conventional and homeopathic treatments.

The study tested many different types of diseases and conditions, including musculoskeletal conditions, upper respiratory tract infection, sleep disorders, anxiety, and depression.

The patients who were treated with conventional methods and the patients treated with homeopathy were the same in most respects, but the patients treated with homeopathy generally started with their conditions being a bit worse.

At the end of the study, the researchers concluded that conventional medication and homeopathy produced roughly the same treatment results. Both sets of patients got better, and both conventional medicine and homeopathy were effective treatments. However, homeopathy had the upper hand in two major categories.

First, the patients who were treated with homeopathy took about half the amount of non-steroidal anti-inflammatory drugs. Thus, they had less adverse effects overall, since they didn't experience any of the normal negative side effects of the anti-inflammatory drugs.

Second, homeopathic remedies were significantly less expensive to implement. The average cost was 20 percent less for homeopathy. In general, homeopathic consultations are more expensive than regular doctor's visits, but the actual prescriptions are far less expensive, so it ends up being cheaper in the long run. However, if homeopathy becomes more popular, it could also become less expensive to get a homeopathic consultation. This would make homeopathy even more cost-effective.

The conclusion—homeopathy was just as effective as conventional medicine at treating all sorts of different illnesses, diseases, and conditions. However, it had less adverse side effects, and was considerably cheaper.[1]



2. Homeopathy in Treating Acute Respiratory Problems

Often, when research is done on medicines or treatments, they are done in artificial conditions with randomized, controlled trials. Most scientists try to make these conditions as accurate as possible to get a good test. However, nothing compares to the real world.

Dr. David Riley, an American physician, did a real-life study with 30 doctors at six clinical sites in four different countries. They focused on acute respiratory problems.

Homeopathy was used in some of the treatments, and conventional treatments were used in others.

The response (how well the treatment worked) was measured at 14 days from when they initially saw the patient. Based on the patients' vitals, their response (how much they got better) was:

- 82.6% for homeopathy
- 68 percent for conventional treatment

What about adverse effects (other negative side effects caused by the treatment)? The rate of adverse events was:

- 22.3% for conventional treatment
- 7.8 percent for homeopathy

As you can see, in treating acute respiratory problems, homeopathy was 14.6% more effective, and caused 14.5% less negative side effects![2]

This study was repeated again by a different doctor, but with 1,577 patients. 857 of them received homeopathic treatment, and 720 received conventional treatment.

Their improvement was much faster with homeopathy.[3]

3. Homeopathy Tested Against a Placebo



There have been several tests of homeopathy against placebos. “Placebo” is a term for a “fake” treatment—like a sugar pill that is given to a patient that will have no real effects.

Placebos are a great way to test against real drugs. What if patients are just getting better because they are thinking more positively, not because they took medication? Or, what if they just got better naturally, and the medication didn’t help? With a placebo, you can test how someone reacts when they think they got medicine—but just got a harmless sugar pill.

A research study was conducted on homeopathy used to treat rhinosinusitis. Rhinosinusitis is an inflammation of the sinuses and nasal cavity. One group of people with rhinosinusitis were given placebo pills, and one group was treated with homeopathy. Their rhinosinusitis was graded on a 1-20 scale.

Over 7 days, the homeopathic group went from an average of 12.1 to an average of 5.9.

However, the placebo group only decreased from an average of 11.7 to 11.0. Homeopathy made a huge difference!

Over the 21 day study, the homeopathic group had freedom from sinus symptoms in 90.3% of the patients, and reduction in another 8.3%. The placebo group over the same time had symptoms remaining unchanged or worse for 88.9% of patients.[4]

1. Colas A, Danno K, Tabar C, Ehreth J, Duru G. Economic Impact of Homeopathic Practice in General Medicine In France. Health Economics Review (2015) 5:18. DOI 10.1186/s13561-015-0055-5

2. Riley D, Fischer M, Singh B, et al. (2001). Homeopathy and Conventional Medicine: An Outcomes Study Comparing Effectiveness in a Primary Care Setting. Journal of Alternative and Complementary Medicine, 7:149–159

3. Haidvogl M Riley D, Heger M et al. Homeopathic and conventional treatment for acute respiratory and ear complaints: A comparative study on outcome in the primary care setting BMC Complement Altern Med. 2007; 7: 7. doi:

4. Friese, KH. & Zabalotnyi, D.I. HNO (2007) 55: 271. https://doi.org/10.1007/s00106-006-1480-x



Next Steps With Homeopathy

There are many more studies on homeopathy that show its effectiveness. Homeopathy is just as effective—or often more effective—than conventional medicine. It's far less expensive, and has less negative side effects. However, it has been stigmatized and misunderstood. As such, it hasn't been given the attention it deserved.

We've been working hard to bring homeopathy to individuals and families around the world. Want to take your next steps with homeopathy? Here's a few you can take right away:

1. Quick Remedy Cheatsheet

We've put together a Quick Remedy Cheatsheet to help you learn about some of the common homeopathy remedies.
Get it at: homeopathychoice.org/remedy-cheatsheet/

2. Join the Email List

We hold the community together on our website. Every month, we send out homeopathy tips, advocacy updates, and free resources to help you learn more.
Join at: homeopathychoice.org/signup

Find all resources at:
homeopathychoice.org/begin

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