

It's Only Water

The Evidence



You shouldn't take our word for it - take a look at the scientific evidence for homeopathy, all fully referenced so you can go back to the original research papers and review the findings for yourself.

In 2002 the NHS Centre for Reviews and Dissemination concluded that the use of homeopathy in the NHS was not justified^[1]. The American Medical Association came to a similar conclusion^[4].

In 2005 The Lancet published a paper comparing the effects of homeopathy^[7] with the effects of placebos which concluded...

"Biases are present in placebo-controlled trials of both homoeopathy and conventional medicine. When account was taken for these biases in the analysis, there was weak evidence for a specific effect of homoeopathic remedies, but strong evidence for specific effects of conventional interventions. This finding is compatible with the notion that the clinical effects of homoeopathy are placebo effects."

In 2003 the British Journal of Clinical Pharmacology published a paper on the effectiveness of the homeopathic remedy Belladonna 30C^[6] which concluded...

"Ultramolecular homeopathy had no observable clinical effects."

In 2002 the British Medical Journal published a paper on the effectiveness of homeopathic medicine to treat asthma sufferers^[5] which concluded...

"Homoeopathic immunotherapy is not effective in the treatment of patients with asthma. The different patterns of change between homoeopathic immunotherapy and placebo over the course of the study are unexplained."

In 1994 the British Medical Journal published a paper on the effects of homeopathic medicine on children^[2] and concluded...

"Individually prescribed homoeopathic medicines seem to add little to careful counselling of children with recurrent upper respiratory tract infection in reducing the daily burden of symptoms, use of antibiotics, and need for adenoidectomy and tonsillectomy."

And in 1995 the BMJ published another paper on the effect of homeopathy on pain and other events after acute trauma^[3] which concluded...

"No positive evidence was found for efficacy of homoeopathic treatment on pain and other inflammatory events after an acute soft tissue and bone injury inflicted by a surgical intervention. Differences in the order of 30% to 40% would have been needed to show significant effects."

References

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4. Report 12 of the Council on Scientific Affairs, American Medical Association, June 1997, <http://www.ama-assn.org/ama/pub/category/13638.html>
5. Use of ultramolecular potencies of allergen to treat asthmatic people allergic to house dust mite: double blind randomised controlled clinical trial, British Medical Journal, 2 March 2002, <http://www.bmj.com/cgi/content/full/324/7336/520>
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7. Are the clinical effects of homoeopathy placebo effects? Comparative study of placebo-controlled trials of homoeopathy and allopathy, The Lancet, 27 August 2005, <http://tinyurl.com/7whuk>