

*The full compendium may be accessed at  
HomeopathyChoice.org*

## **Abstract of the Chapters in this Compendium**

*In an effort provide a brief overview of each chapter in this compendium,  
the following abstracts are provided.*

### **Why Homeopathy Matters to U.S. Healthcare**

The use of Homeopathy is geographically widespread worldwide, and is increasing in both demand and popularity. Both clinical and laboratory research, and syntheses of these studies, demonstrate that it is safe and effective over a wide range of clinical conditions. Integrating homeopathy into the U.S. health care system would be associated with many benefits, including improved outcomes, reduced need for conventional medications and polypharmacy, less antibiotic use, lower cost and enhanced safety.

### **Homeopathy Can Reduce the Need for Antibiotics in America**

Overuse of antibiotics in healthcare and industrial farming is part of a worldwide crisis that has contributed to widespread antibiotic resistance and growing public health dangers. The trend of increased mortality from all infectious disease is threatening to make the entire class of antibiotic medications obsolete. Homeopathy demonstrates efficacy, not only in reducing susceptibility to infection and its associated pain, but also in speeding recovery from acute infectious illness. This chapter analyses critical studies demonstrating how homeopathy effectively staves off the current crisis, provides greater utility and longevity to the current antibiotic stockpile, and improves the health of both humans and livestock.

### **Homeopathy for Opioid Addiction and Pain Management**

Homeopathy is an integrative holistic modality that effectively addresses many of the underlying causes of both acute and chronic pain syndromes, frequently enabling the resolution of these conditions and the discontinuation of chronic pain management strategies. Treating painful syndromes with homeopathy provides an opportunity to resolve the underlying causes of pain, thereby reducing or entirely eliminating the need for ongoing management. Homeopathy demonstrates benefit in the adjunctive management of opioid addictions and supports the safe withdrawal process. Public health benefits gained from utilizing homeopathy include superior efficacy, lower cost, greater safety and higher rates of patient satisfaction. The state of the art of research in this field is reviewed along with recommendations for further study.

### **Homeopathy's Role in Addressing Healthcare Costs**

Healthcare costs in the U.S. continue to rise unsustainably while indices of quality outcomes simultaneously decline. Healthcare in the U.S. currently ranks lower than most other developed nations and shows no sign of improving despite the highest per-capita expenditures of any nation on earth. Homeopathy offers a unique, efficacious, safe and cost-effective alternative medical modality capable of providing superior outcomes at a fraction of the cost and risk of conventional medical care. Many European nations have studied homeopathy in great detail and have concluded that its benefits warrant incorporation into their national healthcare programs.

This chapter examines costs and recommends that homeopathy be adopted into the U.S. public healthcare system.

### **The Use of Homeopathy in European Hospitals**

Homeopathy is an important medical modality that is currently utilized in a large number of European hospitals, including Germany, France, Austria, Switzerland, Sweden, Italy, Spain and the U.K. Homeopathy is actively integrated alongside conventional allopathic medical care and practiced by physicians in 40 out of 42 European nations. Additionally, homeopathy is utilized in hundreds of hospitals in south Asia and India, where it has been integrated into the national health service and is supported by the national government.

### **Homeopathy's Role in Addressing the Over-Medication Epidemic**

The U.S. suffers from epidemic levels of polypharmacy and medication overuse. Homeopathy offers a unique holistic alternative methodology capable of reducing reliance on a wide range of medicines, while simultaneously managing the effective treatment of underlying disease conditions. Since homeopathy is characterized by the use of small doses, infrequently administered, it complements and augments conventional medical management and helps reduce polypharmacy. Reliable research demonstrates that homeopathy is a viable, effective form of medical therapy that provides significant promise helping reduce the overuse of conventional medicines along with their risks and side effects.

### **Homeopathy and Ophthalmology**

One of the more challenging problems in the management of ophthalmologic disease in the U.S. is the myriad of side effects associated with the use of conventional medications. Homeopathic treatment effectively treats many of these illnesses without inducing medication related side effects. Furthermore, it has been shown to simultaneously reduce the need for many conventional medications. These distinct advantages of using homeopathy in the treatment of both acute and chronic ophthalmic conditions demonstrates its utility as well as the need for further research in this field.

### **Homeopathy and Women's Health**

The status of women's health in the United States leaves much to be desired. Research in homeopathy pertaining to women's health is incomplete due to scientific disparagement and substantial barriers to equitable funding, yet the available data offers useful insight into potential steps forward that would significantly enhance the health and quality of life of women and their families across the U.S.

### **Homeopathy and Respiratory Illness**

Respiratory illness is a common complaint in the modern world and is responsible for the diversion of significant medical resources in the U.S. Preliminary studies strongly suggest that homeopathy provides significant benefit in the treatment of a wide variety of these conditions, while helping to reduce both the duration and intensity of symptoms in those who suffer from these acute and chronic conditions. When used in conjunction with conventional medical care, in life-threatening conditions, including asthma and chronic obstructive pulmonary disease, homeopathy provides safe, reliable and effective results.

## **Why Veterinary Homeopathy Matters in Animal Health Care in the USA**

Numerous studies attest to the value of homeopathy in the treatment of a wide range of clinical conditions in veterinary medicine. Clinical studies span the management of health conditions in both farm and domestic animals, both in large herds and in individual cases. Positive responses to homeopathic medicines under these circumstances strongly advocate against theories that the beneficial results of homeopathy are purely placebo effects. The use of homeopathy in veterinary medicine is on the forefront and cutting edge of environmentally sustainable, safe and efficient care that demonstrates clinical efficacy in both large and small animals. Homeopathy appears to be an important medical modality for every member of the animal kingdom, and by extension, it is equally important to the field of human health.

### **Homeopathy in Acute Care Medicine**

The use of homeopathy in acute medical conditions is reviewed with respect to the available clinical evidence supporting it. Homeopathy is an effective, safe and inexpensive methodology in the treatment of acute and emergent conditions that offers many distinct advantages when compared with conventional allopathic care. Not only is homeopathy already utilized in acute care medicine throughout many regions of the world, but substantial evidence demonstrates its efficacy in a wide range of conditions. Homeopathy compliments conventional methodologies, and reduces many of the risks associated with it. Homeopathic medical research suggests that the dedication of more funds to investigate this methodology is certainly warranted with respect to acute care medicine.

### **Homeopathy and Gastrointestinal Disorders**

Homeopathic medicine demonstrates a powerfully beneficial effect both on the human microbiome and on the gastrointestinal tract which interact to impact the health of the entire body. Homeopathy appears to help balance and preserve ecological symbiosis, while reducing dysbiosis and the inflammatory changes that frequently develop after conventional medical management. Homeopathic clinical research demonstrates benefit over a wide array of functional and pathological conditions of the GI tract, though only a limited number of peer reviewed randomized controlled studies are available. Many case studies in the worldwide literature database demonstrate the feasibility, validity, and potential benefits of homeopathy in gastrointestinal pathology. Much more clinical research in this field is clearly indicated.

### **Epidemic Infectious Diseases, Public Health and Homeopathy**

A vast trove of medical and scientific literature pertaining to the use of homeopathy in the treatment of epidemic infectious disease reveals that it is associated with reduced mortality rates that are consistently better than those obtained by conventional allopathic medical care, both historically and in modern times, despite the advantages provided by modern hospital support and advanced nursing care. Homeopathy demonstrates benefit prophylactically by protecting large segments of the population, and simultaneously improves therapeutic outcome during epidemics in a safe, effective and inexpensive manner that fails to be explained by the placebo effect.

## **Safety of Homeopathy**

Investigations into the safety of homeopathy include randomized controlled trials, observational studies, experimental studies, case reports, systematic reviews, worldwide literature searches, consultation with regulating authorities, and conversations with homeopathic practitioners. These studies uniformly and consistently demonstrate that homeopathic treatment is an extremely safe and effective form of medicine. Adverse events, and “aggravations” from homeopathic treatment have consistently been noted as only “mild and transient,” occurring slightly more frequently than those resulting from placebo treatment. Overall, homeopathy has an excellent safety record and demonstrates many advantages when compared with conventional allopathic treatment.

## **Homeopathy in Mental Health and Psychiatry**

Homeopathy is currently experiencing a resurgence among mental health clinicians and patients worldwide, in part because of the wide breadth of its many positive effects spanning the psychosomatic continuum. Current evidence strongly suggests benefits over a wide range of conditions across the field of mental health. It is a safe, viable and cost-effective form of medicine, but much more research is certainly warranted. There are compelling reasons to support the allocation of funds to promote homeopathic research.

## **Homeopathy Use in Cardiovascular Conditions**

Cardiovascular disease is the leading cause of mortality in the U.S. and emerging research demonstrates the importance of incorporating homeopathy into an integrative holistic approach to treatment. The worldwide database of homeopathic research is limited, but the available studies suggest that it has overwhelmingly positive results in these conditions. Homeopathy is already utilized by many practitioners throughout the world who have successfully treated a wide range of common cardiac ailments in the ambulatory care setting, the hospital and the intensive care unit. The use of homeopathy reduces the incidence of adverse drug effects frequently associated with many conventional medications, improves clinical outcome and simultaneously lowers the cost of treating cardiovascular disease.

## **Homeopathy and Allergies**

Clinical trials of homeopathic methodologies demonstrate dramatic “real world” benefits over a wide range of allergic conditions, without the common side effects and other long-term negative health risks associated with conventional therapies. Clinical research confirms that homeopathic medicines are different from placebo, and laboratory investigations demonstrate that biologically active material is present in high dilutions of these unique medicines. Further research funding and infrastructure changes at all levels of public health, with respect to homeopathy, are warranted and should be encouraged to expand access to this two-century-old form of safe, natural, and effective medicine for allergies.

## **Homeopathic Certification for Health Practitioners in the USA: *A Brief Overview***

Homeopathy is a federally recognized form of medicine in the U.S. since the Food Drug and Cosmetic Act of 1938. The field of homeopathy boasts board certification of many licensed healthcare professionals, including medical doctors (MD), osteopaths (DO), naturopathic

physicians (ND), nurses (RN), physician's assistants (PA), dentists (DDS), veterinarians (DVM) as well as a large number of non-medically trained practitioners.

### **Homeopathy and Dentistry**

The U.S. population is plagued by at least two major dental health-related challenges: periodontal (gum) disease, and the overuse of prescription opioid medications. As the dental profession struggles to find better and safer alternatives in the management of these and other challenges, the incidence of these problems has continued to increase. Current research on the use of homeopathy for these conditions is reviewed and recommendations are made for its adoption as a safe and effective alternative to current management strategies.

### **Homeopathy and Chronic Illness**

Homeopathy is a unique form of medicine that offers many distinct advantages in the treatment of chronic illness and rheumatological conditions. Homeopathy is both effective and safe, and could be used as a form of primary care medicine in these conditions. Many studies demonstrate homeopathy's benefits, usefulness, and superior patient satisfaction ratings in both short and long-term analyses. Individually prescribed homeopathic medicine is not only superior to placebo, but it has been found to be more effective and better tolerated than many existing conventional modalities. Evidence suggests that homeopathic treatment lowers cost, provides greater safety, and reduces risk of exposure to more hazardous conventional medicines.