

## **HRI Conference Report Malta 2017**

### **3rd HRI International Homeopathy Research Conference - Malta - 8-11 June 2017**

As in the previous conferences in Barcelona (2013) and Rome (2015), the conference was very well attended with presenters and participants from all around the world. The presentations included overviews of various research areas in homeopathy. The thirty-six presentations and a further thirty-four poster presentations illuminated research in clinical, in-vitro and basic research as well as drug testing and veterinary homeopathy.

More than 200 colleagues from 25 countries were present, among the participants was a large delegation from Hong Kong. The first day started with the presentations of Michael Frass and Elio Rossi for the adjuvant treatment of cancer patients with homeopathy. The results of the study by Frass are significantly positive in terms of global health and subjective well-being.

Rossi's approach goes beyond homeopathy and also intersects other complementary medical procedures in cancer treatment. The results in symptoms such as nausea, insomnia, depression, weakness, radio-dermatitis and others are consistently encouraging. Due to the study situation, integrative cancer medicine, as practiced, for example by Elio Rossi in Tuscany, should be the norm rather than an exception, especially in view of the fact that patients should be given the freedom of choice of care in treatment.

Another topic which has the highest relevance on European health agencies is antibiotic resistance. Various speakers illuminated the possibilities offered by homeopathy to reduce the use of antibiotics, for example, in the case of upper respiratory tract infections. There was a large multi-centric study by Petra Klement (DHU), which demonstrated the effectiveness of a complex remedy in patients with a history of recurrent tonsillitis. Both the frequency and the intensity of the tonsillitis decreased significantly.

Currently no funding is available for the study of individualized homeopathy, the homeopathic community must consider how an alimentation of research that does not bring any measurable profit can take place. Alison Fixsen and Peter Fisher underlined that homeopathy is an alternative to current antibiotic prescription practice and that such

alternatives urgently need to be explored, as the cost to the public-sector coffers will rise astronomically due to multi-resistant pathogens.

In the area of the review, Robert Mathie could demonstrate, among other things, the importance of model validity - that is, the extent to which the study depicts actual homeopathic work and not just the use of high potentials - and the influence of this quality criterion in meta-analyses. In the field of basic research on physicochemical basic research, e.g. Spectroscopy, luminescence, nuclear magnetic resonance and impedance measurements, Sandra Würtenberger showed a trend towards increasingly better-quality studies used for this purpose and an overall increase in studies in recent years.

In basic research, more refined models are being established, which now allow drugs to be differentiated from placebo and to identify different remedies and potencies. With his plant and biocrystallization models, Stephan Baumgartner is about to be able to carry out initial experiments on quality control issues in the production and storage processes of homeopathy.

There are also findings from in vitro research that cannot be explained by the thought-terminating cliché Placebo. The Brazilian Leoni Bonamin detected a modification of the macrophage activity by means of Phosphorus C30 and C200 and Gustavo Aguilar-Velazquez from Mexico demonstrated the effect of high potencies of Thuja and Echinacea on human cervical carcinoma cell lines.

A further topic complex was the remote effects and / or non-local phenomena of potent drugs. Klaus von Ammon presented a qualitative study in which he had patients in his practice wear the homeopathic remedies only, on the body and captured their subjective experience. The effects were similar to the use of the remedies and support the thesis that the drug effect cannot be reduced to the interaction of nanoparticles with the organism.

Maria Olga Kokornaczyk has also been able to detect effects that are not due to direct physical interaction using the drop evaporation method and last but not least, Harald Walach, in his lecture on a new protocol for drug testing, has referred to phenomena from quantum mechanics, which he also sees in his generalized quantum theory beyond the subatomic range. His model provides further explanatory approaches for non-local effects and Prof. Walach even bets a box of champagne that his predictions will show in the experiments of a colleague.

It can be seen that the quality of the studies, not least through the work of the HRI and the associated exchange among colleagues, is steadily improving and thus more and more evidence is emerging for the effect of high potencies at the physical, chemical and biological level. This is very positive, compared to the previous conferences, there were no presentations on studies that are in the planning phase, with the focus being on presentable results from completed studies.

In addition to presenters, the organizers scheduled a panel discussion on the research priorities of the homoeopathic community. A gathering of so many experienced researchers offers the best environment, including during the breaks and during meals, allowing ideas to deepen and networks to grow and for future projects to present themselves.

The atmosphere of the conference was very positive, open and respectful, which encouraged collegial exchanges and made the conference very pleasant. The patient centrality of research projects proved to be an important issue in the discussion considering the patient is the focus of homeopathy, and it is the patients who have the strongest voice on a political level. It is in this direction of pragmatic research approaches that homeopathy can address its complexity. To safeguard that research remains firmly established in our profession for the future, it is essential to create and maintain promising opportunities. Currently the situation at many universities is that an openly expressed interest in homeopathy research becomes a career killer. To awaken the interest in research at an early stage and to highlight the importance of homeopathy, it was also a consensus that it should be an integral part of all curricula.

On day two there was a preview of the new documentary "Just One drop" by Lauren Chiten, looking for a factual and comprehensive presentation of homeopathy:

The topics considered in this documentary include the history of homeopathy in its heyday in the USA, its current status in India, and also patient experiences in the treatment of autism and infections with multi-resistant pathogens. A distinct focus is on the so-called Australia Report and its main statement that there is no evidence of the effectiveness of homeopathy, has been widely reproduced by the international press. The real story, on the other hand, is that the drafting of the report has repeatedly violated scientific standards and can not be called into question by impartiality.

<http://www.justonedropfilm.com/trailer/>

Rachel Roberts from the HRI gave a very good detailed lecture on this topic, which provided all colleagues with arguments to counter the above-mentioned report. Further information can be found on the HRI website (<https://www.hri-research.org/resources/homeopathy-the-debate/the-australian-report-on-homeopathy/>)

For colleagues who are interested in research, this conference is well worth attending for the quality of presentations and the exchange ideas with researchers and meeting likeminded people from all over the world. The program can be viewed at:

<http://www.hrimalta2017.org/presentations/>

Gregor Kindelmann and Michael Smith