

## **Allergies improve with homeopathic treatment**

Every year millions of European citizens suffer from hay fever and other allergic conditions. Homeopathy is one of the most frequently used complementary and alternative medicine (CAM) modalities for patients suffering from allergies<sup>1</sup>. Hay fever is one of the most common complaints homeopaths are consulted for<sup>2</sup>. In a study of almost 4000 patients treated by homeopaths, allergy was the most frequent diagnosis in male patients<sup>3</sup>. An increasing amount of documentation confirms homeopaths' positive experience in treating allergic patients.

### **Eighty percent better with homeopathy**

Allergy is one of the best documented areas of research in homeopathy. Positive effect was found in over 80 percent of a total of over 2 400 patients suffering from allergies or asthma included in 27 trials<sup>4</sup>. Positive results were seen in all nine observational studies and in the majority of 18 randomized double-blinded placebo-controlled studies. In another overview researchers found positive effect in six out of seven trials on homeopathy for allergies or upper respiratory tract infections<sup>5</sup>.

### **Two out of three experience a lasting effect**

In a study of 200 patients suffering from allergies and other hypersensitivity disorders such as asthma and eczema, homeopathy was at least as effective as conventional treatment<sup>6</sup>. Two thirds experienced a lasting effect after they stopped homeopathic treatment, whereas almost all patients treated with conventional drugs experienced a return of their symptoms on stopping treatment.

### **Improved quality of life and reduced medication**

Research has also shown improved quality of life after homeopathic treatment in patients suffering from allergies<sup>6,8</sup>. Significant improvement has been seen after three to four weeks of treatment<sup>8</sup> and patients' general and psychological state of health was improved over a longer treatment period<sup>6</sup>. In another trial of patients suffering from allergies, 57 percent could reduce their conventional medication by an average of 60 percent<sup>7</sup>.

**Conclusion:** Homeopathy should be considered as a viable therapeutic option for patients suffering from allergies. More research should be carried out to further determine the effectiveness of homeopathy for patients with allergies.

For safe and effective homeopathic treatment, patients should make sure that the practitioner they consult is a registered member of an ECCH or ICH Member Association. For information, please refer to [www.homeopathy-ecch.eu](http://www.homeopathy-ecch.eu) and outside Europe [www.homeopathy-ich.org](http://www.homeopathy-ich.org)

## References

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