



This ground breaking conference was a joint effort between GIRI (Groupe International de Reherche sur l'Infenitésimal), the American Institute of Homeopathy (AIH) and The Faculty of Homeopathy (FOH). GIRI is the prestigious International Research Group on Very Low Dose and High Dilution Effects. This was their first large-scale homeopathic research conference in the US, the XXXVI GIRI meeting.



There have been few live conferences since before the COVID-19 pandemic, given that so much now takes place online. This event proved, without doubt, that the perfect combination of personal interaction and intellectual stimulation was achieved, and was greatly appreciated by everyone.

Homeopathy and The Future of Global Health, could not have been more accurate as a title; researchers and attendees hailed from all parts of the globe, whilst every aspect of research was covered including human, animal, agriculture and aqua / environmental homeopathy. The results of much of the research was proof of how successful a healing modality homeopathy is, whilst giving insight to the scope of development to come, through continued research. It would be impossible to cover each of the brilliant presentations in depth, rather, what follows is an overview of the event, focusing on some highlights in each category of research.

All bios of the presenters and links to their current research can be found following this link:

<https://homeopathyusa.org/homeopathy-and-the-future-of-global-health/>

All participants have permanent access to these lectures, anyone that would like to watch in the future, can donate \$60.00 (the cost of the conference) to the AIH at this site.

The conference was opened by The President of GIRI, Dr Carla Holandino, who introduced the president of the AIH, Dr Alex Bekker, who cited the Organon, §1 'The physician's high and only mission is to restore the sick to health, to cure, as it is termed.' He went on to recite a poem (see pink box), which I felt set the stage for innovation, the opening up of people's minds to new developments necessary to

the sustainability of our world, without prejudice or judgement.

Dr Gary Smyth, our President welcomed an audience of around 500 attendees, (both live and online) thanking Dr Mary Guerrero, MD, Professor and Director of Integrative Medicine in the Department of Family Medicine at the University of Connecticut School of Medicine, who made the conference possible. He went on to do an excellent presentation on Homeopathy and Global health an outline of which is summarised below.

He began by citing various definitions of Global Health. One that will resonate with us all is: "An area of study, research and practice that places a priority on improving health and achieving equity of health for all people worldwide." (Koplan *et al* 2009) He then went onto discuss what he perceives to be key Global Health challenges.

First mentioned was antimicrobial resistance and how both medics and

patients need to wake up; 10 million people die yearly from antibiotic resistance alone. Polypharmacy is rife with more than 5 medicines frequently being taken at once, with huge risk of adverse drug reactions with an 80% morbidity risk for those taking 7 medications or more; 50% of patients are multi morbid >65 plus. He stressed that it is a crisis that needs immediate attention.

The solution, he suggested, lies in reducing prescriptions and deprescribing, coupled with an urgent need for a more sustainable approach. He quoted the EP13 study,<sup>1</sup> which was 'an observational study of a representative sample of general practitioners (GPs) and patients in France, demonstrating that patient characteristics differ according to the prescribing preferences of their GPs for homeopathy' the conclusion of which was: 'EPI3 was conducted according to best practices. Homeopathy prescribing preference met specific patient needs with less use of conventional medicines and without an apparent loss in therapeutic opportunity.' He went on to say that there was a considerable hierarchy of evidence in favour of homeopathy, much of it, indisputable; many of the studies and ongoing research went on to be discussed at the conference. He concluded that "current evidence is not consistent with the effects of homeopathy being placebo."

### Overview of presentations

The research was focused on key areas, such as basic research, ie: the essential research required for all categories, then divided further into human, agricultural and environmental research, touching on some aspects of veterinary homeopathy.

*Where the mind is without fear and the head is held high; where knowledge is free; where the world has not been broken up into fragments by narrow domestic walls; where words come out from the depth of truth; where tireless striving stretches its arms towards perfection; where the clear stream of reason has not lost its way into the dreary desert sand of dead habit; where the mind is led forward by thee into ever-widening thought and action – into that heaven of freedom, my Father, let my country awake.*

Rabindranath Tagore, Santiniketan

## BASIC RESEARCH

There were several presenters that covered the basic premises of research, its goals and hurdles. A few have been highlighted here, which cover the essence of what is deemed to be important going forward.

**Dr Alexandre Tournier**, a founding director of the Homeopathy Research Institute, discussed 'considerations and recommendations', following basic guidelines and stressing the need to 'produce the highest quality research possible, encouraging the most robust statistics, increase reproducibility, promoting critical discussion of protocols and enabling a more consistent, systematic progress.' By streamlining as such, the hope is to help future research, promote more discussion, better reporting, encouraging a unified progression in the field; this will all help to reach an understanding of exactly how homeopathy works.

**Dr Raj Kumar Manchanda**, distinguished clinician, researcher, teacher, and health administration, concluded that homeopathic research requires major investment and for institutions to collaborate for the best results. He suggested that we need to strengthen our 'research-oriented infrastructure and interdisciplinary workforce' and similar to Dr Alex Tournier, that basic guidelines need to be adhered to.

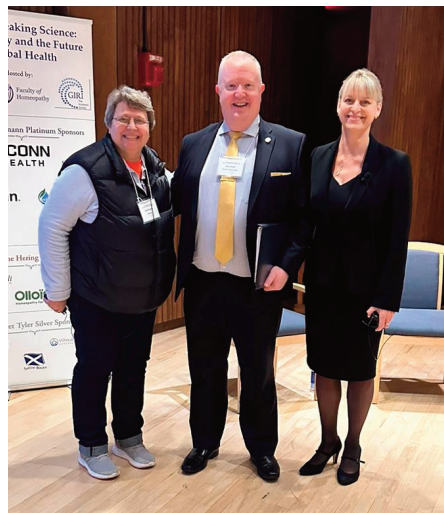
**Rachel Roberts** of the Homeopathic Research Institute, presented on the last day of the conference, giving an overview of clinical research in homeopathy and how people often only come to homeopathy as a last resort citing the acronym TEETH (Tried everything else, try homeopathy).

She discussed the Australian NHMRC report of 2015, which has had a long-lasting damaging effect on homeopathy by stating 'there are no health conditions for which there is reliable evidence for which homeopathy is effective.' Following enquiry and investigations into this erroneous report, a statement was issued by Professor Ann Kelso, CEO of NHMRC on 20th August 2019, stating: "Contrary to some claims the

review did not conclude that homeopathy was ineffective" and that it was misrepresented as a negative result.

Examples of studies done were given, across the spectrum of research currently and historically being undertaken. (Many appearing in the appropriate section in this article.)

She discussed what is necessary to understand, is that most conventional treatments do not have a strong evidence base. A study assessed all treatments tested in Cochrane reviews between 2008-2021 with a total of 1,567 treatments included, revealing that 95% do not have high quality evidence to support their benefits. The study concluded that more than 9 in 10 healthcare interventions studied within recent Cochrane Reviews are not supported by high quality evidence and harms are under reported.



Rachel summarised the status of clinical evidence base for homeopathy in 2023:

- There is good quality scientific evidence that homeopathy works
- According to Mathie *et al* 2014, published in a mainstream journal, data from placebo-controlled trials is not consistent with "homeopathy is just a placebo effect argument".
- Negative claims are based on misinformation or lack of knowledge of the evidence base
- The level of evidence for homeopathy is similar to many conventional treatments.
- More high-quality research is needed to explore the full potential homeopathy could play in integrated health care

Gary Smyth moderated several presentations and ongoing discussions from well-respected researchers in the field, called 'The Role of Nanoparticle / Nanostructure in Homeopathic Medicines.' It featured the views of Jayesh Bellare, Iris Bell, Alex Tournier, Steven Cartwright, Igor Jerman and Michel Van Wassenhoven. This became a lively debate and deserves several articles in its own right; unfortunately, justice cannot be done here to this section of the conference due to space limitations although I am sure it will be covered in depth in other publications.

## HOMEOPATHY AND AQUACULTURE

**Professor Antonio López-Carvallo**

Dr López Carvallo is currently working within the Aquaculture-Homeopathy group, under the academic direction of Dr Mazón Suástegui at Centro de Investigaciones Biológicas del Noroeste, La Paz, Mexico. He presented a fascinating lecture: 'Understanding the interaction between high diluted bio active compounds and aquatic organisms through functional genomics.' The most recent research of Dr López includes the evaluation of high-diluted bioactive compounds (homeopathy) to strengthen the immune response of Catarina scallop (*Argopecten ventricosus*) juveniles.

The outcome and background to the study is as follows: 'At Centro de Investigaciones Biológicas del Noroeste (CIBNOR, Mexico: [www.cibnor.mx](http://www.cibnor.mx)), the effects of homeopathy to improve the culture of economically important marine species of molluscs, fish and shrimp have been studied. The results obtained suggest that homeopathy is an eco-friendly alternative applicable in aquaculture industry to improve various productive and health aspects. The potential use of high-diluted bioactive compounds (HDBC) to enhance sustainable aquaculture practices has gained attention in recent years...The application of HDBC holds great promise for the continued advancement of sustainable aquaculture practices, as these treatments do not promote pathogen resistance to the organisms.'

Conference continued overleaf



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## HOMEOPATHY AND THE ENVIRONMENT

**Professor Leoni Villano Bonamin**, Full Professor at Universidade Paulista - The abstract to Professor Bonamin's presentation sums up her presentation and its goals.

'Environmental issues and the needs for mitigating anthropic actions are urgent. In homeopathy, isotherapeutics is a common practice in treating intoxications to minimise symptoms and facilitate the clearance of the toxic substance from the body. It is known that *Artemia* spp. is an aquatic experimental model for eco-toxicological trials; their embryo skills to enter diapause when in a harmful environment is a promising model for understanding bio-resilience processes. Thus, our group organised a series of experimental studies using *Artemia* spp. to evaluate the plausibility of using isotherapeutic products to mitigate the biological impact of toxic agents in water. Glyphosate, mercury chloride, and saxitoxin from cyanobacteria were the studied intoxicants. The results point toward a facilitation effect of isotherapics and other homeopathic preparations in inducing diapause, delaying hatching, and expressing HSPs (heat shock proteins) genes. Moreover, solvatochromic dyes can be used as probes to track homeopathic signals in water, laboratory, or field conditions. The potential usefulness of these preparations in reducing the environmental impact in states of water contamination is discussed.'

In her presentation, she described 'Sustainability' as:

- No chemical residues
- Hormonic integration between farms and forest
- High productivity of food with high nutritional quality
- Control of epidemic situations

Bio-Resilience, she states, is the key word, and stresses the necessity of this study to determine if homeopathy could be a tool to improve water quality.

Cyanobacteria (blue algae) is a worldwide problem affecting water quality.



following a double-blind treatment application. The experiment tested mineral-based DHDs: Sulphur 12CH, Phosphorus 12CH, Kali 12CH, Calcarea 12CH, Silicea 12CH, Natrum 12CH, Mercurius 12CH, having deionized water 12CH and deionized water as controls. The treatments were applied fortnightly. The agronomical attributes

Saxitocin is one of the most toxic biotoxins.

It was discovered that homeopathic potencies can have a positive effect on water quality (but must be checked in real life conditions).

She goes on to say that homeopathy fits the one world health premise, in that it;

- Improves bio resilience
- Makes for a safer environment
- Healthy animals
- Healthy humans

Please see: Biodilutions.com for more information.

## AGROHOMEOPATHY

### Homeopathic medicines have an effect on strawberry crops – Brazil

**Dr Leonardo Faedo**: Centre for Agroecology, Water and Resilience (CAWR), Coventry University, Coventry, United Kingdom.

The abstract to Dr Faedo's presentation clearly defines the purpose of his research: 'Agriculture needs sustainable farming methods. In particular, the strawberry crop (*Fragaria x ananassa*), one of the world's most important berries, has faced serious problems related to the application of high volumes of pesticides, compromising food and environmental security. The use of dynamised high dilutions (DHD) has been showing promising results in agricultural research, particularly regarding its bio-stimulation effect on cropping systems. Therefore, this study aimed to explore the bio-stimulation effect of DHDs in strawberry cropping systems. The experiment was carried out at the University of Santa Catarina State (UDESC) in Lages – Brazil, in 2019 and 2021, in a controlled environment using a randomised block design (RBD) and

assessing plant vitality considered crop production, fruit quality, plant disease, plant growth and architecture, leaf chlorophyll content, and root system development. Data were analysed by ANOVA and when significant ( $\leq 0.05$ ) by Dunnett's test. The results show that the DHDs of Calcarea and Sulphur increased root system development. Plants treated with DHDs of Sulphur and Silicea were less affected by *Mycosphaerella*. The DHDs of Sulphur, Phosphorus, and Kali increased plant growth and crop yield. The DHDs of Natrum and Mercurius were not effective as plant biostimulators in strawberry plants. The results of this study evidence the potential of dynamised high dilutions (DHDs) as plant biostimulators and their contribution for sustainable farming systems.'

The study concluded, following blinded, randomised, high quality studies:

- Homeopathic Medicines – Had a positive bio stimulatory impact on greenhouse grown strawberries, a major global crop
- Benefits include increased plant vitality, fruit production and resistance to disease
- Reducing toxic pesticides - improving health of farmers and consumers

## HOMEOPATHY AND THE HUMAN BIOME

**Dr Ronald D Whitmont**, MD, is a former president of the American Institute of Homeopathy and the Homeopathic Medical Society of the State of New York (founded 1862).

This presentation, covered a very critical subject, the human microbiome and how modern 'advances' such as antibiotics

are wreaking havoc with our bodies. This and the subsequent antibiotic/anti-microbial resistance, is highly relevant to us, and our patients and should be made common knowledge. The abstract to Dr Whitmont's work, summarises his research in this field and describes accurately the importance of the microbiome.

'The Human Microbiome is one of the most recent and important discoveries in the field of medicine. The microbiome links animal and environmental health since it permeates every tissue and organ in the body. The microbiome is intimately connected with all aspects of human health and directly influences such diverse events as evolution, conception, development, immunity, and the tendency to develop chronic inflammatory, allergic, and auto-immune diseases, as well as the propensity to heal from them. In short, the microbiome mirrors Samuel Hahnemann's precise conception and description of an intelligent "vital force" capable of governing and animating the human body, mind, and sensorium. The Human Microbiome is reviewed and discussed in relation to its makeup, distribution, and diversity. The impact of conventional medications on the human microbiome and the development

of chronic illness are reviewed.'

According to Dr Whitmont, there are three inconvenient truths

1. The body and the microbiome are inseparable and entwined since well before birth
2. The germ theory is fundamentally flawed since it is based on pre microbiome science
3. The Human microbiome enables consciousness

He postulates that 'the main factor in the increased prevalence of these (inflammatory) diseases in industrial countries is the reduction in the incidence of acute infectious diseases in those countries over the past 3 decades. He quotes statistics that show that the risk of developing diabetes type 2 is greater in those with a lifetime history of more than 5 courses of antibiotics. They are also linked to the development of obesity as a result of alterations in the diversity of the GI microbiome.

He goes on to discuss how Hahnemann was aware of the detrimental use of allopathic drugs and their potentially devastating destruction of the body; this of course is now coming to the fore more than ever. §74 'Of all the chronic diseases

these botching's of the human condition brought forth by the allopathic calamitous art (at its worst in recent times) are the saddest and most incurable...'

He recommends reading 'Silent Spring' by Rachel Carson, (written 61 years ago) who warned of this by stating: "there is still very limited awareness of the nature of the threat. This is an era of specialists, each of whom sees his own problem and is unaware of the larger frame in which it fits. It is also an era dominated by industry, in which the right to make a dollar at whatever cost is seldom challenged."

Dr Jennifer Jacobs's presentation, later in the conference on antibiotic resistance, complemented Dr Whitmont's thoughts here on the microbiome. She did an in-depth study on treatment of Acute Otitis Media in children, concluding that: 'The majority of cases resolved without antibiotics within 2 days. Fewer treatment failures at 5 days with homeopathy. Lower recurrence rates at 2 and 6 weeks. Positive trend by 6 weeks. These results suggest that a positive treatment effect of homeopathy when compared with placebo in acute otitis media cannot be excluded and that a larger study is justified.'<sup>2</sup>

## Final thoughts

Dr Carla Holandino closed the conference by giving out awards for basic/physiochemical and One Health research. She mentioned that the next GIRI conference, would be in November 2024, in Slovenia.

Dr Gary Smyth congratulated everyone involved on the success of the event saying he felt it was an important pinnacle in homeopathic history, with an impressive, engaged audience.

For my part, I am more than happy to have attended, after several initial doubts, mostly to do with wondering whether the content would contain endless research jargon, difficult to understand for those of us who are not pure scientists or academics in



this field. However, being closely involved with the initial introductions of the two organisations, (AIH-FOH) leading to this historic collaboration, through suggesting shared/guest content for *Simile*, with the hope of expanding on this to other dimensions, (clearly now achieved!) I realised it was too important to miss, and my presence, even if it was just for me, was essential. Ultimately, there was so much more to it than heavy duty, scientific data, as important as this was. In addition to the high level of research presented, it was the shared energy of being physically present, and the interaction with people who we have only met on line, which culminated into one amazing, stimulating experience.

Special thanks go to Peter Gold, who was involved in the initial introductions through to organising much of this historic, ground-breaking event at UConn. The sharing of the latest research, trailblazing progress and innovation by the best minds in our field, stimulated our brains and at times, our sense of awe and wonder. Truly an unforgettable experience, on every level.

## References

- 1: <https://www.thieme-connect.com/products/ejournals/pdf/10.1055/s-0041-1732335.pdf>
- 2: [https://www.researchgate.net/publication/12106298\\_Homeopathic\\_treatment\\_of\\_acute\\_otitis\\_media\\_in\\_children\\_A\\_preliminary\\_randomized\\_placebo-controlled\\_trial](https://www.researchgate.net/publication/12106298_Homeopathic_treatment_of_acute_otitis_media_in_children_A_preliminary_randomized_placebo-controlled_trial)

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