

The basic homeoprophylaxis programme

The programme is based on the work of Dr Isaac Golden.¹ This programme is expected to be given alongside general lifestyle measures, healthy diet, exercise, chiropractic/ osteopathy & constitutional homeopathy.

In Australia, routine vaccination is generally recommended for whooping cough, diphtheria, tetanus, poliomyelitis, measles, mumps, rubella, haemophilis meningitis (Hib), meningococcal C disease, pneumococcal disease, hepatitis B, rotavirus and chicken pox. The list will grow.

The basic homeoprophylaxis programme covers the following diseases: whooping cough, tetanus, polio, meningococcal disease, pneumococcal disease, and Hib meningitis.

The reasons for inclusion of certain diseases in Dr Isaac Golden's homeoprophylaxis programme came from:

1. Identifying which diseases were potentially most serious
2. Identifying which diseases were active in the community
3. Identifying which diseases were most discussed by and of concern to parents

Coverage of meningococcal disease and pneumococcal disease were included because of their potential seriousness. Coverage for diphtheria was not included because it is hardly present in the Australian community. Coverage for mumps is not included because it is a mild disease in healthy children and is capable of being treated homeopathically.

All of the diseases in the routine government vaccination programme may be included in the homeoprophylaxis programme, if you choose to. If parents are concerned about a particular disease, which is not covered, they may add it to their programme.

What is the history of homeoprophylaxis?

1801 - The homeopathic prevention of infectious diseases is called homeoprophylaxis (HP). The first documented use of HP was in 1801 by Hahnemann², the founder of homeopathy. He used Belladonna to prevent scarlet fever. The term homeopathic vaccination is a misnomer. Vaccination, a well understood medical term, relies on antibody formation. Homeopathic medicines do not rely on antibody formation. There is a long history of 200 years of homeopathic disease prevention, using miniscule doses of the disease material for protection.

1974 - In contemporary times, Dr. Eizayaga, in Brazil, used HP for 18,640 children during an epidemic of meningitis, and 6,340 did not have HP. In the treated group four cases of meningitis were reported, in the untreated group, 32 cases were reported.^{3 4}

2001 - The most dramatic and statistically convincing result was recorded in a study with 65,826 children given the HP remedy Meningococcinum, and 23,539 children were unprotected. In a rigorous statistical analysis, the authors showed HP was 95% effective up to 6 months and 91% effective up to 12 months.⁵ This result is consistent with both the anecdotal and statistical evidence of short term use over 200 years.

2004 - In his book, "Homoeo Prophylactic Remedies" Dr. Sethi writes about the use of the remedy Diphtherinum by famous homeopath Allen who "had used it for 25 years as a prophylactic and has never known a case of diphtheria to occur in a family after it has been

administered. He challenges the profession to test it and publish the failures. Tyler (another famous homeopath) writes that for nearly three years, Diphtherinum in high potency has been used in the London Homeopathic hospital to protect nurses and patients exposed to the infection, with perfect success.”⁶

2007 - 2010 – In Cuba, the incidence of Leptospirosis (a serious, infectious disease which is carried by rats), is recorded by a national surveillance program and has been well documented over the years by the Finlay Institute. In 2007, after extremely heavy rains, 2.3 million people from the worst affected flooded provinces, were given a HP formulation made from Leptospirosis to prevent a devastating forecast epidemic of the disease. This resulted in the number of cases being significantly fewer than the historically-based forecast. The incidence of cases in other provinces that did not receive homeopathic treatment was as forecast. In the following year, after a dose of 10M was introduced there was a further major reduction in infection in the treated region confirming the effectiveness of homeopathy for epidemic control and prevention.⁷ The incidence of disease dropped to almost zero even after 3 major hurricanes hit. There were almost no adverse reactions to the HP. The implications of this research are enormous. A programme of this scale is unknown in history. Its scientific documentation is incontrovertible. As a result of being outcast by the USA, Cuba has had to become self reliant in terms of production of medicines and health care programmes. This Cuban medical research has not been influenced or hindered by all-powerful pharmaceutical companies. Cuba searches for ways to make use of the most effective and inexpensive methods of dealing with widespread health problems.⁸

How does Homeoprophylaxis work?

Homeopathy is a system of medicine, which was developed by applying inductive logic to careful and extensive observations of healing methods and results. Philosophically, it is centred on a natural law referred to as *The Law of Similar*.

When referring to the treatment of patients, this law states that a substance, which is capable of producing a group of symptoms in a healthy person, is capable of removing a group of symptoms in an unwell person. The example of Ipecac shows that a substance, which can cause nausea and vomiting in a healthy person, can, when used as a homeopathic dose of Ipecac, relieve the symptoms of nausea and vomiting in an unwell person.

A substance, which is capable of removing the symptoms of an infectious disease in an infected person, is capable of preventing the symptoms in a previously unprotected person. For example, homeopathic Belladonna, which was historically used for Scarlet Fever.

We know that homeopathy is relatively effective in practice, and that it is a logical and systematic method of treatment. However, it is not readily explainable in terms of orthodox medicine, because science is not yet able to easily measure the energy profiles of different substances and the intensity of these energy levels. Further, orthodox medicine is based totally on the need to explain all events in terms of molecular reactions, something that apparently makes it incompatible with the homeopathic model. It is important to acknowledge that just because science cannot explain homeopathy, it cannot be concluded that homeopathy does not work; it can only be said that science has not yet developed the techniques required to adequately test homeopathically prepared (poetized) substances.⁹

Are there side effects from using HP?

According to Isaac Golden’s ¹⁰ research as reported in Homeopathic Links International Journal 2007, there are no reports that HP has caused harm to recipients.

How effective is HP?

The single-figure effectiveness of HP is 90.4%.¹¹

What effect is there from long term use of HP?

Long-term use of HP results in an increase of general health (measured by lower incidence of asthma, eczema, ear/ hearing problems, allergies and behavioural problems) compared to those using vaccinations. There is no evidence that long-term use of HP in any way weakened the general health of recipients; in fact the reverse was found.

Do homeopathic remedies produce antibodies?

To date, not enough research has been done to settle this point, although it would not be that difficult to undertake. There have been reports of antibody production as a result of homeoprophylaxis but there have also been reports to the contrary. However, unlike conventional routine vaccinations, the homeopathic alternative does not rely on antibody formation. "The issue of antibody production is therefore a non-essential distraction."¹²

Can you reduce reactions to the orthodox vaccinations?¹³

- Delay giving vaccines until the child is older, 10-12 months (2 months is far too young).
- Don't give vaccines so close to each other, 2 months apart is too frequent.¹⁴
- A healthy diet helps the immune system to operate at its best.
- Regular visits to the chiropractor/ osteopath help keep your child at optimum health.
- Before a vaccination, make sure your child is in good health, with no fever.
- One way to reduce pain of the injection is to apply firm pressure to the site immediately before and after the shot is given.
- Distraction from the actual shot works for some children. Bring a toy or for older children bring a video game.
- A cold compress can help reduce swelling and pain.
- Vitamin C has a protective action against adverse reactions. On the day before the shot and the day of the shot and the day after the shot give 150 mg twice a day to infants. For toddlers give 300mg twice a day. Dissolve vitamin C powder in breast milk, formulae or water and juice for older children.
- According to Dr. Ian Dettman, vitamin C added to formula milk, which has been heated, will retain its vitamin C content probably because of the lactose content.¹⁵

Instructions for use of HP

HP remedies are taken in the same way as any other homeopathic remedy. There are different instructions according to the age of the infant, or child. One dose of the remedy is 2 pillules. Give each dose away from breastfeeding, bottles, eating and drinking by at least a full 20 minutes. This is important when only a few HP doses are being given, to ensure that the dose is actually absorbed in the mouth. (Generally with children in our clinic we now advise to wait only 10 minutes to increase compliance but HP requires only a few doses so we stress that each dose be given carefully. You will also notice that your homeopath has given you more than you really require – this is incase of spillage).

0 to 3 years old Put 2 pillules without touching them with your hands into a clean glass of water (30ml), let the pillules dissolve then using a clean spoon give the child one spoon full or place a plastic needle free syringe or the one provide into the

water and fill it, you can then carefully drop the remedy into their mouth making sure they are not biting down on the glass syringe.

A little older Children can be given 2 pillules straight into their mouth, get them to suck on the pillules until dissolved. The homeopathic must still be taken 20 minutes away from food, drinks, especially toothpaste, peppermints and snacks.

Do not use Vicks Vapour Rub on your child during homeopathic treatment. Store the remedies in a cool dark place. Keep them away from strongly smelling items and electrical equipment including: perfumes, linament, camphor, mothballs, Vicks Vapour Rub, fingernail polish, aromatherapy oils, microwave, TV, computer and not in the fridge.

The general HP protocol is:

For a child under 12 months:

1. Give the first dose of 2 pillules of 200c at 1 month old.
2. One month later give a triple dose ie. 2 pillules of 200c three times over 24 hours eg: a dose in the morning, a second in the evening and a third the following morning but stopping after the first or second dose if you see a response.
3. Repeat the triple dose after 12 months, which would be 200c, 10M, 10M.

For a child between 12 months and two years:

1. Give a triple dose ie: 3 doses in 24 hours of 200c, 10M, 10M but stopping after the first or second dose if you see a response.
2. Repeat the triple dose after another 12 months, which would be 10M, 10M, 10M **then** annually if exposure is likely, otherwise a 5 year booster is sufficient.

For children over the age of two years and for adults :

Give a triple dose over 24 hours of 10M, 10M, 10M but stopping after the first or second dose if you see a response.

The program is flexible. If you start late in the first year, give the remedies in the order shown or according to your choice, as it is OK to change the order of the remedies. If your child has already received some vaccination injections you can still use this program. Some parents choose not to give the remedies for the mild diseases such as mumps, knowing that the disease itself is the most certain protection against later infection.

It is OK to be fully vaccinated then follow later by doing this HP programme. It is OK to do the full HP programme then follow later when the child is older and more resilient by doing the vaccinations. Many parents explain to their friends that they are doing the HP while they are on a delayed vaccination programme which is a recognized thing to do in the medical world, for example with a premature baby.

Occasionally a child will have a response after the first test dose of 2 pillules. Please make note of this and write it down on your HP record sheet attached to this article. It is not a toxic reaction and represents a clearing effect. It is typically mild and short lasting eg; after the first 2 pillules of Pertussin about 2% of children during the next few hours will make some noises like they are clearing the throat or have a cough which sounds like an echo of whooping cough. This is a positive response and means that the remedy has worked. With later doses, the levels of these responses fall throughout the programme.

You must call Sarah Kottmann, before giving any more doses if there has been a response to a HP remedy.

If a patient is taking constitutional treatment it should be given priority over HP, unless HP is required to prevent the likely exposure to a disease.

Sensitivity, family medical history

To help ascertain the sensitivity of your child, your homeopath will ask you about:

- Sensitivities and family medical history of your child
- The pregnancy and birth of your child
- Any symptoms they currently have

For some babies it may be necessary to start their HP programme with a dose of 30c and then go on to 200c, if the above questions about sensitivity have revealed the need for it.

Parents and whooping cough

Adults (especially family members) are the main source of infection in infants, spreading germs through close contact when they talk, cough or sneeze. Therefore we highly recommend that parents and adults working with children take the Pertussin HP for whooping cough. The dose for adults is to give a triple dose over 24 hours of 10M, 10M, 10M but stopping after the first or second dose if you see a response.

During a current epidemic, outbreak or recent exposure.

If you or your child has had recent exposure, we advise the following supplementary remedies. "The reason for this is that no method is 100% perfect, thus the supplementary remedies are like extra insurance to minimize the likelihood of infection.¹⁶" Examples of recent exposure would be contact with someone who has the disease eg: the child next door now has whooping cough and your child played with them recently; or there is a meningococcal outbreak at school. We advise that the whole family, parents, grandparents, carers and siblings follow this supplementary dosing:

Whooping cough	Pertussin 200, twice weekly for 2 weeks
Flu	Oscillococcinum 200, one dose weekly for 4 weeks
Tetanus	Ledum 30, three times daily for 3 days after breakage of the skin
Polio	Lathyrus 200, one dose every week during an outbreak
Pneumococcal disease	Pneumococcinum 200, one dose every 2 weeks for 6 weeks
Measles	Morbilinum 200, one dose weekly for 4 weeks
Mumps	Parotidinum 200, one dose weekly for 4 weeks
Meningococcal disease	Meningococcinum 200, one dose weekly for 4 weeks
Haemophilis	Haemophilis 200, one dose weekly for 4 weeks
Tuberculosis	Tub bov 200c, twice a week for 2 weeks

If you develop symptoms of a disease during an outbreak and have missed the opportunity for prevention, make an appointment with a homeopath to ask for

treatment. Acute remedies may be necessary to treat symptoms. For prevention of disease during travel in areas of possible disease outbreak please speak to Sarah. Be aware of the need to start HP several weeks before travel.

Wart virus ie: Human papilloma virus (HPV)

There is a HPV homeoprophylaxis remedy available.

Using the remedy *Thuja* as prevention of side effects of vaccination

The old homoeopathic method of treatment for vaccination side effects was administering the homeopathic remedy called *Thuja*. This was used as a specific remedy to counteract any negative side effects of the cowpox preparation used to vaccinate against smallpox. The remedy became well known and widely used until modern days. This advice is still commonly repeated in textbooks and will be found on many websites. Now in contemporary times, *Thuja* will only very occasionally be the correct remedy for a child who has suffered vaccination problems.

Back when *Thuja* was the appropriate remedy there was one vaccination which was given which was for smallpox. Nowadays there are a far broader range of vaccination preparations which are administered to children and adults. These vaccinations each have their own homoeopathic counterpart should a child have vaccinosis problems (side effects from vaccination).¹⁷

Summary of conclusions about vaccinations and homeoprophylaxis (homeopathic disease prevention) from Dr Isaac Golden's work

1. Vaccination does provide protection against many infectious diseases
 - (a) The long-term success of vaccination programs has been overstated.
 - (b) Most new vaccines are thoroughly trialed (but not always).
 - (c) The effectiveness of vaccines seems high, but field results are variable.
2. The safety of vaccines is not known with certainty.
 - (a) Short-term testing is undertaken, but results are not consistently reliable.
 - (b) Long-term testing of single health effects is incomplete
 - (c) Long-term testing of overall wellness has not been done.
3. Vaccination is a generally (but not completely) effective method of disease prevention, but the true long-term health consequences have not been researched thoroughly.
4. Homoeoprophylaxis (HP) does provide protection against many infectious diseases.
 - (a) Efficacy is mainly based on 200 years of clinical evidence.
 - (b) What statistical studies have been done provide consistent results.
5. HP is conceptually and clinically very safe.
 - (a) The preparations contain no toxic materials.
 - (b) Long-term studies show positive health effects.
6. HP is a generally (but not completely) effective method of disease prevention, with positive long-term health effects.

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- ¹ Dr. Golden, I. (2005) *Vaccination & Homeoprophylaxis? A review of risks and alternatives*. 6th Ed. Victoria: Isaac Golden Pub.
- ² Hahnemann, S. (1801) The cure and prevention of scarlet fever. *Lesser Writings*. New Delhi: B. Jain Publishers. p.369.
- ³ www.homeopathyoz.org. – the website of the Australian Homeopathic Association
- ⁴ Castro D. & Nogueira, G. (1975). Use of the nosode Meningococcinum as a preventive against meningitis. *Journal of the American Institute of Homoeopathy*. Volume 68(4), 9. 211-219.
- ⁵ Mroninski, C. Adriano, E. Mattos, G. (2001) Meningococcinum: Its protective effect against meningococcal disease. *Homeopathic Links*. Volume 14, p.230-234.
- ⁶ Dr Sethi (2004) *Homoeo Prophylactic Remedies*. B. Jain: India.p. 22.
- ⁷ Bracho G, Varcela E, Fernandez R,et al, Large-scale application of highly-diluted bacteria for Leptospirosis epidemic control. *Homeopathy* 2010; 99; 156-166.
- ⁸ (2010). Cuban experiences on the prevention of Leptospirosis. *Spectrum of Homeopathy*. Narayana Publishers. #.1. p.108.
- ⁹ Dr Isaac Golden (2005) *Vaccination & homeoprophylaxis?* Victoria: Isaac Golden publications.p.127- 129.
- ¹⁰ Dr. Isaac Golden, world authority on HP, has undertaken the world's largest HP study.
- ¹¹ Dr. Golden, I. (2007) An Energetic Model of Homeopathy. *Homeopathic Links*. Vol. 20, p.86-92.
- ¹² Dr. Golden, I.(2005). *Vaccination & Homeoprophylaxis? A review of risks and alternatives*. 6th Edition. Victoria: Isaac Golden publications.
- ¹³ Cave, S. & Mitchell, D. (2001) *What your Doctor may not tell you about children's vaccinations*. Boston: Warner Books.
- ¹⁴ Dr. Golden, I. (2008) *Vaccine Damaged Children? Treatment, Prevention, Reasons*. Victoria:Isaac Golden Pub.
- ¹⁵ Kalokerinos, A. (1998) *Journal of the Australasian College of Nutritional & Environmental Med*, Vol.17, #1, June, p.27-28.
- ¹⁶ Dr Isaac Golden (2005) *Vaccination & homeoprophylaxis?* Victoria: Isaac Golden publications.
- ¹⁷ www.tinussmits.com/english/