

Research on the effectiveness of homeopathy has been carried out in independent clinical trials around the world and published in numerous peer-reviewed medical journals.

While skeptics claim that homeopathy is “unscientific”, there is in fact a significant body of research pertaining to homeopathy and homeopathic medicines. While more research is needed, many randomized, placebo-controlled clinical trials already support homeopathy’s effectiveness beyond placebo, and new techniques in basic science demonstrate specific biological effects of ultrahigh dilutions. Clinical outcome studies reveal that homeopathic patients find treatment beneficial in a high percentage of cases.

Evidence in Controlled Trials: Homeopathy is more effective than placebo

- As of 2009, there have been 142 randomized, controlled trials published in peer-reviewed journals that compared homeopathy with placebo. A recent study found that 63 of the 74 conclusive studies were positive for homeopathy and 11 were negative.¹
- A meta-analysis published in *Pediatric Infectious Diseases*, a peer reviewed medical journal, examined three double blind clinical trials of diarrhea in 242 children. The results were highly significant and showed that individualized homeopathic treatment decreases the duration of childhood diarrhea.²
- Four out of five systematic reviews found homeopathy more effective than placebo across hundreds of randomized, placebo-controlled trials.^{3,4,5,6} The one review that found homeopathy to be not as effective as placebo based its results on only unidentified trials.⁷

Evidence in Outcome Studies: Homeopathy compares well with conventional medicine

- A study published in the *International Journal of Clinical Pharmacology and Therapeutics* found that homeopathy is effective treatment for acute ear infections in children. The 103 children who received individualized homeopathic treatment experienced faster pain relief and lower incidence of recurrence compared with the children who received conventional treatment.⁸
- Studies have shown that homeopathy performs as well as or better than conventional medicine for osteoarthritis pain⁹ and depression.¹⁰

Evidence in Practice: Clinical outcome studies support homeopathy

Clinical outcome studies reflect the real life experience of the patient under normal conditions, rather than the artificial conditions created by clinical trials. When 210 MDs were asked what forms of evidence they preferred when recommending an alternative therapy, they ranked clinical outcome studies highest.¹¹

- **Large scale study found 70% of patients experienced improvement from homeopathic treatment:** A six year study involving 6500 patients of Bristol Homeopathic Hospital (UK) revealed that 70% of patients reported an improvement in their health, including 50% who reported "major improvement".¹²
- A German study involving 3,981 patients in 103 primary care practices demonstrated that homeopathic treatment lessened the severity of diseases and led to sustained improvements in health.¹³

Evidence in Basic Science: Homeopathic medicines are more than 'just water'

- Recent studies have demonstrated clear physical differences between homeopathically prepared samples and control samples such as water or solvents. These differences have been measured using accepted scientific techniques such as calorimetry¹⁴ – the amount of heat given off by a substance; spectroscopy^{15 16} – the measurement of how a substance absorbs, scatters or emits radiation; and thermoluminescence¹⁷ – the amount of light a substance emits when heated.

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