

Chapter 1



Homeopathy

Overview

Since the practice of homeopathy began more than two centuries ago, it has been proven successful in healing the body and mind—without side effects. Homeopathic remedies use energy itself as the healing agent, a concept that has been accepted for more than four thousand years in other parts of the world and is now seeing a revival in the US.

Dr. Samuel Hahnemann was the founder of homeopathy, and his students began the first homeopathic medical school in the United States in the mid-1800s. Homeopathy gained recognition because of its success in treating the deadly epidemics of the day, including scarlet fever, typhoid, cholera, yellow fever, and pneumonia.¹

The school's method of treatment became popular in the late nineteenth century. Numerous homeopathic medical schools were training thousands of homeopathic physicians; there were one hundred homeopathic hospitals and more than a thousand homeopathic pharmacies. Boston University School of Medicine, Hahnemann Medical School in Philadelphia, New York Medical College, University of Michigan, University of Minnesota, and the University of Iowa were among

those educational institutions that had homeopathic medical schools. However, by the early twentieth century, there was a precipitous decline. By the 1920s, many of the schools had closed, and by 1950, there were barely a hundred homeopathic physicians still practicing in the United States, many nearing the age of retirement.

The decline of homeopathy's popularity was largely due to the American Medical Association's growing influence and its declaration that homeopathy was unproven medical quackery. In the late 1800s, the AMA was a poorly financed organization with little influence and low membership, but in the early 1900s, they began to align themselves with the pharmaceutical companies, promoting them in exchange for their advertising dollars. In just ten years, from 1900 to 1910, the AMA's advertising revenue increased by 500 percent, and their membership grew from eight thousand to more than seventy thousand. Their attacks on homeopathy were part of a campaign to discredit the competition in the battle for dominance in the medical world.

During that time, pharmaceutical companies began advancing drugs that were easy for doctors to administer to patients, including new painkillers that gave the illusion of a cure but had the possibility of addiction or other serious side effects. Compared to homeopathic remedies, treating patients with drugs required much less time and understanding by the physician. Allopathic medicine (still conventionally used today) and the accompanying drugs were substantially more lucrative than homeopathy, factors that also contributed to homeopathy's decline.

In contrast to using the concentrated doses of specific chemicals in drugs, homeopaths used extremely diluted doses of various plants, minerals, animals, or even chemicals chosen with great care. Rather than prescribing one medicine for everyone with the same disease as was (and is) done in conventional medicine, homeopaths individualized a specific medicine to a patient based not on simply the disease that they had, but more on the unique syndrome of symptoms of which the disease was a part. Homeopaths were capitalizing on a phenomenon in which people become hypersensitive to a substance that will

cause (in a nonhomeopathic overdose) similar symptoms to those that the sick person is experiencing.

It is these extreme dilutions used in homeopathy, to the point at which—according to the current laws of physics—there should be no substantial amount of the original remedy material left, that has led to disbelief by many scientists and doctors. The latest science, however, has found that nanodoses (extremely small amounts) of the original substance remain in the dilutions—and at levels that are biologically active. There is, in fact, a new multidisciplinary field of science called *hormesis* devoted to the phenomenon of extremely small concentrations of substances having biological activity. I will go into more detail regarding this, and the other scientific concepts I touch on briefly here, later in this chapter.

Many people involved with homeopathy feel that the complex process of making homeopathic remedies transfers the “energy” of the original molecules to the water and that it is this energetic information that leads to healing. Today, science is beginning to support this principle. Dr. Luc Montagnier, the 2008 Nobel prize winner for his discovery of the AIDS virus, announced his support for the dilution system used in homeopathy. In a 2010 interview with *Science* magazine, he stated, **“High dilutions of something are not nothing. They are water structures which mimic the original molecules.”**² (Emphasis mine)

In fact, there is research to indicate that each remedy substance creates its own fractal* to form snowflake-like structures of water molecules around each remedy molecule.³ These structures are different for each starting substance and perhaps emanate the same unique original energy frequency that resonates with the person’s energy.

The energetic phenomena that are theorized to underlie the effects of a homeopathic remedy are actually well accepted in Western science. Every substance is made of molecules that vibrate at a particular frequency, creating specific wavelengths of energy. If another resonating

*“A *fractal* is a never-ending pattern. Fractals are infinitely complex patterns that are self-similar across different scales. They are created by repeating a simple process over and over in an ongoing feedback loop” (<http://fractal.foundation.org/resources/what-are-fractals/>). If the replication is exactly the same at every scale, it is called a self-similar pattern.

wavelength is added, and the peaks or valleys of the two match up, they amplify each other, creating greater peaks and valleys. An example of the interaction of wavelengths can be seen with waves in the ocean—waves with coinciding peaks multiply in height, while others may pass through each other relatively unchanged.

Energy wavelengths interact in the same way, leading to dramatic effects in the physical world. An example of this phenomenon would be when a singer hits a note that causes a glass to shatter. Thus, one model of how homeopathy works is that if the correct homeopathic remedy is administered to the patient, one with resonating electromagnetic waves, the remedy will amplify the corresponding frequencies in the patient and produce results on the physical plane.

This wave resonance is thought to lead to healing because it amplifies the body's own ability to heal itself. In homeopathy, there is great respect for this ability. Symptoms are seen as the body's attempt to heal itself, as exemplified by the common symptom of a fever (now also well understood by physiologists and conventional medicine to be an important part of the body's defense against infections).

Interestingly, one sometimes experiences a brief increase in a symptom's severity after taking a homeopathic remedy, which is called an "aggravation," before the desired alleviation of that symptom and the person's overall disease. It seems likely that this brief increase could be the result of the amplification that would result from resonating waves. Many homeopaths believe that the healing that follows is connected to the release of a negative, unhealthy energy that had been stuck in the patient that is released by the homeopathic remedy.

A short-term aggravation, or "healing crisis"—that is, the temporary exacerbation of a person's symptoms before a more long-term alleviation or healing—also provides evidence that the effects of a homeopathic medicine are not a placebo response. The vast majority of people who respond to a placebo experience only the relief of symptoms, not a short-term aggravation of these symptoms before relief.

This idea of similar substances leading to healing is not new. Hippocrates, recognized as the Father of Western Medicine, as well as

other notable medical figures such as Paracelsus, agreed with this principle known as the homeopathic Law of Similars, or “like cures like.” In fact, the word “homeopathy” is derived from the Greek *homo*, meaning “similar,” and *pathy*, “disease.” This concept is the basis of conventional medicine’s use of vaccines and allergy desensitization.

Typically in homeopathy, a resonating substance is found that, in its undiluted form, would cause the same symptoms that the ill person is experiencing.* In the complex process of multiple dilutions in water and shaking the mixture, the critical information is transmitted to structures that form in the water; that is, the unique snowflake-like fractals that recent research has indicated form in homeopathic dilutions.⁴

The beauty of the homeopathic method is that one can utilize, with safety, substances that would normally be toxic, because there is such a miniscule amount of the original ingredient in the final dose. This model of resonating energy would account for the dramatic results when the remedy is correct and no result at all if the remedy is not correct—if the energy resonates with the disease, then the person’s immune and defense system is augmented to elicit the curative process. If the energy does not resonate, then nothing happens.

In contrast, the principle behind most allopathic medicines is to suppress the symptoms with substances that have the opposite effect on the body. For example, laxatives are used to reverse constipation, antipyretics to lower fever, antidepressants to block depression, anti-inflammatories to lower inflammation, and so on; even though the symptoms are the body’s way of healing itself.

Occasionally, allopathic (modern conventional) medicine also now uses the healing effect of similar substances and sometimes substances that simply reduce a specific symptom. The word “allopathy,” therefore, comes from the idea of using multiple other substances to effect a cure: *allo*, meaning “other” and *pathy* meaning “disease or suffering.”

Because symptoms today are recognized as adaptations by an

*This principle of “like cures like” is the basis of homeopathy. Modern homeopathy has now developed additional methods for choosing homeopathic remedies, and homeopaths have seen that the remedies can have further curative effects beyond healing the similar symptoms indicated by this founding principal.

organism to defend and heal itself, using a drug that mimics that body's own defenses makes sense. While suppressing symptoms may provide immediate relief, it will not heal the underlying cause of a disease. Not allowing the body to respond to disease with symptoms may even cause a disease to go deeper into the body, resulting in more serious problems over time. Many homeopaths believe this is one of the reasons that severe, chronic physical and mental health problems are increasing in modern times. In addition, the high concentrations of toxic substances used in allopathic medicine often lead to dangerous side effects, addiction, and tolerance adaptations that require increasing amounts of the risky drugs to achieve “curative” results.

The Early Years

Dr. Hahnemann was an innovative and industrious German physician and chemist, who also translated twenty-two medical and chemistry textbooks from seven other languages into German. Combining his knowledge in different scientific fields with ideas he had found in the textbooks he was translating, he developed homeopathy, a new system of medicine. Doubting early explanations of Peruvian Bark's curative powers for malaria, he conceived the idea of testing the effect of Peruvian Bark on himself—and developed symptoms very similar to malaria.

Aware of Hippocrates's writings about finding the “simillimum” to cure a disease, Hahnemann went on to test on himself more than ninety substances, using many of the accepted medicines of the time: mercury, arsenic, belladonna, and other, more benign, substances.⁵ His knowledge as a chemist led him to experimenting with different ways of preparing the substances to optimize healing while minimizing toxicity.

Allopathic medicine at that time was dependent on such methods as bloodletting, purging (vomiting), diarrhea, caustic skin agents that contained high doses of toxic substances, and other methods now considered barbaric. In contrast, Hahnemann's system was especially appealing. Popular with both the masses and the elite, it expanded rapidly throughout Europe and then to America.