

## **Homeopathy: Gateway to Solving America's Health Care Crisis**

*"I am certain that after the dust of centuries has passed over our cities, we, too will be remembered not for our victories or defeats in battle or in politics, but for our contribution to the human spirit." --- John F. Kennedy*

**Homeopathy is the alternative medical science that integrates eastern wisdom and western science in its principles and practice. Eastern wisdom utilizes knowledge of Prana or Chi: the energy fields of our bodies to have definite and specific roles in health and sickness. The term used for Prana or Chi in Homeopathy is Vital force.** Those of us who have resorted to Yoga or Tai Chi know the mind to be deeply connected to the functioning of the body. As we gently stimulate Prana through Yoga or Tai Chi, we notice the effects on our physical body because we feel a sense of wellbeing, harmonious breath, increased energy, lessening of physical pain and many such positive effects. We recognize the mind body connection. **The science of Homeopathy is based on understanding that our energy field, the Vital Force, is what is in imbalance with the presence of disease.** We are healthy when our vital force is in balance. Homeopathy recognizes that the action to bring back balance and be healthy has to happen at this deepest level of the vital force. **Homeopathic science has a unique way of influencing the imbalanced vital force through Homeopathic Medicines This process of dynamization of natural medicinal substances enhances therapeutic qualities of medicinal substances, preserves their essence and converts them into Homeopathic Medicines.**

Western science sees that sickness is manifested through physical signs and symptoms acknowledging an imbalance mainly at the physical level. **Western science uses the physical signs and symptoms and diagnostic procedures to determine the presence or absence of disease in a person.** For example someone who has physical symptoms of Rheumatoid arthritis, positive Rheumatoid factor, and elevated sedimentation rate will be diagnosed as having Rheumatoid arthritis. Success in treatment is judged by disappearance of physical signs, symptoms and return of sedimentation rate to normal levels. Another example would be, someone exhibiting signs and symptoms of Multiple Sclerosis and showing brain lesions on an MRI. Western science would consider this as an evidence of that person having Multiple Sclerosis. The same person will be declared successfully treated when they no longer experience physical symptoms of Multiple Sclerosis.

Homeopathy understands and respects the relevance of these diagnostic tests. Where it differs from western medicine is in its understanding of Health and Disease. **Health and**

**Disease are multidimensional and complex than being narrowed down to only physical signs and symptoms and diagnostic evidence.** To determine a person's health solely on diagnostic data and body based evidence is viewed as a narrow point of view.

Another point where Homeopathy differs from modern medicine is **Homeopathy does not wage war against any disease because disease is not looked upon as the enemy to wage war against. Homeopathy sees the disease as susceptibility in the host which comes from an imbalanced vital force. Homeopathy works with our bodies and not against our bodies by finding the individual's specific remedy.** This is done after the classical homeopathic practitioner gains a deep understanding of complexity of the individual on mind-body-spirit level. **A homeopathic practitioner identifies unique characteristics of the individual.** These characteristics help the practitioner find each individual's specific homeopathic remedy. **The well selected homeopathic medicine resonates with and matches the symptom totality of the imbalance at body-mind-spirit level and not only at body level.** Homeopathy believes in holistic treatment, which is peaceful, gentle and respectful to the natural ways our bodies function and heal themselves. Homeopathy stimulates our vital force to restore health.

Now, I would like to further elicit my claim that use of homeopathy does hold solution to America's health care crisis, by two case examples from my practice. I know this is just the beginning and that many more such studies need to be sited.

**Case X: Male, age 43 yr.** First seen by Sujata Owens on 3/8/99

Diagnosis at Mayo Clinic, Rochester, MN: Rheumatoid Arthritis.

Mayo Clinic Rx treatment: Methotrexate: 2.5 mg each pill, 5 pills of Methotrexate once a week. Doctor prepared client X by telling him he will be on Methotrexate for rest of his life.

First Homeopathic remedy given on 3/8/99.

6/23/00 First prescription of Rhus tox 9C, once a day

9/20/00 2.5 mg each pill, 4 pills of Methotrexate once a week

10/20/00 doing little better

6/4/01 Rhus tox 200C 1x/day, Methotrexate two pills once a week

8/14/01 shoulders, hands, feet ++, back pain +

9/2/01 "I Saw Rheumatologist Dr M at Mayo. Doctor thinks I am heading for remission.

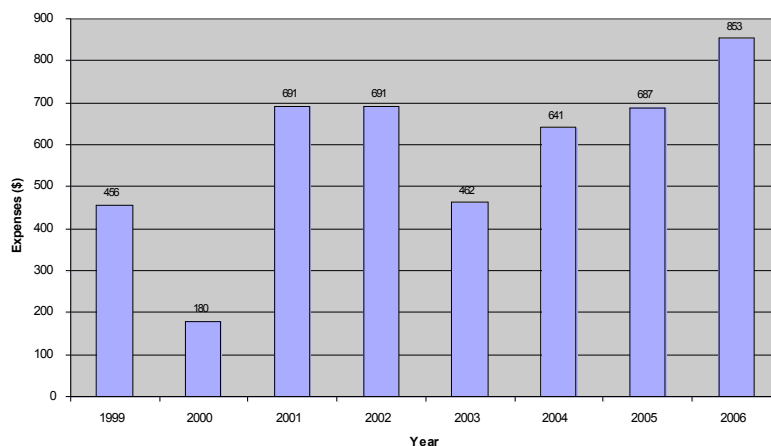
He reduced my pills, Methotrexate to 1 pill 1x/week. If I can handle that, he is giving his okay to go off of Methotrexate on 12/1/01."----Client X

"I am elated." Client X

11/25/01: Methotrexate stopped under continued observation with Mayo Clinic Rheumatologist Dr. M.

3/12/02 "I am doing great." ---Client X. **Rheumatologist declared X does not have evidence of rheumatoid arthritis.**

## Expenses for Client X 1999 -2006



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Total Cost of Homeopathic Consultation and homeopathic medicines from 1999 to 2006 (8 years) is: \$4661.00. Average cost per year \$ 583.00.

The Arthritis Society estimates cost of biologic treatments to range anywhere from \$15,000 to over \$25,000 per year. Biologics is the newest medical option for treating RA. Biologics are used to treat moderate to severe rheumatoid arthritis. These medications work quickly to ease inflammation and are often used in combination with other DMARDs such as methotrexate.

**Case B: Female, age 38 years.** First seen by Sujata Owens on 5/31/94

Diagnosis at Mayo Clinic, Rochester, MN: Multiple Sclerosis. MRI tests showed brain lesions and demyelination. Doctor at Mayo told her she would be in wheel chair in 4-5 years and she should just accept that.

First Homeopathic remedy given Causticum 30C on 5/31/94

First Prescription of Ars alb LM 1 given on 9/19/94.

10/ 23/94: "I feel like I am 20 yr old again. The best time of my life was when I was 20 years old." ---Client B.

5/29/96: MRI was performed. No lesions were shown on MRI. Blood work is perfect.

"I told the neurologist, I decided to quit all medications because of side effects."--- Client B.

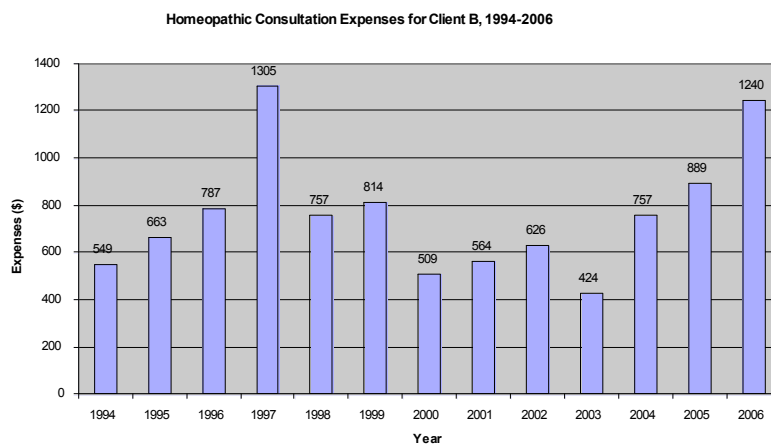
Neurologist at Mayo said, "You are completely improved."

"I could do all silly tests they made me do. Touch this, touch that."--- Client B.

Total Cost of Homeopathic consultations and homeopathic medicines for Client B from 1994 to 2006 (12 years) has been \$ 9365.00. Average cost per year: \$ 780. 00.

In a study in Sweden cost to treat multiple sclerosis was sited as 53,☒250☒EUR per patient.

## Expenses for Client B, 1994 -2006



Case X and B have remained free of signs, symptoms and diagnostic evidences of their respective diseases with a strengthened immune system. They have been well equipped to resist the forces that create the susceptibility in host because of genetic, environmental, dietary and any other stressful factors. They lead a successful, productive and healthy life without any medications.

Further illustrations of cost effectiveness with client's cases

- D. R. came with symptoms of inability to walk and extreme pains due to injury since her car accident. Cost for homeopathic treatment in 2006: \$752.
- D.K came with symptoms of sleeplessness, anxiety and some other emotional symptoms suggesting depression. Cost for homeopathic treatment in 2006: \$ 1415
- R.C has been using homeopathy effectively for sexual dysfunction, palpitations and debilitating pains. Cost of homeopathic treatment in 2006: \$1401
- N.H has been using homeopathy effectively for severe allergies, symptoms of fibromyalgia, hot flashes and few other symptoms of menopause. Cost of homeopathic treatment in 2006: \$1442.

- S.C. has been using homeopathy as her primary health care choice for 30 years of sinusitis, hypothyroidism and hot flashes. Cost of homeopathic treatment in 2006: \$1210
- A.N. has chosen homeopathy for working with symptoms of myasthenia gravis, weakness, energy fluctuations, droopy eyelids. Cost of homeopathic treatment in 2006: \$ 2611
- R.N. has chosen homeopathy to deal with food sensitivities, indigestion, symptoms of hormonal imbalance like premenstrual tension, breast tenderness etc. Cost of homeopathic treatment in 2006: \$1413
- D.N has platelet counts diminishment and bleeding symptoms. He has had increase in platelet count and is stable with help of homeopathic remedy. Cost in 2006: \$1121.
- B.L. came to see me for symptoms of swelling, eating disorder and neurological diagnosis of Autism. B.L has made the best social, verbal and academic advancement since he has been using homeopathy. Cost of treatment: \$1550.
- J.B has chosen to use homeopathy for sexual abuse and high blood pressure. Cost of treatment in 2006: \$1451.

I ask of you to take charge of your health, by choosing homeopathy (Science in harmony with Nature's Law) as your health care system. We are eager to show you how this **Natural and Effective medical science that integrates eastern wisdom and western science can meet your health care needs.**

*“Homeopathy effectively helps a larger percentage of people than any other science and is beyond doubt the safest and most economical form of health care.”----* Mahatma Gandhi, ardent follower of homeopathy.

Sujata Owens CCH, RSHom, HMC, BSc, DHMS  
Homeopathic Practitioner and President, Minnesota Homeopathic Association  
[www.vitalforceconsulting.com](http://www.vitalforceconsulting.com)

Vital Force Consulting, Inc  
108 East Third Street  
Northfield, MN 55057

Phone: 507 645 4329

Bibliography:

**Costs, quality of life and disease severity in multiple sclerosis: a cross-sectional study in Sweden** Authors: **Henriksson, F.<sup>1</sup>; Fredrikson, S.<sup>2</sup>; Masterman, T.<sup>2</sup>; Jönsson, B.<sup>1</sup>** Source: **European Journal of Neurology, Volume 8, Number 1, January 2001, pp. 27-35(9)** Publisher: Blackwell Publishing

**The Arthritis Society**

