

Studies prove efficacy of modern homeopathic preparations!

By Dr. Wolfgang Kern

Review publishes sensational results!

Every two years, Germany's leading producer of homeopathic preparations, Heel, publishes an overview of the latest studies on combination preparations in connection with the German Biological Medicine Association in the review *Ärztegesellschaft für Biologische Medizin*. The 2001/2002 overview has just delivered the results of tests for fever in children, joint wear (arthrosis), chemotherapy side effects, diabetic nerve damage (polyneuropathy), vertigo and the inhibition of viral activity in common colds.

In each case, the homeopathic combination preparations tested brought significant relief. The review reveals that the combination formulas were effective for problems associated with diabetes, chemotherapy and viruses. Equally significant are the medical journals that have published the studies: for the first time ever, a study on a homeopathic preparation has made it into *Cancer*, a leading American medical journal.

Combination preparations have different ways of action

According to Dr. Klaus Küstermann, President of the German Biological Medicine Association (*Ärztegesellschaft für Biologische Medizin e.V.*), the efficacy of a true combination preparation depends on the special blend of active homeopathic ingredients.

A combination preparation should serve four basic principles: it should curb inflammation, detoxify connective tissue, improve organ function as well as relieve and fortify the immune system.

The importance of each remedy varies according to the area in which the individual preparation is applied:

- For sports injuries, for instance, the emphasis is on reducing inflammation (pain) and ridding tissue of toxins (detoxification). A typical combination preparation for such cases is **Traumeel**.
- In the case of vertigo, improving organ function (transfer of nerve impulses inside the brain) takes priority. This calls for the use of a combination preparation such as **Vertigoheel/Ventigoheel**.
- Bringing relief to the immune system (stopping overreactions) is the main way to combat hay fever (allergies). Combination preparations such as **Luffeel** are designed for this purpose.
- In the case of flu infections, the inflammation must be curbed and the immune system strengthened – e.g., with **Gripp-Heel**.



Drugs need physician's seal of approval

These days, doctors regularly prescribe many homeopathic combination preparations. Vertigoheel/Ventigoheel, for instance, is the most frequently prescribed drug in the treatment of vertigo in Germany. Other combination preparations are prescribed as valid alternatives to traditional pharmaceutical preparations – e.g., Zeel for arthrosis instead of Diclofenac and Cox-2 inhibitors. Again, research has provided the “scientific assurance” that a switch to gentle and effective homeopathic treatment is beneficial.

Many homeopathic preparations may be covered by prescription under the state health insurance system of different countries. This saves money and guarantees a therapy with minimal side effects. But there is yet another reason why Dr. Küstermann believes the use of combination preparations in the everyday medical treatment of patients is important. “Only when such preparations have proven themselves on this front, will patients feel confident using them to self-medicate,” he says.