

Some “teasers” out of the book.

About the microbiome:

In 1991, the intestinal flora of children in the Baltic state of Estonia was comparable to that of Swedish children in the 1960s. In 2001, twelve years after the fall of the Berlin Wall (1989), the intestinal flora of these children was comparable to that of children in Sweden at that time. More and more denatured food drives out the lactose fermenting and bifidus bacteria from the children’s intestinal flora. As a result, their intestinal flora is increasingly similar to that of children in Western countries where denatured food has been introduced for some time.

The microbiome is particular clever and has also been called our second brain. Not only does it get energy from our food, but it can also take over our real brain and make us crave fat and sugar. This is due to a thin layer of brain that is hidden deep within the tissues of our gastrointestinal tract. Bacteria in the intestines produce neurotransmitters which can affect the function of the brain if they reach it via the blood.

Any homeopathic medicine can restore the disturbed microbiome, especially the bowel nosodes. How this group of medicines can unblock cases is illustrated in a case study of a man with an allergic predisposition. He complains of a shortness of breath and a chronically blocked nose which drives him to despair, fearing he won’t be able to breathe. In this case the intestinal nosode *Bacillus Gaertner* (made from the serotype *Salmonella enteritidis*, a gram-negative rod-shaped bacterium), allowed the nose to open again and the patient to breathe freely, where the constitutional remedy *Kalium iodatum* had failed. We can say that the intestinal nosode has in this case paved the way for a better action of *Kalium iodatum* in the future.

About the dominant consensus:

EBM has increasingly become the dominant consensus in the modern Western world. Conventional medicine (Big Pharma) does everything to make people believe that homeopathic medicines do not work. Homeopathic medicine is also ridiculed and marginalized by the dominant consensus of the EBM.

The result of all this is doubt!

It is not the first time that homeopathic medicine has been subjected to suspicion. These attacks are as old as this way of medicine. In the United States (US) Homeopathic medicine was practiced by 10,000 physicians in 1886. At that time there were also fourteen medical colleges teaching this method of medicine. Four hundred physicians with additional training in homeopathic medicine graduated every year at the time. Homeopathic medicine was practiced in 26 hospitals with a total of 4000 beds, as well as in three psychiatric clinics. There were 142 homeopathic organizations and 22 homeopathic magazines. Thirty-three independent pharmacists prepared homeopathic medicines themselves. In 1900 25% of the physicians applied homeopathic treatment.

The above data shows that homeopathic medicine was widespread in the US in the late 19th and early 20th centuries. Clinical studies on efficacy show that during the smallpox epidemic in 1872, the mortality rate for patients treated with conventional medicine was 18%, but only 10.2% for those treated with homeopathic medicine.

In the course of the 19th century, analytical thinking became more and more widespread in medical thinking, at the expense of systems thinking. The concept of constitution also fell into oblivion. Politics came into play in these developments.

In 1910, the Flexner-Report stated that physicians may study only at institutions that teach conventional medicine exclusively. Homeopathic medicine was no longer taught at medical colleges and that is how its decline began in the US.

This report was the result of the growing schism in medical thinking mentioned above. A widening gap was developing between empiricism or vitalism (from practice to theory) and reductionism or rationalism (from theory to practice).

Nevertheless, in the course of the 20th century some people from conventional medicine also questioned this dominant thinking and opposed the Flexner report.

For example, Dr Lewis Thomas (1913-1993), a well-known American physician, poet and essayist wondered *“why some people develop meningitis while others have nothing more than a mild respiratory infection.”* His conclusion is that the disease is still a mystery. He also says that *“the student does not see the patient as a whole. He lacks the necessary guiding principles for applying what he has learned. The student has been working very hard to master subjects, that in later years he will blissfully forget. The teaching was directed at the recognition and identification of disease. Therapy was an afterthought if it was mentioned at all.”*

One “anecdote”

Monique, 45 years old

Monique has been a patient in my practice since 1988. In April 2009, after a vaginal hysterectomy, she developed a postoperative infection of the cranial apex (cervix) and the Douglas space (space between the uterus and intestine) resulting in general sepsis. Intravenously administered antibiotics fail to take effect and high fever and abdominal pain persist for several days. All accompanied by foul-smelling vaginal discharge.

At her request, I visit her in the hospital where she was admitted a few days earlier. I note that she is restless, and her pulse is rather low for the high fever she has.

Pyrogenium 200K is administered for the blood poisoning and the fact that the heart rate is lower than expected in view of the high body temperature. Normally the heart rate goes up ten beats per degree of fever, which is not the case here.

There is an immediate result. The fever drops and the abdominal pain subsides. There is a general improvement in her condition.

Pyrogenium is a nosode made from lean beef that has been rotting in the sun for two weeks. Pyrogenium was first introduced to the homeopathic world in 1880. It soon proved to be a great remedy for sepsis combined with great restlessness.

Pyrogenium may have an abnormally rapid pulse that is out of proportion to body temperature (fever) or vice versa as in this case. All excretions have a pungent odor. It is an important drug for puerperal fever.

Pyrogenium has done its job in this very acute situation as an acutely acting homeopathic medicine.

By way of a side note, in 1844 between 5 and 30% of the women died of puerperal fever. Many theories circulate as to the cause of this illness until the Hungarian physician Ignaz Semmelweis (1818- 1865) makes the link with the hands of medical students soiled from an autopsy.

He requests that everyone wash their hands in bleach before entering the maternity ward. This intervention causes a sharp drop to 1 to 2%. Nevertheless, it would take until 1890 for his ideas on anti- septic research to take hold.

Only once bacteria had been discovered by Louis Pasteur did Semmelweis' method receive the necessary theoretical foundation.

I would like to quote Goethe here, *“The truth is so simple, it nettles an to find it so.”* Something as simple as washing one's hands was rejected for more than forty years by the then prevailing dominant consensus in medicine. They would rather let women die than wash their hands. Hope- fully, for homeopathic medicine, there will be a similar discovery someday that demonstrates once and for all the mechanism of action of dynamized medicines, a discovery that turns medical thinking around.

About the coronavirus crisis.

Homeopathic remedies have proven their services in epidemics throughout history.

Here two instances by way of example.

First the Yellow fever in the Southern States of the USA. Transmitted by mosquitoes.

- Mortality under homeopathic treatment: between 5-6%.

- Mortality under conventional medicine: 15-85%

Secondly the Spanish flu (1918-1920).

- Dr McCann Ohio:

1% mortality vs. 28.2% mortality under conventional medicine. Dr Stearns (New York): 4% mortality

- Dr Palmer (Seattle): 0.5% mortality

- Dr Swartout (Washington): 6 deaths in 3,600 patients

- Dr Bascomb (Minnesota): all 300 patients survived

- Dr Wright: all 100 patients survived

These results lead Dr Grimmer to conclude that: “if a good homeopathic physician is called to the sick person during the first 24 hours of an infection, pneumonia seldom occurs.” What he says here applies equally to COVID-19. If we, as physician-homeopaths, have the opportunity to treat the patient from the moment the first symptoms appear, there is a good chance that we can prevent a further evolution of the disease, which may or may not result in hospitalization.

My personal experiences as a general practitioner during the coronavirus crisis is described during the first wave from March 2020 until September 2020.

About the legal regulation:

The legal regulation in different countries all around the world is discussed.

For example, in the United States, nowadays, homeopathy is not fully recognized officially. The practice of homeopathy is diverse and practiced by medical doctors (M.D.) with an additional qualification in homeopathy and by naturopathic physicians (N.P.) who did attend a naturopathic medical college. The program offered at these colleges includes basic medical diagnostics and procedures such as rudimentary physical exams and common blood tests, in addition, such as homeopathy, acupuncture, and energy modalities, according to the standards of the Council on Naturopathic Medical Education (CNME).

To become licensed, they have to take a professional board exam, but they aren't recognized as medical doctors because they do not receive comparable training to medical doctors in terms of the quality of education or quantity of hours. Licensed naturopaths are recognized in 17 US states and are acting as primary care provider. Approximately 3000 allopathic physicians and other health care practitioners currently use homeopathy.

Why not one medicine?

It is clear what benefits homeopathic medicine can bring to health insurance companies and patients, but what a loss for the shareholders of Big Pharma. A one-time intake of one homeopathic medicine with sometimes spectacular improvements is obviously not a great earnings model for the producer. Homeopathic treatment also enables patients to reduce their daily medication where appropriate, or even better: they do not need to start taking it, which means no dependency either.

About the press

The press does not lag behind in ridiculing and marginalizing homeopathic medicine and helps mainly to maintain the dominant consensus that homeopathy cannot work.

