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Vol 5 No 1



## President's Message

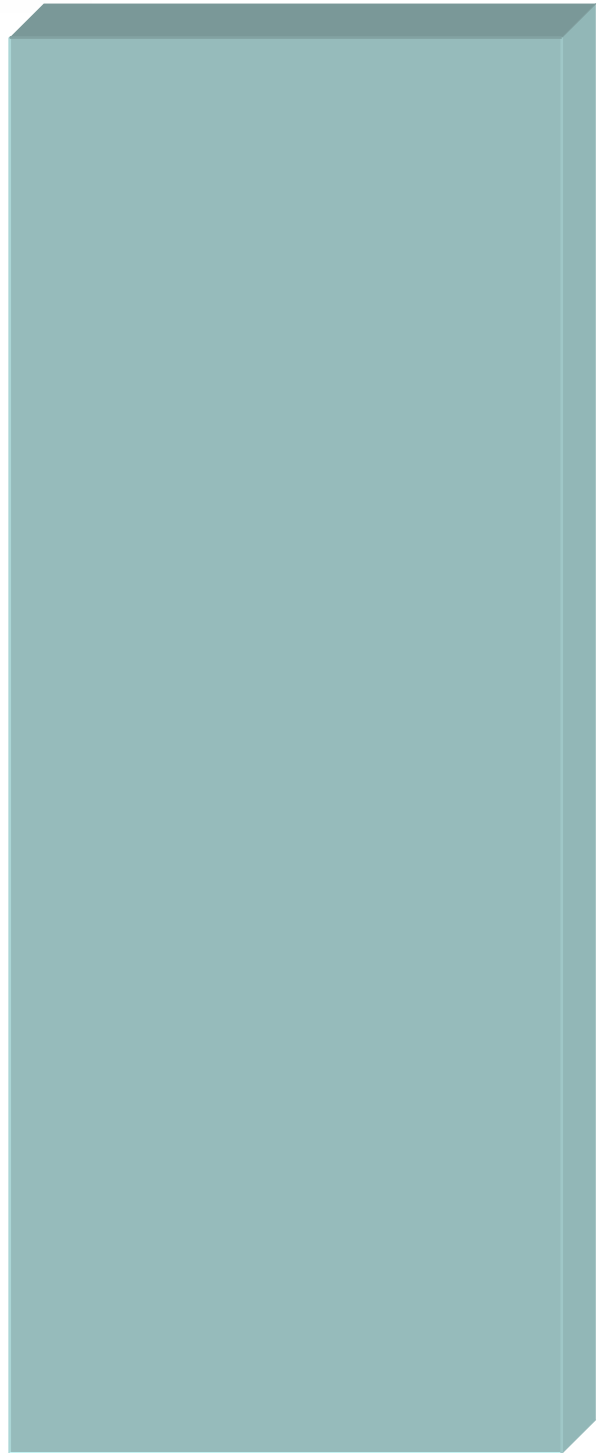
### "JUNK SCIENCE" and "JUNK JOURNALISM"

On January 30, 2004, **DANA ULLMAN**, MPH, well-known author and lecturer on homeopathy, was interviewed by **JOHN STOSSEL** on **ABC News' 20/20** program which aired an eight-minute segment on homeopathic medicine.

*[The following information was mostly taken from Dana's Homeopathic Educational Services' web site [www.homeopathic.com](http://www.homeopathic.com) It is strongly suggested that the reader refer to all the information and various e-mails that Dana cites on this website].*

In a nutshell there was some correct information on homeopathy and some very bad info. The worse mistake was a repeated experiment at Guys Hospital in London which **DID NOT** back the positive results of a prior study on the effect of homeopathic histamine on basophil white blood cells. This prior study revealed consistent statistically significant positive results for homeopathy. It was formerly conducted at four different laboratories and universities and was published in several scientific journals.

The problem with this 20/20 study was that it was **NOT** done according to the protocol of Dr. Ennis. Dr. Ennis is a professor in the Department of Clinical Biochemistry at Queen's University of Belfast, Ireland who repeated the original experiment of Sainte-Laudy and Belon.>P2



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California Homeopathic Medical Society Annual Conference

May 1-2, 2004 in Santa Monica, CA

With Sadhna Thakkar and Others

Tel: 805-646-1495 Fax: 805-646-8159

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[www.homeopathywest.org](http://www.homeopathywest.org)

Dana Ullman pointed out the fact that there were a variety of mistakes made by the experimenter at Guys Hospital. This information is backed by e-mails to Dr. Ennis, ABC producer Mark Golden, and BBC Producer Nathan Williams.

Specifically, Dana states that:

- ✚ The 20/20 experiment used ammonium chloride, a chemical that is known to destroy basophils, the type of white blood cell that was under study. *[Continued Page 3]*

✚ The 20/20 experiment also used a chemical called “foetal calf serum” [the blood from a calf fetus]. According to experts in basophils and experts who had previously conducted this experiment successfully, this chemical complex is not a “recognized medium” for laboratory experiments of this sort, and its effects on basophils are presently unknown.

✚ The 20/20 experimenter left the blood containing basophils to be collected to sit and sediment for 4 hours. It is known that basophils are extremely fragile, thus leaving them to sit for 4 hours disturbed their viability and rendered them useless for scientific experimental purposes.

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Then going to another subject that really puts the “icing on the cake,” it is incredible that 20/20 made a very basic mistake on the dilutions in homeopathy. Dana again is quoted:

*“ABC’s 20/20 provided misinformation about the small doses used in homeopathy. Stossel asserted on air that the “6C” potency of a homeopathic medicine is equivalent to one drop in 50 swimming pools, that the 12C potency is like one drop in the entire Atlantic Ocean, and that the 16C potency is like one drop in a million earths. In actual fact, the total amount of water used to make a 6C potency is around six test tubes [or around 6 ounces of water]. A 12C potency requires 12 ounces of water. Because 20/20 had a London hospital make up the 16C of Histamine, they knew that this pharmaceutical process only required less than a quart of water [16 test tubes worth!]. 20/20 seemingly and incorrectly assumed that each dilution required “exponential” [100-fold] increases in size, when, in fact, it only required repeated dilutions in a small test tube. It seems that 20/20 is already so embarrassed by the statistics they gave, they have already omitted reference in their transcripts of the 20/20 show to the 16C potency.”*

One really starts to wonder about the wisdom of John Stossel himself. As Dana points out:

*“It should be noted that on February 4, 2000, John Stossel produced a controversial program called “The Food You Eat” where he claimed that “buying organic could kill you.” The program asserted that organic food had been contaminated with E. coli [this is a true but misleading assertion because most E. coli is harmless] and, according to a study the ABC had supposedly conducted, pesticide residue had not been found on [Continued Page 4]*

*either organic or conventional produce. And yet, Ken Cook of the Environmental Working Group in Washington offered hard evidence to ABC that showed that the study Stossel said existed was actually never conducted.*

*Afterwards, ABC announced that Stossel would give a public apology, and he did so live on 20/20 saying,*

**'I said our tests found no pesticide residues on either conventional or organic produce. That is just wrong. I apologize for the error [and] am deeply sorry I misled you. All we have in this business is our credibility--your trust that we get it right—I will make every effort to see that it never happens again.'**

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Dana continues: "We have begun to mount a media response to John Stossel and 20/20, and I am pleased to say that we just received a grant of \$5,000 to help in this effort. However, this \$5,000 is conditional on us raising the other \$5,000. We can and will effectively use whatever contributions you can give...and they are tax-deductible when they are made out to:

**The Foundation for Homeopathic Education and Research  
2036 Blake St.  
Berkeley, CA. 94704**

The good news about mounting a media response is that any media that chooses to cover this drama will provide a positive story about homeopathy. I say this with confidence simply because it is highly unlikely that any media that wishes to convey an anti-homeopathy story would want to talk about this junk science study.

One of the most active consumer advocacy organizations in the U.S. is "Citizens for Health" ([www.citizens.org](http://www.citizens.org)), and they have expressed an interested in supporting our efforts. They also plan to help us get the word out and to try to get a retraction from John Stossel."

Thank you, Dana, for the splendid effort you have made to have truth brought forward in this very unfortunate set of events. I hope that our Society and all homeopathic organizations can help in every possible way.

## Oscar Fernandez Update

### Family Nurse Practitioners MAY use Homeopathy

In the last California Homeopathic Medical Society *NEWS* [Vol. VIII, Autumn/Winter 2003/4] the "President's Message" stated that the California **Board of Registered Nurses [BRN]** declared that homeopathy would be "off limits" to Family Nurse Practitioners [FNPs]. **Oscar Fernandez, FNP** was told by the BRN to surrender his license if he continued using homeopathic medicine. Since that time a compromise was reached. The exact details are not totally clear, but appear optimistic for homeopathy being used by Family Nurse Practitioners.

There will be more "red tape" for each FNP to fill out and records more laboriously kept. Oscar Fernandez personally sacrificed much to allow this to occur. There was a fine of \$4,000. He will be on probation for a few years and have to report to a probation officer. His paperwork and traveling to various agencies is monumental.

But Oscar saved homeopathy for FNPs and is truly a hero. Thanks to all who have helped him in any way. **Roger Morrison, MD** and **Nancy Herrick, PA** from the Hahnemann College of Homeopathy along with **Jay Borneman** have been the three people mainly responsible for arranging two lawyers. A fund has been started by Nancy and Roger called:

***Homeopathic Patients' Foundation Defense Fund***  
**80 Nicholl Ave, Point Richmond, Ca 94801**

At the **California Homeopathic Medical Society's [CHMS]** annual spring conference in Santa Monica on May 17<sup>th</sup> 2003, the members voted to donate \$1,000 to the fund. Approximately, \$20,000 has been raised with about \$10,000 from the **National Center for Homeopathy**.

Oscar will be giving a more detail account in the near future. There are still some particulars that need ironing out.

We all wish you the very best, Oscar. Thanks for all your efforts and courage.

**A Good Team Working Together is  
Faster than any Individual Working Alone**

## California Unlicensed Health Care Practitioner Faces Felony Charges

*Amy Lansky, PhD, who is a member of the California Health Freedom Coalition [CHFC], has been following this case. She has provided the following information [please refer also to the CHFC website <http://www.californiahealthfreedom.org>.*

**Reena Chopra**, is an unlicensed Northern California homeopathic practitioner who has been charged in Fremont, CA in October, 2003 with two felony counts of practicing medicine without a license and two misdemeanor counts of representing herself to be a physician.

The practitioner graduated from the Dhondu Mama Homeopathic Medical School in Poona, India; but is not licensed to practice in California and was allegedly selling “drugs from India that were not FDA approved for dispensing in the US.” In addition, she allegedly was selling bogus health insurance. She apparently also referred patients to a local chiropractor for x-rays.

The case was initiated when a customer of this practitioner complained that she was holding herself out to be a licensed physician when she gave a talk to the Women in Business Connection Club at the Fremont Chamber of Commerce. According to the practitioner, the complaint to the California Medical Board came after a billing dispute with this client and after the practitioner failed to appear at another lecture for the Chamber of Commerce that this customer had arranged.

It is currently unclear whether this practitioner was in compliance with California’s health freedom law, SB 577 and other laws. According to SB 577 [2053.5 and 2053.6 of the California Business and Professions Code—parts of the Medical Practice Act]:

“...unlicensed health care providers must provide a written disclosure in plain language that they are not physicians.”

In addition, an unlicensed practitioner is in violation if he or she “holds out, states, indicates, advertises or implies to a client or prospective client that her or she is a physician, a surgeon, or a physician and surgeon.”

Practitioners must also disclose other information about their practice and education. These laws specify that unlicensed practitioners may not perform certain activities: such as drawing blood, puncturing the skin, surgery, *etc.* They must provide a copy of this disclosure to each client at the beginning of service and keep a copy, signed by the client, in their records for three years. There are also specific disclosure requirements that must appear in advertisements of any sort. *[Continued Page 7]*

The case should make one thing patently clear to all unlicensed practitioners who offer services in California: **do not in any way imply that you are a licensed physician.** Even if you hold a PhD, we strongly advise you to not use the title “Dr.” and to never use “MD” after your name. You must come into full compliance with the requirements of California’s health freedom law, SB 577, including the necessary disclosures with patients and in all advertising.

The California Health Freedom Coalition is keeping close tabs on this case and is in communication with the Medical Board, the prosecutor in this case, as well as with the practitioner’s legal counsel.

To find out more about the California health freedom law and its requirements, visit: <http://www.californiahealthfreedom.org>.

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At the time of printing of this *NEWS*, it appears that this case will go to trial. The California Homeopathic Medical Society is also very interested in its outcome and the above comments and recommendations by Amy Lansky seem to be very appropriate to all unlicensed practitioners.

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## Homeopathic Medicines Exempt from Final Testing?

*A press release by the American Association of Homeopathic Pharmacists in February 2004 states the following:*

Last April, one of the actions taken by Mr. Mark McClellan, the still somewhat new Commissioner of Foods and Drugs, was to direct the FDA to clear its docket of proposed rules and actions which had not been made final. Among these FDA docket items is the FDA’s response to a 1979 Citizen’s Petition submitted by the AAHP requesting that homeopathic drugs be exempted from final product testing for active ingredients.

In July of 1979 the AAHP submitted the petition to amend the then newly adopted Current Good Manufacturing Practices (CGMP) regulations by exempting homeopathic drugs from the requirements in 21CFR211.165(a) requiring the laboratory testing of finished drug products to *[Continued Page 8]*

determine conformance to specifications for identity and strength of the active ingredients. The AAHP noted that the request was impractical for homeopathic drugs because of the highly diluted nature of the active ingredients in the finished dosage forms. It was pointed out that the FDA had exempted other drug products from certain impractical requirements and the significant economic impact the requirement would have on the homeopathic pharmaceutical industry. In 1983 the FDA responded in the Federal Register that the arguments in the petition were well founded and would be granted. However, the action was never adopted as a final rule.

The AAHP in July 2003 submitted comments to the FDA requesting that this interim enforcement policy which has applied for 20 years not be allowed to expire with the publication of a final rule withdrawing the 1983 proposal. As presented to the FDA more than 20 years ago this would create a substantial economic burden and an absence of public health benefit. We respectfully requested that the FDA finalize the 1983 proposed rule.

Jay Borneman, Chairman of the Regulatory Committee, worked with Al Lorman, AAHP Counsel, who submitted the original Citizen's Petition in 1983, to draft the comments in time to have them approved by the Board and submitted ahead of the July deadline. The Board recognizes this as an important issue for our entire industry and will continue to keep the membership informed as progress occurs.



## “Some Med Schools Making Room for Alternative Teachings”

**Aviad Haramati, PhD**, Director of Education at **Georgetown University**, Washington, DC, said at a meeting sponsored by the Institute of Medicine in late 2003 that:

**“Ultimately, there is only one medicine—those therapies that help patients. Such approaches can come from the conventional medical world, or from what would be considered unconventional now, but with time could become part of mainstream medicine.”**

At Georgetown, the curriculum was developed by integrating Complementary/Alternative Medicine [CAM] relevant topics into the required basic science and clinical courses. *[Continued Page 9]*

“Many positives would come from requiring CAM education in medical school,” said **Dr. Lawrence Smith**, Dean of Medical Education at **Mount Sinai School of Medicine, New York**. “For example, it would result in patient-focused care, culturally respectful clinicians, an integrative medicine focus, a better understanding of the patient perspective of the illness, and better knowledge of effective CAM therapies.”



## Some Simple Solutions for Menopause

by Dr. Randy Martin, OMD, LAc

There are so many women who come to my practice suffering from hot flashes, low sex drive, vaginal dryness, irritability, falling hair, drying skin and other discomforts due to changing hormone levels. In almost all cases, these problems can be taken care of through a simple process of analysis, diagnosis, nutritional supplementation, dietary recommendations, herbal supplements and homeopathic remedies. In some cases, acupuncture treatments have also helped tremendously.

These are the most important first steps in analysis, diagnosis and treatment:

\*Always check the blood with a basic Chem Panel, CBC, and Thyroid Panel. Often there are basic and simple imbalances that might show up in the blood that won't show up anywhere else.

\*Always evaluate the diet to determine the correct balance of Yin to Yang foods, and the right amount of protein and carbohydrates for each individual's metabolic and body type.

\*Always perform a hair analysis to determine toxic metal load and correct mineral balance.

Next, we want to choose the appropriate herbal formulas:

\*A good Yin Tonic Chinese herbal formula to tonify the female hormones

\*A good Liver Detoxification formula to help the body to balance its estrogen

\*Other Chinese formula as needed for specific symptoms, such as:

*[Continued Page 10]*

- Ginseng and Longon for insomnia
- Temper Fire for hot flashes
- Ponay Tea for weight loss and thyroid support
- Compassionate Sage for irritability
- Tang Quai and Arctium for Skin problems
- Woman's Precious or Shou Wu as a Blood Tonic if needed

Remember to exercise daily, even if that means bringing tennis shoes to work with you and walking around the block a few times during your lunch break.

Eat good, high-quality, low fat, protein every day, and remember that foods high in fiber (whole grain) are preferable to refined carbohydrates (white flour products.) Stay away from sweets and sugar as much as you can, and also reduce or eliminate altogether your intake of caffeine.

Try to put yourself in social situations which make you happy and which support you for who you want to be. Remove yourself as much as possible from social situations which drain you, pull you down, force you to justify who you are, or that feel toxic or make you unhappy.

Trust yourself. This period in life is all about learning to listen to your deeper wisdom and inner guidance. If you belong to a church, synagogue, 12-Step program, or other spiritual institution, try to attend more frequently. If you don't, then try to spend time finding spiritual sources of inspiration, either through art, movement, hobbies, travel, children, or other things that may have interested you in the past but that you may have stopped participating in over the years. Return to the roots that once inspired you.

Try some adjunct homeopathic remedies such as the following to relieve any acute symptoms you may have. If you have never used homeopathy on your own, don't start now. Instead, get the advice of a good homeopath who you can trust and rely upon. Also, if you are under the care of a homeopathic doctor, don't treat yourself without first discussing your treatment with him or her. Homeopathy will be one of your best tools, as time goes on, if your symptoms continue to give you problems. Homeopathy can also be used to permanently change your underlying constitution so that you won't be prone to menopausal symptoms. Note that the following list is highly simplified, and that a more complete analysis would be needed before actually taking the homeopathic remedies.

- ✚ Lachesis: for irritability
- ✚ Sulfur: when you have any skin rashes *[ Continued Page 11]*

- ✦ Mag phos: for muscle cramping or neck spasms
- ✦ Natrum mur: for any urinary problems
- ✦ Nux vomica: for constipation with irritability
- ✦ Sepia: for loneliness and feelings of isolation
- ✦ Lycopodium: for uncontrollable temper
- ✦ Pulsatilla: if you lack motivation and feel others are taking advantage of you

Do not stop taking any prescription medications you may be on without first discussing this with your medical doctor.

## Fevers are Often Overtreated!

Miram E. Tucker reports in the *Family Practice News* on 3/1/2004 that “fever phobia” is still a problem amongst physicians as well as patients. Dr Lewis First said at the annual Masters of Pediatrics conference sponsored by the University of Miami:

“Fever is a normal, adaptive physiological response to an exogenous assault. Elevated body temperatures act to fight bacteria, viruses and toxins by enhancing the production of lymphocytes, antibodies and neutrophils.”

“Truly fever is our friend,” said Dr. First, professor and chair of pediatrics at the University of Vermont, Burlington. “In the vast majority of children, fevers are of short duration and little danger.”

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## ELECTIONS

It is time to think elections! Yes, it is that time of year. To my knowledge all Officers and Board members wish to stay in their positions. However, if there are any challengers, please send the editor a written, no more than 200-word proclamation of your intent. This will be published in the *California Homeopathic Medical Society NEWS*. Much thanks to all our Board and Officers for their time, effort and enthusiasm for the Society.

**Destiny is not a Matter of Chance; it is a Matter  
of Choice**

## 34% of U.S. Insurers Cover Homeopathy

The *American Medical News*, Vol. 47, 6 February 9, 2004 reports that a survey by the **American Association of Health Plans-Health Insurance Association of America** found that in 2002 the following was the coverage for different complementary/alternative medical disciplines:

|                            |     |
|----------------------------|-----|
| Chiropractic               | 94% |
| Massage/relaxation therapy | 70% |
| Acupuncture                | 67% |
| Acupressure                | 58% |
| Herbal Medicine            | 58% |
| Biofeedback                | 49% |
| Homeopathy                 | 34% |
| Hypnosis                   | 11% |

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## Washington State Introduces New Health Freedom Bill—HB 2355

**Monty Kline PhD** reports that Washington State has introduced a Health Freedom Bill as of January 2004. It is quite similar to the California Law [SB 577] which became active as of January 1<sup>st</sup> 2003.

It appears that more and more states will follow California and others in the desire to allow non-licensed practitioners to practice following the necessary disclosures and restrictions

It should be emphasized that the Eisenberg Study [JAMA 1998; 280: 1569-1575] found that over 50% of the people in the Western United States use some form of complementary or alternative health care. At this time many complementary/alternative approaches are being proven safe and effective, while even the **Journal of the American Medical Association** is reporting the **conventional medical and drug approaches are the third leading cause of death in America [JAMA 2000; 284:483-485].**

# Upcoming Events

## May

14 New York, NY  
✚ Sadhna Thakkar *Insights into the Consciousness of Snake Remedies* New York State Homeopathic Association  
[Nyackhomeopath@aol.com](mailto:Nyackhomeopath@aol.com)

15-16 Toronto  
✚ Luc De Schepper, MD *Finding the Simillimum through Delusions and Dreams*  
(866)866-3987  
phone/fax(613)749-9762  
[events@whnow.com](mailto:events@whnow.com)

26 – June 1 Toronto  
✚ Rajan Sankaran Ontario College of Homeopathic Medicine  
(416)535-5995  
Fax(416)535-2964  
[www.ochm.ca](http://www.ochm.ca)  
[info@ochm.ca](mailto:info@ochm.ca)

## June

2 New York, NY  
✚ Jeremy Sherr *Dynamic Case Clinic and New Proving*  
(914)378-5320  
[aquamarina@speakeasy.net](mailto:aquamarina@speakeasy.net)

## June

12 -13 Baltimore, MD  
✚ Luc De Schepper seminar NCH 82<sup>nd</sup> Summer School  
(703)548-7790  
Fax (703)548-7792  
[info@homeopathic.org](mailto:info@homeopathic.org)  
[www.homeopathic.org](http://www.homeopathic.org)

12 – 25 Baltimore, MD  
✚ NCH 82<sup>nd</sup> Summer School  
13 weekend and week-long courses  
(703)548-7790  
Fax (703)548-7792  
[info@homeopathic.org](mailto:info@homeopathic.org)  
[www.homeopathic.org](http://www.homeopathic.org)

18 – 20 Toronto, Ontario, Canada  
✚ Jonathan Shore, MD  
✚ *Bird Remedies*  
(416)498-1255 ext.255  
[mclements@ccnm.edu](mailto:mclements@ccnm.edu)  
[www.ccnm.edu](http://www.ccnm.edu)

19 – 20 New York, NY  
✚ A.U. Ramakrishnan *Respiratory and Skin Disease, Arthritis, Lupus*  
(212)794-4993 (212)570-9049  
[happytails@mindspring.com](mailto:happytails@mindspring.com)

## July

- 9 – 11 Ithaca, NY  
✚ Jude Wills-Hunt *Exploring the Core of the Case*  
✚ School of Homeopathy Devon  
(866)424-8783

## September

- 17 – 19 Ottawa, ON Canada  
✚ Janet Snowdon *Cased-based seminar* School of Homeopathy Devon  
(905)780-9885  
Fax (905)780-6951

- 22 – 28 Evergreen, CO  
✚ Misha Norland and Janet Snowdon  
*Weeklong Advanced Clinical Workshop* School of Homeopathy Devon  
Phone/Fax (866)424-8783

- 25 – 26 New York, NY  
✚ A.U. Ramakrishnan  
*Gynecology and Obstetrics*  
(212)794-4993  
Fax (212)570-9049  
[happytails@mindspring.com](mailto:happytails@mindspring.com)

## October

- 2 – 4 Santa Fe, NM  
✚ Misha Norland *Exploring the dynamic roots of suffering and the dynamic evolution of healing* School of Homeopathy Devon  
Phone/Fax (866)424-8783

## November

- 12 – 14 Toronto, Canada  
✚ Jan Scholten, MD  
*Lanthanides and More.*  
Luminos Homeopathic Courses Ltd.  
(604)947-0757  
[aryana@homeopthycourses.com](mailto:aryana@homeopthycourses.com)

[www.homeopathycourses.com](http://www.homeopathycourses.com)

- 15 – 16 Monterey Peninsula, CA  
✚ NASH Post Conference Seminar  
(206)720-7000  
[nashinfo@aol.com](mailto:nashinfo@aol.com)  
[www.homeopathy.org](http://www.homeopathy.org)

- 19 – 21 San Francisco, CA  
✚ Jan Scholten, MD  
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## International

October 2004

- 18 – 23 Buenos Aires,  
Argentina  
59<sup>th</sup> LIGA Congress  
for More information please  
call:  
54-11-4826-0911/5852  
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**The race is not always to the swift...but  
to those who keep on running.**



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