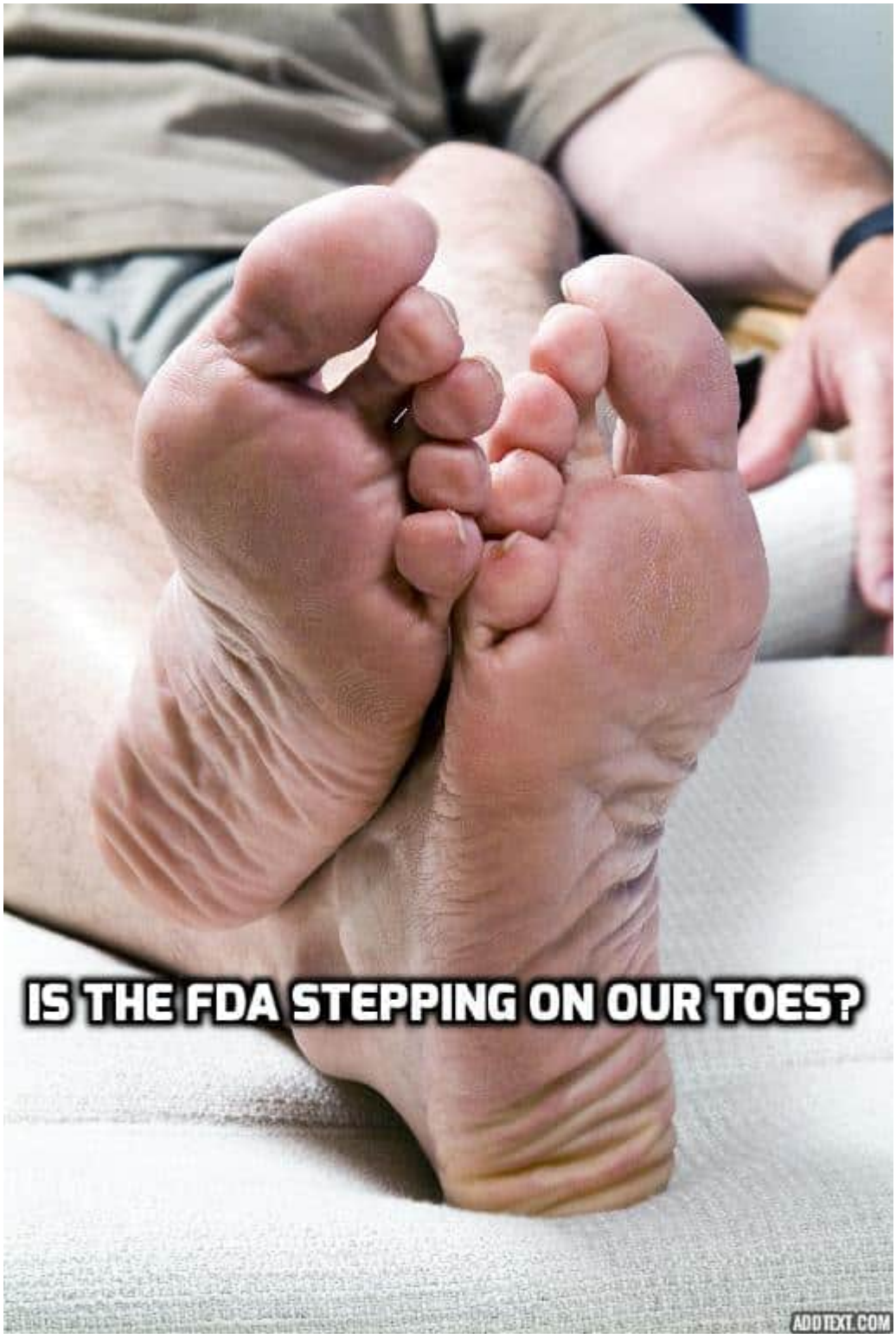
Is the FDA Stepping on Our Toes?



In late April 2015, the U.S. Food and Drug Administration (FDA) held a two-day public hearing to gather information

about the consumer use of homeopathic products.

I already know what you're thinking …

"Uh-oh. What does this mean for us?"

But before you let worry set in, let me tell you that *I* see this as an opportunity to provide the FDA with our own feedback based on our personal successes with homeopathy.

The best way to bring someone around to a new way of thinking is through respect and rationality.

The hearing in April focused solely on FDA regulations and labeling requirements for over-the-counter homeopathic medicines.

It did NOT, however, include *any* discussion regarding the efficacy of homeopathy, the ability of individuals to practice homeopathy, or the removal of homeopathic remedies from the retail market.

What the FDA DID want to learn was:

- What are CONSUMER ATTITUDES about homeopathy?
- Do consumers have ENOUGH INFORMATION to make informed decisions about purchasing homeopathic products over-the-counter?
- Is there CONFUSION between homeopathic medicines and non-homeopathic medicines on store shelves?

How *YOU* Can Help (Even if you don't live in the U.S.)

Since the next phase of the hearing is a period of public comment (which is open until JUNE 22, 2015), we all have an opportunity to make our opinions heard.

http://www.regulations.gov/#!submitComment;D=FDA-2015-N-0540-0001.

Use your voice to let the FDA know how you feel. Now is the time to speak loud, proud and be heard.

For your convenience, I have crafted a form letter that you are welcome to use as a guide for your own comments.

You may copy and paste it and fill in the necessary information in the spaces provided; particularly in regards to the remedies' manufacturers providing enough information, as well as clear, concise and easy-to-understand labeling related to use and dosage.

Remember, ALL COMMENTS MUST BE SUBMITTED ONLINE BY JUNE 22, 2015 HERE:

http://www.regulations.gov/#!submitComment;D=FDA-2015-N-0540-0001.

Two small details

When submitting your comments to the above link:

- Be sure to **UNCHECK** that you are submitting commentary on behalf of a third party. We want the FDA to know that they are receiving personal accounts of success with homeopathy straight from the consumer
- Select **"individual consumer"** from the category drop-down menu

THANK YOU!

By the way, all of this attention from the FDA means that homeopathy is beginning to have a greater impact on the health care market. This is a GOOD thing!

Please join my staff, family and me and help advocate for the homeopathic pharmacies that manufacture these medicines so that we can raise our families free of questionable wares

from the pharmaceutical industry.

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FORM LETTER

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.

[INSERT PERSONAL EXPERIENCES HERE. *Example: Two weeks ago, 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 box, found that one addressed the specific sinus pressure my daughter had complained about, and selected that one to purchase. After following the dosage directions on the package, my daughter was doing much better a day-and-a-half later.]*

My purchasing experiences have been simple and straightforward. I read the labels, compare the ingredients and the symptoms the bottle covers, 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 appreciate your taking the time to read my experiences with homeopathy. I strongly believe that the availability of homeopathic products in stores greatly benefits consumers seeking natural remedies for common ailments.

Respectfully,

[INSERT NAME]

Speaking of Stepping on Toes. (I feel compelled to give you a tip to tuck into your toolbox for you and your family, so here's an important one.)

When toes literally DO get stepped on, crushed, or when toes *and* fingers are injured:

Think of this remedy first: *Hypericum perforatum*

The more severe the injury and pain, the higher the potency that ought to be used, *and* the greater the frequency of dosage.

For example, if a house collapses on your bare toes, you may use *Hypericum perforatum* 1M every few minutes.

If it's not nearly as severe (which very hopefully it won't be), *Hypericum perforatum* 200C works quite well.

What will this wonder medicine do, you ask?

Impressively, it will help ease the pain, reduce shock to the system (meaning any panic you feel will lessen immensely), and keep infection at bay with a gentle, easy

nudge.

The same holds true for crushed fingers and extremely painful dental extractions. In fact, it holds true for any nerve-dense area ***anywhere*** in the body, including injuries to the tailbone (such as those that occur post-birth.

I could not imagine how I would have endured the after-effects of the birth of my first son had I not had access to this remedy.)

Additionally, if there's any numbness or tingling even after the injury has healed, *Hypericum perforatum* 200C *or* 1M will continue to be effective.

Trust me; you don't want to give the government the power to keep you from having this precious medicine at your disposal.

Again, I implore you to please take the time to write a quick note to the FDA.

http://www.regulations.gov/#!submitComment;D=FDA-2015-N-0540-0001