

McKenzie's Food for Thought

Informed insight on the latest medical & health news & what it means for you

Evidence?

So yet another attack on homoeopathy.

This time in the Lancet.

So let's look at some of the attacks that homoeopathy is subjected to:

LACK OF EVIDENCE?

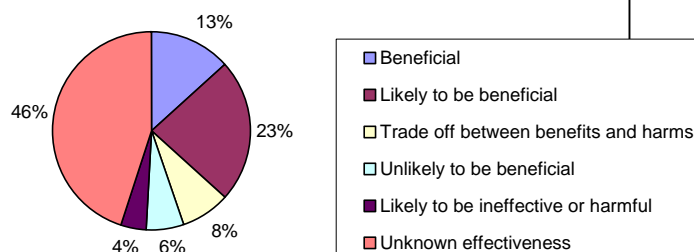
"There is no evidence to suggest that homoeopathy works better than placebo." Yet from experience that is not true and majority of homoeopathic trials show that it does work beyond the placebo effect. But "the most brilliant propagandist technique will yield no success unless one fundamental principle is borne in mind constantly – it must confine itself to a few points and repeat them over and over. The critics of homoeopathy have confined themselves to two main points:

1. Nothing remains of the original substance due to the fantastical dilutions involved in the preparation of the homoeopathic medicines (see below for refutation of this point).
2. There is *no evidence* to show that homoeopathy is better than placebo.

Yet plenty of studies show huge success in veterinary homoeopathy on domestic and farm animals – e.g. cows and mastitis (see Chris Day's results; "Clinical Trials in Bovine Mastitis use of Nosodes for Prevention" British Homoeopathic Journal, 75 (January 1986): 11 – 15)

And what of the medicine that critics generally promote and support? See BMJ's "Clinical Evidence" that shows only 13% of common treatments are solidly backed by evidence. Could it be that there is some hypocrisy about evidence-based medicine when the BMJ acknowledges that c. 40% of allopathic medicines are known to cause harm?

BMJ Clinical Evidence



And what of anti-depressants? Orthodox medicine is anything but evidence-based here. Hundreds of million of pounds are spent on these medicines by the NHS but a hugely convincing meta-analysis of these drugs show that they are only ever really indicated in the most severe cases of depression – which is not how they are commonly prescribed at all. And the budget for these anti-depressants totally dwarfs the budget for homoeopathy. And what about the fact that the NHS spends over £1m per week on anti-obesity drugs?

Potency and Dilution:

It is claimed that there is "nothing there", that homoeopaths are masters of undiluted self delusion, that the dilution is beyond Avogadro's number and thus is unlikely to contain any molecules of substance.

What is the smallest division of the universe? Is it protons, a quart – is that the smallest? How do we know? It's unknowable as are the macro – the boundaries of the universe. Something remains – we just don't know what remains. It's a philosophical point. Molecules are not the smallest you can go. I often say to people that until we had microscopes we didn't really understand bacteria; we could see gangrene but had not idea of what was happening. At times I feel that this is the case with homoeopathy. We just don't have the "right" microscope to be able to explain it. Marconi was put in the mad house by his friends for saying there were radio waves yet today we use them all the time and cannot probably conceive of life

without them. Could it be that we humans are behind the curve of what is possible?

Vitalism and Holism.

Homoeopathy is a holistic stimulus to an organism to catalyse it into healing itself. This is where we step into philosophical realms – not just the mechanistic approach taught at allopathic medical school. Sadly a doctor or scientist who thinks that studying philosophy is nonsense is sentenced to practising a very specific philosophy without realising it and Ledermann accurately called that philosophy “Naïve Realism”.

Or is it the limited view of those who follow scientism? This new word has been defined in Wikipedia as “The term scientism is used to describe the view that natural science has authority over all other interpretations of life, such as philosophical, religious, mythical, spiritual or humanistic explanations and over other fields of inquiry such as the social sciences.”

The body is capable of self healing and regeneration. Can you stimulate a whole person vs. a part? Surely what matters is not so much the “how” but the fact that “difficult cases” seen by homoeopathic doctors at NHS homoeopathic hospital get better?

Much of the above material comes from a lecture by Dr. Brian Kaplan. **Do refer to my January 2010 newsletter for further evidence, particularly clear in epidemics such as the Spanish Flu of last century.**

And a couple of recent case histories:

Boy, age 12: constant headaches. Bright and opinionated – convinced that homoeopathy doesn't work! Avoided discussion about that but discovered underlying layer of grief which fitted a remedy for children that get headaches inter al. A few weeks later his mother sent me an email reporting back on progress: “...doing really well! No headache after sleepover. He is much calmer and more centred. Truly brilliant! Thanks so much for this Fiona”

3 year old boy: on inhalers, ventolin, constant cough, every day. Gave split dose of remedy (which means one dose the first night, one dose the next morning) for “weak chest” and for the past two months since having the remedy he has hardly coughed at all – maybe a tiny little “huf” and that is it, some]#days not even that. Mother delighted. She had used conventional medicine that was palliating the symptoms (and ineffectively) so why

would she “believe” that two white powders would fix the problem and the three year old certainly had no idea, let alone a belief system in place about placebos!

PARTING THOUGHTS.

The Paradox of our Time

...we have taller buildings but shorter tempers; wider freeways but narrower viewpoints. We spend more, but have less; we buy more but enjoy less...more conveniences but less time; more degrees but less sense; more knowledge but less judgement; more experts yet more problems; more medicine but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little... get too angry, stay up too late, get up too tired, read too little, watch TV too much and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living, but not a life, we've added years to life not life to years.

We've done larger things but not better things. We've cleaned up the air but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not wait. We build more computers to hold more information to produce more copies than ever, but we communicate less and less. These are the times of fast foods and slow digestion; big men and small character.

Remember to say a kind word to someone who looks up to in awe, because that little person will soon grow up and leave your side. Remember to give a warm hug to the one next to you because that is the only treasure you can give with your heart and it doesn't cost a cent. Remember to say “I love you” to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside you. Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, time to speak, give time to share the precious thoughts in your mind.

Source: unknown, believe was sent to me in an email ages and ages ago.

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