



*Safeguarding the Freedom to Choose  
Homeopathy for All Americans*

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## **The Evidence for Homeopathy's Safety and Effectiveness**

There is considerable evidence for both the safety and effectiveness of homeopathy.

### **Safety**

We call homeopathy inherently safe because it contains highly diluted herbs, minerals, conventional medicines or other substances. For all but the most lightly diluted medicines—which tend to be for external use or by prescription only—it would be all but impossible to overdose on a homeopathic remedy.

For medicines bearing the dosage 1X, the least dilute dose generally available, the dilution would be one part active ingredient to nine parts water or alcohol. When medicines are prepared, they are vigorously agitated, or “sucussed,” which generates immense shearing forces at the molecular level resulting very small particles of the active ingredient. For 1C—another lightly diluted remedy—the formula would be one part active ingredient to 99 parts water or alcohol. A 6X medicine is 1 part active ingredient to 9 parts diluent repeated six times in succession. This results in a dosage 100,000 times more dilute than 1X. The chances that such a remedy could lead to an overdose are truly impossible. Many medicines found over-the-counter are diluted to 6C and higher, far more dilute than the example above.

These dilutions account for the exceptional safety record of homeopathy. In the 200 years since the beginning of homeopathy there has not been a single documented death or injury resulting from the use of homeopathy.

While the U.S. Food and Drug Administration (FDA) has cited a homeopathic remedy for teething pain in babies as implicated in some infant deaths, no investigation was ever done to ascertain whether the infants were also on other medications or if there were other underlying causes that led to the deaths.

Crucial to understanding these cases is the amount of the active ingredient found in samples tested by the FDA. The highest level found in any single tablet was 390 nanograms (billionths of a gram) which in the more familiar measure of milligrams equals 0.00039 milligrams or 39 ten-thousandths of a milligram.<sup>1</sup>

The active ingredient, scopolamine which comes from the belladonna plant, is also used in an FDA-approved motion-sickness drug. That drug delivers an hourly level nearly 400 times higher than the highest level delivered by the teething tablet. One motion-sickness tablet actually contains 0.4 milligrams scopolamine, a level 1,025 times higher than found in the highest dose teething tablet tested. The FDA considers this level

therapeutic rather than toxic. In order for a person to ingest even this therapeutic dose of scopolamine, he or she would have to ingest four entire bottles of teething remedies in which all the tablets contain 0.00039 mg scopolamine. This is a worst-case scenario since only one single tablet in all the bottles that were tested contained this much scopolamine.<sup>2</sup> All other tablets contained much lower quantities or quantities that were completely undetectable.

The manufacturer *voluntarily* withdrew the medicine and reformulated it without belladonna. But, homeopathic belladonna is still widely available as a single remedy at health food stores and other outlets and poses no threat to users due to its highly dilute nature.

## Effectiveness

Thousands of studies and 200 years of clinical experience have shown that homeopathy is effective in treating a wide variety of conditions. Critics who say there is “no evidence” for such effectiveness are either intentionally trying to mislead others or haven’t even bothered to look at the substantial body of evidence available.

Here we highlight five important studies that demonstrate the effectiveness of homeopathic medicines.

1. Bell IR, Lewis DA, 2nd, Brooks AJ et al. [Improved clinical status in fibromyalgia patients treated with individualized homeopathic remedies versus placebo.](#) *Rheumatology* 2004b; 43 (5):577-82.

This double-blind study compared fibromyalgia patients treated with homeopathy versus those treated with a placebo. The three-month study showed significantly better results for those treated with homeopathy. Those treated with homeopathy also showed improvement in other symptoms not related to the study as homeopathy is believed to treat the whole person, not just specific symptoms.

2. Frass, M., et al. [Adjunctive homeopathic treatment in patients with severe sepsis: a randomized, double-blind, placebo-controlled trial in an intensive care unit.](#) *Homeopathy : the Journal of the Faculty of Homeopathy* 2005, 94(2): 75-80.

The study sought to discover whether patients with severe sepsis in an intensive care unit would have a higher survival rate if given homeopathic treatments. Long-term survival at 180 days was 75.8 percent for those treated with homeopathy versus 50.0 percent for those treated with a placebo, a statistically significant result.

3. Frei H, Everts R, von Ammon K, Kaufmann F, Walther D, Hsu-Schmitz SF, Collenberg M, Fuhrer K, Hassink R, Steinlin M, Thurneysen A. [Homeopathic treatment of children with attention deficit hyperactivity disorder: a randomised, double blind, placebo controlled crossover trial.](#) *Eur J Pediatr.* 2005; 164 (12):758-67.

This double-blind study demonstrated considerable effectiveness for homeopathy in treating attention deficit disorder using a widely accepted evaluation tool for behavior and cognitive function.

4. Jacobs J, Jonas WB, Jimenez-Perez M et al. [Homeopathy for childhood diarrhea: combined results and metaanalysis from three randomized, controlled clinical trials](#). Pediatric Infectious Disease Journal 2003; 22 (3):229-34

Three double-blind studies confirm that individualized homeopathic treatment decreases the duration of acute childhood diarrhea.

5. Oberbaum M, Yaniv I, Ben-Gal Y et al. [A randomized, controlled clinical trial of the homeopathic medication TRAUMEEL S in the treatment of chemotherapy-induced stomatitis in children undergoing stem cell transplantation](#). Cancer 2001; 92 (3):684-90.

Stomatitis or inflammation of the mouth is a common consequence of chemotherapy and a condition for which there is little effective treatment. TRAUMEEL S, a homeopathic medicine, can significantly reduce the severity and duration of chemotherapy-induced stomatitis in children undergoing bone marrow transplantation.

### Homeopathy Evidence Research Base

The Homeopathy Evidence Research Base contains more than 200 pages of listings of journal articles and papers demonstrating the effectiveness and safety of homeopathic medicines. The listing can be accessed at the following address:

<https://homeopathychoice.org/wp-content/uploads/2018/09/Homeopathy-Research-Listing.pdf>

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<sup>1</sup> These numbers only apply to the Hyland's brand of teething tablets, not the Raritan brand, which contained much higher levels of the active ingredient. But curiously, this brand was not associated with even a single adverse drug reaction report to the FDA!

<sup>2</sup> Another *entire bottle* tested by the FDA was found to contain a maximum of 0.00039 mg of scopolamine for all tablets combined.