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Health / A Focal Point Series

Homeopathy Works, Part 1

Is Lauterbach Lying?

By Monika Liegl, HP

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In 30 years of practice, our author, the naturopath **Monika Liegl**, has experienced how and, above all, that homeopathy works. Automatically sitting on the wrong side during the Corona pandemic, she began to research scientific evidence for this: The first comprehensive studies were carried out during the First World War for use against the Spanish flu. As a reaction to the current situation that **Health Minister Lauterbach** has conjured up, we are starting a focal point series on homeopathy in "**raum&zeit**".

"Be prepared to be in a wheelchair at the age of 50!" That remark had sunk in. I was just 26 years old and also at the beginning of my first pregnancy when the family doctor 'slapped me in the face'. I had visited him because of my knee pain when walking up and down stairs: diagnosis of severe cartilage disease of the kneecap.

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I was shocked. Shortly before that, I could hardly believe my luck that my wish to have children would come true. Now, suddenly, everything looked completely different. That day I met my neighbor, a well-read elderly lady. She invited me in for tea and emotionally put me back on my feet. She made it clear to me that I was not at the mercy of my fate, but that I could counteract the disease with a healthy diet.

Quickly at the Limit of Orthodox Medicine

At this point in my life, I turned towards naturopathy. I learned how important the right diet is, because just three months after switching to whole foods rich in vital substances, climbing stairs was no longer a problem despite my increasing body size.

When my daughter was five years old, she developed a so-called commonplace infection, from which she was left with a severe hearing loss that was anything but commonplace. After half-hearted experiments with naturopathic complex preparations, the family doctor and paediatrician finally suggested giving an antibiotic. That did not make sense to me, because the infection had already been months ago, signs of inflammation were no longer present and certainly no signs of bacterial activity. I saw how quickly classical medicine reached its limits and realized that I now had to continue searching for myself.

Flourishing Time of Homeopathy: 1980s

I don't believe in coincidences, I believe in doors that open at the right moment to help us move forward in development. Such a door opened when a friend recommended a visit to a classical homeopath. After a detailed anamnesis, she put two globules on my daughter's tongue. After two weeks, it was clear that the severe hearing loss had disappeared. When the also existing neurodermatitis disappeared after the next remedy, I 'tasted blood'. I also wanted to learn this art of healing. I took homeopathy courses and studied remedies.

After three years of training as a naturopath, I gave up my secure job as a civil servant to follow my vocation instead. I made myself independent as a classical homeopath. The 1980s were a heyday for homeopathy. I worked hard, with a lot of joy and raised three children.

Increasing Employment of Women: Vaccine Hesitancy Dwindles

This went on for many years. Then it more and more involved a change in the group of patients. At first, I mainly had mothers with children, but the number of children slowly decreased. More and more exhausted women came. As mothers, they now went back to work earlier. The negatively used word 'cradle' became the daycare center. Women decided to get pregnant later and later, and

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sometimes not at all. Children no longer happened of their own volition. They were strongly planned and then had to function, and also the women, so that family and career remained compatible. Downtime due to childhood diseases was no longer foreseen. Now they have been vaccinated as much as they can, no longer three times, but soon six and eight times. And while there were still many people who were critical of vaccination in the 1980s, this changed with the increasing number of women in the workforce. The warnings of vaccine-critical doctors and naturopaths were no longer heard. And so they soon became quieter.

Superiority of the overall concept of a homeopathic treatment: proven!

Corona: Naturopathy Must Stay Outside

Then came Corona. I used to think that if a pandemic were to break out – as had been talked about for a long time – then all helping hands and minds would be needed, and thus also we naturopaths. How naïve I was! Because now we have even been prohibited from treating patients with suspected Corona. People were kept in constant fear, so they went to the doctor at the first sign, even those who usually preferred alternative medical treatment. In general, everything naturopathic should now be left out. Even the suggestion to at least substitute vitamin D was hardly widespread. There were studies that showed that with a sufficiently high vitamin D level, almost no one died of Corona. I became increasingly preoccupied with homeopathic treatment in previous flu epidemics and noticed how successful the practitioners at that time were.

Success with Homeopathy: Example Spanish Flu

In 1918/1919, people's immune systems were so weakened by hunger, grief, injury and cold that about 25-30 percent died of the Spanish flu, either within a few hours of the onset of illness or a few days after defervescence when the feared pneumonia occurred. This serious complication increased mortality to up to 60 percent. It was astonishing that young people in particular, most often the 20-40 year olds, were affected. According to *Dr. Andreas Modrzejewski*, the rate of illness among vaccinated soldiers was seven times higher than among the civilian population. In some barracks, up to 80 percent of the recruits died. He also attributes this to the mass vaccinations of soldiers, which often contained toxic heavy metals such as mercury.

I came across *Dr. Dorothy Shepherd*, who treated 150 patients during the flu epidemic in London in 1918. They were all fever-free within 24 to 48 hours. She saw bed rest for up to a week beyond the defervescence and no tea, no milk, only grapefruit and orange juice as absolutely necessary for a complication-free recovery. Arsenicum album was Dr. Shepherd's most frequently used remedy at the time.

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From America, there are five overview works by homeopaths from Philadelphia, Connecticut, Columbia, New York and Michigan. They proved the following: a total of 61,060 flu patients received homeopathic care. Among them, there were 427 deaths, which corresponds to a mortality rate of only 0.7 percent. What a difference!

As a Naturopath Automatically On the Wrong sSide

I was under pressure that they did not want to give us the chance to show what homeopathy can actually do. It was only about Corona and the fear. At least we were allowed to treat them. I realized that I was now automatically on the wrong side as a naturopath. Since we are concerned with strengthening the immune system, supporting the natural defenses and avoiding medication as much as possible, the recommendation was unanimous – as was the case with naturopathically oriented doctors. Patients were advised to think carefully about whether they wanted to get involved in the novel vaccination against SARS-CoV-2. Luminaries such as **Dr. Wodarg, Dr. Bhakdi, Prof. Hockertz** and many others warned strongly against it, because it was still completely uninvestigated – an experimental injection – and could not be compared with previous vaccinations.

Constant Background Noise: Homeopathy = Humbug

At the same time as the fear of Corona was spreading, homeopathy was now being talked down more and more. It was like the subliminals (subliminal presentation or perception of stimuli). As a constant background noise, one heard and read everywhere that homeopathy is humbug. Instead of getting angry about all this, I began to deal with why public opinion was defaming us so much. The first thing I looked at was the study situation. The **Society for Scientific Homeopathy** (WissHom)¹ was a real treasure trove. In particular, the following research areas were described: health services research, meta-analyses and current clinical studies.

With Corona, we could never show what homeopathy can really do.

Studies Show: Homeopathy Works

These include the long-term study by Witt et al. from 2005 (*Berliner Charité*) on the development of the health status of chronically ill patients under homeopathic treatment within a period of eight years. It was a large study with 3,981 patients treated by 103 homeopathic doctors using individualized homeopathy. The result was clearly in favor of homeopathy. Almost 70 percent of the adult study participants and 80 percent of the children benefited from homeopathy for their complaints. These effects were still detectable after eight years, even in more severe cases.

Read in Part 2 how homeopathy has been scientifically proven to improve respiratory diseases, skeletal and muscle diseases as well as depression and anxiety disorders – and thus helps to have to take less expensive antibiotics, antidepressants and psychotropic drugs with many side effects.

Footnotes

1. www.vkhd.de/therapeuten-mobil/homoeopathie-forschung

Sources

- **Lecture by Anton Rohrer**, 10.4.2010 in Hamburg, series of events: "Organon 2010 - is a medical textbook still relevant after 200 years?"
- "Homeopathic epidemic treatment – a success story", hahnemann.at **Dr. Andreas Modrzejewski**: "Fundamental Errors of Modern Medicine", BoD 2010.



Monika Liegl, HP, was born in Frankfurt am Main in 1955 and lives in the Rhine-Main area. She is the mother of three adult children and has been a naturopath in her own practice for 33 years. She is a member of the **Verein Homöopathen ohne Grenzen e.V.**, Abteilung Flüchtlinge [Association of Homeopaths without Borders e.V., Department of Refugees]. About her current book, she says: *"Towards the end of my practice, I now have more time to research in order to understand what difficulties homeopathy has had to overcome in the more than 200 years of its existence, who its opponents are and what the placebo effect is really all about according to the latest research. I wrote this book because I*

couldn't find anything like it in such a compact form." And very recently: *"With this book, I would above all like to provide a well-founded argumentation aid against the superficial arguments of the skeptic movement and the renewed attempt of our Minister of Health to delete homeopathy from the catalogue of services."*



Monika Liegl: „Auf den Spuren der Homöopathie - Ein Resümee nach 30 Jahren Praxis" [On the trail of homeopathy - a summary after 30 years of practice.]

Book Description [note this book is in the German language]:

Breaking a lance for classical homeopathy in times of strong headwinds is a matter close to the author's heart. The result is a book that she would have wished for herself as an interested patient and already during her homeopathic training.

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