



# NATURAL HEALING CENTRE

NATURAL GOOD HEALTH

Hello,

15/3/12

There have been recent news articles, suggesting there is no scientific clinical evidence that Homeopathy works.

This is just not true. Here is excerpts taken from research done of clinical studies existing showing the effectiveness of Homeopathic remedies. There are double blind trials published in The British Medical Journal done by qualified medical and research specialists and publications in other recognized journals.

Homeopaths point to the nearly two hundred years of clinical experience of convinced doctors and satisfied patients.

In 1991, the British Medical Journal published an analysis of 107 clinical studies published between 1966 and 1990. The authors found that in 81 of the experiments, the homeopathic treatments were successful. Even when they included only the 23 studies that they considered to be of the highest quality, the vast majority of these (15) showed positive results.

Another study published in 1989 in the British Medical Journal dealt with fibromyalgia. The double-blind, controlled trial was also “crossed over”, meaning the treatment lots were switched after one month so the subjects could be compared, not only with each other, but also with themselves. The results were evaluated by a rheumatology professional who was not a Homeopath. The study found that the Homeopathic remedy provided highly statistically significant improvement in both subjective and objective symptoms.

In another double-blind controlled study conducted in Britain in 1980, 82 percent of those receiving the homeopathic remedy enjoyed improvements in rheumatoid arthritis versus 21 percent of the control group on placebo. The subjects in this study received remedies that were individually prescribed.

Other significant positive studies show homeopathy helps in pain following tooth extraction (76) percent versus 40 percent for a placebo}; reduces vertigo and nausea; reduces labour time in pregnant women (5.1 hours versus 8.5 hours); and reduces risk of abnormal labour (11.3 percent versus 40 percent).



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Two double-blind studies compared Quietude, a combination of homeopathically prepared plant extracts that has been very popular in France, with diazepam (VALIUM). The subjects were adults and children who were nervous and suffered from sleeplessness. The results showed that the homeopathic product increased sleep time, reduced interruptions during sleep, and reduced nervousness. Both products relieved insomnia and minor nervous tension 63 percent of the time. However, the homeopathic remedy produced no side effects: there was no daytime dizziness, as opposed to 13 percent of the diazepam group. Homeopathic remedy group suffered no daytime drowsiness, but 53 percent of the diazepam felt drowsy. In addition, Quietude was better at reducing children's nightmares, and 74 percent of the diazepam group who felt this way improved with Quietude Homeopathic medicine.

Other studies show the usefulness of homeopathic remedies in treating diabetes. A 1992 Study examined sixty people with retinal problems due to diabetes. In approximately half of the patients taking the homeopathic remedy (Arnica), the eye condition improved; only 1 percent of the subjects receiving placebo improved a like amount. The subjects were evaluated using objective measuring instruments, indicating that homeopathy may prove valuable in helping this group of diabetics preserve their sight.

Conventional physicians often belittle homeopathic remedies and their effectiveness to placebo effect. However, several studies on animals and infants show that homeopathic remedies do work.

For medical Specialists to belittle homeopathy based on their own teachings is a blinkered view of the truth.

Perhaps new and rigorous clinical trials done in Australia would be welcomed to finally shut down the old saying "there's no clinical evidence" for natural medicine when clearly there is.

I'd recommend the critics of Homeopathy come into the 21<sup>st</sup> Century!

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