

Homeopathy-A potent solution for US health care.

WHAT IS HOMEOPATHY?

Homeopathy is an effective, low-cost, holistic system of medicine. It is non-chemical, has minimal side-effects, and is non-toxic. It does not target a specific disease, but improves health by engaging the body's self-healing mechanism. Current scientific knowledge indicates that homeopathic medicines may work by means consistent with the properties observed in nanoparticles.^{1,2,3} Homeopathy was established by law through an Act of Congress in 1938.

WHY IS HOMEOPATHY A GOOD SOLUTION FOR US HEALTH CARE?

Non-chemical, few side effects, non-toxic. Homeopathic medicines are completely non-toxic when manufactured according to existing standards set forth by the FDA. Homeopathy treatment does not result antibiotic overuse and ineffectiveness, or opioid addiction, which occur with chemical-based medicines. The current medical system is drug-based and overwhelmed with side-effects, toxic reactions, and addiction due to their chemical properties.

Safety Homeopathy has been used for over 200 years without documented serious adverse drug reactions, side effects or deaths. Manufacturing of homeopathic medicines is regulated by the Food and Drug Administration. Properly prepared homeopathic medicines have an impeccable safety record unparalleled in the history of medicine and verified in many studies.^{4,5,6,7}

Individualized therapy Homeopathic medicines are selected based on the individual needs of the patient, recognizing that each person has their own unique illness. A medicine customized for each person instead of "one-size-fits-all" provides a safer and more effective outcome. This approach is being used by conventional medicine's through "designer drugs".

Avoids polypharmacy Homeopathy is a form of all-inclusive holistic treatment that typically utilizes one single medicine at a time to address the "totality" and myriad of different symptoms in the body. This form of management reduces the need for polypharmacy (the use of many pharmaceutical drugs, especially in the elderly) and the risks associated with using different medicines to treat different conditions.⁸

Low-cost Homeopathic medicines are inexpensive to purchase, putting them within the reach of all economic levels of the population. Parents can easily purchase homeopathy medicines for self-care of minor illnesses and injuries for their families. Homeopathic medicines cost a fraction of chemical-based pharmaceuticals. Homeopathy has been shown to be more cost effective than conventional medicine since it is associated with fewer relapses, reduces the cascade of medicines and utilizes medicines that are far less expensive and more readily available than conventional pharmaceuticals.⁹

RESEARCH SUPPORTS A WIDE VARIETY OF CLINICAL USES

Thousands of clinical trials¹⁰ and five out of six recently published meta-analyses support clinical evidence that homeopathy is superior to placebo, and in many instances more effective than conventional medicine.^{11,12,13,14,15}

- **Pain management.** Homeopathy speeds the resolution of many painful conditions avoiding the need for Nonsteroidal Anti-inflammatory Drugs

(NSAIDs) and opioids in a wide range of conditions. Post-operative recovery,¹⁶ migraine headaches¹⁷, musculoskeletal injuries^{18,19}, and many acutely painful illnesses respond well to homeopathic intervention^{20,21,22} with fewer side effects, lower cost and more rapid recovery.

- **Overuse of antibiotics.** Homeopathy augments the immune response to many infectious conditions and speeds recovery from a multitude of conditions, improving immunity and reducing the risk of recurrent infections, helping to focus the effective use of antibiotics.^{23,24}
- **Epidemic infectious disease.** Homeopathy has been found to be clinically effective and cost less in both the prophylaxis and treatment of large populations at risk for or suffering from epidemic infectious disease.^{25,26}
- **Gastrointestinal illness.** Homeopathy is effective across a wide range of functional and inflammatory gastrointestinal disorder.²⁷
- **Allergy and immunology.** Homeopathy appears to help strengthen and balance immunological responses to a wide range of allergic and immunologic conditions in part through its effect on the human microbiome.^{28,29,30}
- **Mental health.** Homeopathy, which integrates body-mind medicine, evenly affects psychological, emotional and physical states and can be used effectively in the management of many mental health conditions.^{31,32}
- **Acute illness.** Homeopathy is effective in helping the body restore balance and equilibrium with respect to a panoply of acute conditions ranging from injuries to infectious illnesses.^{33,34}
- **Chronic illness.** By focusing on the individual rather than the disease, homeopathy is effective in improving outcomes and reducing the cost of managing many chronic illnesses.^{35,36,37}

Preclinical Research: There is a substantial body of preclinical research in homeopathy using animal models, human cells, plants, and other organisms. Over 2,361 basic research experiments are available for review online.³⁸ Of these experiments 89% reported at least one positive result and a review of biochemical, immunological, botanical, cell biological and zoological experiments on homeopathic dilutions found 98 replicated experiments with over 70% of replications positive.³⁹

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