

## Intro to Naturopathic Medicine and 'Integrative Medicine'

**Dr. Nathen Gabriel, ND, MA**

I would say that easily 9 out of 10 people I come across have no clue as to the definition of Naturopathic Medicine. Even though Naturopathy is the medicinal style that nearly every human culture used for the thousands (to tens of thousands) of years before 'heroic, Allopathic, western' medicine appeared on the scene. Post-modern humans have, for the most part, subjugated Naturopathic Medicine to our embarrassingly primitive times while elevating modern, western Allopathic medicine to an inappropriate pedestal – as one more example of the inherent superiority of everything shiny, spectacular, and new.

Naturopathic Medicine is actually a very large umbrella that includes such systems as Ayurvedic Medicine from India; Traditional Chinese Medicine (TCM), including acupuncture; Unani, the Greco-Arabian Medicine of Hippocrates and Galen; the

Native American Medicines encountered by colonizing Europeans; the empirically-based herbal folk medicine that Europeans (Druids, Pagans, et al) themselves practiced before the scientific revolution; Homeopathy; the avant-garde, anti-Allopathic system created by the German MD prodigy who actually coined the term 'Allopathic' as a pejorative for his MD colleagues; and, in general, most human medicinal systems practiced in most lands before European colonialization. This umbrella also includes post-modern, scientific Naturopathic Medicine, described further below.



The reason Naturopathic Medicine covers such a broad spectrum of healing arts is that

any medicinal system that follows the six principles of Naturopathic Medicine is included under it's wide umbrella.

These six principles are:

*Primum non nocere:* First, do no harm; provide the most effective health care available with the least risk to patients at all times.

*Vis medicatrix naturae:* Recognize, respect and promote the self-healing power of nature inherent in each individual human being and all living creatures.

*Tolle Causum:* Identify and remove the root causes of illness, rather than merely eliminate or suppress symptoms ad infinitum.

*Docere:* Doctor as Teacher; educate and inspire rational hope in each patient, while encouraging self-responsibility for preventive and curative health.

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*Treat the Whole Person:* Treat each person by considering all individual health factors and influences. This inherently takes into account the health of the individual's family, community, work environment, etc.

*Wellness:* Emphasize the condition of positive, radiant health (versus merely the absence of disease) in order to promote well-being and to prevent diseases for each individual, every community, and our world in total.

Post-modern Naturopathic Medicine, especially since the founding of the science-oriented Bastyr University Naturopathic Medical School in 1976, seamlessly merges the history, principles, and multiple styles of Naturopathy illustrated above with the best of the Allopathic medical tradition.

Regardless, Allopathic Medicine has many benefits, as anyone whose life has been saved in an emergency room can attest. Personally, I have always had a warm place in my heart for certain aspects of Allopathic Medicine since, as a reckless teen, I totaled a family car as well as my entire nose. Previous to post-modern Allopathy, I would have been disfigured for life. Instead, after a few reconstructive surgeries and several years of healing, my wounds became unnoticeable to almost every observer. Such are the “miracles” of Allopathy, with its antibiotics, surgeries, gene testing, and internal scopes, etc, convincing so many westerners that it is the only medicine to take seriously despite its many flaws.

Some of the aspects of Allopathy that have become fused with post-modern Naturopathy are: the complete physical exam, with stethoscope, otoscope, rubber reflex hammer, and protractor, to name but a few shared technologies. Naturopaths now also order and analyze similar Allopathic laboratory tests; we memorize the same anatomy; physiology; biochemistry; and pathology as any MD. And we are also normally reasonable folk, and do not attempt to cure quickly lethal bacterial meningitis, for example, with gentler, slower acting Naturopathic remedies. Instead, we predictably refer such a patient to Allopathic urgent care, and then re-engage with the patient in order to treat any underlying chronic ailments as well as to lessen after effects that high powered Allopathic care often carries with it.

In short, Naturopathic Medicine is more and more “Integrative Medicine,” combining the best of all medical worlds. For mild acute, and almost all chronic, ailments, IM practitioners usually recommend starting with some form of Naturopathic Medicine first. This means changing one's lifestyle to a more healthful one and using medicines that have the smallest potential for harmful side effects yet scientific backing for their effectiveness. Not surprisingly, more potent Allopathic medicines over-whelmingly tend to have more potent negative side effects. Naturopathically changing one's lifestyle (diet, exercise, work environ, personal

relations, etc) for the better will also act as preventive medicine for the near and distant future, saving yourself, your loved ones, and your society from illness and expense created by eminently preventable personal habits.

Only if and when Naturopathy is not successful in treating your “mild” acute, or chronic, ailment, then proceed to using Allopathic Medicine. For “moderate to severe” acute, and intractable chronic, ailments, use Allopathy as conscientiously as possible, always making sure that the Allopathic treatment is not more harmful than the disease! This is a reasonable, Integrative medical approach to health care--one not based on corporate profits, but instead on patient well-being. If you don't agree, surely this is at least a reasonable place to start a civilized conversation.

In the midst of ever-increasing health care expenses for both individuals and nations alike, as well as a growing possibility that parts of our global society will temporarily collapse and render expensive Allopathic care inaccessible to many, this is a banner time to begin familiarizing yourself with not only Naturopathic philosophy, but also Naturopathic and Integrative skills. First things first. Now, at least, you know what Naturopathic Medicine *means!*



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# Letters to the Editor

I use several supplements to help my joints and general health. One thing I have heard is that Omega-3s can improve vision and help to prevent degeneration. As I am getting on in years, I wondered if this was true and whether it would be worth adding an omega supplement to my diet. Thank you for your great work,  
-Mary P., Chicago, IL

Hi, Mary, great to hear from you. Omega-3s are good for all cellular function, no matter which part of the body you're talking about. Recent studies have shown that these supplements help liver, joint, neurological, and just about every other cell type in your body. Including your eyes. A recent study found that Omega-3s can help prevent and possibly even reverse macular degeneration. I've included an article on the subject in this issue as your question piqued my interest. Thanks, Mary!

We've started this letters to the editor section just for you. You may also find more Q&A on our newly-revamped website as well:  
HealthFreedomNetwork.com.

Got a question for Aaron?  
Email him:  
editor@healthfreedomnetwork.com

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## Study Shows Cell Phone Use Visibly Alters Brain Cell Activity

The belief that prolonged cell phone use may contribute to brain cancer has been boosted by a study published recently by the Journal of the American Medical Association. This study found that the radio waves emitted from mobile phones alters brain activity demonstrably.

The study was done by researchers from the U.S. National Institutes of Health (NIH) who tested 47 healthy adults. They placed active phones on the left or right side (then alternated) of the people's heads and used PET scans to watch for changes in activity. The PET scans show changes in glucose metabolism, a sign of brain activity, to the tune of a 7% increase on average over 50 minutes.

The change was specific to the area closest to the antenna in all cases, demonstrating it was the radio waves and not other

radiation from the phone or environment.



"What the study does is show the human brain is sensitive to electromagnetic radiation from cell phone exposures," says Dr. Nora Volkow, one of the study's authors. The study seems to back up a 2007 study in Finland that found correlative proof between cell phone use patterns and gliomas (a type of brain tumor).

## Are You Insane?

The psychiatric industry now has a new disease: Healthy Eating Disorder. Seriously. If you focus on eating healthy foods, your psychologist may declare you mentally diseased. Officially, the disease is called "*orthorexia nervosa*" which translates from Latin to mean "nervous about correct eating." As we all know, if you couch a nonsense term in Latin, it suddenly becomes scientific. *Psychologi sunt amentes.*

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# Cannabis As Medicine The Medical Use of Marijuana

by Sebastian Scheppis  
and Justin Silver

The cannabis plant is both a subject of wonder and of derision. The plant is so ingrained into western culture as “evil” that its ban was included in the charter for the League of Nations and later the United Nations.

The cannabis plant family includes several plants, some of which produce tetrahydrocannabinols (THC) in quantities large enough to be absorbed by humans. Most cannabis plants are actually benign – these are commonly known as “hemp” and have been grown for most of known human civilization. THC-producing plants are commonly called “marijuana” in the U.S. and have varying levels of THC in them according to their strain (hybrid type).

## The Politics of Pot

For centuries, cannabis has had known medicinal uses, but the scientific exploration of those uses has been stilted by political opposition and societal pressures against marijuana as a street drug. Although little evidence exists to show cannabis as a negative recreational substance - especially as compared to the effects of alcohol, tobacco, pharmaceuticals, and other drugs both legal and not - the push to

keep it as an illicit substance remains.

Despite this, while illegal in all parts of the world, cannabis has been decriminalized in many areas and legalized as medication in others. Currently, cannabis as a medicine (or for personal use) is legal in Austria, Canada, Finland, Germany, Israel, Italy, The Netherlands, Portugal, Spain, and 15 states plus the District of Columbia in the United States.

## Cannabis In Science

The discovery of cannabinoids, receptors in most animals, including humans, that react specifically with the compounds present in cannabis, changed the way medical science looked at marijuana as medicine. This discovery in the 1990s led to a wide scale research push into the beneficial uses (and possible synthesis) of cannabis and its active compounds. In 2010, more than 2,500 reputable scientific studies about cannabis were published world wide.

Cannabis has been found to be beneficial for the amelioration of nausea and vomiting, stimulation of hunger, lowering of intraocular eye pressure, for relief of muscle over-stimulation (spasms), and more. In fact, the studies showing the efficacy of cannabis and cannabinoids continue to grow daily.

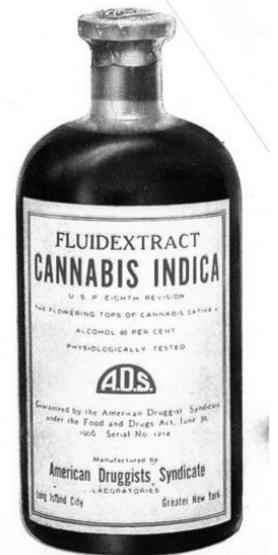
The compounds in cannabis or the plant or resins it produces are used to treat side effects and symptoms in AIDS, cancer, glaucoma, multiple sclerosis and others.

## Using Cannabis for Medication

Public perception commonly treats marijuana use as a “hippie” or “pot head” thing with visions of young people coughing thick smoke in rooms covered in psychedelic posters and drawings. The reality is that most medicinal cannabis users do smoke, but often they use vaporizers, water filtration systems (bongs or hookas), etc.

While the press seems enamored with the more creative (but generally less effective) cannabis intake methods such as “pot brownies” or THC-imbued candy and soda pop, many serious medical users are finding more potent and less debilitating ways to ingest their medication.

A growing number of medicinal users, however, are getting right to the compounds that do the most good by distilling or otherwise processing cannabis buds and resins to create pastes, cremes, tinctures, and other ways of



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using the medicine without smoking or even getting the associated high (psychoactive effects).

Pharmaceutical companies, by the same token, are working on both synthetic and naturally-derived options for isolating and distributing cannabinoids as pills. While the practice is controversial, it is lending some legitimacy to the idea of medical cannabis in the wider medical community.

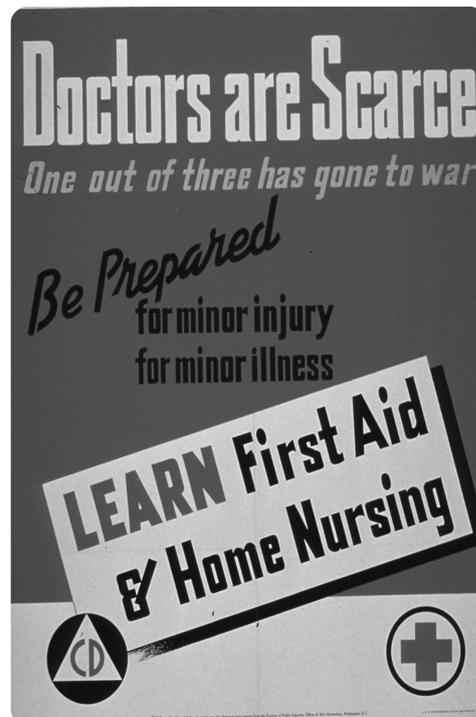
### The Future of Medical Marijuana

Although the current market and science behind cannabis as a medicinal plant is still young, the fundamentals behind how it works and why it works have been ironed out enough that refuting it as a medication is to ignore science. Yet those who continue to refute its medicinal properties are either in the scientific establishment themselves (often as medical practitioners) or attempt to cite scientific backing for their claims.

Although some side effects and psychological possibilities may exist for cannabinoids, these are far fewer and less severe than the same side effects for most pharmaceuticals that are legally on the market. Many of the so-called studies that claim marijuana has extreme adverse effects, such as schizophrenia in teenagers, are fraught with bad methodology or questionable conclusions and are what the medical industry calls “proof of preconception” - they are created merely to “prove” a preconceived notion.

Sadly, that latter event is something that happens all too often in today's politically-charged science, especially in medicine.

Sebastian Scheppis and Justin Silver are the owners of *CannaCentral.com*, a medical marijuana directory and community website. The site features location-based search tools for strains and dispensaries, useful medical and clinic information and more.



Vintage WWII poster from the National Institutes of Health and our friends at **MinuteCancerCure.com**

## EPA Pays ALA to Attack GOP?

Recent targeting of the House Energy and Commerce Chairman Fred Upton by the American Lung Association for his efforts to stop the U.S. EPA from regulating greenhouse gas emissions have come under fire. The billboards and other advertising targeting Upton for his opposition to a more stringent Clean Air Act are considered overreach by the non-profit organization.

The attacks prompted reporters to look into the ALA's funding. They found that the ALA has received over \$20 million from the U.S. EPA over the past decade. Considering that the ALA is a big promoter of heavier EPA regulation, many are saying this is a less than kosher relationship.

## The Military Gets Complimentary

Six medical centers serving U.S. military personnel are partnering with a research institute to study the benefits of complementary and alternative medicine. The study, launched by the Samuelli Institute, is being called the Complementary and Alternative Medicine Research for Military Operations and Healthcare. The study comes after a recent survey found that 81% of military veterans and active personnel use complementary therapies.

The goal of the study is to scientifically identify and investigate selected areas of complementary medicine that offer the most health-maintenance and optimization benefits for military and veteran populations. More can be learned at *siib.org*.

# 5 Ways To Use Beer

Beer isn't just for drinking. Here are five ways you can use it around the house for even more benefit. Who said cheap beer is useless?

## Wash Your Hair

Beer has huge benefits for hair stemming from the beverage's Vitamin B and natural sugars. These bring body and shine to even the most lackluster hair. Just pour warm, flat beer on your hair, work it through, and rinse thoroughly. *Rinse not so thoroughly for the sheik hobo look.*

## Slug and Snail Repellent

Got slugs or snails infesting your garden? Use an old container like a soda bottle, milk carton, or even a tall boy can, cut in half to make a trough. Bury it until it's just above ground level (maybe 1/4-1/2 inch) and pour in beer. Slugs and snails love beer and will beeline for it, drowning in the trough because they can't keep a grip to crawl back out. *Can you think of a better way to die?*

## Grill Fire Extinguisher

It's the American way to have an open can or bottle of beer while you're grilling on a warm summer evening. Right? There's more than one reason that this is a great idea. Not only is the beer a nice social beverage and lubricator, but if the grill fire gets out of hand, that beer can be stoppered with a thumb, shaken rigorously, and sprayed



onto the fire to contain the flames. *Of course, if it's a really fine beer, let the deck burn and just build a new one later. Good beer is good beer, after all.*

## Trapping Fruit Flies

Got flies? Maybe it's not your hygiene, maybe they're just around all the time regardless. If showering doesn't fix the problem, try building a fly trap using beer as bait. Cut the corner off of a sandwich bag to make a small hole (1/4" or less) and put that cut corner into a cup. Fold the bag over the cup and tape or rubber band it into place, creating a funnel into the cup itself with the cut corner. Put a little beer into the cup, so it's level to about an inch below the bag corner opening. Flies will be attracted to the beer and get trapped, drowning. *Again.. is there a better way to die?*

## Polishing Copper

Got copper stuff you want to shine? Copper and brass cookware, doorknobs, etc. are popular items, but can be a pain to keep clean. Beer can help with that. It is slightly acidic, making it a great metal polisher that doesn't stain. Using a soft towel, wet it with beer and scrub and buff away. For extra-tough spots, squirt some ketchup on there too. *Add in fries and a hot dog and you've got lunch!*

## Myth vs. Fact: We Only Use 10% of Our Brains

This is a myth for most of us. Some people, well.. Medical scans and imaging (MRI, PET, etc.) have shown that people use all of their brains nearly all of the time. Even when dreaming. Brain usage is not so much a matter of how much we're using, just how well we're using it. Studies have shown that learning, trying new things, etc. increases connections between neurons and boosts mental acuity.

## Myth vs. Fact: Cold Weather Causes Colds

Not true, but it can be a contributor. The common cold is caused by an infection and sometimes, over-exposure (cold or heat) can cause your immune system to be compromised, which can lead to sickness. But the cold weather itself is not the cause of the cold named after it.



## Fluoride Burns Holes in Parking Lot of Water Treatment Plant

Workers at an Illinois water treatment plant were unloading fluoride to be used as an additive to the drinking water supply of the area. The tanker truck delivering the hydrofluorosilicic acid overflowed, releasing fluoride onto the pavement. It proceeded to melt through and hazardous materials response teams were sent to contain this dangerous spill. The rest of the fluoride was then unloaded from the tanker and dumped into the city's water supply as planned. *It's good for your teeth. Honest.*

# Prostate Cancer Screening Scam



Cancer is curable, but if a medical professional told you that, they would be in the unemployment line and the drug companies would be out of business. Included in this is the Prostate-Specific Antigen test. This is a test that the medical community scares the male population into thinking they need to have done - and the only ones who benefit from this are.. you guessed it, the medical community.

So it should not be a surprise that the cancer industry is lying to us again. After observing almost 10,000 men in a 20 year investigation on PSA screening, a study published in the British Medical Journal found out that this screening has no advantages to the average lifespan. There is no deviation of the mortality rate of men who were not screened for prostate cancer compared to those who were.

This fake PSA test is merely another tool used to impose dread to the average man and to get him to be screened and eventually take unwarranted, dangerous cancer treatments. Add to this the fact that most private insurance plus Medicaid and Medicare are required to pay for these unnecessary tests, and it is no wonder our health care system can't get out of the red.

So why are medical centers still advertising this dishonest test for cancer of the prostate? Because you don't have to be

responsible when it comes to modern medicine, that's why. If someone gave me money to invest and I kept it along with hundreds of other people's money and then fled to Jamaica I would be arrested, thrown in jail, and my reputation would be tarnished for life.

But if you're in banking, the medical profession or pharmaceuticals? You can do the same thing and call it a "service" (whether it works or not) and get away with it; no repercussions.

## Green Tea's Benefits

The Chinese first started using Green Tea thousands of years ago because of the wonderful benefits it gives ranging from a prevention of cavities, to halting cancer growth, to slowing down the aging process and to melting those excess pounds away. All you have to do is drink 2 to 4 cups of green tea daily.

For many Americans, obesity has been a great concern because as of 2010, 63% of us are obese or overweight. If more heavy individuals ate a healthier diet, exercised and started drinking green tea they would feel much healthier. Just drinking the green tea alone would mean losing at least 2.5 pounds a month—with no exercise! Moreover, green tea

increases one's energy levels - that would give the extra energy to start exercising.

For people who are concerned about exposure to radiation, DNA damage, and damage by free radicals (molecules that result in aging and tissue damage), in Japan and anywhere in the world for that matter, all one has to do is start getting their teapot ready and drink at least two cups of green tea daily. One can decrease their level of DNA damage by 20% (according to the *British Journal of Nutrition*). Green tea contains naturally occurring polyphenol, which contains ECGC or epigallocatechin gallate. This inhibits cellular damage by free radicals and is an enormous antioxidant.

Green tea also inhibits DNA damage. A Clinical Cancer Research study of males diagnosed with cancer of the prostate showed that those who were given 1.3 grams of green tea extract daily, had the spread of their cancer inhibited by 30%. ECGC stops the building of new blood vessels that the cancer needs in order to spread, and also prevents DNA damage.

All of these are just a few of the many excellent benefits of drinking this simple, popular beverage. Organic green tea is available in almost every supermarket and health food store in America. Yet most of us have never discovered its huge health benefit.

# What Is Gerson Therapy?

In issue #375, we had an interview with Jessica Ainscough, an Australian woman who has been undergoing Gerson Therapy for her cancer for about a year. Now we'll take a more detailed look at this therapy.

Gerson Therapy gets its name from Dr. Max Gerson, a German physician who created it initially to treat tuberculosis, then migraines and finally cancer. Gerson took his therapy from Germany to Vienna, Paris, London and finally the United States.

Gerson became a licensed doctor and U.S. citizen in 1942 and testified before a Congressional Subcommittee hearing in 1946 about his therapy. The appropriations bill, which would have created a new cancer research center, died in committee and never happened, but Gerson kept on with his therapy. Gerson published his book *A Cancer Therapy: Results of 50 Cases* in 1958, which resulted in his losing his license that same year. He died of pneumonia a year later at age 78.

The Gerson Therapy was carried on by his daughter Charlotte Gerson, who runs the foundation from San Diego, California with licensed clinics operating in countries where it is legally available.

## The Theory

The Gerson Therapy is based on

the idea that modern diets are too saturated with low-value foods that lack in nutrition and are heavy with chemicals and processing. Two key derivatives in modern food are thought to be to blame: potassium and sodium. The potassium content of many modern foods, especially non-organically grown and processed foods, is deteriorated in favor of a higher sodium content. This is believed to cause a cellular imbalance that leads to chronic disease.

The core of Gerson Therapy is to return the body's balance of potassium and sodium at a cellular level through a vegetarian diet supplemented with coffee enemas as well as other enzymes and supplements. The particular dietary guidelines and methods used are tailored to the patient's requirements, so some may receive injections of some supplements while others will use a different regimen of coffee enemas and fruit and vegetable juices.

Most patients will drink an 8 ounce glass of fresh organic juices every waking hour and use coffee and/or castor oil enemas several times daily. Occasionally, oxidizers such as hydrogen peroxide or ozone are also applied. Several other specifics may also apply for the patient's program.

Nearly every fat is removed from the diet entirely with the exception of flax-seed oil in

some cases. Omega-3 and similar requirements are gained through selected vegetables (or their juices). The goal of the therapy is to remove the ill effects of environmental toxin exposure and most therapies take between 6 and 18 months to complete.

## Proof of Success?

Like most alternative methods and medicines, the Gerson Therapy has not undergone rigorous scientific testing. Clinical trials, double-blind studies, etc. have not been undertaken. Critics of the therapy cite this and poor methodology in some of Gerson's own and his successor's case studies, which have been published in alternative literature. Most of the studies that have been done on Gerson Therapy and its efficacy have been done as simple case studies or retrospectives, often based mainly on patient interviews.

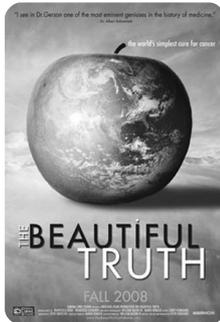


*Dr. Max Gerson*

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Opponents of the Gerson Therapy often point to coffee enemas as being a matter of concern, as coffee enemas in other studies have shown to be a problem, causing or worsening constipation and colitis as well as contributing to dehydration and electrolyte imbalances. The Gerson Therapy, however, includes specific dietary intake requirements that are meant to counteract these problems – something many other similar therapies do not. So the claims, while not entirely without merit, are not conclusive either.

While no direct proof of the Gerson Therapy's efficacy have been given, patients and proponents of the therapy are actively vocal about its benefits. Not everyone who uses the therapy is cured, of course, but many live well beyond expected mortality. Many of the stories of those who have more recently been involved with and helped by the Gerson Therapy were documented in the 2008 film *The Beautiful Truth*.



So while science may not prove (or as yet disprove) the Gerson Therapy as a treatment for chronic illness, anecdotal evidence through patients and advocates certainly seems to ring in its favor.

The Gerson Institute can be found at [Gerson.org](http://Gerson.org) and Charlotte Gerson's book, *Healing the Gerson Way*, is available in bookstores as a new 2009 edition.

# Omega 3s Reduce Risk of Macular Degeneration



Age-related macular degeneration (AMD) is a disease that results in loss of vision at the center of the visual field. It is usually caused by retinal damage and is a major cause of visual impairment in adults over 50. Fine focus is lost, causing many to lose the ability to read, recognize faces, and lose driver's licenses. A study, published recently in *Archives of Ophthalmology*, showed that women who consume higher levels of Omega-3 fatty acids are 38% less likely to develop AMD.

The study, authored by William G. Christen, ScD of Brigham and Women's Hospital and Harvard Medical School, along with his colleagues, used data from the *Women's Health Study*. This data included the eating habits of 38,000 women, from which the researchers found information on Omega-3 intake including DHA (docosahexaenoic), EPA (eicosapentaenoic) and fish.

Over ten years, the women, who had not been diagnosed with

AMD previously, were tracked – along with their dietary supplement and fish intake. The study found that after ten years, 235 of the women had been diagnosed with AMD. After adjusting for other environmental factors and risks, the study found that those women who had a steady intake of relatively high amounts of Omega-3s were much less likely to receive an AMD diagnosis.

The study cites another study, also published in *Ophthalmology*, which showed that those who intake higher amounts of Omega-3 fatty acids are less likely to develop eye diseases. This builds on the proof that these important acids can lead to better overall health, especially in the eyes.

One more reason to keep up with those healthy eating habits!



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[PacificRimShop.com](http://PacificRimShop.com)

# Fibromyalgia and Homeopathy – Perfectly Complementary

Fibromyalgia is a chronic syndrome affecting millions of people world wide. We have little understanding of this disease, almost no idea what could be its root cause, and only a hit-and-miss record in treating it successfully.

The problem with fibromyalgia is that, as far has been learned, it is not a disease but a grouping of symptoms (a syndrome). It cannot be tested for using blood, x-ray, or any other type of modern technology. It's a problem that can only be diagnosed through thoughtful, clinical, physician-to-patient interaction and detective work. It is thus an ailment that does not generally do well in modern medical practice, but is almost perfectly suited for homeopathic treatment.

Some study into the syndrome has suggested a genetic link, as family members often share symptoms, but so far no proof of any source for fibromyalgia has been discovered.

## Conventional Treatments

The conventional treatment for fibromyalgia is to prescribe treatments and pharmaceuticals for each individual symptom, in order of severity. A recent study's title, as published in *Nature Reviews Rheumatology*, says it all: *Fibromyalgia Drugs are 'As Good as it Gets' in Chronic Pain*.

The trouble with the way most clinical trials are conducted in order to test the efficacy of

specific drug treatments is that they are usually exclusive. Since fibromyalgia is series of symptoms rather than a singular disease or ailment, one treatment or drug is not likely to alleviate the ailment. This gives the obvious advantage to the homeopathic approach for treatment of fibromyalgia.

There is much evidence to support the efficacy of homeopathic medicine in treating fibromyalgia.

## Homeopathy and Fibromyalgia

The practice of homeopathy has two main focuses: doctor-patient interaction and customized treatment for the patient based on that interaction. A homeopath does not spend five minutes with the patient and then hand them a scrip for a "cure." Like fibromyalgia, homeopathic medicine is individual to the patient.

Most homeopathic medications are prescribed because, in large doses, they would actually cause the symptom being treated. The idea is that if the patient has a specific symptom, the body's own defenses will counter the root cause, so exacerbating the symptom just enough to increase the body's response will cure the underlying illness.

With fibromyalgia, homeopathy treats each symptom individually rather than the idea of "fibromyalgia" as a whole.

This contradicts the general mainstream approach, which labels the problem and looks for a one-stop cure-all for it.

## Science Proves Homeopathy's Treatment of Fibromyalgia

Much study has gone into the treatment of fibromyalgia. A crossover study done in 2003 and published in the journal *Rheumatology*, showed that even patients receiving only one homeopathic remedy were significantly better off than those receiving a placebo.

Another study, published in the *Journal of Alternative and Complimentary Medicine* in 2004, showed that not only were patients receiving homeopathic treatment (over a placebo) better off, but that individualizing the dosage meant even better responses. This study was a culmination of four studies that were published in the journal *Rheumatology*.

A search of Google Scholar shows many, many more studies (most of them in Britain) on the efficacy of homeopathic treatments in fibromyalgia. Yet homeopathy is continuing to receive little but vitriol from mainstream academics and medicine.

There is much evidence to support the efficacy of homeopathic medicine in treating fibromyalgia's symptoms and little to refute it. **The syndrome and the treatment are perfectly complementary.**