

## SEPTEMBER NEWSLETTER

Issue 9, 2024

European Committee for Homeopathy



Dear Members,

In this month's newsletter, we bring you:

- last call for candidates to join ECH Council
- new research on ultra-high dilutions analysis
- *Health Before Profit – First Do No Pharm!*
- nanoparticle tracking analysis
- evidence-based homeopathy
- OMEOPATIA33 – *Efficacy of homeopathy in tonsillar hypertrophy*
- trilingual editions available of *Homeopathy is not placebo effect*
- latest worldwide data on homeopathy use
- WHO guidance on integrating self-care in healthcare
- and important dates for your diaries

Best wishes,  
ECH PR & Communications Group



## LAST CALL FOR CANDIDATES FOR ECH COUNCIL

Be part of this dynamic and creative team!



As you can read on the following pages, the latest patient survey on use of homeopathy treatments, shows an enormous satisfaction rate amongst European users. Professionals need to step up and take advantage of this and provide the level and quality of service required by patients. Homeopathy is seen as answering a very real need, particularly with regards to its lack of damaging side effects for both people and the environment.

ECH is at the forefront of this movement. The exciting new Working Groups in Agrohomeopathy and Next Generation have attracted more people to come to meetings and work together to develop ECH further. However, a larger group also means more people are needed to help with the work. Are you willing to do something for ECH? Do you have ideas about how homeopathy in Europe could move forward? Do you have special skills, expertise or energy that you are able to share with ECH?

Members of Council are elected by the General Assembly for a period of 4 years, which is renewable. All ECH members can be nominated to become Council members. Some members have come to the end of their terms of office but are eligible for re-election.

Thanks to those who have already stepped forward to take on a role in ECH. We are still looking for –

- Coordinators for SCs Politics and Provings – to allow Jean Pierre Jansen and Natalia Tzima more time for their roles as President and Vice-President respectively
- Treasurer – must have financial skills and competence; works closely with our professional Financial Adviser
- Membership Secretary – works with the Secretariat to keep membership records updated and to oversee fee payments
- And, of course, anyone who can offer useful skills and some of their time is warmly invited to apply.

Please consider seriously whether you have skills and expertise to offer ECH. The elections will take place at the online General Assembly on 16 November 2024. There are six Council meetings per year and these are held on Zoom, apart from once a year when we have our ECH Spring or Autumn meeting. Feel free to contact a Council member for further information.

Applications should include a brief letter explaining why you would like to join the Council, a short CV and, if appropriate, a letter from the President of your Association, endorsing your candidacy. **The deadline for applications is 15 September 2024** and they should be sent to – [generalsecretary@homeopathyeurope.org](mailto:generalsecretary@homeopathyeurope.org)

Join an amazing team and dare to have your say about homeopathy in Europe!



***Ultra-high dilutions analysis: Exploring the effects of potentization by electron microscopy, Raman spectroscopy and deep learning***

Camelia Berghian-Grosan, Sahin Isik, Alin Sebastian Porav, Ilknur Dag,  
Kursad Osman Ay, George Vithoulkas

*Journal of Molecular Liquids*, Volume 401, 1 May 2024, 124537

For the past eight years, the dedicated Research Team of the International Academy of Classical Homeopathy, under the guidance of Professor George Vithoulkas and the leadership of Dr Camelia Grosan, has been working diligently to provide conclusive evidence to refute long-standing scepticism about homeopathic remedies.

Using a combination of advanced analytical techniques, including Transmission Electron Microscopy (TEM), Raman Spectroscopy, and Deep Learning (DL) algorithms, the study successfully confirms that homeopathic remedies are active.

The investigation focused on evaluating the morphological characteristics of highly diluted solutions of gold (Aurum Met) prepared in both ethanol and water bases across three different levels of potentization (6C, 30C and 200C). The findings presented in this research definitively settle the debate on the high potencies in homeopathy.

The authors believe that the analytical method employed in this study will open new vistas in medicine.

Read the paper here:

<https://www.sciencedirect.com/science/article/pii/S0167732224005932?via%3>



**FIRST DO NO PHARM!**



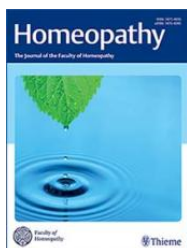
On 22 June, Dr Aseem Malhotra, the well-known London-based cardiologist, spoke to an audience of 600 doctors, scientists and interested parties at the *Health before Profit* event in Amsterdam. A specialist in diagnosis and prevention of heart disease, he stressed the importance of a healthy lifestyle and criticised the influence of the pharmaceutical industry.

Dr Malhotra delivered his mission with passion and energy, gave concrete examples of abuses in the health system and offered solutions for reform. His main message was to keep seeing the individual human being, remain critical of Big Pharma and put health first. He said, *We have a pandemic of misinformed doctors and ignorant patients*. He called for action: *Remember, rights are won only by those who make their voices heard. Let us all keep speaking up, making noise and creating a better future for ourselves and our children*.

A video recording of the lecture can be seen here – <https://healthbeforeprofit.nl/terugblik/>



Many ECH members are actively involved in pushing the boundaries of the important task of research into various aspects of homeopathy. Congratulations to the two groups whose papers (below) were accepted for publication, one very recently and the other in 2021.



## NANOPARTICLE TRACKING ANALYSIS

### ***Characterisation of Aqueous Ultra-high Homeopathic Potencies: Nanoparticle Tracking Analysis***

Michel Van Wassenhoven, Martine Goyens, Pierre Dorfman,  
Philippe Devos, Jean-Louis Demangeat

Thieme *Homeopathy* 21 August 2024

**Background and Objectives** Over the past decade, research using various methods has claimed the material nature, including nanoparticles (NPs), of high homeopathic potencies. The current study aims to verify these findings using NP tracking analysis (NTA).

Access the study here –

<https://www.thieme-connect.com/products/ejournals/abstract/10.1055/s-0044-1787782>

## EVIDENCE–BASED HOMEOPATHY



*animals*

### ***Evidence-Based Human Homeopathy and Veterinary Homeopathy. Comment on Bergh et al. A Systematic Review of Complementary and Alternative Veterinary Medicine: “Miscellaneous Therapies”***

Petra Weiermayer, Michael Frass, Thomas Peinbauer, Liesbeth Ellinger, Edward De Beukelaer

*Animals* 2021, 11, 3356

*In view of One Health and of the demands of the European Green Deal (Farm2Fork Strategy) and the EU Organic Regulation 2018/848, the application of homeopathy in the sense of integrative veterinary medicine and the integration of complementary medicine including homeopathy at universities seems a necessary consequence and requirement in the interests of the patient, which is already expressed in the American consensus guidelines for an integrative veterinary medicine curriculum and is legally anchored in Switzerland by the Medical Professions Act for university teaching and research.*

***Efficacy of homeopathy in tonsillar hypertrophy***

by Massimo Saruggia

From *Homeopathy33*, 12 July 2024

Adenotonsillar hypertrophy in paediatrics! How many of these children have we cared for over the years. Not one somehow similar to the other, not one with the same character, the same way of experiencing discomfort and expressing it. We have done this with good results, but with a meta-rational knowledge (which is not irrational) of the possibilities that homeopathy has for this disorder.

Now a prospective, observational, multicentre Indian study, published in *Homeopathy* (Ponnan et al.), gives us more vigour and linear conviction in this therapeutic choice. In the study 202 children with ATH were treated with an individualised homeopathic therapy based on the totality of symptoms and followed up for 12 months. The primary and secondary outcomes were well defined: symptom score on a scale from 1 to 3, Mallampati's scale – a classification used in anaesthesiology to predict intubation difficulties that defines 4 classes based on the anatomical structures that can be visualised – and the Sleep-Related Breathing Disorder of the Paediatric Sleep Questionnaire [SRBD-PSQ]). Outcomes were measured with a questionnaire at 0, 6 and 12 months after the start of treatment.

Repeated measures of analysis of variance showed a significant reduction in symptoms and on the Mallampati scale score reflecting hypertrophy of the tonsils. Sleep quality as measured by the SRBD-PSQ questionnaire also showed a reduction in the score from the initial value of 9.07 to 4.8 at the third month, which was maintained until the end of the study. Daytime sleepiness and snoring (secondary endpoints for the assessment of sleep quality) also improved significantly.

During the course of the study, 72 children experienced acute episodes or re-occurrences of illness. Of these, 90 episodes (66%) were treated with homeopathy alone, the remainder with antipyretics or antibiotics if strictly necessary. The most commonly used medicine is *Calcarea carbonica*, as solid in these cases as an old vintage car, then *Silicea*, *Phosphorus*, *Tuberculinum* and, more distantly, *Pulsatilla* and *Lycopodium*. Only one case of *Sepia* is worth mentioning. This study seems to us to use the microscope rather than the telescope and thus gives us a closer look at what we thought we knew, but didn't really know.

*Homeopathy*, 2024, 113, (1), 32

Translated with [www.DeepL.com/Translator](http://www.DeepL.com/Translator) (free version)

Click here to read the abstract –

**<https://www.siomi.it/individualized-homeopathic-medicines-in-the-management-of-symptomatic-adenotonsillar-hypertrophy-in-children-a-prospective-observational-study/>**

## **HOMEOPATHY IS NOT PLACEBO EFFECT: PROOF OF SCIENTIFIC EVIDENCE FOR HOMEOPATHY**



Marcus Zulian Teixeira

Marcus Zulian Teixeira and his Mexican homeopathic colleagues, led by Fernando González and Rafel Mejía, have helped to produce a trilingual edition of his seminal work, *Homeopathy is not placebo effect: proof of scientific evidence for homeopathy*. The three versions of the work are now available free of charge in English, Spanish and Portuguese through the ResearchGate platform:

<https://www.researchgate.net/publication/380724350> Trilingual book series Kindle-EPUB and PDF format Evidencias Cientificas en Homeopatia Scientific Evidence for Homeopathy Evidencias Cientificas da Homeopatia

This helps to fulfil the mission of bringing homeopathic scientific knowledge to all individuals, with the main purpose of this work being to demystify the fallacies promoted by pseudosceptics and pseudoscientists.



## **LATEST DATA ON WORLDWIDE USE OF HOMEOPATHY**

Thanks to our Slovenian colleagues for drawing our attention to this survey conducted by Toluna Harris Interactive for Boiron. 57% of people say they have used homeopathy and 55% plan to use it in the future, because they believe that homeopathic treatments are natural and have no side effects. The survey was carried out in 16 countries between August 2022 and December 2023 and over 1,000 people per country were surveyed.

In the vast majority of European countries, more than 8 out of 10 people surveyed are satisfied with these treatments – Czech Republic 81%, Spain 84%, Italy 81%, Hungary 82%. Across the Atlantic, the scores are even higher in the USA and Colombia, where 9 out of 10 people expressed their satisfaction with homeopathy and Brazil showed a record level of satisfaction at 96%.

The results provide some very useful facts and figures to support the use of homeopathy as an important part of integrative healthcare and recognising patient choice.

Read on to find out more –

[https://harris-interactive.co.uk/wp-content/uploads/sites/7/2024/07/CP-BOIRON\\_Toluna-Harris-Interactive\\_Usage\\_Homeo\\_110724\\_ENG-003-1.pdf](https://harris-interactive.co.uk/wp-content/uploads/sites/7/2024/07/CP-BOIRON_Toluna-Harris-Interactive_Usage_Homeo_110724_ENG-003-1.pdf)





## NEW GUIDANCE TO INTEGRATE SELF-CARE WITHIN HEALTHCARE



WHO has released new guidance to help countries roll-out effective self-care interventions within their healthcare systems. These interventions include medicines, diagnostic and monitoring devices and digital tools, which empower people to test for and manage diseases, prevent illnesses, or get vital health information.

Self-care options for health are growing in popularity. They include, among others: self-administered contraceptives, screening for COVID-19 as well as human papillomavirus (HPV), HIV and other sexually transmitted infections, blood pressure monitoring, pregnancy and ovulation tests, and techniques for managing stress, substance use, anxiety, and other mental health disorders.

*With billions of people lacking access to essential health services and a global shortage of health and care workers, self-care interventions have the potential to address significant equity-related challenges, while expanding access to critical health care, said Dr Pascale Allotey, Director of Sexual and Reproductive Health and Research (SRH) and the Human Reproduction Programme (HRP) at WHO. This new guidance will be a vital resource for countries across the world as they introduce and expand self-care for health and well-being.*

The guidance stresses the need to provide people with accurate and accessible information about self-care options, and the role of health workers in supporting their use. Practically, it outlines the ways different parts of the health workforce can support and advise people on self-care, including pharmacists, family doctors and community health workers, as well as carers.

Aimed at countries adapting WHO's landmark *Guideline on self-care interventions for health and well-being*, the guidance supports all those making decisions or advising on the delivery and promotion of self-care interventions, including policymakers, legislators, regulators, programme managers, health and care workers and community members.

Self-care interventions can give people greater autonomy, options and access to health services, as well as offering improved confidentiality and privacy. In 2021, an estimated 4.5 billion people were not fully covered by essential health services. As well as complementing health systems during times of stability, self-care interventions can also provide an important alternative when there are major disruptions to health systems.

Since the guideline was first published five years ago, interest in self-care interventions has grown tremendously. To date, around 50 countries have taken steps to adapt the guideline and introduce or change policies to support it.

Read the guidelines here – <https://www.who.int/publications/i/item/9789240094888>

## DATES FOR YOUR DIARY



### **LMHI 77<sup>th</sup> WORLD HOMEOPATHIC CONGRESS: United to Keep Moving Forward** **2-5 October, Seville, Spain**

Full details and registration here – <https://lmhi2024.org>



Wissenschaftliche Gesellschaft für Homöopathie  
Scientific Society for Homeopathy

### **WISSHOM CONGRESS: Passing on Experience – Promoting Young Talent**

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

Programme details and registration information here –

[https://mcusercontent.com/4748775642562c8590f61e415/files/0664e972-36f6-2906-2b5abcf011cf1fe5/3b\\_Wisshom\\_2024\\_Erfahrungweitergeben\\_und\\_Nachwuchsförderung.pdf](https://mcusercontent.com/4748775642562c8590f61e415/files/0664e972-36f6-2906-2b5abcf011cf1fe5/3b_Wisshom_2024_Erfahrungweitergeben_und_Nachwuchsförderung.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

More details to follow



Faculty of  
Homeopathy

### **FACULTY OF HOMEOPATHY 100<sup>TH</sup> CONGRESS: Integrative Medicine for a Sustainable Future**

**21-24 November, Edinburgh, Scotland**

Full details and registration here – <https://www.facultyofhomeopathy.org/pages/Congress-2024>

**Please note: Discount code for ECH members – ECHtake10**





**HOMEOPATHY**  
RESEARCH INSTITUTE

**HRI GREECE 2025**

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

Call for abstracts to be launched in September (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 October issue, please send it to the editor at [documentation@homeopathy europe.org](mailto:documentation@homeopathy europe.org) by 20 September.*