

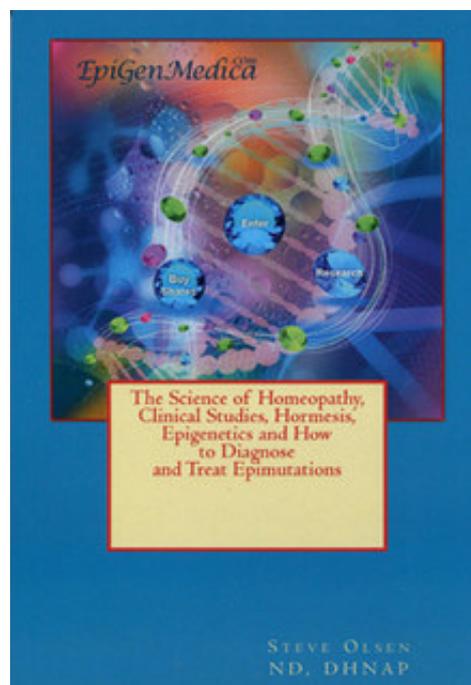
Steven Olsen

The Science of Homeopathy, Clinical Studies, Hormesis, Epigenetics and How to Diagnose and Treat Epimutations

Reading excerpt

[The Science of Homeopathy, Clinical Studies, Hormesis, Epigenetics and How to Diagnose and Treat Epimutations](#)
of [Steven Olsen](#)

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CHAPTER ONE

The Science of Homeopathy, Clinical Studies, Hormesis, Epigenetics and How to Diagnose and Treat Epimutations

The science of homeopathy has been traditionally based on the following:

1. Proving and toxicology studies. Individual remedies are studied by taking slightly toxic doses. The descriptive changes (symptoms) are recorded. This image of symptoms is compared with the symptoms of the patient to find the curative medicine. With this method there are about 3,000 medicines now available.
2. Clinical studies and treatment outcomes - research and journal articles. See page 8.
3. Anecdotal evidence from patients. Perhaps the most meaningful for the patient but not falsifiable i.e. not compared against a placebo.

In this article I will show how this evidence can be expanded with the current studies in the field of hormesis and epigenetics.

Hormesis - these studies show that small doses act as stimulants and large doses are toxic. See Articles below.

Epigenetics - Molecular biological testing. Epigenetics is the study of what causes individual genes to turn on or off. Most likely homeopathic remedies work at this level to finely tune - optimize the expression of the DNA, in order to regain health.

Homeopathy as a science is still disputed because its mechanism of action has not been defined. Individual results are considered anecdotal, and its clinical studies although authentic are questioned as being

unlikely as the doses are too small and can't possibly have any biological effect according to our present understanding of chemistry and physics. Having used homeopathy with my patients for over 25 years has continued to convince me that these are very powerful medicines but it is a challenge to prove this theory. It needs to be accomplished though because if this theory of homeopathy is correct and valid then it will be helpful to maximize its application.

The recent developments in genetics and work done in the field of hormesis is enough to take homeopathy one step closer to this goal of understanding how homeopathy works but also a method to make a more thorough and accurate diagnosis to finding the correct remedy for each patient.

Homeopathic medicines rebuild homeostasis. From the explanations given by Hahnemann to the present time this is the beginning point for the science of homeopathy. In any illness the recovery of homeostasis is equivalent to healing and the regaining of health. In this thesis I will explain what homeostasis is and how homeopathic medicines can heal almost any illness through the repair of epigenetic mutations.

Medical definitions of homeostasis: The tendency of a system, especially the physiological system, to maintain internal stability, owing to the coordinated response of its parts to any situation or stimulus tending to disturb its normal condition or function.

The tendency of an organism or cell to regulate its internal conditions, such as the pH chemical composition of its body fluids, so as to maintain health and functioning, regardless of outside conditions. The organism or cell maintains homeostasis by monitoring its internal conditions and responding appropriately when these conditions deviate from their optimal state. The maintenance of a steady body temperature in warm-blooded animals is an example of homeostasis. In human beings, the homeostatic regulation of body temperature involves such mechanisms as sweating when the internal temperature becomes excessive and shivering to produce heat, as well as the generation of heat through metabolic processes when the internal temperature falls too low.

Diseases that result from a homeostatic imbalance include diabetes, dehydration, infections, diseases caused by a toxin present in the bloodstream, arthritis, headaches etc. Almost any illness is partly the result of a weakness or deficit in homeostasis and therefore almost every illness can benefit from a rebuilding of homeostasis.

*Just as we live in a constantly changing world, so do the cells and tissues survive in a constantly changing microenvironment. The "normal" or "physiologic" state then is achieved by adaptive responses to the ebb and flow of various stimuli permitting the cells and tissues to adapt and to live in harmony within their microenvironment. Thus, **homeostasis** is preserved. It is only when the stimuli become more severe, or the response of the organism breaks down, that disease results - a generalization as true for the whole organism as it is for the individual cell. (Pathologic Basis of Disease, third edition, S.L. Robbins MD, R.S. Cotran MD, V.K. Kumar MD. 1984, W.P. Saunders Company)*

Originally in the homeopathic literature this idea of homeostasis or self healing was defined as being the result of a 'vital force'. In modern literature this term is no longer in use and instead the term homeostasis is used to define the same idea.

Here is what Hahnemann said in the Organon; and we can see that the meaning is the same.

*When a person falls ill it is at first only this **self-sustaining vital principle everywhere present in the organism** (homeostasis) which is untuned (out of balance) by the dynamic influence of the hostile disease agent upon it. It is only this vital principle thus untuned which brings about in the organism the disagreeable sensations and abnormal functions that we call disease. Being invisible, and recognizable solely by its effects on the organism, it can express itself and reveal its untunement only by pathological manifestations in feeling and functions as disease*

Symptom. ~ The Organon of Medicine by Samuel Hahnemann.

Characteristics of Homeostasis: It can act on the molecular level,

cellular level, organ level and systems level and or usually inter-related on all of these levels. Homeostasis for example can act to repair DNA and chromosomes. An example of DNA repair homeostasis can be found in bacterium *Deinococcus radiodurans*, which is an extreme example - see article in the Appendix 1 ([Meet the Superhug](#)).

Homeostasis is therefore that part of the living organism which initiates and coordinates the healing processes. All living systems have a relative resistance to toxicity and ability to self regulate, resist illness and even recover from illness without any treatment. As we can see in the example above, homeostasis can work to repair DNA and in general every living cell needs about one million molecular repairs per day. All the biological and molecular steps of homeostasis are yet to be defined but this is an actively studied subject as can be seen in an excerpt from this article:

DNA Mismatch Repair System: Repercussions in Cellular Homeostasis and Relationship with Aging

However, cells have different mechanisms to maintain DNA biochemical integrity and stability. One of them is the base excision repair (BER) system, a cellular mechanism that repairs damaged bases in the DNA sequence originating from deamination, oxidation, and alkylation. Nucleotide excision repair (NER) is another DNA repair mechanism which differs from BER. While BER repairs individual damaged bases, the NER system corrects larger portions of DNA damage by removing the strand section that contains a major nucleotide lesion [6-8]. Both BER and NER systems are constantly active in the cell prevention of death, repairing DNA damage as it is detected. However, there are other mechanisms that are activated during specific cellular stages, such as DNA mismatch repair system (MMR). Oxidative Medicine and Cellular Longevity Volume 2012 (2012), Article ID 728430, 9 pages

Generally homeostasis can be achieved and maintained with proper nutrition, exercise, healthy lifestyle and a positive emotional environment. But if these positive external conditions are present without any outside negative influence (such as pathogenic bacteria, high doses of toxins) and the person is still sick then one has to look for predisposing susceptibility factors of the illness (genetic mutations and

epigenetic mutations). This subject is also presently being vigorously studied but there is no drug yet that can repair a genetic mutation and no drug to repair epigenetic susceptibilities or mutations or is there?

The science of hormesis in its modern context starts with the German pharmacologist Hugo Schulz who first described such a phenomenon in 1888 following his own observations that the growth of yeast could be stimulated by small doses of poisons. This was coupled with the work of German physician Rudolph Arndt, who studied animals given low doses of drugs, eventually giving rise to the Arndt-Schulz rule which states that

for every substance, small doses stimulate, moderate doses inhibit, large doses kill.

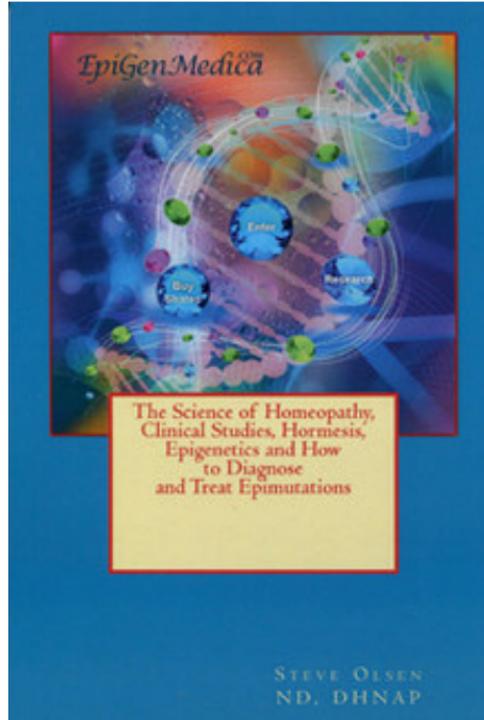
That is to say, highly diluted pharmaca or poisons enhance life processes, while strong concentrations may inhibit these processes and even terminate them.

Definition of Hormesis: Large doses are toxic while small doses are stimulants, beneficial to homeostasis and can lead to multi-generational adaptations, www.dose~response.org/

Hormesis is a common and widespread phenomenon. Small doses of insecticides have been shown to stimulate growth of insects as well as plants, and small doses of fungicides can stimulate growth of fungi. 1996 Los Angeles Times (Nexis) 20 May B4. Molecular geneticists have shown that 'hormesis', the low-level exposure of an organism to a stress agent that is harmful at higher levels, can actually extend life span in mice and fruit flies. © Oxford University Press 2007

The graph¹ below shows how a large dose of any substance has a toxic effects to the far right, below the dotted line; but in a small dose this same substance is a stimulant and beneficial - effect above the dotted line. This graph shows an increase in biological function can achieve its

¹ Calabrese EJ.



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