Homeopathy and the Human Microbiome

Chronic Inflammatory Disease and Health Ecology
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New York Medical College
President, American Institute of Homeopathy
Chronic Inflammatory Disease

An iatrogenic epidemic
Iatrogenic

[ī′atrōjen′ik]

- Etymology: Greek
  - Iatros- physician
  - Genein- to produce
“You medical people will have more lives to answer for in the other world than even we generals.”

-Bonaparte N
1769 - 1821
5th Leading Cause of Death in US:

Adverse Drug Reactions- ADRs
(non-error results when drugs used according to the Standard of Care)

JAMA, April 15, 1998, 279(15):1200-1205
3rd Leading Cause of Death in US:

Medical ERROR

BMJ May 3, 2016; 353
1st Leading Cause of Death in World:

The Long-Term Effects of Modern Medicine on the Human Microbiome and the Immune System
“This non-healing art... Has shortened the lives of ten times as many human beings as the most destructive wars, and rendered many millions of patients more diseased and wretched than they were originally- this allopathy.”

Hahnemann SC, The Organon of Medicine, 6th Ed. 1842:53-54
“Chronic disease has become the great epidemic of our times, responsible for 75% of total health care costs and the majority of deaths in the US.”

Today

48% of the US population suffers from at least one form of Chronic Inflammatory Illness
2020

More than 50% of the US population will suffer from at least one form of Chronic Inflammatory Illness
More than 130 million Americans suffer from chronic conditions; that number will continue to rise.
Causes?

According to the CDC:
- Lack of Physical Exercise
- Poor Nutrition
- Tobacco Use
- Excessive Alcohol Use

(It’s all **our** fault)

www.cdc.gov/chronicdisease/overview/
Causes?

An iatrogenic Epidemic
Children

Incidence of chronic inflammatory conditions has tripled since 1960
Since 1980

- Asthma incidence increased 3x
- Learning Disability increased 5x
- Autism increased 10x

Americans

- 20% have Asthma or allergy
- 50% sensitive to one or more allergens
- 50 million have autoimmune diseases
Americans

- 30% have diabetes
- 40% of women and 50% of men will develop cancer
- 63% are obese
Chronic Disease

Most of these conditions are **new** diseases, virtually nonexistent, even a century ago.
Chronic Disease

Conventional management of Acute illness has generated the current epidemic of Chronic Inflammatory Disease
Incidence of Infectious Diseases (%)

- Rheumatic fever
- Hepatitis A
- Tuberculosis
- Measles

Incidence of Immune Disorders (%)

- Crohn's disease
- Multiple sclerosis
- Type 1 diabetes
- Asthma

Time Period:
- 1950
- 1960
- 1970
- 1980
- 1990
- 2000
Chronic Disease

• Held in Check and Prevented by Acute Infections

-or-

• Caused by the Conventional Management or Eradication of Acute Infections
Multiple Sclerosis in Sardinia

An iatrogenic epidemic
Sardinia, Italy

- A small Italian island ecosystem
- Introduced to Malaria in 502 BC
- Virtually no autoimmune disease
### Malarial Deaths

<table>
<thead>
<tr>
<th>Years</th>
<th>Italy</th>
<th>Sardinia</th>
</tr>
</thead>
<tbody>
<tr>
<td>1887–1889</td>
<td>58</td>
<td>300</td>
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<tr>
<td>1900–1902</td>
<td>59</td>
<td>298</td>
</tr>
<tr>
<td>1912–1914</td>
<td>6</td>
<td>43</td>
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</table>
Eradication of Malaria

• During 1946–1950, the Rockefeller Foundation conducted a large-scale eradication Project in Sardinia

• 267 metric tons of DDT were spread over the island which entirely eliminated Malaria

• CDCP Emerging Infectious Diseases. Program to Eradicate Malaria in Sardinia, 1946–1950. 15(9)
Malaria: The Italian Campaigns

“It seems to me that in an eradication program one has to hit hard with everything at one’s disposal and, on that basis, I believe that the chances of success are excellent.”[1]

Squad of segnalatori (larval scouts), Sardinia (Italy) 1947

In the 1930s, 70,000 inhabitants on the Italian island of Sardinia were infected with malaria.
## Malaria Cases in Sardinia

<table>
<thead>
<tr>
<th>Year</th>
<th>No. cases (relapses)</th>
</tr>
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<tbody>
<tr>
<td>1946</td>
<td>74,641</td>
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<tr>
<td>1947</td>
<td>39,303</td>
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<td>1948</td>
<td>15,121</td>
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<td>1,314</td>
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<td>0 (44)</td>
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<tr>
<td>1951</td>
<td>9 (8)</td>
</tr>
<tr>
<td>1952</td>
<td>0</td>
</tr>
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</table>
Incidence of Multiple Sclerosis, Sardinia, Italy

• Incidence began rising after the eradication of malaria:
  • 1.1/100,000 in 1965-69
  • 5.8/100,000 in 1995-99

Multiple Sclerosis in Sardinia

- Current Prevalence: 150/100,000
- Sardinians now have the highest incidence of MS in the world

“We have found convincing argumentations that, at least in part, MS has increased over the last four decades in Sardinia because of the eradication of malaria, 50 years ago.”

World Distribution of Multiple Sclerosis

Key:
- High risk
- Probable high risk
- Low risk
- Probable low risk
- North-South gradient risk
- Other risk

Adapted from McAlpine, D.; Lumoden, C.E.; Acheson, E.D. (1960)
Multiple Sclerosis: Reappraisal Livingstone Ltd., London
Multiple Sclerosis in Sardinia

An Iatrogenic Epidemic
“It was evidently no rational principle, but merely...making practice easy, that seduced the old school into those unhelpful and injurious indirect modes of treatment... that led them to this inefficacious, debilitating and hurtful practice of apparently ameliorating diseases for a short time, or removing them in such a manner that another and a worse disease was roused up to occupy the place of the first.”

Hahnemann SC, The Organon of Medicine, 6th Ed. 1842:53-54
Asthma

An iatrogenic Epidemic
Asthma

- The leading cause of chronic illness in U.S. children
- One of the fastest growing chronic conditions in developed nations

Population Reference Bureau
Asthma

• #1 cause of hospitalization in childhood

• 66% higher death rate since 1980

• Affects more than 4.8 million, or one out of every 15 children in the U.S.
Asthma

• The total number of children with asthma increased by 75% between 1980 and 1994

• The number of children (under 5) with asthma increased by 160% during the same time period
Asthma Mortality
1979-1995

Asthma and Antibiotics: The First Year of Life

- 1-2 Courses → 20% increased risk
- 3-4 Courses → 30% increased risk
- > 4 Courses → 50% increased risk

Antibiotics in the U.S.
Antibiotics in 2011

- 842 prescriptions per 1000 people
- Majority in the <10 and >60 age groups
- Leading cause of ADR’s in children
- Average American child receives 10-20 courses of antibiotics
CDC Estimates

At least 50% of pediatric antibiotic prescriptions are inappropriate or unnecessary.

Asthma

An Iatrogenic Epidemic
“The metastatic affections that sooner or later, but inevitably appear, caused by this mode of treatment (but which they pretend are entirely new diseases), which are always worse than the original malady”

Hahnemann SC, The Organon of Medicine, 6th Ed. 1842:42
“Inflammation has long been a well-known symptom of many infectious diseases, but... research increasingly suggests that it is also intimately linked with a broad range of non-infectious diseases, perhaps even all of them.”

Chronic Inflammatory Conditions

- Autoimmunity
- Asthma, Allergies
- Heart Disease
- Diabetes
- Cancer
- Arthritis
- Inflammatory Bowel Disease...
Chronic Inflammatory Disease

• The greatest epidemic of our time
• Responsible for 75% of total health care costs and the majority of deaths in the U.S.
• An iatrogenic Catastrophe
Imagine
The Human Microbiome
The Human Microbiome Project

- Launched in 2008 by the NIH
- Multicenter Research Project
- Genetic Sequencing Technology
The Human Microbiome

• 10,000+ different microbial species

• 100 trillion+ different organisms

• 10:1 ratio of microbial: human cells
1 Gram of Human Stool

- 100 Billion Bacteria
- 100 Million Viruses
- 100 Million Archaea
- 10 Million Human Cells
- 1 Million Fungal Spores

The Human Microbiome

- GI tract
- Respiratory tract
- Urogenital tract
  • Placenta
- Nervous system
  • Brain
- Skin
The Human Microbiome

- Digestion and Absorption
- Growth
- Immune System Development
- Nervous System Development
- Behavior and Mood
- Social Behavior
- Sexual Attraction and Reproduction
Colonization

– **Before** birth
– Throughout entire lifetime
– Continual exposure to new organisms throughout life
Most Critical Period

Before birth
until two years of life
Critical exposure

• Placenta
• Birth Canal
• Mother’s Perineum and Rectum
• Mother’s skin and breast
• Breast milk
The Human Microbiome

Performs fundamental metabolic reactions that are not encoded in the human genome, but are necessary for survival
The Functional Human Genome

An *amalgam* of human and microbial genes
The Super-Organism

The human body – human microbiome conglomeration is an inseparable and interdependent “Super-Organism”
The Super-Organism

A Diverse Collection of Ecosystems

— Diversity
— Balanced ecology
— Symbiosis
The Human Microbiome

A living buffer between the body and the “outside” world

The actual boundary is impossible to define
The Human Microbiome

More than a buffer:
Organisms play essential roles within **healthy** organ systems, organs and cells

- Placenta
- Brain
- Blood
- Reproductive tract, etc.
Diversity

“Diversity dictates the stability of ecosystems.”

Diversity

• “Rich and balanced bacterial communities seem to be perceived as “self” and induce a quick maturation of the immune system and gut responses.

• A poor and unbalanced bacterial community is apparently perceived as “non-self” and induces responses aimed at eliminating it.”

Diversity of the Microbiome

Changes with:

Culture and Geography
Medical History
Hygiene
Diet
Age
Stress
Season
Americans have 15 to 25 percent less microbial diversity than Amerindians and Malawians.
(An OTU is an Operational Taxonomic Unit, a species of bacteria in this context.)
“Much of this diversity remains unexplained, although diet, environment, host genetics and early microbial exposure have all been implicated”

The Human Microbiome Project Consortium
Nature 486, 207–214 (14 June 2012)
Diversity

• Acquisition
• Loss
Acquisition and Loss

• Maternal
• Intra-partum
  – Delivery method
• Post-partum
  – Diet
  – Hygiene
• Lifestyle
• Medical care and vaccines
Acquisition

- Every contact with world
- Every acute illness
Loss

• Medical therapies
• Public Health Measures
• Hygiene
The Human Microbiome

• A Diverse Ecosystem of Micro-niches

• Pervades the Entire Human Superorganism
The Human Microbiome

• A Symbiosis with critical roles in:
  – Defense
  – Growth and Development
  – Evolution
  – Survival
Breathe
Conventional Medicine and the Human Microbiome
“We’ve just spent the better part of a century doing our unwitting best to wreck the human-associated microbiota with a multifron ted war on bacteria and a diet notably detrimental to its well-being.”

“We have to stop looking at medicine as a war between invading pathogens and our bodies.”

Germ Theory Myths

• All Bacteria, Viruses, Fungi and Parasites cause disease

• “The only good germ is a dead germ”

• Antibiotics kill only “bad” germs

• Infections are “harmful”
Acute Infections

- Normal
- Critical Developmental Events
Acute Infections

• Negotiations between
  – Immune System
  – Microbiome
  – Environment
Acute Infections

• Opportunity
  – Diversify Microbiome
  – Mature Immune System
  – Stabilize Super-Organism
“It goes against dogma to think that bacteria would make our immune systems function better, ... But the picture is getting very clear: the driving force behind the immune system are commensals.”

Acute Infections

• Challenge immune system and microbiome to integrate:
  • New Organisms (diversify)
  • With each other
  • With the environment
Antibiotics

Suppress the Immune System
Damage the Microbiome
Antibiotics

Help to Convert Acute conditions into Chronic Inflammatory Diseases
Inflammation Myths

All Inflammation is:

• “Harmful” to the Body
• An Overreaction
• The “Cause” of Chronic Illness
Acute Inflammation

• Appropriate Response Generated by Innate Immune System

• Integrates Microbiome and Immune System

• Essential in Developing Permanent Immunity
Conventional Rx of Acute Infections

- Suppresses Acute Inflammation
  - Disengages Immune System
  - Damages Microbiome
  - Promotes Chronic Inflammation
Chronic Inflammation

• The Combined End Result of:
  – Microbiome Damage
  – Immune System Uncoupling
  – Dysbiosis
Dysbiosis

• The opposite of Symbiosis

• Microbial imbalance anywhere within the microbiome
Dysbiosis

• An Ecologic Imbalance between
  – Microbiome and Immune System
  – Microbiome and Environment

• Promotes Inflammation
Dysbiosis

- Acute = “Infection”
- Chronic = “Inflammation”
Acute Dysbiosis

- UTI
- URI
- Sinusitis
- Bronchitis
- Diverticulitis
- BV, STD, candidiasis, etc.
Chronic Dysbiosis

- Allergy, Asthma, Autoimmune disease
- IBS, IBD
- CFIDS, Fibromyalgia, Arthritis, Chronic Lyme disease
- Obesity
- DM, CAD
- CAD, Cancer, etc.
Dysbiosis

“If gut symbiosis is rendered chaotic [dysbiotic], under the influence of toxins, pathogens, drugs, or psycho-neuro-endocrine stress, then immunological chaos will manifest not only in the GI tract but elsewhere...”

Malcolm R, Systems and Symbiosis: The Bowel Nosodes
Dysbiosis

“One significant ‘block to cure’ is intestinal dysbiosis.

Apart from undermining the ability to respond appropriately to treatment, intestinal dysbiosis can generate complex patterns of systemic illness.”

Malcolm R, Systems and Symbiosis: The Bowel Nosodes
Dysbiosis

“If not recognized, the patient will respond poorly to what are ostensibly well chosen treatments.

When such well-individualized treatment fails, opportunities for cure are often missed as patients commit themselves to long-term *symptomatic* drug treatment.”

Malcolm R, Systems and Symbiosis: The Bowel Nosodes
“It employs, in order to keep in favor with its patient, remedies that immediately suppress and hide the morbid symptoms by opposition (contraria contrariis) for a short time (palliatives), but that leave the cause for these symptoms (the disease itself) strengthened and aggravated.”

Hahnemann SC, The Organon of Medicine, 6th Ed. 1842:16
Iatrogenic Dysbiosis

• Antibiotics, Anti-infectives, etc.
• NSAIDs, Steroids
• Antihistamines, OTC Medications
• PPI’s
• HRT
• Anti TNF, Disease Modifying Agents
• Vaccines
Conventional Medicine

- Damages Microbiome
- Inhibits Immune System
- Suppresses Acute Inflammation
- Promotes Chronic Inflammation
Chronic Lyme Disease
Chronic Lyme Disease

A controversial Syndrome encompassing "a broad array of illnesses or symptom complexes for which there is no reproducible or convincing scientific evidence of any relationship to Borrelia burgdorferi infection."
In Humans, “The majority of Chronic Lyme patients relapse once they are taken off antibiotics with symptoms of chronic fatigue, muscle and joint aches and neurocognitive problems.”

With Antibiotics...

A worsening spiral of Chronic Inflammation, and progressive deterioration
“The palliative amelioration that at first ensues from the treatment is far from... a perfect cure”

“On the contrary, the original dyscrasia is always aggravated, after alleviations, whose duration always becomes shorter and shorter; the bad attacks recur more frequently and more severely”

Hahnemann SC, The Organon of Medicine, 6th Ed. 1842: 41,60.
Antibiotics in Chronic Lyme

Most cases are remarkable for histories of Excessive and Prolonged overuse of antibiotics that preceded the acquisition of Lyme by many years.
Antibiotics in Chronic Lyme

- Disengage Immune System
  - Suppress Acute Inflammation
  - Impair Cell Mediated Immunity
  - Impair Antibody Production

- Damage Microbiome
  - Reduce Diversity
  - Worsen Dysbiosis
Antibiotics in Chronic Lyme

Increase the Rate of:

- Dysbiosis
- Chronic Inflammation
- Co-infection
Lyme Co-Infections

- Increase in frequency with antibiotic use
- Blamed for treatment failure
- Iatrogenic Dysbiosis
- Otherwise benign organisms
Symptoms of Chronic Lyme

Remarkably Diverse and Surprisingly Similar to Those of Chronic Dysbiosis/Inflammation
CSc- Lyme

A Case of Chronic Lyme Disease Dysbiosis
92-year-old male retired physician presented with a Chief Complaint of chronic Lyme disease
HPI

• Several tick bites 5 months earlier
• Rx’d with Doxycycline and Omnicef for a total of 26 days
• Initially improved during treatment, but worse shortly afterwards
Current Symptoms

- Vertigo after rising in the morning,
- Brain fog
- Nausea and intolerance of spices and fatty foods
- Loves being warm, Enjoys fresh air
- Depression
Current Symptoms

- Clicking in neck
- Night sweats
- Fatigue - takes great effort to do deskwork; So fatigued he hadn’t been outdoors in previous 2 months
- Weakness, lack of energy
Past History

• Recent UTI- completed course of Ciprofloxacin
• Used to take antibiotics at every sign of cold or infection
• IBS
• Gastroparesis
Past History

• Severe chronic sinusitis- with extensive antibiotic Rx
• Hiatal hernia
• Osteopenia
Past History

- Degenerative Disc Disease (DDD)
- Prostate cancer S/P radiation and chemotherapy
- Urinary retention, incontinence and nocturia
- Abdominal Aortic Aneurism (AAA)
Physical Exam

• Tall thin, frail male
• Narrow chest, pale skin
Analysis

Antibiotic overuse and abuse resulting in:

- Chronic dysbiosis
  - IBS
- Malabsorption and chronic malnutrition
  - Osteopenia
  - Fatigue
Analysis

Antibiotic overuse and abuse resulting in:

• Nervous system damage
  • Bladder issues
  • Gastroparesis
• Brain Fog
• Vertigo
Analysis

Antibiotic overuse and abuse resulting in:

• Immune suppression
  • Cancer
  • Dysbiosis
• “Chronic Lyme disease”
Conventional Rx?
“The allopathic physician... robs [the patient] of what is indispensible to life and recovery... a great loss which no physician’s power can replace!”

Hahnemann SC, The Organon of Medicine, 6th Ed. 1842: 41
Clinical Repertorization

Gaertner Bacillus 200c

One Single Dry Dose By Mouth
The Bowel Nosodes

- Bacterial Based
- Isolates derived from dysbiotic gastrointestinal flora
- Not fully proven
Gaertner Bacillus

- Salmonella
- Related remedies:
  - Silicea
  - Phosphorus
  - Tuberculinum
  - Bacilluminum
  - Mercurius
  - Calcarea carbonica
  - Carcinosinum
Gaertner Bacillus

- Inability to digest fat
- Celiac disease
- Malnutrition, either from lack of adequate diet or failure to metabolize
Gaertner Bacillus

- Marked emaciation, marasmus, especially in children, the elderly, or those with malignancy
- Growth disorders, but with active minds
- Restless, lack of attention
- Hypersensitive to physical or psychological impressions
John Paterson, MD

Keynote is “malnutrition”
Useful In all varieties of neurasthenia (CFIDS)
John Paterson, MD

Cultured 8,000+ stool specimens between 1927 - 1932 and published preliminary findings.

“Homeopathic potencies are capable of completely altering the bacterial flora of the bowel, and this fact has been demonstrated in many hundreds of cases”

1 Month Follow-up

“Doing much better”

Mild nausea, only in morning after rising, better by noon

Vertigo only “once in a while”, usually with nausea.

Feels “head isn’t level, not even-keeled”

Nocturia improved
Classical Repertorization:

Phosphorus 200c

Single Dry Dose By Mouth
3 Month Follow-up

- “Very pleased over last 6 weeks”
- Gradual improvement in energy
- No nausea
- No GI distension
3 Month Follow-up

• No vertigo
• No Brain fog
• No more urinary incontinence
• Asks: “How do you discourage old friends from staying too long?”
1 Year Follow-up

“I’m doing very well for 94. No complaints. If I continue how I am I will be very satisfied.”
“It seems that the unhallowed principle business of the old school of medicine (allopathy) is to render incurable if not fatal the majority of diseases, those made chronic through ignorance by continually weakening and tormenting the already debilitated patient by the further addition of new destructive drug diseases”

Hahnemann SC, The Organon of Medicine, 6th Ed. 1842:17
Homeopathy

• Principles derived solely from Empiric Observation

• Fully outlined prior to discovery of Microbiome
Homeopathy

Biologically consistent with:

- Microbiome
- Immune System
- Ecology
Homeopathy

• Biologically active at sub-cellular level:

  – *In Vitro* effects:
  • individual cell lines
  • cell-cell communication
  • mRNA expression
  • protein synthesis
Homeopathy

– **In Vivo** effects:
  • Integrates microbiome & immune system
  • resolves inflammation/dysbiosis
  • restores ecology/symbiosis
Homeopathy

- Effective in a wide range of conditions, including prophylaxis
- Ecologically sustainable
- Promotes long-term health
“Vital Force”

The term used by Hahmenn to best approximate an invisible factor that may be

“The Human Microbiome”
“It was high time... to put a stop to these abominations, to command a cessation of these tortures... in place of curing patients, render them incurable by the addition of new, chronic medicinal maladies by means of the prolonged use of wrong, powerful medicines”

Hahnemann SC, The Organon of Medicine, 6th Ed. 1842: 79
Chronic Inflammatory Disease

• The Leading Cause of Morbidity & Mortality in Nations Utilizing Conventional Pharmacologic Medicines

• An Iatrogenic Epidemic
Chronic Inflammatory Disease

• A Direct Cumulative Result of Modern Medical Disease Management

• The application of Archaic Theories of Disease
The Human Microbiome

– Part of a diverse symbiotic Super-organism

– Fundamental to Human Growth, Development, Healing and Survival
Acute Illness

A Training Process Essential for:

– Normal Maturation and Development of the Immune System

– Ecological Balance between Microbiome and Environment
Conventional Medicine

Damages the Ecology of Microbiome and the Super-Organism

Disengages and Impairs Immune System

Promotes Chronic Dysbiosis and Inflammation
Homeopathy

- Based on pre-microbiologic, empiric observations of human microbiome and immune system ecology

- Supports the synergy of Immune System, Microbiome and Environment
Homeopathy and the Human Microbiome

• Linked

• Key to understanding and resolving Chronic Inflammatory Disease and Dysbiosis
Homeopathic Medicine

Organic Gardener of the Human Superorganism
Thank you!