

Homeopathy & Athletes

**AN 'INSIDE OUT' CONFERENCE
TASTER WEBINAR
08 MAY 2023**

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'The nature of our remedies
is that different kinds of stress
produce different symptomatology,
while each remedy can be said to be
sensitive to a particular kind of stress.'

Professor George Vithoukas on Baryta carbonica (1)



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WEBINAR OUTLINE

- Homeopathy and athletes.
- A case of chronic suppurative otitis media.
- Evidence for homeopathy as an efficacious otitis treatment.
- A case of Helicobacter pylori (H.pylori) infection.
- The latest H.pylori science.
- Antibiotic resistance and homeopathy.
- Questions & Answers.



MEET YOUR PRESENTER



Registered Classical Homeopath

Sarah Penrose

Sarah is a dedicated homeopath prescribing in accordance with the sound, tested, tried, and true, theoretical principles and philosophies first outlined by Hahnemann in *The Organon of Medicine* because they work!

Based in New Zealand, Sarah has practiced as a homeopath since 2010, and writes a substack *Evidence Based Complementary Medicine*.



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HOMEOPATHY & ATHLETES



CASE 1 Commonwealth games silver medalist taking antibiotics since twelve months for chronic suppurative otitis media.



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MERCURIUS SOLUBILIS

The Essential Synthesis (Radar Opus)			merc.	puls.	sulph.	calc-s.	carb-v.	lach.	nit-ac.	ars.	aur.	sep.	
			1	2	3	4	5	6	7	8	9	10	11
			6	5	5	5	5	5	5	5	5	5	5
			17	10	10	9	9	9	9	8	8	7	6
▶ 1. MIND - HURRY	(243)	1	3	2	3	1	1	2	2	2	1	1	1
▶ 2. EAR - DISCHARGES - offensive	(64)	1	3	1	2	1	2	1	2	2	3	1	1
▶ 3. EAR - DISCHARGES - painful	(4)	1	3			2							1
▶ 4. EAR - INFLAMMATION	(165)	1	3	3	1	3	2	2	2	1	1	2	1
▶ 5. EAR - PAIN	(433)	1	3	3	3	2	2	3	2	2	2	2	2
▶ 6. MOUTH - ODOR - bad	(19)	1	2	1	1		2	1	1	1	1	1	

There is a tendency to chronic suppurations of all kinds, suppurations which can last for many years. There is simply not enough defensive force to eliminate the infection.

Professor George Vithoulkas on Mercurius solubilis (2)



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SYSTEMATIC REVIEWS

HOMEOPATHY & OTITIS MEDIA TREATMENT

Marom et al., 2016

Mild treatment effect. (3)

Fixsen A. 2013

Reduction of antibiotic use. (4)

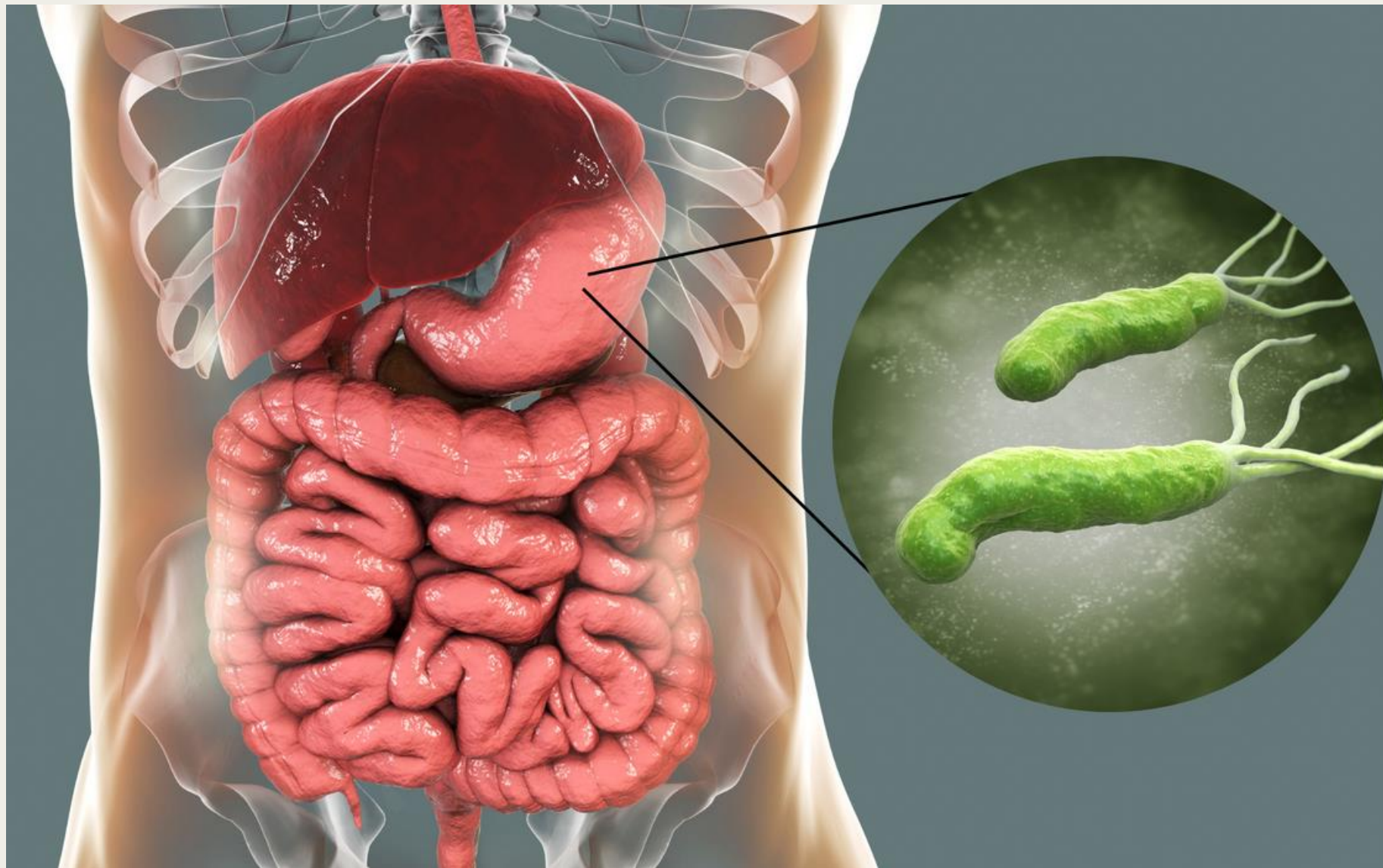
Bellavite et al., 2011;

Bukutu et al., 2008

Clinical efficacy, fewer & less serious side effects, faster responses, & cost savings in acute paediatric otitis media (5,6)



HELICOBACTER PYLORI INFECTION



CASE 2 Champion state motocross rider with Helicobacter pylori related symptoms since seven years.



NUX VOMICA

The Essential Synthesis (Radar Opus)

- ▶ 1. MIND - COMPLAINING - disease, of (8) 1
- ▶ 2. MIND - AMBITION - increased - competitive (22) 1
- ▶ 3. GENERALS - FOOD AND DRINKS - alcoholic drinks - ailments from (38) 1
- ▶ 4. STOMACH - ERUCTATIONS - difficult (10) 1
- ▶ 5. STOMACH - COFFEE - agg. (7) 1
- ▶ 6. RECTUM - CONSTIPATION - insufficient (122) 1
- ▶ 7. NOSE - OBSTRUCTION - breathing - mouth; must breath through (7) 1

	nux-v.	lach.	lyc.	cham.	sulph.	arg-n.	cocc.	canth.	ars.	
	1	2	3	4	5	6	7	8	9	10
	7	4	4	3	3	3	3	3	2	2
	15	7	5	6	6	5	4	3	4	4
1. MIND - COMPLAINING - disease, of	2	3		1						
2. MIND - AMBITION - increased - competitive	1	1	1		1	1		1		
3. GENERALS - FOOD AND DRINKS - alcoholic drinks - ailments from	3	1	1		2		1		3	1
4. STOMACH - ERUCTATIONS - difficult	2					3	1			
5. STOMACH - COFFEE - agg.	3			3			2	1		
6. RECTUM - CONSTIPATION - insufficient	3	2	2	2	3	1		1	1	3
7. NOSE - OBSTRUCTION - breathing - mouth; must breath through	1		1							

'...many chronic maladies, also the evil consequences arising from drinking too much coffee and wine...'

Dr. Samuel Hahnemann on Nux Vomica (7)



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H. PYLORI TREATMENT SCIENCE

"H. pylori eradication must involve a simple, cost-effective strategy that fosters compliance without having a negative impact on the gut microbiota or contributing to antimicrobial resistance."(8)



ANTIBIOTIC RESISTANCE AND HOMEOPATHY

Weiermayer et al., 2020.

Human & veterinary treatment of infections. (9)

Fixsen, 2018; & 2013.

Reduced antibiotic use. (10,4)

Van der Werf et al., 2018.

British General Practitioners using complementary medicine - including homeopathy - prescribe 22% fewer antibiotics. (11)

Bell & Boyer, 2013.

Lower antibiotic fill rates. (12)

Sinha et al., 2012.

Nil antibiotics in the acute otitis media homeopathy group. (13)



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