



Healing with Homeopathy

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Homeopathic Treatment of Cancer: General Considerations

Treating the Patient, Not the Cancer

Homeopathic medicine, by definition, treats the whole person. Although the precise mechanism by which homeopathy acts has not been verified, the effects are clear: an overall balancing of the organism resulting in an alleviation or improvement of many or all symptoms. The correct homeopathic medicine, known as the simillimum, will produce cure. Exactly what is meant by cure, of course, depends on the individual. Although homeopathy, by itself, has been known to "cure" cancer in some cases in the homeopathic medical literature, this is not a promise that most homeopaths would make today, for reasons to be discussed. However, many practitioners will recommend constitutional homeopathic treatment as an adjunct to other modalities, conventional and/or alternative. In the State of Washington, in fact, the naturopathic licensing law mandates that NDs can treat patients with cancer but not the cancer itself. In the case of homeopathy this is no problem since it would be impossible to treat a malignancy without taking into account the individual as a whole, at least in classical homeopathy. Our discussion is limited to the use of one medicine at a time, prescribed for the whole patient based on an in-depth interview, rather than any other type of therapy choice or using homeopathic medicines in some other way.

A homeopath would say that cancer does not arise in a vacuum. There must be susceptibility or fertile ground regardless of whether the cause appears to be genetic, environmental, psychogenic, or other. If an organism were fully in balance, the cancer could not take hold. The prolific spread of undifferentiated or mutated cells characterized by cancer could not occur. To only cut out or irradiate the cancer with no other treatment or lifestyle change may or may not be effective. If the organism continues to provide a hospitable environment for the cancer cells, a recurrence is possible, depending on many factors. If, however, the organism is brought into equilibrium, the likelihood of a recurrence is decreased.

Who is Treatable and Who is Not?

This is relative depending on the goal of treatment and which other therapies are being used. If the goal is the elimination of the cancer and the tumor is operable, most homeopaths will recommend surgery in addition to homeopathic treatment. The medicolegal atmosphere, as well as common sense in the case of those cancers known to respond

well to conventional treatment, make it risky and often unwise, for any alternative practitioner to promote stand-alone treatment of cancer.

Homeopathy, thanks to its gentle, nontoxic properties, cannot damage a patient with cancer, at least not to our knowledge. It can be used in conjunction with any other approach, including surgery, chemotherapy, and radiation, although the goals are very different. Homeopathic treatment seeks to strengthen and bring into equilibrium the vital force of the cancer patient, in contrast to the conventional approach which attempts to kill or otherwise remove the cancer but may, unfortunately, weaken the patient.

Although the best prognosis for cure comes with the earliest intervention possible, homeopathy may be of benefit at any stage of cancer. In addition to constitutional treatment of the patient with cancer, homeopathic medicines can reduce side effects of conventional treatment and, in the last days of life, can decrease pain and anxiety so as to allow a more peaceful transition. Bob was fortunate to treat his mom during her last days prior to her passing from lung cancer. Homeopathic medicines eased her digestive discomfort, allowed her to relax and be more comfortable, and, during the final hours, offered her a brief period of lucidity (a respite from a comatose state), in which she could go to the bathroom one last time and make direct eye contact with her loved ones. To begin constitutional treatment in the case of a patient with advanced or widely metastasized cancer may not be productive, for the patient, the practitioner, or the family. However symptom management to ease one's passing and, possibly, reduce or eliminate the need for medications that may dull the senses, can be quite helpful. >

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Homeopathy & Cancer



Casetaking, Case Analysis, Medicine Selection, and Prescription

It is important to take a very thorough homeopathic case in anyone dealing with cancer. The mental and emotional state and symptoms are often highly significant and just as important, if not more so, than the physical complaints. As with any homeopathic case, it is essential to discover the unique symptoms of that individual. It is the unusual, uncommon, and differentiating aspects that lead a homeopath to find the right medicine and not those that are characteristic of most patients with that particular type of cancer. It is important to elicit the untreated symptoms as they were prior to any intervention, conventional or otherwise. In a patient with non-metastasized breast cancer, for example, who has had a mastectomy, for example, the cancer is gone. Yet the breast cancer is still taken as a symptom, of course, because it would still be present if it were not for surgical intervention. Cases of patients with cancer need careful attention and study, taking into account the striking symptoms, modalities, concomitant symptoms (if any), miasms (cancer or other), kingdoms, families, and state along with family history, dreams, and absolutely anything else that can lead to an effective prescription.

We recommend being open-minded and unprejudiced in selecting a medicine. Analyze the case carefully and avoid routine prescriptions such as *Carcinosin* (cancer nosode) based only on the illness and not on the person. This is not homeopathic thinking. Dr. A.U. Ramakrishnan, a native of Madras, has treated over 4,000 patients with cancer, mostly in India, and, more recently, in the United States. He has developed a protocol for administering frequent doses of two homeopathic medicines, often in the 200C potency, in alternation. The selection of the medicines are based on the type and site of the cancer rather than delving deeply into the mental and emotional state of the patient. Dr. Ramakrishnan's protocol is documented in his new book, *A Homeopathic Approach to Cancer*. It is not a method that we have used extensively, mostly because the selection of medicines is so foreign and counter-intuitive to our previous learning and experience. However, Bob did use Dr. Ramakrishnan's methodology with one already-established patient who was subsequently diagnosed with multiple myeloma. After two months of this protocol, he was told, based on radiology, that the cancer was in remission. This was three years ago and, although the patient continues to suffer from a blood disorder, the cancer has not returned.

Case Management of Patients Using a Combination of Treatment Modalities

As naturopathic as well as homeopathic doctors, we do not limit our armamentarium to homeopathy when treating patients with cancer. We recommend a number of nutritional supplements and dietary and lifestyle changes, depending on the type of cancer and the nature and willingness of the patient. Finding one's spiritual path/truth is particularly vital during this time as is removing any and all obstacles to total healing. It may be surprising to some readers that homeopathic medicines can be administered to those undergoing chemotherapy and radiation. It is generally not productive to

give a single dose of homeopathic medicine and to wait six to eight weeks before evaluating, such as we normally do with many of our patients. There are several ways to give homeopathic medicine in frequent doses. The first is to give LM potencies (dilutions of 50,000 to one rather than the centesimal or decimal potencies), which are mixed in water and given once daily. LM preparations generally take effect more gradually than single doses of high-potency medicines and are less likely to cause an aggravation. Many practitioners find them to be the potency of choice when a patient is either taking strong conventional drugs, using a variety of modalities, or is unable or unwilling to avoid exposure to potentially antidoting substances such as coffee and aromatics. A second possibility is the use of repeated doses of 6C or 12C potencies. Lastly is the method of Dr. Ramakrishnan mentioned above, in which he gives a 200C potency repeatedly. Many of us have been trained to be cautious in repeating high-potency homeopathic medicines, however Dr. Ramakrishnan believes that, due to the tenacious, destructive nature of cancer, that such dosing is more effective and, in fact, necessary.

It is necessary to carefully monitor the progress of patients with cancer who are also under homeopathic treatment. Sorting out just which therapy has had which effect can be challenging, if not impossible, especially during the active phase of treatment with chemotherapeutic drugs and radiation. Even though the patient has received the correct homeopathic medicine, he or she may report fatigue or exhaustion and a variety of other complaints which are side effects of the conventional treatments. If the homeopathic medicine is well-chosen, it is best to simply continue giving it throughout this period, unless other extenuating circumstances arise, until at least some positive effect is clear and confirms the medicine. One advantage to beginning homeopathic treatment prior to surgery, chemotherapy, or radiation is that, hopefully, enough symptoms will improve that it will be clear whether the correct medicine has been chosen. Even if the patient does not begin the homeopathy until after the conventional treatment, there is generally enough of a positive change in other areas of the individual's health and well-being to assess the success of the medicine.

What Can Be Expected From Homeopathy in These Patients

- An increase in energy and vitality, often dramatic
- An improvement in the mental and emotional state
- A reduction in symptoms associated with the cancer (although this can be confusing in the case of conventional treatment beginning at the same time as the homeopathy)
- Enhanced mental clarity, coherence, creativity, and peace of mind
- Strengthening and protection of the immune system
- Protection against future recurrence
- A greater overall sense of freedom
- Tumor regression in some cases

Some of the changes listed above may occur with conventional treatment alone, however the improvement may wane over time, whereas it should continue steadily with effective homeopathic treatment.

Homeopathy & Cancer

Patient Compliance

People are highly motivated to seek out treatment when they are first diagnosed with cancer. Six months to a year later, after experiencing initial recovery post-surgery, having undergone regimens of drugs or radiation, and the dust having settled from the shock of the cancer diagnosis, priorities change. Taking handfuls of nutritional supplements, endeavoring to cultivate a positive attitude and lifestyle, and gearing up for the long haul may have lost some of its appeal. Even though homeopathic treatment is painless and appointments infrequent, after the first six months to a year is when we find that some patients with cancer drop out of treatment. To a homeopath, this is unfortunate, because the longer such a patient continues with homeopathy, usually the better he or she feels and the more profound the transformation and well-being. As much as we emphasize a longterm commitment to treatment, ours is a society that promises quick fixes and promotes short attention spans. Although any amount of homeopathic treatment is better than none and, hopefully, increased self-awareness and insight result from even the initial casetaking, a minimum of two years of treatment is recommended for any patient with cancer.

A Personal Report and Addendum

Judyth, as many of our readers know, was diagnosed three years ago with non-invasive ductal carcinoma in situ. She chose a number of therapies including a mastectomy and free-flap reconstruction, homeopathic treatment, spiritual healing, an intensive program of nutritional supplements, and, ultimately, a reassessment of nearly every aspect of her life. She is happy to report that, despite some persistent, mild side effects of the surgery, she feels more balanced, happy (even ecstatic at times), in tune with the beauty and peace of nature, and more in love with life than she has been in years. There is, often, an even deeper and richer life after cancer, if it is meant to be.

Judyth Reichenberg-Ullman and Robert Ullman are licensed naturopathic physicians board certified in homeopathy. Their books include the *Whole Woman Homeopathy*, *Ritalin-Free Kids*, *Rage-Free Kids*, *Prozac-Free*, *Homeopathic Self-Care*, *The Patient's Guide to Homeopathic Medicine*, and their newest work, *Mystics, Masters, Saints and Sages-Stories of Enlightenment* (Conari, September 2001). They teach and lecture widely and practice at The Northwest Center for Homeopathic Medicine in Edmonds, Washington and Langley, Washington. They may be reached by telephone at 425-774-5599 or by fax at 425-670-0319. Their website is www.healthyhomeopathy.com.

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