

BOOK



reviews

The Complete Practitioner's Manual of Homeoprophylaxis by Dr Isaac Golden

Isaac Golden Publications 2012,
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In this current climate of anti-homeopathy, it takes a brave and dedicated, or foolhardy, person to contemplate publishing a book on the homeopathic alternatives to conventional vaccinations. Dr Isaac Golden, who many of you will be familiar with from when he came to lecture on this very subject at an HMA conference not too long ago, is clearly a brave and dedicated proponent of the use of Homeoprophylaxis as an alternative to conventional vaccinations.

I should at this point mention the fact that Dr Golden does advocate a free choice between the two alternatives. He does not, as some people, advocate a ban on the choice of conventional vaccination. He is very clear in maintaining the right of people to make their own choice on the issue.

There are those in our community (the community of homeopaths) that would advocate against prophylaxis for common childhood diseases, on the grounds that exposure to these diseases is a necessary part of developing a healthy and robust immune system.

The book is, without doubt, a vast compendium of facts and figures, guidance and background on the use of homeopathy as a method of prophylaxis against a variety of common and less common diseases. The manual differentiates between short-term prophylaxis and long-term prophylaxis. Short-term is defined as applicable for seasonal conditions or conditions that are more of an acute type. Long-term are defined as a group of more serious conditions that are prevalent in the

community: in this case it is based on the prevalence of disease in Australia.

I was struck by a remark Dr Golden made in the preface of this book: "I hope that this work will describe all there is to be known about homeoprophylaxis (HP)..."

I, for one, hope that this book does not describe all there is to be known about homeoprophylaxis. That would be a great pity: if our knowledge and understanding of homeoprophylaxis were to be held at the point we are currently at. We need to learn and experiment, do research and increase our knowledge and understanding of homeopathy and homeoprophylaxis to the greater benefit of mankind.

In his defence, Dr Golden has been researching HP for over 30 years and the book, as he states, is his attempt to record that store of knowledge and pass it on.

Much of the book contains a good coverage of the philosophy and historical background of the use of HP, together with some excellent reviews of the evidence for efficacy and safety of HP. In Chapter 5, Dr Golden discusses the issues surrounding RCTs compared to Comprehensive Data Analysis.

It is very evident that we need to explore further, suitable ways of gathering evidence of the safety and efficacy of homeopathic medicines that demonstrate conclusively that our system of medicine is safe and efficacious.

A substantial part of the book is dedicated to describing in detail Dr Golden's programme of HP; how he initially set it up and collected the data to justify his approach. He gives detailed instructions in the remedies used, how to take them, the posology and data collection/patient follow-up.

The majority of remedies are nosodes, given as 200C or 10M, with a few Genus Epidemicus remedies included in the mix.

There is a substantial section detailing the major characteristics, symptoms and treatment (conventional and homeopathic) of the targeted infectious diseases covered by the book and Dr Golden's homeoprophylaxis programme.

One oddity in the book, which Dr Golden does go to some lengths to explain is the strange conflict in the usage of the diphthong . He uses it in 'homeoprophylaxis' but does not in 'homeopathy'. Maybe that is an exemplar of the homeopathy profession as a whole.

In summary, I can recommend this book to all homeopaths and non-homeopaths alike as a source for a great encyclopaedic collection of information on the background to homeoprophylaxis, its current evidence base, and, more importantly, its use in both short and long-term prophylaxis against a variety of diseases.

Reviewed by Hans G. Schrauder.