



The Natural Pharmacy

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Homeopathic Nutraceuticals... The Best of Both Worlds

Homeopathy is a 200 plus year-old approach to healing that utilizes products that are prepared in accordance with standards set forth in the Homeopathic Pharmacopoeia of the United States (HPUS) and its current Revision Service (HPRS). The Food and Drug Administration (FDA) regulates these products as over the counter (OTC) drugs and requires that homeopathic producers be registered as pharmaceutical manufacturers.

Nutraceuticals are defined by the American Nutraceutical Association (ANA) as functional foods that have potentially disease-preventing and health promoting properties. They are also naturally occurring dietary substances in pharmaceutical dosage forms, thus including "dietary supplements" as defined by the Dietary Supplement Health and Education Act of 1994 (DSHEA), as well as comparable substances unintended for oral ingestion.¹

Homeovitics

Homeopathic nutraceuticals may seem like an oxymoron, since historically, homeopathic products have been regulated as drugs, whereas, dietary supplements are considered to be foods. However, recent events seem to have blurred the distinction between the two and created a new and exciting class of products: homeopathically prepared nutraceuticals, often termed homeovitics.^{2,3}

At first glance, these two types of products may seem quite different as far as their definitions are concerned. They are, however, similar in many ways. Homeopathics and nutraceuticals are usually grouped together on retailers' shelves. They both offer an alternative to conventional OTC drugs. They have similar pharmaceutical dosage forms and similar uses, albeit, with different mechanisms of action. They may, in fact, be used together to treat self-limiting, self-diagnosed conditions. Their sources are sometimes the same, particularly in herbal or botanical origin. One can often find the same herbal component of a nutraceutical available in a homeopathic form. The basic difference is in the method of production, the homeopathic is in an energetic form while the herbal or nutraceutical is molecular in substance.

Regulatory Issues

From a regulatory standpoint, the FDA permits products to be labelled as homeopathic only if all active ingredients are prepared according to the HPRS. For example, if a formulation contained a homeopathically-prepared herbal as well as an amount of the same herbal in pure form, the product would be considered a nutraceutical rather than a homeopathic.

Combinations of homeopathically prepared substances are very popular in the self care marketplace. Their use is sanctioned in a "Statement Regarding Combinations of Homeopathic Drugs" which appears in the current HPRS. However, combinations are unmonographed in the HPRS and are considered to be unofficial homeopathic products. Homeopathically prepared nutraceuticals are therefore unofficial homeopathic products in combination whose labelling is regulated by the DSHEA.

In Europe, where homeopathy originated and has flourished, combinations are very popular in both self-care and in clinical treatment of diagnosed illnesses. The term "homeotherapy" is used to describe the various contemporary approaches used in European countries. A recent publication from the European American Coalition of Homeopathy (EACH) states the following: "For a legitimate classification of a pharmaceutical (or nutraceutical) as a 'homeopathic medication,' it is not the manner of use, but solely the aspect of manufacture which is decisive. These medications are produced in accordance with pharmaceutical-galenical (nutraceutical) criteria, which are stipulated within the official homeopathic pharmacopoeias and the valid, authorized guidelines of the European union."⁴ (*italics added for clarification*)

This progressive European approach to homeopathy is being adopted in the USA. It recognizes that homeopathically produced substances can be used in many ways...as self-care in acute situations, in chronic illness, for specific indications (stress and insomnia for example), and to support cellular regeneration of organs and systems as homeopathic nutraceuticals.

The Homeopathic Pharmacopoeia

In May of 1998, the Homeopathic Pharmacopoeial Convention of the United States (HPCUS), recognizing the potential usefulness of homeopathic nutraceuticals, stated the following: All substances, including vitamins, when prepared according to HPRS Guidelines and meeting the Criteria for Eligibility are eligible for consideration for inclusion in the HPRS (HPUS).⁵

At the same time, the HPCUS provisionally accepted for inclusion in the HPRS a number of new nutraceuticals that joined a growing list of such substances that are currently monographed. Examples of types of nutraceuticals officially recognized in the HPRS are as follows:⁶

- Vitamins, eg. ascorbic acid, pyridoxine, riboflavin
- Minerals, eg. calcium salts, zinc salts, potassium salts
- Hormones, eg. cortisone, pancreatin, epinephrine
- Biochemicals, eg. adenosine triphosphate, coenzyme A, cysteine
- Glandulars, eg. thyroid, pancreas, adrenal cortex
- Herbals, eg. ginkgo, garlic, goldenseal, echinacea

Products on the Market

Interestingly enough, some of the earliest and still important homeopathics, the cell salts and Bach flower remedies, can be considered to be nutraceuticals in their clinical uses. This is the common thread that weaves homeopathics and nutraceuticals together... their use.

Most newer homeopathic combination products that one sees on pharmacy and health food store shelves usually contain well-recognized herbals that are also available as nutraceuticals. To illustrate this point, consider a homeovitic formulation for stress. It might contain ginseng or several ginsengs for their adaptogenic effect. Add some gotu kola, which also has an anti-stress effect, plus royal jelly, a natural source of the valuable B vitamin,

pantothenic acid. Ginsengs and gotu kola, besides being nutraceuticals, are also official homeopathic substances, while royal jelly is a very popular nutraceutical. This formulation is an example of combining the best of both worlds...homeopathic nutraceuticals.

A similar homeopathic nutraceutical for relaxation and as a sleep aid could combine the official homeopathic forms of kava kava, passion flower, lavender, gelsemium and chamomile with a homeopathically prepared nutraceutical, melatonin. This homeovitic would be a safe alternative to habit forming conventional medicinals.

Detoxification is a bodily function that may also be supported by homeovitics. This concept is discussed in the aforementioned book, *Homeotherapy*, under the therapeutic school known as Antihomotoxic Therapy and Homotoxicology.⁴ Xenobiotics such as environmental chemicals and heavy metals are targeted by this type of approach. These cellular toxins are thought to be a significant contributing factor in all chronic illness. Formulations of official (HPRS) homeopathic substances, ex. mercury, lead, aluminum, combined with homeopathically prepared nutraceuticals can be employed as detoxifiers as an adjunct to nutritional programs. Homeovitic cellular detoxification is being recognized as an important first step in nutritional protocols. Its efficacy has been validated by a meta-analysis of 105 published studies on cellular detoxification which concluded that 80% of the outcomes meeting the criteria for meta-analysis were positive.⁷

Another example of this concept is the homeopathic blending of enzymes and other biochemicals to support cellular regeneration. A number of Kreb's cycle intermediates are official homeopathic substances, ex. acetic and citric acids, as are other important cellular chemicals such as coenzyme A, adenosine

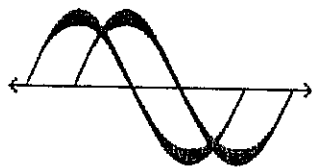
triphosphate (ATP), nicotinamide adenine dinucleotide (NAD) and alpha lipoic acid. A homeovitic formulation containing these and other homeopathically prepared nutraceuticals including coenzyme Q10 (CoQ10), cytochrome C, S/adenosylmethionine (SAMe) and tetrahydrofolic acid had a positive effect on the immune system in a preliminary study that was published in the *Journal of Applied Nutrition* in 1996.⁸

In conclusion, homeopathic nutraceuticals are a contemporary blending of both homeopathy and nutrition. This is a new concept whose time has come. Homeopathics and nutraceuticals are currently regulated by the FDA through both drug regulations and the DSHEA. These products have unquestioned safety. Their clinical uses and validation give us "the best of both worlds."

References

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Highly Successful European Method of Finding and Eliminating the Real Causes of Chronic Disease



Different therapies work at different levels of the body. Chiropractic adjustments, surgeries, and the setting of bones work at the structural level. Medicines, drugs, and herbs work at the level of biochemistry. Bioresonance works at the biophysics level.

Body chemicals are made up of atoms, which in turn are made up of subatomic particles. Physicists long ago discovered that subatomic particles behave like energy

and radiate energy into their surroundings in specific patterns, called waves: When these waves of energy interact, they can either add or subtract energy from each other depending on how they are aligned.

It is this interactive phenomenon that Bioresonance researchers have studied for more than two decades to manipulate wave patterns therapeutically. In fact, Bioresonance Therapy devices have been in use in Europe for 23 years. Researchers have been able to analyze the distinct wave patterns, or oscillations, of normally functioning body systems and organs as well as those of antigens and pathogens such as viruses, bacteria, and toxins (for example, mercury). The electro-magnetic charge of these harmful substances can be canceled out through Bioresonance Therapy by sending the appropriate oscillations to the patient's body.

Bioresonance is also applied to amplifying, or strengthening, the oscillations of the body's organs and systems. This therapy procedure re-energizes organs and systems to help re-establish optimal health.

By diagnosing and treating disease and health conditions through analyzing and manipulating energy wave patterns, Bioresonance Therapy is treating the body at its most profound level.

For more information on how you can learn about **BICOM[®]** Bioresonance technology, please contact us at 1-888-532-0897 or see our website at www.bri-research.com.



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