

Homeopathy Needs You and a Tip to Tuck in Your Toolbox



This week I'm passing on a request to you to do me, you and the rest of the U.S. a favor and read below what is in the works with the Food and Drug Administration (FDA).

Below is a letter from the National Center for Homeopathy that helps explain what is happening in the U.S. regarding homeopathy.

Here it is:

We know you love homeopathic remedies – so help us tell the FDA and FTC!

This is to potentially prevent highly restricted sales of homeopathic remedies.

The FDA's two-day public hearing to gather information about the current use of products labeled as homeopathic took place in late April.

The hearing focused specifically on FDA regulations of and labeling requirements for OTC homeopathic medicines.

This hearing was not held to discuss the efficacy of homeopathy, the ability of individuals to practice homeopathy, or to consider the removal of homeopathic remedies from the retail market.

But, FDA panelists also posed several questions about:

- Consumer attitudes about homeopathy
- Whether or not consumers have enough information to make informed decisions about purchasing homeopathic products over the counter (OTC)
- And whether there is confusion at store shelves with placement of homeopathic medicines next to non-homeopathic medicines

In August, the staff of the Federal Trade Commission recommended that the FDA [reconsider the framework it uses to regulate homeopathic medications](https://www.ftc.gov/news-events/press-releases/2015/08/ftc-staff-comment-fda-should-reevaluate-its-current-regulatory) because it may appear to conflict with the FTC's advertising substantiation doctrine in ways that could harm consumers and cause confusion for advertisers.

(<https://www.ftc.gov/news-events/press-releases/2015/08/ftc-staff-comment-fda-should-reevaluate-its-current-regulatory>)

So now, we are in the third round of FDA solicitation for Public Comment which will remain open until November 9, 2015, 11:59 p.m. EST.

If you have not yet done so, **Now You Can Help!!**

Submissions can be done electronically or mailed into the FDA.

I urge everyone who uses homeopathic products to take 5 minutes to submit comments to the FDA about:

- Consumers have positive attitudes about access to over-the-counter homeopathic medicines
 - Consumers ARE able to make informed decisions about purchasing homeopathic products vs traditional OTC medications
 - Consumers want to find the right medicine for their symptoms in the appropriate category area of the store
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Ok, it's me again, Joette. So, this is what I've done to make commenting super simple.

Feel free to copy and paste any of the below examples and fill in the blanks. Change it up a bit to fit your own story, then add your name at the bottom and click here <https://ftcpublic.commentworks.com/ftc/homeopathyworkshop/> to send it off.

Example #1:

Dear Sir or Madam:

In light of the current public comment period regarding the sale of homeopathic medicines in stores, I'm writing to share my positive experiences as a consumer of these products.

Having access to these products over-the-counter is invaluable to my family and me. Being able to procure natural, safe medicines locally and without the need of a prescription not only empowers consumers like me, but also takes the burden off of an already over-worked health care system. I find homeopathics clearly marked and I find it easy to choose what I'm looking for.

Sincerely,

(your name)

Example #2

Dear Madam or Sir:

My daughter came home from school with a headache and nasal congestion. Knowing immediately that she was suffering from a cold, I went to my local Whole Foods store to select a homeopathic medicine to hasten her recovery. On the shelf, I found two products that contained combinations of homeopathic remedies for common colds. I reviewed the detailed labels on each bottle, found that one addressed the specific sinus pressure my daughter complained about, and selected that one. After following the dosage directions on the package, my daughter was doing much better a day-and-a-half later. Easy, inexpensive and accessible. I can't think of a better medicine for my family than homeopathics.

Respectfully submitted,

(your name)

Example #3

Dear Madam or Sir:

In spite of the many homeopathic choices, my purchasing experiences have been simple and straightforward when

choosing a homeopathic remedy. I read the labels, compare the symptoms the bottle describes, and determine which product best suits my needs. The labels are easy to read and clear in meaning. There has never been any confusion, and I find that doing this works for me every time.

I strongly believe that the availability of homeopathic products in stores greatly benefits consumers seeking natural remedies for common ailments.

Respectfully,

(your name)

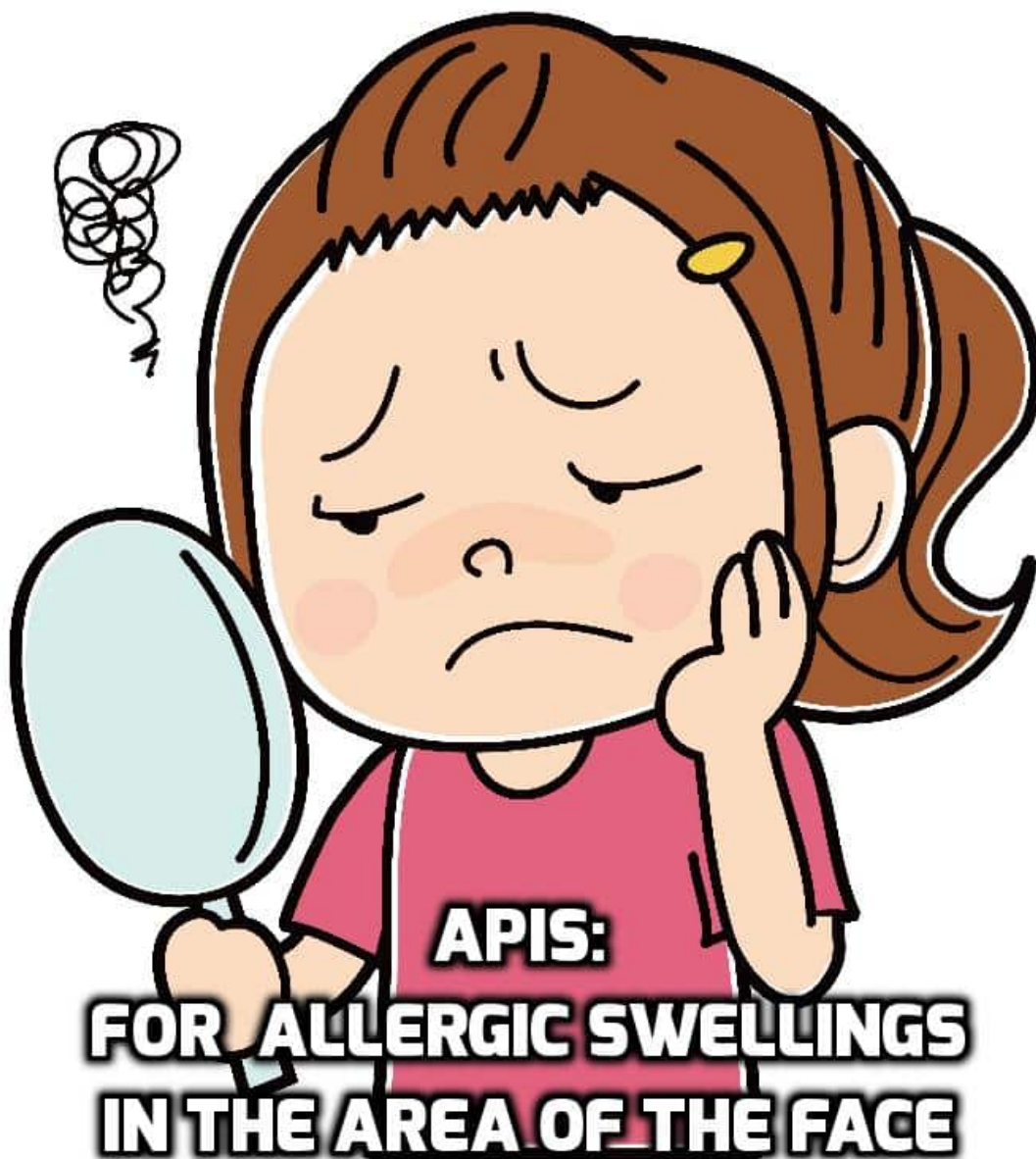
Example #4

Dear Madam or Sir:

I have been using homeopathy for the last few years and have never had any concern about which remedy to choose for which condition when I go to the section of my local health food store. I can send my husband as well, who has no real experience with using homeopathy and he too has found it easy enough to know what to purchase, even when I don't give him specifics. We particularly love the products that are a combination of 3 or more remedies that suit a specific condition.

Sincerely,

(your name)



So, as you know, I always offer you a tip to tuck into your toolkit.

Today, it's about *Apis mellifica*. You may already know that it can be used for bee stings, but I like it best for allergic reactions.

I have a personal history of allergies, so I've always been on the lookout for extreme reactions from allergies.

You know, swellings, hives and such.

So, many years ago, I decided to commit to memory those medicines that are specific to serious allergic reactions. The first one I studied was *Apis mellifica*. There are others, but for now, let me tell you about this heavy hitter of a remedy.

It's this simple:

When there's swelling of the lips, tongue, throat, eyes, etc. my first choice is *Apis* 6, 30 or 200. The more serious the condition, the higher the potency. In very serious situations, I'd not give a thought in considering *Apis* 1M or 10M.

However, [*Apis mellifica* 200C](#) has not yet failed me.

How is it administered? If very severe, such as anaphylaxis, it might be given every few minutes on the way to the hospital.

I love when my students report stories of turning around in the parking lot of a hospital because the remedy had already acted, and conventional drugs were not needed.

If the swellings are of the eyes and not dangerous, it would be best to administer it every 3-6 hours until full recovery. As long as you see continued improvement, you know that the remedy is acting, and continued use would be called for.

There you have it. Another homeopathic medicine that could save the day.

And the cost of this remedy is usually under \$10.00!

Psst! Pass it on.