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## Homeopathy works

**To the Editor:** I was delighted to see the article on homeopathy by Ann Haw in the July edition of the journal.<sup>1</sup>

Family Medicine opened up many new possibilities for me. I became more aware of the intimate interaction between the body, mind and spirit while learning to listen in a patient-centered way to my patients. At the same time, evidence-based medicine together with a better understanding of research, made me question many conventional allopathic therapies. I was often then left not knowing how to prescribe.

Homeopathy has afforded me the opportunity to understand my patients on a completely new and deep level. It has given me a wonderful tool to help my patients in a gentle, non-harmful way by treating everything from minor viral illnesses to chronic fatigue to auto-immune disease.

I would recommend further study of homeopathy to all family physicians.

### Janine Kirby

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**To the Editor:** I was delighted to read the article, 'What the GP needs to know about homeopathy – A Personal opinion', in the July 2004 edition of SA Family Practice.<sup>1</sup>

After seeing a string of specialists, my own atopic dermatitis was finally cured using homeopathy.

Out of curiosity, I started doing a post-graduate course in homeopathy through the South African Faculty of Homeopathy. I recently started using homeopathy for patients whose response and prognosis was poor despite the best allopathic treatment available.

One of my first 'homeopathic patients' was a little boy, almost 5 years old, who was completely crippled with rheumatoid arthritis. He had never walked and could not stand. His mother held him in her arms like a little baby. He had been on methotrexate and prednisone since the age of two years, with no sign of remission. At his follow-up visit three weeks after starting homeopathic treatment, he walked into my consulting room. He has never looked back.

I thought this might be an aberration, a coincidence, so I treated more and more patients with rheumatoid arthritis. I also treated other problems, where allopathic medicine has little to offer, such as behavioural problems in children, atopic illness and back pain using homeopathy -and the responses were equally impressive, and sustained.

I don't understand how homeopathy works, but in my experience it does. And many of my patient's lives are very different as a result.

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1. Haw A. What the GP needs to know about homeopathy – A personal opinion. SA Fam Pract 2004;46(6): 5-9