

## Mastering Homeopathy Two Review

In 2004 Jon Gamble published his book Mastering Homeopathy. In my travels over the last few years I have seen it in the hands of practitioners and students in the US, Malaysia, Ireland, the UK, New Zealand and Australia. It has clearly tapped into something – filled a gap.

In 2006 he turned his attention to a specific condition Irritable Bowel Syndrome.

The book is structured to encourage us to think causally. The chapters, Intestinal Parasitosis, Dysbiosis & Candida of the GIT, Emotional, Food Sensitivity, Never Well Since, Hypochlorhydria & Gastro-Oesophageal Reflux, Gallbladder Stasis, Gastritis & Peptic Ulcer, Post Viral, Constipation, Diarrhoea & Faecal Incontinence, Diet & Lifestyle, Bowel Nosodes, Cellular Memory, encourage us to focus on the reason for the condition and the totality of the disease symptoms. It focuses the mind. Jon also provides relevant cases, and honestly highlights where different strategies have been employed including single remedies or a protocol.

There is also real value in the chapter, Choosing the Order of Treatment, and there is postulation of a new parasitic miasm. Jon highlights a strong connection between IBS and the presence of parasites and this has been very useful for me in my thinking and in clinic.

Its an accessible book, 158 pages, easy to get around in and delivers on its intentions.

To my way of thinking, and clinically speaking, we cannot have enough of these text books. Twice in my office today I have fielded phone calls from patients politely complaining that their treatment results have not been quick enough. They have run out of money or patience. A therapeutic text such as Mastering Homeopathy 2 - Treatment of Irritable

Bowel Syndrome, with remedy suggestions offers such a valuable alternative approach in those clinical situations where the promised simillimum is slow in coming.

But there is more. Professionally, we need more books such as this. Last year we all reeled under the attacks in the Lancet in relation to homeopathy. As I write, submissions are being made to the House of Lords as to the efficacy of Homeopathy and its future continuation in the National Health Service. In Australia there are the media attacks by the medical profession 'demanding the evidence'.

Whether we like it or not, we are in a world that values evidence based medicine. The value of this book and this approach is that it provides for us suggestions (evidence?) with which to communicate to those who wield purse strings; government departments, insurance companies, philanthropic organizations. Anecdotal evidence does not cut it for us in the current climate. Yet that is generally what we all provide when we talk to our clients or published our research.

We could argue endlessly on which direction homeopathy is going and in which direction it should go. Sankaran and Scholten and families in one direction. Bonninghausen in the other. Both ironically are attempting to systemetise Homeopathy and make it easier to practice.

Maybe there is a third way? What is for sure is that we are in a twilight zone. On the one hand the homeopathic profession wants a slice of the health care pie and we want and demand respect. Our results in the clinic are too good to not have that. Yet when asked to prove it, replicate it or provide evidence we hide behind our philosophy of individuality and totality and say 'oh, orthodox medicine with its current paradigm of placebo controlled trials isn't ready for us yet, they can't design a trial good enough to acknowledge us'. Can we have it both ways?

The value of this book and the others of its type, Homeopathy Treatment of Eczema by Robin Logan, Hersoff's Homeopathy for Musculoskeletal Healing is that they do us all a great service. Even if its not your cup of tea therapeutically or your approach clinically, it speaks for us in a world where statistics and evidence matter; where systems and protocols matter.

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