

# Faith Isn't Enough

*Homeopathy has a 200-year history of efficacy.* However, because it does not follow the established paradigms of conventional science, most Western medicine rejects it outright. This raises the question, 'is there adequate scientific evidence to support homeopathy?' Everyone involved with homeopathy has had an 'experience,' but as David Ramey so aptly quipped, "... *faith is not a legitimate foundation on which to build a practice of scientific medicine.*"

Agreed. To appease the naysayers, Western scientific pundits and legitimately inquiring minds, this issue is designed to be a reference issue, periodically updated to reflect the ongoing research & publications that relate to homeopathy. It will be archived on the Mediral website so you can access it at any time for the most recent homeopathic research being done.

Scientific revolution is ongoing. Throughout the history of science, new ideas augment or displace the old, science is never static, always growing, always changing. Change never happen without resistance, but as scientists become more astute and awestruck with nature, and less habitual and judgmental in their thinking, science moves ahead, and so with homeopathy as we unravel the physics and chemistry of this true phenomenon of medicine.

### Using the Techniques of Modern Material Science, the Unique Signatures of Specific Homeopathic Remedies and Potencies Can Be Identified\*

Professor Rustum Roy is the founding director of the Materials Research Laboratory at Pennsylvania State University and one of the leading materials scientists and noted expert on the structure of water. Professor Iris R. Bell is the Director of Research Education for the Program of Integrative Medicine at the University of Arizona College of Medicine. Research by these two eminent scientists has found that different remedy dilutions above 24x (Avogadro's number) carry unique, characteristic signatures. The webcast may be found through the National Center for Homeopathy at <http://www.homeopathic.org/content/using-the-techniques-of-modern-material-science-the-unique-signatures-of-specific-homeopathi>, or directly from the conference website <http://www.infiniteconferencing.com/Events/nch/051607nch/recording-playback.html>.

\*This is a dated post, but it is a worthwhile reference to have.

*An extensive collection of research* related to homeopathy has accumulated over the past 200 years. Much of this research has been in the form of controlled studies ('provings') which were carefully planned and meticulously monitored. The results of these trials may be found in the many volumes of the Homeopathic Materia Medica, and new and updated provings are being done every year on an ongoing basis. In addition to this body of knowledge, the scientific literature is now being inundated with a growing number of placebo-controlled, double-blind studies (the current standard by which conventional science evaluates its own reliability) which clearly demonstrate the efficacy of homeopathic treatment.

Homeopathy boasts bragging rights to the first double-blind cross-over study that was ever done. It was carried out by homeopaths in 1906 on the homeopathic remedy Belladonna. The research was done concurrently in 11 different cities and resulted in a 665-page document on the reproving of Belladonna (Bellows, H.P., "The Test Drug Proving of the O.O. & L. Society: A Reproving of Belladonna," Boston: The *American Homeopathic Ophthalmological, Otological, and Laryngological Society*. 1906), a commonly used homeopathic remedy. With our culture's reliance on scientific methodology, it is also interesting to note that the U.S. Congressional Office of Technology Assessment ("Assessing the Safety and Efficacy of Medical Technology," Washington, D.C.: U.S. Government Printing Office, September 1978, p. 7) estimated that only 15-20% of all conventional (allopathic) medical practices have been shown to be effective by controlled trials.

There is an inherent problem with homeopathic research because the homeopathic system is highly individualized (i.e. not every homeopathic remedy has the same effect on every patient). Scientific literature is filled with clinical and laboratory trials relating directly and indirectly to homeopathy. To date, research is leaning strongly in homeopathy's favor. Below is a small sample of the voluminous amount of research & publications available on the safety and efficacy of homeopathic medicine.

*My thanks to the many sources that will continually be referenced, I regret that I cannot give credit to every source consulted.*

*The statements in this newsletter have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. Seek professional help if a condition worsens or lasts more than 7 days.*

## A Sampling of Research & Publications Relating to Homeopathic Efficacy

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