

valuable scientific evidence-based data concerning depression as well as other pathologies treated with classical homeopathy.

**Keywords:** Depression, Homeopathic treatment, Remedy effect, Clinical research, Medical software

## Are homeopaths culturally prejudiced? Homeopathy and Medical Anthropology: two qualitative studies from an intercultural perspective

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**Introduction:** According to the World Health Organization the use of traditional and complementary medicines has become a truly global phenomenon as products and practices from specific regions are now found throughout the world. Homeopathy's expansion in new locations was lately researched and discussed in medical anthropology. Aside from issues of regulation, there are important cultural implications for usage and training when such systems of medicine are deployed in different social settings. Therefore the impact upon local cultures and the implications for homeopathic practice as well as on homeopathy at large demand attention.

**Description:** In two separate Grounded Theory, qualitative studies, interviews were conducted with stakeholders of humanitarian aid projects of homeopathy in an intercultural context. In one study 12 educator/trainers were questioned about their experience in delivering homeopathy in a cross-cultural setting. The other study explored how 12 practising homeopaths, in five African countries, perceived their training and the challenges of application in their clinics.

**Results:** Interviews yielded rich data about both supporting and hindering influences in training, practice and society. Besides practical issues in training and practice, these pertained mainly to intercultural transmission. Cultural awareness, appreciation of traditional medicine and local customs are prerequisites of understanding, culturally sensitive case-taking and analysis, and perception of homeopathy by patients and public.

**Conclusion:** The two studies revealed several conditions for successful transmission of homeopathy into other cultures. Furthermore they highlight challenges for further investigation of homeopathy in medical anthropology. Specifically:

One needs to acknowledge homeopathy as a cultural system of western origin. Frequently concepts like "Vital force" and "Miasms" employed in a non-western culture incur reinterpretations according to the cultural background. Homeopaths must review underlying principles such as basing the prescription on the patient's own words as the expression of disease; sickness is often culturally defined.

**Keywords:** Homeopathy, Medical anthropology, Treatment, Training, Intercultural

## Pancreatic recovery and injection free status has been achieved with insulin dependent diabetics by adding homoeopathy to the usually prescribed mix of insulin, diet and exercise

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The majority of Type 1 Diabetics (also known as Insulin Dependent Diabetes and Juvenile Diabetes) will suffer from diabetic complications in their lifetimes.

Doctors encourage patients to maintain diabetic range HbA1c < 7.5 for children and < 7 for adults. Sadly, only 40% or less of under-40 year olds will achieve these inadequate targets, and of those that do, 50% will still suffer from complications.

The common feeling is one of hopelessness, that even if insulin is taken correctly, there is daily damage and gradual, irreversible deterioration of quality of life.

So, is there something that can be done to change this morbidity and break this cycle of despair?

Effectively used, Homoeopathy reduces the wild fluctuations in blood glucose, thereby allowing improved HbA1c control to be achieved, which minimizes or eliminates diabetic complications.

My case findings show that:

- Patients on the program with normal, or just below normal, C-Peptide levels of about 0.35+ (NR 0.4–1.5) experienced very rapid blood glucose stabilization and insulin reduction. Additionally, some patients became non-insulin requiring. Early intervention yielded the most rapid results.
- Patients who became non-insulin requiring remained stable where their HbA1c averaged around 5.8.
- Preserving and improving C-Peptide is the key to maintaining superior diabetic control.
- Stabilization of C-Peptide was achieved by maintaining normal range HbA1c levels (NR 4.0–6.0).
- For more severe cases, achieving the initial phase HbA1c target level of 5.3 to 5.5 ± 0.2 resulted in C-

Peptide increases, suggestive of pancreatic regeneration as well as a decrease in autoantibody activity. This in turn resulted in a reduction of insulin requirements over the medium to long term.

An integrated individualized program that includes Homeopathy, diet and nutrition, exercise and insulin was used to obtain these results.

The poster will provide case studies and lab results to support the above findings.

**Keywords:** HbA1c, C-Peptide, Insulin, DM1, Type 1 diabetes, Insulin Dependent Diabetes, Juvenile diabetes, Diabetes, Pancreatic regeneration