

Key Notes



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Your health E-newsletter from Yuma Homeopathy

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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 with symptoms that worsen significantly with cold and damp weather might need *Ranunculus bulbosa*, a remedy made from the buttercup plant.



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Family health tip

Unregulated chemicals found in drinking water can contribute to weight gain

Unregulated chemicals increasingly found contaminating U.S. water may hamper people's ability to lose weight, according to a study released today.

The study is the first to link the group of chemicals, PFASs [perfluoroalkyl substances], to weight gain and obesity, and suggests that exposure to the toxics may counteract weight loss efforts by slowing down people's metabolism.

The chemicals—already associated with other health problems including cancer, hormone disruption, immune dysfunction and high cholesterol—continue to make headlines as they contaminate waterways across the U.S., including high profile pollution hotspots in [Michigan](#) and [North Carolina](#).

People with slower metabolism burn fewer calories and are more prone to weight gain and obesity. Obesity is a global health problem: In the U.S., roughly 37 percent of adults and 17 percent of children are obese.

"These findings suggest that environmental chemicals may play a role in the current obesity epidemic," the authors wrote in the [study published today in PLOS Medicine](#).

The compounds—used for decades in stain and water repellants, packaging, firefighting foams, and some cosmetics—do not readily break down in the environment and can linger in people's body for years.

An estimated 95 percent of people in the U.S. have some level of highly fluorinated chemicals in their blood, according to a [2011 study](#).

A [2016 study estimated](#) the drinking water for about 6 million people in the U.S. exceeded federal health advisory levels for two of the most common compounds, perfluorooctanesulfonic acid (PFOS) and perfluorooctanoic acid (PFOA). The research found 16 million people have some levels of PFASs in their water.

In the study out today, researchers examined weight changes and PFAS levels of 621 overweight or obese people from Boston, Massachusetts or Baton Rouge, Louisiana. The participants were all dieting—there were four different diets—for two years, and the scientists checked levels of the chemicals in people's blood while monitoring weight loss.

After six months, most people lost weight, but over the next year and a half, most people gained some weight back.

Those gaining the most weight back also had the highest levels of PFASs in their blood—the link was especially strong for women: women with the highest levels of the chemicals in their blood regained about 3 to 5 pounds more than women with the lowest exposure levels.

The scientists can't definitively say the chemicals spurred the weight gain—however, previous animal studies on the compounds have shown impacts on thyroid hormones, which are crucial for maintaining proper metabolism.

"One of the major determining factors in how much weight people regain after dieting is metabolism ... slower metabolism, you burn less energy," said senior author Qi Sun, a researcher and assistant professor in the Department of Nutrition at Harvard T.H. Chan School of Public Health.

PFASs also interfere with estrogen metabolism, Sun said, which is another potential way it is linked to weight gain and potentially why the researchers saw more profound effects in women.

[Just the latest on a growing problem](#)

The study is timely as PFAS concerns rip through communities and officials struggle to contain and explain the pollution.

Many military bases are full of the toxics because of use in firefighting foam. Over the past four decades, firefighting foam containing the chemicals has been used at hundreds of bases across the nation.

In Michigan, state officials found the chemicals in the water of 14 communities, most notably in Plainfield Township, near Grand Rapids, where shoe company Wolverine had a tannery that contaminated groundwater and the nearby Rogue River. This month a nearby drinking water well had PFAS levels at 58,930 parts per trillion—experts said it might be the highest levels of the chemicals found in drinking water anywhere in the world. The state has sued Wolverine.

In North Carolina a newer PFAS compound called GenX, made at a Chemours plant in Bladen County, has been found in more than 250 private drinking water wells near the plant. The state Senate and House are trying to come to agreement on how to address the pollution.

The scientists say this latest study just adds to mounting evidence that PFASs are a major public health concern.

"We typically think about PFASs in terms of rare health problems like cancer, but it appears they are also playing a role in obesity, a major health problem facing millions around the globe," said

study co-author Philippe Grandjean, a researcher and adjunct professor of environmental health at Harvard T.H. Chan School of Public Health, in a statement.

"The findings suggest that avoiding or reducing PFAS exposure may help people maintain a stable body weight after they successfully lose some weight, especially for women."

[Adapted from: Bienkowski, B, Feb 14, 2018: http://www.ehn.org/pfas-water-toxic-health-problems-2534555939.html?utm_source=EHN&utm_campaign=07d2972df8-Science_saturday&utm_medium=email&utm_term=0_8573f35474-07d2972df8-99048509]



Homeopathy case

Homeopathy as part of an effective weight-loss strategy

A 40-year-old woman came to the clinic complaining of anxiety, stress, stomach pains, and weight issues, despite eating a healthy diet and exercising regularly. She wanted to lose 15 pounds. She was asked to do a number of blood tests.

Her results showed a lower than normal waking body temperature, which indicates a sluggish thyroid. Although the blood tests showed the low end of normal, we decided to support her metabolism and thyroid using supplements. Her food testing showed sensitivities to wheat and oats.

She complained that she had a hard time sleeping and would be awakened by nightmares. She had stomach pains that caused her to double over in pain. She had been screened for gallstones and other possibilities with no results. Her bowel movements were infrequent, one every three days. Past trauma had made her wary of certain situations, however, she felt she had laid it to rest. She preferred one-on-one company and liked to keep to herself. She craved salty foods like chips and nuts, and added salt to her meals. Her hair was thinning and falling out. She also suffered from cold sores. Her energy was very low despite exercising and attempts at healthy eating.

Here is what we recommended in addition to homeopathic remedies. She was to avoid wheat and oats. We had her focus on low glycemic foods and eat between 1200 to 1400 calories per day. Although she had eaten a similar number of calories in the past, without losing any weight, it was still a good number for her goal weight and to sustain her activity level.

At her first follow-up one month later, her sleep had improved but she was still having the odd nightmare. She had no stomach pains, but was still constipated; she'd also lost five pounds. As a next step, the same homeopathic prescription was given but we added a formula that contained magnesium and inositol to take before bed. This is a good mixture for sleep, and magnesium helps the bowels. After her two-month follow-up she was down 13 pounds. Her sleep was much better with no nightmares, and she had daily bowel movements. She had no anxiety and felt more energetic.

[Adapted from Caruso, H, June 1 2012: <http://vitalitymagazine.com/article/homeopathy-nutrition-a-potent-combination-for-weight-loss/>]



Homeopathy in the news!

Homeopathy and the FDA: what's new and what you can do

About 5 million U.S. adults and 1 million U.S. children use homeopathy every year, and the remedies are known to be “generally safe and unlikely to cause severe adverse reactions,” according to the U.S. National Institutes of Health’s National Center for Complementary and Integrative Health.¹

In a draft guidance document released in December 2017, reversing a long-standing decision to treat homeopathic remedies differently from other drugs, the FDA has now labeled virtually all of these products as “new drugs” that are “subject to FDA enforcement action at any time.” This is despite the fact that homeopathic remedies are not “new”, but have a long clinical track record and excellent safety record in the US dating back to the early nineteenth century.

While deaths from drugs like opioids are now a public health crisis, homeopathy has maintained a much lower, and presumably safer, profile. Yet, the FDA is using its limited resources to target the latter, citing a need to “protect consumers who choose to use homeopathic products.” Why now? The FDA also cited a “large uptick in products labeled as homeopathic that are being marketed for a wide array of diseases and conditions,” to the extent that homeopathic products are now a close to \$3 billion industry.⁴

FDA Does About-Face

The draft guidance is a complete turnaround from the FDA's prior stance on homeopathic remedies, which stated, under the 1988 Compliance Policy Guide (CPG) 400.400, Conditions Under Which Homeopathic Drugs May be Marketed, they did not need to get FDA approval prior to coming on the market. Instead, the ingredients in homeopathic remedies were to be verified by the Homeopathic Pharmacopoeia of the United States (HPUS). As noted by law firm Venable:⁸

“Essentially, the HPUS creates a monograph for homeopathic drugs to follow, not dissimilar to the OTC drug monographs that FDA has developed for allopathic drugs. Accordingly, by virtue of an ingredient's inclusion in the HPUS, the ingredient has already been closely examined and determined to be safe and effective by the HPCUS [Homeopathic Pharmacopoeia Convention of the United States].

Compliance with the HPUS functions as a premarket review of safety and effectiveness in the homeopathic context. By classifying homeopathic drugs as unapproved new drugs, the FDA is requiring a second showing of safety and effectiveness, a step that is unnecessary, not to mention impractical, given that the Agency intends to hold homeopathic products to an allopathic standard that is inappropriate, given the nature of homeopathic products.”

Does Homeopathy Work?

Based on the theory that “like cures like,” or the Law of Similars, homeopathy was founded by German physician Dr. Samuel Hahnemann. The idea is that health conditions can be healed by treating a person with minute doses of a substance that would produce similar symptoms to their health condition if given in larger doses.

Homeopathy's other guiding principle is that of the minimum dose, which is based on the premise that the more a substance is diluted, the more potent homeopathic remedy it becomes, known as the “law of infinitesimals.” Homeopathic remedies may be made from plants, minerals or other substances and are commonly administered in pellet form, dissolved under the tongue. A number of intriguing studies suggest [homeopathy is effective and safe for a variety of ailments, including flu](#). According to Ullman:

“The use of a homeopathic medicine called Oscilloccinum is an example of a remedy that can be effective for many people with the flu, though clinical experience suggests that it is most effective when used within 48 hours of getting flu symptoms. Although most homeopathic medicines are made from the plant or mineral kingdom, Oscilloccinum is unusual in that it is made from the heart and liver of a duck.”

In one study, nearly twice as many patients who were given Oscilloccinum recovered from the flu within 48 hours as those given a placebo.¹² Further, Ullman noted:

“A different group of researchers conducted a randomized, double-blind study involving 372 patients (188 treated with Oscillocoquinum and 187 with placebo) of both sexes, ranging in age from 12 to 60, who presented rectal temperature \geq 100.4 F, muscle pains, headache, or at least one of the following symptoms: shivering, chest pain, spine pain, coughing, irritation of nasal mucosa or feeling of malaise.¹³

Patients received three tubes of Oscillocoquinum or placebo each day (morning, noon and night) for three days. The results of this trial show a highly statistically significant difference between the two groups, for what concerns disappearance of symptoms after 48 hours (19.2 percent in the Oscillocoquinum group versus 17.1 percent in the placebo group) and improvement in symptoms (43.7 percent versus 38.6 percent for placebo).”

Additional research shows homeopathy’s promising role in the following conditions:

In **patients with allergies**, those using homeopathy reported improvements in nasal airflow compared with a placebo group.

Homeopathy significantly reduced the severity and duration of **chemotherapy-induced stomatitis** (swelling and sores in the mouth) in children.¹⁵

With homeopathic treatment, the researchers described a “clear, significant and clinically relevant improvement in nasal inspiratory peak flow, similar to that found with topical steroids.”¹⁴

Homeopathic medicine was effective in treating **acute childhood diarrhea**, decreasing both the duration of the diarrhea and the number of stools per day.^{16,17}

Homeopathy has positive effects in children with **attention deficit hyperactivity disorder (ADHD)**, particularly in the areas of behavioral and cognitive functions.¹⁸

Homeopathy lessened tender point pain and improved quality of life in people with **fibromyalgia**.¹⁹

Homeopathic was effective in treating the early stages of **vitiligo** in a report of 14 cases²⁰

FDA Continues to Crack Down on Natural Substances

The FDA’s new push to regulate homeopathic products is eerily reminiscent of their recent crackdown on the plant **kratom**. Leaves from the kratom tree have been used for pain relief for hundreds of years, but scientists now know they contain compounds that target the brain similarly to opioids, helping to relieve pain. It appears the plant may be safer than opioids for pain relief and could even act as a tool to help those suffering from opioid withdrawal.

In November 2017, however, rather than targeting the prescription opioids that are the root of the opioid epidemic, the FDA issued a public health advisory regarding risks associated with kratom use, suggesting that its usage could “expand the opioid epidemic.” What this comes down to, for some, is the right to choose what form of “medicine” to put in your body. As Dr. Lee Hieb,

an orthopedic surgeon and past president of the Association of American Physicians and Surgeons, wrote in WND:²¹

“I’m not here to tout any particular over-the-counter remedy, but who gave the FDA total ability to limit what we can take into our bodies, while virtually forcing us to be given what they prescribe? It’s none of their business whether a ‘homeopathic remedy’ is worthless.

That’s an issue of commerce and truth in advertising. I, for one, want the freedom to research and decide for myself what supplements to take, even if my supplements ultimately do me no good. (Many do a great deal of good as Big Pharma knows only too well.)”

People have the right to choose their treatment, and doctors (many of whom admit to prescribing placebos to their patients) also retain the right to offer treatments they deem useful, whether it be homeopathy or another remedy.

If you want to express your opinion on the matter, the FDA is accepting [comments from the public](#) until March 30, 2018.

[Adapted from Mercola, Joseph, Jan 30, 2018:

https://articles.mercola.com/sites/articles/archive/2018/01/30/homeopathic-products-now-illegal.aspx?utm_source=dnl&utm_medium=email&utm_content=art3&utm_campaign=20180130Z1_dnl_v2_30&et_cid=DM183251&et_rid=199463017]



Did you know?

Homeopathy: a 200-year-old nano-medicine

New evidence is emerging on the nature and properties of homeopathic medicines, or remedies. These findings indicate that the science of homeopathy is a form of nanomedicine, with the medicines capable of initiating changes in the physiological and biochemical dynamics of the living organism as a complex adaptive system.

Living systems are complex adaptive networks of interconnected, interdependent parts. Change in one part can lead to a cascade of additional changes in parts far from where the stressor first impacted. Once the organism receives the hormetic signal, the body’s adaptive defenses swing into action across the biochemical and cellular networks of the stress response pathways. Immune, endocrine, autonomic, metabolic and central nervous system mediators signal and

inter-regulate one another, making adjustments for what is going on elsewhere in the larger system.

Thus, a properly timed and positioned signal, even though small, can disrupt the unhealthy dynamics of disease – and allow the system to reorganize toward a new and healthier dynamic pattern. The new pattern allows the possibility for continuing changes to evolve across the organism over time.

Dr. Jayesh Bellare and colleagues at the Indian Institute of Technology published a startling new finding in 2010. They noted that many homeopathic remedies are often ground up or milled (originally with a mortar and pestle) for hours in lactose during the early stages of manufacturing. Extensive grinding or milling of the original bulk form material is currently one of many well-known modern techniques for manufacturing nanoparticles.

The Bellare group investigated six different commercially made homeopathic metal remedies from two different well-known Indian manufacturers. Using sophisticated electron microscope methods and other confirmatory laboratory tests, they showed the presence of the original remedy source material in nanoparticle forms at 6C, 30C and 200C. At dilutions above 12C, no source material should have been present.

The discovery of nanoparticles in homeopathic remedies is only the beginning. Homeopathy is now positioned to use the vast and growing tools of modern nanoscience to understand and improve homeopathic remedy manufacturing and optimize remedy actions. The overall goal is to cure rather than palliate the condition by stimulating the organism as a whole to recover from health problems. The field is now poised for major advances in both basic and applied clinical research to help more people and animals in more effective ways than ever before.

[Adapted from Epstein, S: <https://ivcjournal.com/homeopathy-a-200-year-old-nanomedicine-part-2/>]

