

The Real Story of Homeopathy



In the 1980s, two Australian physician researchers were ridiculed in the medical community for claiming that ulcers were caused by bacteria. At the time, other scientists claimed it was impossible for bacteria to survive in the stomach.

Years later, those Australian physicians were vindicated when they unequivocally proved ulcers were caused by *Helicobacter pylori*. They were awarded the Nobel prize for Physiology in 2005 and praised for their “tenacity and willingness to challenge prevailing dogmas.”

Perhaps that’s a view into the future of homeopathy.

Homeopathy is a safe, gentle, and natural way to recruit the body’s systems for relieving symptoms and improving overall health. But it’s controversial because it uses low ingredient concentrations. Critics who don’t understand how it works and haven’t read the facts claim that homeopathy is ‘pseudoscience.’

So, here are the facts:

- According to the World Health Organization (WHO), homeopathy is the second largest medical system for primary health care in the world. Homeopathy is used by millions of patients in more than 80 countries and is recommended by more than 400,000 healthcare providers worldwide.
- Scientists in highly respected universities, research institutions, and hospitals around the world are carrying out homeopathic research using the same research techniques used to investigate conventional medical treatments. Although homeopathy research is relatively new, the number of articles published in peer-reviewed journals has risen significantly over the past 40 years.
- By the end of 2021, 255 randomized controlled trials of homeopathic treatment for 136 medical conditions had been published in peer-reviewed journals. Of those studies, 148 were double-blind, randomized, placebo-controlled trials covering 88 different medical conditions.
- Studies comparing the effectiveness of homeopathy and conventional medicine have shown that homeopathy can produce results that are as good as, or even better than conventional medicine.
- Homeopathy has none of the side effects of many traditional medications, is very affordable, and is very safe, even with children. In fact, homeopathy has a remarkable safety record that spans over 200 years.
- Homeopathic medicines are regulated as drugs under the Food, Drug, and Cosmetic Act (FDCA). The Food & Drug Administration (FDA) has established a comprehensive national regulatory policy governing homeopathic product compliance concerning manufacturing and labeling.

Sources:

[World Health Organization](#) | [The American Association of Homeopathic Pharmacists](#) | [Homeopathy Research Institute](#)