

# Key Notes



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A “keynote” in homeopathy is a unique symptom that can point to a certain homeopathic remedy. For example, someone who has a condition associated with burning pains and itchy skin eruptions might need *Sulphur*, a remedy made from the mineral Sulphur.



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## Family health tip

**Experts advise banning an entire class of pesticides for the sake of children’s health**

Evidence that an entire class of pesticides threatens the health of children and pregnant women is now so convincing that the substances should be banned, an expert panel of toxicologists has said.

Exposure to organophosphates (OPs) increases the risk of reduced IQs, memory and attention deficits, and autism for prenatal children, according to the paper, published in Plos Medicine.

More than 10,000 tons of OP pesticides are sprayed each year in the US, where the Trump administration is [appealing](#) against [a federal court ban](#) on chlorpyrifos, one of the most popular agricultural insecticides.

Irva Hertz-Picciotto, the paper's lead author and director of the UC Davis environmental health sciences centre, said: "We have compelling evidence from dozens of human studies that exposures of pregnant women to very low levels of organophosphate pesticides put children and fetuses at risk for developmental problems that may last a lifetime. By law, the EPA cannot ignore such clear findings: It's time for a ban not just on chlorpyrifos, but all organophosphate pesticides."

In a review of data that covers 71 countries, scientists discovered that US regulators had already quietly banned 26 out of 40 OP pesticides considered hazardous to human health. In Europe, the figure was 33 out of 39.

However, 200,000 people still die each year from pesticide poisonings, according to UN estimates, about 99% of them in the developing world. A further [110,000 suicides using pesticides take place each year](#).

In Central America, OPs are ranked fourth among 24 chemical groups of imported pesticides, according to the new study. The two most popular OPs – terbufos and methamidophos – have been targeted to be phased out by the Rotterdam Convention.

Terbufos has been [linked to](#) lung cancer, leukemia and non-Hodgkin lymphoma while, in the US, methamidophos has [ranked second](#) in the percentage of cases displaying signs of life-threatening symptoms.

Bruce Lanphear, one of the paper's co-authors and a scientist at Vancouver's Simon Fraser University, said: "We found no evidence of a safe level of organophosphate pesticide exposure for children. Well before birth, organophosphate pesticides are disrupting the brain in its earliest stages, putting them on track for difficulties in learning, memory and attention, effects which may not appear until they reach school-age. Government officials around the world need to listen to science, not chemical lobbyists."

High exposure to OP compounds has long been known to lead to acute poisoning. OPs were developed in the 1930s and 40s for use in nerve gas agents – sarin was one of the most notorious – and later adapted for use as pesticides at lower doses.

In 1965, Dow Chemicals introduced chlorpyrifos as an insecticide for use in gardens and on fields. But as studies increasingly raised concerns about [prenatal neurodevelopmental risks](#), it was banned for home use in the US in 2000.

Another of the new report's co-authors, Prof Robin Whyatt of Columbia University's Center for Children's Environmental Health in New York, said the decreased IQs among children that OPs could trigger would be of the order of five to six points and "would probably not have a huge impact".

"The problem is that when you have an exposure as ubiquitous as this, you get distributional shifts in IQ, with fewer people in the brilliant range and more in the lower ranges of IQ," she said. "That can have a very substantial economic impact on societies in terms of the ruined potential of children's abilities."

Much of the neurological damage linked to OP use concerns "working memory" or the capacity to retain and recall short-term thoughts, Whyatt said. A child might only remember one or two parts of an instruction such as "open your science textbooks to page 37 and began exercise number four", she said.

She stressed though that "a diet rich in fruits and vegetables is critical for health, and this review should not affect that in any way. People can protect themselves by buying organic or pesticide-free foods. They can also reduce the residues on foods by simply washing it under the tap even if they are peeling it afterwards."

[Adapted from: Neslen, A, October 25, 2018:

<https://www.theguardian.com/environment/2018/oct/24/entire-pesticide-class-should-be-banned-for-effect-on-childrens-health>]



### **Homeopathy case**

#### **Homeopathy for animals: A bird with lipoma!**

It's difficult to argue that homeopathy is merely placebo when an animal is successfully treated homeopathically. Basically, Actium had a lump. Those who keep birds, especially budgerigars, know they are prone to fatty tumors called lipomas, particularly when fed a seed-only diet. Because the bird's feathers can hide the tumors in the early stage it can take a while before the owner realizes that their pet isn't just becoming plump- that something is actually growing. That's what happened to Actium. By the time I saw the tumor parting his feathers it was already at an advanced stage.

I dutifully marched Actium off to a vet who had both good and bad news. The good news was that the tumor was not causing him any pain. The bad news was that it would continue to grow and though the vet could operate the chance of Actium surviving was low. He could either bleed to death (budgies have very little blood to spare), or die from the effects of the anesthetic. On top of this, surgery would cost hundreds of dollars.

The irony of spending \$300 or more for the slim chance of saving a \$20 budgie was not lost on my family but Actium was a much-loved companion. Having him 'put to sleep' just didn't seem like an option.

So, I decided to see how much homeopathy could help.

### Collecting His Symptoms

Treating animals with homeopathy is no different to treating humans – the remedy has to be matched to their mental-emotional and physical symptoms. Knowing that more than twenty homeopathic remedies had the potential to treat lipomas like Actium's I had to narrow the field to find the most helpful one for him – more symptoms were needed.

While I would normally describe Actium as a hyperactive, happy little bird who liked to mimic words and dance to Willy Nelson songs, my family had always said it was a good thing he was only a budgie; that if he were any larger, we would have lost our fingers years ago as he was prone to sudden rages where he'd shriek, scold loudly, and then bite.

These symptoms pointed squarely to the homeopathic remedy Belladonna- a remedy known for treating sudden, violent rages in which the adult, or more commonly a child, can scream and bite with their anger. It was also one of the listed remedies for treating lipomas.

### Treating the Tumor

The family gathered to give Actium his first dose, and the results were startling. Overnight, the pale-pink lump discolored to a purple-pink. Two days later, it started to smell. By five days, it was obviously rotting and shriveling in size. Actium didn't seem to mind, though; he was thriving on the extra attention and seemed to enjoy taking his remedy – just a single drop from the end of a dropper for each dose.

It took two weeks before I decided to pronounce the lipoma as 'dead'. It had shriveled in size and was now a nuggety brown color. During this time I'd changed his remedy from Belladonna to a complementary homeopathic remedy called Calcarea carbonica (Calc-c) as indicated by his changing symptoms. Finally, a month later when the Calc-c had run its course, I prescribed homeopathic Silicea, which tends to rid the body of unwanted growths.

Over the following days, the lipoma began to separate from his skin and eventually was only hanging on by a little stalk. Like a plane carrying a bomb, Actium would fly around the house with it dangling under his body. And then, one morning, I woke up to find the lump in the bottom of his cage. Though its size had shriveled during the previous weeks from a walnut to a large marble,

and though its color was now a mottled brown rather than pale pink, it still had a tiny feather attached to it. Actium's treatment had been a success.

### Progress in Pictures

To show the progression of Actium's treatment, I've gathered some photographs. The first two were taken by my son and are obviously blurry. The third photograph shows the separated lump with its little feather. The final one shows a groove in the feathers on Actium's chest – the only reminder of the lipoma that once grew there. As for Actium, he's now a healthy, happy bird – something that was achieved with zero risk and for far less money than the alternative. My family was very happy.



Actium during treatment



Actium during treatment



The lump.



Actium cured!

[Adapted from Sheffield, F: <https://homeopathyplus.com/actium-the-bird-and-his-lipoma>]



***Did you know?***

**Australian research council admits it fudged the science in a study condemning homeopathy**

Australia's top medical research body, the National Health & Medical Research Council (NHMRC), has responded under Senate scrutiny that they did not follow recognized scientific guidelines or standards in reviewing the evidence on homeopathy, using an approach also applied to reviews of other natural therapies.

The Homeopathy Review was the first of 17 natural therapy reviews the NHMRC conducted between 2012 and 2015, used to justify [removal of the Private Health Insurance rebate](#) for these therapies, which was passed by the Senate on 11 September 2018. It is currently under [investigation](#) by the Commonwealth Ombudsman.

The NHMRC's response to a Senate Question on Notice posed by Senator Stirling Griff on 30 May 2018, reveals that instead of using accepted scientific methods they simply made them up along the way.

The integrity of the Homeopathy Review rests on NHMRC's public assurance that it "used internationally accepted methods" and that it used "a rigorous approach that has been developed by Australian experts in research methods" when evaluating health evidence.

The Senate probe has forced the NHMRC to explain that this was not true.

In its response to Senator Griff's question the NHMRC has admitted, "At the time this work was underway there was no relevant guidance or standard endorsed by NHMRC, or a relevant international organization, on the development and content of evidence statements" – which formed the basis of the Review's published conclusion of 'no reliable evidence'.

The NHMRC also revealed that the criteria used were, "drafted over a number of months following the completion of the overview search for literature".

"Here we have an admission under Senate scrutiny that instead of using accepted scientific methods, the NHMRC review team not only invented the methods along the way, they also did this well after the evidence had already been collated and assessed", said Your Health Your Choice's Petrina Reichman.

"This removed essential safeguards routinely applied to scientific review processes to ensure they are conducted transparently and ethically", she said. "This means there was absolutely

nothing stopping the review team from manipulating the methodology to get whatever answer they wanted”.

Research protocols are an important safeguard used to reduce/ prevent reporting bias in scientific studies. Before a study begins, a protocol is created that outlines in detail all essential aspects of the project, such as the research question being asked, methods of data retrieval, criteria used to determine which studies will be included or excluded from the review, and how the data will be analyzed to produce the final results.

Freedom of Information (FOI) documents reveal that the [original research protocol](#) was agreed and finalized in December 2012 but was never published. It bears no resemblance to the protocol the NHMRC review committee eventually applied.

FOI documents also reveal that the NHMRC review committee [systematically reinvented](#) the research protocol between April and July 2013, after the contracted reviewer had already completed its initial evidence assessment in March 2013. All the criteria used for the evidence statements were retrospectively developed during this period.

“Even worse, FOI document also reveal that none of these retrospective changes to the Review’s research protocol were disclosed to the public in the NHMRCs final report, even though they assured the public they conducted a “transparent” review”, said Ms Reichman. “In scientific investigation you ALWAYS have to reveal all changes to the protocol for ethical reasons”.

“This is a serious research scandal of the highest degree, revealing the extent to which the review team secretly manipulated the methods well after the contractor had already collated and assessed the evidence, with none of the changes disclosed in the final report released to the public.”

These manipulations directly resulted in the findings of 171 out of the 176 included studies being retrospectively categorized as “unreliable”, meaning they were dismissed from the Review’s published findings of “no reliable evidence”. The Review’s findings were therefore based on only 5 “reliable” trials – not reported to the public.

If standard, accepted scientific methods were used, the review team would have had to report that around 50% were positive, including studies of [high methodological quality](#). Only around 5% of the 176 studies were negative and the rest inconclusive – strikingly similar to conventional medical research findings.

“It doesn’t get more serious than this. The NHMRC has misled both the Australian public and Government, damaging the NHMRC’s high standing and the public’s trust in science and taxpayer funded institutions”.

These events occurred after the NHMRC terminated a taxpayer funded [First Review](#) in August 2012, without publicly disclosing its existence, findings or expenditure – raising further serious

questions regarding research integrity and misappropriation of public funds. The Review published in 2015 was the second attempt.

These and other issues concerning the NHMRC Homeopathy Review have been detailed in a [Submission of Complaint](#) to the Commonwealth Ombudsman for investigation.

20 Sept, 2018: <https://www.yourhealthyourchoice.com.au/news-features/science-fact-or-fiction-nhmrc-admits-they-did-not-use-accepted-scientific-methods-2/>

