

OCTOBER NEWSLETTER

Issue 10, 2024

European Committee for Homeopathy



Dear Members,

In this month's newsletter, we bring you:

- wise words from Sir John Weir
- strawberries – taste the difference!
- scientific guidelines for preclinical research on potentised preparations
- Austrian vet videos
- high quality vet homeopathy reviews
- OMEOPATIA33 – Antioxidant effect of Arnica, Arsenicum and Lachesis
- *The Lancet* – ARM in the future
- HRI conference – call for abstracts
- Portuguese conference – Integrative Oncology
- and important dates for your diaries

Best wishes,

ECH PR & Communications Group



Any medical man is sworn in his duty to reject nothing that may benefit his patient, through his ignorance or his prejudice.

I am pleading for an open mind towards any and every well-supported evidence.

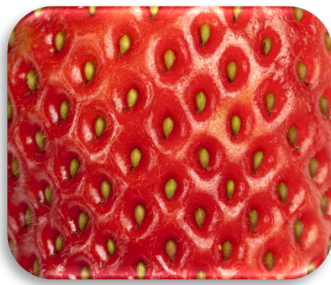
from Sir John Weir's address to
the International Hahnemannian Association, 1935



Hahnemann House Trust

Sir John, 1879-1971, was the first President of the Faculty of Homeopathy and Homeopathic Physician to the British Royal Family and several other European monarchs for 50 years. He had studied homeopathy with James Tyler Kent at the Hering Medical College in the United States.





STRAWBERRIES – Taste the difference!

The use of mineral dynamised high dilutions for natural plant biostimulation; effects on plant growth, crop production, fruit quality, pest and disease incidence in agroecological strawberry cultivation

Leonardo Faedo, Caroline Matias, Rovier Verdi, Julia Wright, Francis Rayns, Aike Kretzschmar, Pedro Boff

Biological Agriculture & Horticulture, 1–21
<https://doi.org/10.1080/01448765.2024.2396894>

Leonardo Faedo enthralled the audience when he presented these results at HRI's conference in London in 2023. The study is now available as an open access paper in this international journal for sustainable production systems, *Biological, Agriculture & Horticulture*

The results of this research undertaken in greenhouse conditions provided evidence that dynamised high dilutions (DHDs) can perform positively as agroecological plant biostimulants for strawberry crops (*Fragaria × ananassa*). The results suggested that mineral DHDs of *Sulphur* 12CH, *Kali carbonicum* 12CH and *Phosphorus* 12CH increased the yield, plant height, crown diameter, leaf chlorophyll content and production of stolons in the strawberry plants. In addition, DHDs of *Silicea terra* 12CH and *Calcareo carbonica* 12CH had a positive influence on the development and architecture of the strawberry root system, particularly the volume of the roots as well as the root diameter and surface. The potency 12CH used in this study showed positive results for plant biostimulation and can be used as a reference for other studies testing DHDs in other crops. The results of this study presented an innovative method to be used and tested by growers and researchers globally, particularly for those interested in investigating plant health and sustainable alternatives for crop cultivation. Furthermore, the use of DHDs as plant biostimulants supported the strawberry plants to achieve appropriate crop vitality and resilience, increased yields and promoted natural plant development. The use of DHDs offers a health-centred approach to agriculture, focusing on ecological principles and low residual impact methods for the management of strawberry cropping systems with potential application for other crops.

Read the paper here – <https://doi.org/10.1080/01448765.2024.2396894>

GUIDELINES FOR PRECLINICAL RESEARCH ON POTENTISED PREPARATIONS



Scientific guidelines for preclinical research on potentised preparations manufactured according to current pharmacopoeias-the PrePoP guidelines

Tournier AL, Bonamin LV, Buchheim-Schmidt S, Cartwright S, Dombrowsky C, Doesburg P, Holandino C, Kokornaczyk MO, van de Kraats EB, López-Carvallo JA, Nandy P, Mazón-Suástegui JM, Mirzajani F, Poitevin B, Scherr C, Thieves K, Würtenberger S, Baumgartner S.

J Integr Med. 2024 Jun 25:S2095-4964(24)00341-8. doi: 10.1016/j.joim.2024.06.005.

Online ahead of print.

PMID: 39013752

Pharmacopoeias regulate the manufacture of potentised pharmaceutical preparations used in different branches of complementary and integrative medicine. The physicochemical properties and biological activity of these preparations are often investigated in preclinical research, yet no guidelines for experimental research currently exist in this area. The present PrePoP guidelines aim to provide recommendations to promote high-quality, statistically sound, and reproducible preclinical research in potentised preparations.

This expert consensus process resulted in a robust set of methodological guidelines for research in potentised preparations and provides a valuable framework that will inform and improve the quality of subsequent research in this emerging field.

Read the paper here – <https://pubmed.ncbi.nlm.nih.gov/39013752/>



ÖGVH – Austrian Society for Veterinary Homeopathy

In this video series, experts from various medical disciplines talk about how they use homeopathy in their everyday work in practice, research, clinics and also in the stables. So far, seven videos have appeared in the ÄNH series, which can be viewed on the ÄNH video channel Ärzte-Netzwerk Homöopathie or found at @Aerzte-Netzwerk-Homoeopathie.

See the new video series here –

<https://www.oegvh.at/deutsch-oesterreichisch-schweizerisches-aerzte-netzwerk-homoeopathie-gegruendet/>



Homeopathy, Acupuncture and Phytotherapy in the Veterinary Treatment or Prophylaxis of Diseases in Animals: An Overview of Systematic Reviews

Edna Cristiane da Matta, Maristela Takeda, Nathalia Salles Scortegagna de Medeiros, Jorge Kioshi Hosomi, Leoni Villano Bonamin

Homeopathy, 30 May 2024 © 2024 Faculty of Homeopathy.

DOI <https://doi.org/10.1055/s-0044-1788570>.

Complementary and alternative veterinary medicine (CAVM) has been intensively used, and there is currently an increasing demand for a more rigorous approach regarding its clinical effectiveness.

The objectives of this overview were: firstly, to identify systematic reviews of homeopathy, acupuncture and phytotherapy in veterinary medicine and assess their methodological quality; and secondly, to map interventions and findings in the treatment or prophylaxis of any medical conditions in any animal species for which high-quality systematic reviews had identified reliable evidence of efficacy or effectiveness in randomised controlled trials (RCTs) or controlled clinical trials (CCTs).

Seven eligible systematic reviews reported studies on dogs, horses, cats, cattle, sheep, goats, swine, rabbits and poultry. The number of primary RCTs/CCTs was 38 for homeopathy, 35 for acupuncture, and 171 for phytotherapy. The AMSTAR 2 evaluation ranked two reviews of veterinary homeopathy as high-quality, in which two placebo-controlled RCTs comprised reliable evidence, one of which reported efficacy of homeopathy as prophylaxis for diarrhoea in pigs. The systematic reviews of acupuncture and phytotherapy were all of low quality, preventing formal assessment of their reviewed RCTs/CCTs.

Read the complete review here –

<https://www.thieme-connect.com/products/ejournals/abstract/10.1055/s-0044-1788570>



Anti-oxidant Effect of High Dilutions of Arnica montana, Arsenicum album and Lachesis mutus in Microglial Cells In Vitro

Silvia Cocci Grifoni

Omeopatia33, 13 September 2024

Microglia represent the macrophage portion of the Central Nervous System and usually induce an inflammatory response to numerous mediators such as oxygen-derived free radicals (ROS) and nitrogen-derived free radicals (RNS), which in turn can induce oxidative stress damage to many cellular components such as lipids, nucleic acids, membranes and cell organelles.

A study published by Anne Paumier, Justine Verre and Naoual Boujedaini in the journal *Dose Response* evaluated the antioxidant efficacy of different dilutions of Arnica montana (1CH, 3CH, 5CH, 7CH, 9CH, 30CH), Arsenicum album (3CH, 5CH, 7CH, 15CH, 30CH) and Lachesis mutus (3CH, 5CH, 7CH, 9CH, 15CH, 30CH) on microglial cells exposed to a bacterial endotoxin to induce ROS production. Endocellular ROS production was subsequently measured using fluorogenic reagents.

The results obtained showed, compared to control cell cultures, a marked reduction in oxidative stress levels in microglia cells exposed and lipopolysaccharide treated with homeopathic remedies; in particular, more pronounced reductions were noted for Arnica montana 1CH (42.1%), Arsenicum album 30CH (35.3%) and Lachesis mutus 7CH (41.7%). Their effect also proved not to be dose-dependent. The anti-inflammatory effect of Arnica montana in particular, which has already been documented in clinical observation studies, is therefore confirmed.

Dose Resp, 2022, 20, (2)

Read the abstract here – <https://www.siommi.it/anti-oxidant-effect-of-high-dilutions-of-arnica-montana-arsenicum-album-and-lachesis-mutus-in-microglial-cells-in-vitro/>



AMR OVER NEXT 25 YEARS

THE LANCET

The respected UK medical journal, *The Lancet*, has published an important study outlining the consequences of AMR for the future. The authors advocate, among other solutions, vaccination and new research into antibiotics. If only they would listen to Sir John Weir's wise words quoted at the top of this newsletter and also include CAM treatments in their approach!

More than 39 million people worldwide could die directly from antibiotic-resistant infections in the next 25 years. And antimicrobial resistance will be associated in some way with the larger number of 169 million deaths. This is the estimate put forward in the first global trend analysis of this silent emergency, published in *The Lancet*.

The authors of the study investigated the impact of super bacteria. What emerges from their work is that, while more than 1 million people per year died from antimicrobial resistance (AMR) between 1990 and 2021, estimates of the potential impacts up to 2050 for 204 countries and territories indicate that these deaths *will increase steadily over the coming decades*, reaching +70% by 2050 (when deaths from antibiotic resistance are expected to be 1.91 minimum). Over the same period, the number of deaths in which resistant bacteria play some role will increase by almost 75%, from 4.71 million to 8.22 million per year.

This study presents the first comprehensive assessment of the global burden of AMR from 1990 to 2021, with results forecasted until 2050. Evaluating changing trends in AMR mortality across time and location is necessary to understand how this important global health threat is developing and prepares us to make informed decisions regarding interventions. Our findings show the importance of infection prevention, as shown by the reduction of AMR deaths in those younger than 5 years. Simultaneously, our results underscore the concerning trend of AMR burden among those older than 70 years, alongside a rapidly ageing global

community. The opposing trends in the burden of AMR deaths between younger and older individuals explains the moderate future increase in global number of DALYs versus number

of deaths. Given the high variability of AMR burden by location and age, it is important that interventions combine infection prevention, vaccination, minimisation of inappropriate antibiotic use in farming and humans, and research into new antibiotics to mitigate the number of AMR deaths that are forecasted for 2050.

Read the study here –

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(24\)01867-1/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(24)01867-1/fulltext)



HRI CONFERENCE 2025

Abstracts now being accepted for Greece 2025

Abstracts for HRI Greece 2025 can now be submitted online via our [website](#). For full information please see our [Submission Guidelines](#). Please note that the deadline of **2 December** will not be extended.

HRI are excited to welcome delegates to Thessaloniki. With most airlines now offering flights for June 2025, they encourage you to book early to secure the best rates to this popular destination, and to [secure](#) your conference place as soon as possible as spaces are limited.



INTEGRATIVE ONCOLOGY



The Portuguese Society of Integrative Medicine (SPMI) is a private, non-profit organisation. It consists of a group of health professionals whose aim is to disseminate the concept of integrative medicine, promoting personalised medical care for the population.

Integrative and Functional Medicine represents an evolution in medical thinking. They contribute to the grouping of health professionals by supporting, promoting and disseminating this concept through the search for good practices and ethical standards in the protection of clinical work, teaching, scientific articles and dissemination, as well as cooperation with international Integrative Medicine organisations.

SPMI are organising the 6th INTERNATIONAL CONGRESS OF INTEGRATIVE MEDICINE and the 2nd INTERNATIONAL CONGRESS OF INTEGRATIVE DENTISTRY, which will take place at Exponor, in the city of Porto, on December 6 and 7, 2024 with the central theme *Integrative Oncology*.

The congress will take place in a hybrid format: in person in Porto and also streamed online.

DATES FOR YOUR DIARY



WISSHOM CONGRESS: Passing on Experience – Promoting Young Talent

ICE 24, 31 Oct – 2 Nov, Schloss Köthen (Anhalt)

Programme details and registration information here (paste link into your browser) –
https://mcusercontent.com/4748775642562c8590f61e415/files/0664e972-36f6-2906-2b5abcf011cf1fe5/3b_Wisshom_2024_Erfahrungweitergeben_ndash_Nachwuchsforderer.pdf



GIRI & WWL & BION CONFERENCE 2024: Science of Homeopathy and Emergent Properties of Water – Unveiling New Perspectives for Global Health

9–12 November 2024, Ljubljana, Slovenia

<https://bion.si/en/giri-wwl-conference-2024>



ECH AUTUMN MEETING – Save the Date!

Saturday 16 November 2024, online

General Assembly + ECH Academy Round Table on Ecology/Biodiversity/Homeopathy,
 plus reports from Subcommittees and Working Groups

Online registration opening soon



Faculty of
Homeopathy

FACULTY OF HOMEOPATHY 100TH CONGRESS: *Integrative Medicine for a Sustainable Future*

21-24 November, Edinburgh, Scotland

Full details and registration here –

<https://www.facultyofhomeopathy.org/pages/Congress-2024>



PORTUGUESE SOCIETY OF INTEGRATIVE MEDICINE: *Integrative Oncology*

6-7 December, Porto

Fuller details above

Register here – <https://2024.icim.pt>



HRI GREECE 2025

20-22 June, 2025, Makedonia Palace Hotel, Thessaloniki

See above for details of Call for abstracts (submission deadline: **9 December 2024**)

More details to follow shortly.



If you would like to submit an item to be considered for inclusion in the November issue, please send it to the editor at documentation@homeopathy europe.org by 20 October.