

## British Homeopathic Association - News Item

### Antibiotics prescribed needlessly when homeopathy can help

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The British Homeopathic Association advises more GPs to consider homeopathic medicine as an alternative to the over-prescribing of antibiotics, as featured in the Journal of Antimicrobial Chemotherapy published this week. Despite official guidance to the contrary, antibiotics are being prescribed for up to 80% of cases of sore throat, otitis media (glue ear), upper respiratory tract infections and sinusitis.(1)

The study claims this is hindering efforts to prevent the spread of antibiotic resistance, where disease-causing bacteria become unresponsive to the most commonly used drug treatments. One of the authors, Dr Deenan Pillay, comments: "The emergence of antiviral drug resistance is virtually inevitable. This provides a major clinical, laboratory and public health challenge."

Homeopathy can be used to help confront this challenge, as part of an integrated system of healthcare. Homeopathic treatment has been shown to be clinically effective in upper respiratory tract infections (2) including otitis media (3) and sinusitis (4). GPs who integrate homeopathy into their everyday practice find that homeopathy can fill 'effectiveness gaps' such as these, where conventional treatment has little or nothing to offer.

GP and homeopath Dr Jeni Worden says: "' Patients and parents of children prefer action to inaction. Being able to give a safe homeopathic medicine which can relieve distressing symptoms without giving upsetting side effects is a very welcome course of action, and satisfying for me professionally. The medications can be prescribed on the NHS or bought over the counter, and are considerably cheaper than many antibiotics."

A 12-month audit of a homeopathic GP's practice published last year found that 78% of the patients treated homeopathically reported a positive clinical response (5). Research from Germany comparing homeopathic and conventional GPs' outcomes in chronic diseases, including sinusitis and rhinitis, found that patients who received homeopathic treatment had better outcomes (6).

#### References

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