

Homeoprophylaxis: A Natural Way to Prevent Disease & Build Health

Disclaimer: The purpose of this article is to provide information. It is not intended to replace the services of a medical doctor, nor to recommend or discourage vaccinations. Vaccination is an individual decision and requires thoughtful consideration and consultation with a medical professional. Neither the author nor the publisher assumes any responsibility for the use of any information contained herein. Note: Homeoprophylaxis is not currently recognized as an alternative to vaccination under the laws of any state.

Contents

Introduction	2
What is Homeoprophylaxis (HP)?	2
Why HP?	2
Preventing Epidemic Disease & Building Immunity	2
Childhood Diseases & Long-Term Health	3
The Australian Experience - A 15 Year HP Study	3
HP: Safe & Non-toxic	4
How Does it Work? HP in Theory & Practice	5
Access to HP	6
Frequently Asked Questions	7
More Reading	8
References	9
About	10

Homeoprophylaxis: A Natural Way to Prevent Disease & Build Health

Introduction

Vaccination has been widely understood as a safe and effective method of disease prevention. But is it the only approach available? The controversy over potential side effects, long-term effectiveness, and incomplete research gives many parents cause for concern and invites investigation into alternatives.

As families and individuals increasingly question current vaccination policies, we must answer critical questions:

- Is there an effective, non-toxic way to protect ourselves and our families before or during a disease outbreak?
- Is there a safe option for disease prevention while traveling?
- Are there measures we can take to build natural immunity?

As this article will show, homeoprophylaxis (hoe - me - oh - pro - fill - AXIS), or HP, has much to offer. This safe, effective, non-toxic method offers protection from infectious disease, while simultaneously building the immune system and helping to prevent chronic disease.

What is Homeoprophylaxis (HP)?

“Homeoprophylaxis (HP) is the use of potentized substances in a systematic manner to prevent the development of the characteristic symptoms of infectious disease.”[1]

HP is a method of using homeopathic remedies for prophylaxis (disease prevention.) As we will see, this branch of classical homeopathic medicine is not only safe and effective for the prevention of epidemic disease, but its use also contributes to the development of a healthy immune system.

Why HP?

The risks associated with modern vaccination are well documented. Disease outbreaks in fully-vaccinated populations underscore the fact that our current system is not working.

“Measles vaccine has destroyed natural Herd Immunity and replaced it with a temporary and inadequate quasi Herd Immunity that necessitates a dependence on vaccination along with an increased risk of severe adverse outcomes.”[2] Andrew Wakefield

Every society needs a way to protect from infectious, contagious disease. While the basic diseases of childhood (measles, chicken pox) have always been considered relatively harmless, newer, more virulent strains of these diseases (an artifact of our current vaccination system) can and do pose a threat to vulnerable populations.[3] If vaccines are not helping us solve the problem long-term, we must look elsewhere for solutions.

Preventing Epidemic Disease & Building Immunity

HP traces its beginnings to Dr. Samuel Hahnemann’s successful treatment and prevention of scarlet fever in 1799.[5] Since then, we have literally dozens of well-documented examples of

Homeoprophylaxis: A Natural Way to Prevent Disease & Build Health

the effective use of HP for the prevention of contagious epidemic diseases ranging from malaria, diphtheria, viral hepatitis, influenza, Japanese encephalitis, meningococcal disease, polio, smallpox, to whooping cough.[6]

“During another (1975) poliomyelitis epidemic in Buenos Aires, 40,000 were given a known homeoprophylactic (HP) for the disease. None developed poliomyelitis.”[7]

What about building long term immunity? We must remember that a healthy immune system is the cornerstone of disease prevention. The ability to mount an appropriate immune response to a threat of any kind is a hallmark of good health. Careful lifestyle choices (diet, exercise, avoiding toxins, etc.) are essential. The additional use of supplements, herbs, essential oils, and even acupuncture can help reduce susceptibility to infectious disease.

Are these lifestyle changes adequate? We know that the tendency to chronic disease is inherited, and compounds over generations; science now confirms that homeopathy is able to alter genetic expression and reverse these inherited effects.[7.5] Let’s see how HP can potentially fill the need for building long-term immune health without putting an undue toxic burden on the immune system.

Childhood Diseases & Long-Term Health

There is a documented correlation between specific childhood diseases and reduced incidence of chronic disease conditions later in life:

- Childhood mumps & ovarian cancer[11]
- Chicken pox & brain cancer (3 studies)[12]
- Chicken pox & Atopic dermatitis and asthma[13]
- Measles & allergies[14]

What these studies demonstrate is the role of childhood diseases in the development and maintenance of good health. In homeopathy, acute disease has always been understood as a ‘vent’ for both chronic disease and inherited family tendencies, where the discharges that are part of the disease process help to liberate the body from a propensity to chronic disease.

Is it possible that by re-introducing these childhood diseases via HP we are positively influencing our children’s future health? The experience in Australia certainly points in that direction.

The Australian Experience - A 15 Year HP Study

Australian homeopath, Dr. Isaac Golden is the world’s leading authority on homeoprophylaxis. Dr. Golden developed a 5-year HP program covering 6 childhood diseases, and conducted a study documenting the results, which are published in his book, *Homeoprophylaxis – A Fifteen Year Clinical Study*. The overall measure of effectiveness is 90.4% for that program. Data from the study further showed, “... a per-dose rate of reactions to medicines in the program of less than 2%. Further analysis showed that the reactions were typically mild and brief.”[8]

Homeoprophylaxis: A Natural Way to Prevent Disease & Build Health

In an additional part of his research, Dr. Golden compared the health of children in the HP group with those who had previously received some vaccines, those had received constitutional homeopathic treatment, and those who had received no vaccination whatsoever.

“A very interesting phenomenon was observed. Those children who had undergone the HP program without vaccinations were in fact healthier (according to the parameters studied) than those children who had received constitutional care or were unvaccinated.”[9]

Based on these conclusions, we can postulate that not only is HP a safe and effective method for preventing infectious disease, but its benefits may indeed extend well beyond the prevention of acute disease.

“An appropriate long-term HP program may be associated with a long-term improvement in the general health of recipients, as measured by a relatively lower incidence of asthma, eczema, allergies and behavioral problems compared to vaccinated, constitutionally (homeopathically) protected and unprotected children.”[10]

HP: Safe & Non-toxic

There is no shortage of information available on the toxic ingredients in modern vaccines.[15] In addition to the antigen (virus, bacteria, etc.), a vaccine cocktail can include human or animal genetic material, chemical adjuvants, antibiotics, stabilizers like MSG, and preservatives; even genetic modification is integral to the development of new vaccine products.[16] [17] It is now common for vaccines to contain multiple antigens in one combination vaccine.

In contrast, the HP dose consists of one active ingredient, the *nosode*, delivered on a lactose pellet. No adjuvants, antibiotics, or foreign DNA are included, and since the pellets do not require refrigeration and contain no live bacteria or viruses, no preservatives are needed.

HP nosodes are prepared in homeopathic pharmacies using a process called *potentization*. This standardized process consists of serial dilution and *succussion* (vigorous shaking), resulting in a highly diluted, non-toxic preparation that, while it contains no molecules of the original antigen, retains the energetic information needed by the body to stimulate an immune response.[18]

"While it is true that in crude form their actions (viruses and bacteria) can be violent or life threatening and have the potential to permanently disfigure and harm, when experienced in a homeopathic attenuated form, this mild stimulus of the normal and natural immunological processes of fever and discharge activates the will to survive and purification in the human being."[19]

All homeopathic medicines (sometimes referred to as ‘remedies’) sold in the USA are prepared in homeopathic pharmacies, supervised by the FDA, under the umbrella of the *HPUS* (Homeopathic Pharmacopoeia of the United States)[20] Some homeopathic remedies, including nosodes, are available to trained practitioners only. Others, suitable for self-limiting conditions, including first-aid, are available online or over-the-counter at health food stores and specialty shops.

Homeoprophylaxis: A Natural Way to Prevent Disease & Build Health

How Does it Work? HP in Theory & Practice

HP and conventional vaccination share the goal of preventing of infectious, contagious disease, and both systems do this by stimulating an immune response prior to exposure. We have already seen how the doses differ in terms of their ingredients. But there is something else happening during the process of homeopathic potentization. The process of serial dilution and succussion adds an energetic dynamic to the remedy that is able to work at a subtle level with the human organism. In the case of a nosode, we can think of this energetic dynamic as transferring information to the immune system, an ‘instruction set’ if you will, helping to educate and prepare the immune system for a future encounter with the disease.

“Diluted preparations of disease agents have been shown to emit the same energetic frequency as the original disease agent. This frequency is sufficient to stimulate general immune system function.”[21]

“Triggering an immune response at the energetic level, using vibrational remedies as opposed to material doses of disease antigen, plays a role in maturing the immune system. This is accomplished in a way that is similar to how Mother Nature operates in the developing immune system - gently and carefully, single disease by single disease.”[22]

There are a few other significant differences between conventional vaccination and HP that can help us understand the process.

	Vaccination	HP
1. Method of administration	Injection, bypassing the natural route of infection and normal disease process.	Oral, lactose pellet. Mimics natural route of infection.
2. Diseases administered	Multiple diseases at once, confusing the immune system.	Single disease. Immune system ‘learns’ one disease at a time.
3. Timing & repetition of doses	Diseases often introduced before the immune system is mature, able to mount a response, or without sufficient time to clear response to a previous dose.	Flexible dosing schedule, monitoring reactions without suppression, and adjusting repetitions accordingly.

1. Method of administration (oral vs. injection)

Oral administration of the dose is preferred. Since our goal is to ‘educate’ the immune system and prepare it for possible future exposure to a disease pathogen, following the natural route of infection allows the immune system to rehearse the disease experience as if it were an actual exposure, an energetic “dry run”.

2. Diseases administered (single vs. multiple)

Homeoprophylaxis: A Natural Way to Prevent Disease & Build Health

The immune system is by nature designed to handle one disease at a time. Forcing multiple diseases onto the immune system by vaccination (particularly the developing system of an infant or young child) can throw things into chaos, leaving unresolved symptoms that become chronic problems.

3. Timing & repetition of doses (flexible and individualized)

Because HP doses are energetic in nature, the subtle stimulus to the immune system is tolerated by anyone whose immune system is functioning normally. Infants, children, and even the elderly can tolerate and benefit from this gentle form of immune stimulation. The key is flexibility and respect for the individual taking treatment.

Access to HP

HP is usually administered by parents at home, but it requires the supervision of a homeopath or a medical professional who has received specialized training. An HP program can be designed to meet individual needs, including the need for travel HP. The number of doses required, the potency of the dose and frequency of repetition is determined by a variety of factors.

In the US and Canada, the non-profit organization Free and Healthy Children International (FHCi) provides an HP program for children that is modeled after the one developed by Isaac Golden for his study. The FHCi program is appropriate for children from one month through 10 years of age. Children who have been vaccinated or partially vaccinated are eligible to participate; evidence of healthy immune function is required, however, and in some instances a period of constitutional homeopathic treatment may be necessary before starting HP.

The FHCi website includes a list of certified HP providers, as well as resources and information for parents, practitioners and the general public.

Visit FHCi at www.FreeAndHealthyChildren.org

Homeoprophylaxis: A Natural Way to Prevent Disease & Build Health

Frequently Asked Questions

Is HP recognized for the purposes of school admission requirements?

No, not at this time.

My child has already received some or all recommended vaccines. Is he/she eligible for HP?

HP is suitable for unvaccinated, partially, or fully vaccinated individuals. Depending on the state of the immune system (chronic conditions, prior vaccine damage, etc.), your practitioner may recommend a course of homeopathic treatment prior to beginning HP. As statistics show, even those who have received a full course of conventional vaccines can still be susceptible to infectious contagious disease. They, too, can benefit from the protection afforded by HP doses, as well as the immune system 'education' provided by HP.

Does HP produce 'titers'?

There is no conclusive evidence to show that HP can influence the production of titers. Furthermore, there is no evidence of a correlation between titers and demonstrated immunity to any particular disease. There are instances of 'fully immunized' individuals contracting an infectious disease, and conversely individuals with no measurable "immunity" who never show symptoms when exposed to the same disease.

Isn't it better to let my child contract the mild childhood diseases like chicken pox and measles?

Many families do choose to expose their children to the standard childhood diseases, and depending on the state of the child's immune system there is usually no problem with this approach. This is something you should discuss with your health practitioner or homeopath.

What kind of a response can I expect to the HP doses?

From the FHCi website: It is normal for a child to react to the remedies in the Kit. These reactions are NOT toxic reactions, but represent an immunological effect. They are typically very mild and short lasting (such as a fever, cough, a mild rash, or restlessness for 24 hours or less). Reactions are a good sign and usually indicate that there is some affinity of the child to the remedy given. It is these reactions that help to build immunity. <https://vaccinefree.wordpress.com/homeoprophylaxis/homeopathicvaccine/>

Can I contract the disease itself from a homeoprophylaxis dose?

No, you cannot contract the disease from the non-toxic nosodes used in HP.

Is there HP for travel purposes?

Yes, an HP program can be tailored to meet your individual travel needs.

Where can I find an HP provider?

Free and Healthy Children International maintains a list of trained HP supervisors on their website at <http://www.freeandhealthychildren.org/>

Homeoprophylaxis: A Natural Way to Prevent Disease & Build Health

More Reading

Online

Fran Sheffield, Homeoprophylaxis: Human Records, Studies and Trials, 2014

<http://www.homeopathycenter.org/news/homeoprophylaxis-human-records-studies-and-trials>

Weston A. Price Foundation Journal: Vaccination Issue, Summer 2015

<http://www.westonaprice.org/journal/journal-summer-2015-vaccination-issue/>

Cilla Whatcott CCH, “Do Parents Have An Immunization Option?” *Weston A. Price Foundation Journal: Vaccination Issue*, 2015.

<http://www.westonaprice.org/health-topics/do-parents-have-an-immunization-option/>

Deborah Landowne RSHom(NA), CCH, “Homeoprophylaxis: A safe choice for preventing infectious contagious disease”, 2016

<https://nourishingourchildren.wordpress.com/2016/05/19/homeoprophylaxis/>

Tetyana Obukhanych, PhD in Immunology, “An Open Letter to Legislators Currently Considering Vaccine Legislation”

<http://thinkingmomsrevolution.com/an-open-letter-to-legislators-currently-considering-vaccine-legislation-from-tetyana-obukhanych-phd-in-immunology/>

Books

Kate Birch and Cilla Whatcott, *The Solution: Homeoprophylaxis: The Vaccine Alternative*, (Balboa Press, 2012).

https://www.amazon.com/Solution-Homeoprophylaxis-Vaccine-Alternative/dp/1480001910/ref=sr_1_1_twi_pap_2?ie=UTF8&qid=1467343115&sr=8-1&

Cilla Whatcott, *There is a Choice: Homeoprophylaxis* (CreateSpace Independent Publishing Platform), 2014.

<https://www.amazon.com/There-Choice-Homeoprophylaxis-Cilla-Whatcott/dp/1502460254>

Amy L. Lansky, *Impossible Cure: The Promise of Homeopathy*, (R.L. Ranch Press), 2003.

<https://www.amazon.com/Impossible-Cure-Homeopathy-Amy-Lansky/dp/0972751408?ie=UTF8&adid=1S496R328P5TVR8HTBQY&camp=14573&creative=327641&creativeASIN=0972751408&>

Homeoprophylaxis: A Natural Way to Prevent Disease & Build Health

References

- [1] Dr. Isaac Golden, The Complete Practitioner's Manual of Homeoprophylaxis, (Isaac Golden Press, 2012), 2.
- [2] Andrew Wakefield, "Notes on Herd Immunity from Andrew Wakefield", 2016
<http://vaxxedthemovie.com/notes-herd-immunity-andrew-wakefield/>
- [3] National Vaccine Information Center, "Vaccinations: Know the Risks and Failures".
<https://www.nvic.org/vaccines-and-diseases/Vaccinations--Know-the-risks-and-failures-.aspx>
- [4] J. Compton Burnett MD, "Vaccinosis And Its Cure By Thuja; With Remarks On Homoeoprophylaxis", 1884.
http://homeoint.org/seror/burnett_vaccinosis_and_its_cure/pages/58.html#
- [5] Dr. Samuel Hahnemann, "Cure and Prevention of Scarlet Fever", Hahnemann's Lesser Writings, 1801.
- [6] Fran Sheffield, "Homeoprophylaxis: Human Records, Studies and Trials, 2014.
<http://www.homeopathycenter.org/homeoprophylaxis-human-records-studies-and-trials>
- [7] Francisco Eizayaga, MD, Treatise on Homeopathic Medicine (Ediciones Maracel, Buenos Aires, Brazil), 1991.
- [7.5] Sue Armstrong, MA, VetMB, VetMFHom, CertIAVH, MRCVS, RsHom, Homeopathic medicines can alter genetic expression
<https://ivcjournal.com/homeopathy-genetic-expression/>
- [8] Dr. Isaac Golden, Homoeoprophylaxis - A Fifteen Year Clinical Study. (Isaac Golden Publications, 2004).
- [9] Kate Birch and Cilla Whatcott, The Solution: Homeoprophylaxis: The Vaccine Alternative, (Balboa Press, 2012), 99.
- [10] Dr. Isaac Golden, The Complete Practitioner's Manual of Homeoprophylaxis, (Isaac Golden Press, 2012), 93.
- [11] ["Mumps and ovarian cancer: modern interpretation of an historic association"](#)
["Mumps Protects Against Ovarian Cancer: Vaccine Steals the Protection"](#)
- [12] [History of chicken pox may reduce risk of brain cancer later in life](#)
[History of chickenpox in glioma risk: a report from the glioma international case-control study \(GICC\)](#)

Homeoprophylaxis: A Natural Way to Prevent Disease & Build Health

[History of chickenpox and shingles and prevalence of antibodies to varicella-zoster virus and three other herpesviruses among adults with glioma and controls.](#)

[13] [Chickenpox in childhood is associated with decreased atopic disorders, IgE, allergic sensitization, and leukocyte subsets.](#)

[14] [Allergic disease and atopic sensitization in children in relation to measles vaccination and measles infection.](#)

[15] CDC, Vaccine Excipient & Media Summary, 2015.
<http://www.cdc.gov/vaccines/pubs/pinkbook/downloads/appendices/B/excipient-table-2.pdf>

[16] The College of Physicians of Philadelphia, “Human Cell Strains in Vaccine Development”
<http://www.historyofvaccines.org/content/articles/human-cell-strains-vaccine-development>

[17] Mercola, "60 Lab Studies Now Confirm Cancer Link to a Vaccine You Probably Had as a Child", *Mercola.com*, 2011.
<http://articles.mercola.com/sites/articles/archive/2011/02/18/leading-vaccine-doctor-states-cancer-linked-to-polio-vaccine.aspx>

[18] Iris R. Bell, MD PhD., “Adaptive Network Nanomedicine: Solving the Homeopathy Puzzle One (Small) Scientific Step at a Time”, *The California Homeopath, May 2016: Scientific Research on Homeopathy (Vol. 18 #1)*, 2016.
<http://californiahomeopath.com/issue/the-california-homeopath-volume-18-1/article/adaptive-network-nanomedicine>

[19] Kate Birch, “Guest Editorial”, *The California Homeopath, November 2015: Homeoprophylaxis (Vol. 17 #3)*, 2015.
<http://californiahomeopath.com/issue/the-california-homeopath-volume-17-3/article/guest-editorial-kate-birch>

[20] <http://www.hpus.com/what-is-homeopathy.php>

[21] Kate Birch and Cilla Whatcott, Op. cit., p. 26

[22] Cilla Whatcott, *There is a Choice: Homeoprophylaxis*, (CreateSpace Independent Publishing Platform), 2014, 86.

About the Author

Marci Mearns RSHom(NA), CCH, C.HP, certified classical homeopath, is certified by Free and Healthy Children International (FHCi) as a provider of homeoprophylaxis. Her office is located in Chico, California. She can be reached via her website: <http://www.ChicoHomeopathy.com>.