

## A RESPONSE TO DOUG PODOLSKY AND OTHER NAY SAYERS

Recently, senior editor of consumer reports Doug Podolsky published an article about homeopathic remedies and how they pose a threat to consumers by confusing them. The article went viral as did the responses. On the Consumer Reports blog, many people wrote in stating that Mr. Podolsky was trying to bury homeopathy, or that he was towing the party line. Others wrote in agreeing with Mr. Podolsky's argument that there is not even a mole of substance in most homeopathic remedies.

There is no point in giving opinions or hypothesizing about Mr. Podolsky's motivation. Only the facts are worth debating. The age-old argument that there is less than a mole of substance in homeopathy, and therefore, that there is no mass dynamic effect, is archaic. We now have solid evidence based on Raman spectroscopy that homeopathic remedies have a different molecular structure than plain old water or alcohol. Dr. R. Roy of Case Western Materials Science department et. al. has performed extensive research comparing FIVR and Raman spectroscopy of nat mur and nux vomica in 6c, 30, and 200c respectively, comparing them to each other, the different potencies, and to plain old water. What was found was that with fivr spectroscopy, which doesn't show positional relationships, there was no difference. But with raman, which show positional structure and vibration, there were great differences.

In addition, the phenomenon of epitaxy never comes up in any of these debates. Epitaxy is when molecule A is introduced to molecule B and completely changes molecule B. But, there is no measurable molecule A in the new structure. A great example of this is the production of diamond from carbon. For example, Hydrogen is added to carbon under pressure to produce diamond. And we can all agree that diamond looks and behaves very differently than carbon despite the fact that it has no hydrogen in it.

As for the Lancet study that Mr. Podolsky cites as his reference, which is very flawed and disappointing. The biggest issue with studies such as these, concerning homeopathy and its uses, performed by non-homeopaths, is that most of the time they have no clue as to what they are doing. It's like me doing a study on neurosurgery. Despite misconceptions, in traditional homeopathy we don't give everyone with the same problem the same remedy. For instance, if I have 25 cases of patients with migraines, I probably have 25 patients who need 25 different remedies, one remedy each. The point of homeopathy is that it is individualized; there isn't one remedy for allergies, one for headaches, etc.

Ah, but Mr. Podolsky and other naysayers may ask, what about the tubes with writing on them, or the OTC cough remedies? The answer is simple. The individual tubes have their most common indication for acute issues written on them. Meaning, arnica is used most commonly for acute bruising and soreness, but not everyone who is bruised and sore will need arnica, especially if it is an ongoing or chronic problem. The OTC remedies that have many ingredients work under the same concept, and they include remedies that are used most commonly for those issues specified. The caveat for the OTC remedies is that

they are for self limited acute issues and the remedy you need may not be included in them. However, if they work for you, you are probably responding to one or more of the remedies included in the mix.

So no, I don't think Mr. Podosky's article was part of a grand conspiracy against homeopathy. In fact, I think it was written with honest intentions by an unenlightened person who didn't quite do their homework. Personally, I have always subscribed to the notion that just because I don't understand something does not mean it cannot be true. I just wish that everyone else, and particularly Mr. Podolsky, subscribed to this notion as well.

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