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# HOUSTON HOMEOPATHY METHOD AND AUTISM RECOVERY: MISSION ~~IM~~POSSIBLE

BY CINDY L. GRIFFIN, DSH-P, LINDYL LANHAM, DSH-P, JULIANNE ADAMS, DSH-P,  
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NOTE: The authors are not physicians. Any reference to diagnostic terms in this paper reflects diagnoses received by clients only from qualified diagnosticians, psychologists, or physicians prior to seeking treatment at Homeopathy Center of Houston (HCH). Diagnostic terms are used only for brevity and clarity and do not in any way constitute a diagnosis made by the authors. The authors are professional homeopaths and do not diagnose medical or psychiatric conditions, nor are the authors qualified to administer any treatments, drugs, or therapies beyond conventional over-the-counter homeopathic remedies. This article is for educational purposes only and is not meant to treat, diagnose, or cure any disease or condition. Any statements are of a general nature and should not be considered as medical or psychiatric advice. The authors are not responsible for any use or misuse of any of the information presented in this article.

**C**omplementary and alternative medicine (CAM) is now used by over 65% of the US adult population.<sup>1</sup> Homeopathy is the second most common form of CAM in the world today and the most common form in North and South America, and it was codified over 200 years ago. Homeopathy is increasingly sought after by parents of children with autism for a variety of reasons.

Parents of children with autism are increasingly turning to homeopathy as a nontoxic, non-invasive, but effective treatment alternative to more aggressive biomedical approaches. Some parents are familiar with homeopathy from prior experiences, while others may have exhausted other treatment approaches and simply feel the need to give homeopathy a chance before giving up on their child's possible recovery. Homeopathy also offers options for the treatment of chronic behaviors such as obsessions, tics, anxiety, and other issues commonly associated with autism, which do not respond to medical treatment or for which there is no treatment available.


The Homeopathy Center of Houston (HCH) has gained worldwide recognition in the field of autism through its Houston Homeopathy Method (HHM). The HHM, an alternative approach to classical homeopathy, combines many different applications of over-the-counter homeopathic remedies to provide an individualized, systematic approach to treatment. The authors, through their practice at HCH, have been developing and refining HHM over the past 10 years. Within the last two years, new perspectives on autism gained from research in microbiology have improved the rate of positive outcomes from the HHM program. The successful elimination or reduction of autistic symptoms, tics and other obsessive behaviors in HCH's clients speaks for itself.

## **A BRIEF HISTORY OF HOMEOPATHY: THE "NEW" ALTERNATIVE**

In the late 18th century, the German physician Samuel Hahnemann (1755-1843) became deeply concerned about the widespread use of mercury for the medical treatment of conditions ranging from syphilis to minor skin rashes.<sup>2</sup> Mercury is extremely toxic, and Hahnemann was convinced that there

had to be safer, gentler ways to treat illness. Frustrated with the medical profession and its insistence on mercury "cures," Hahnemann decided that he could no longer teach or practice conventional medicine in good conscience. An accomplished linguist, he turned to translation of medical texts for his living and, in so doing, discovered medical observations from ancient writings that piqued his curiosity and became the basis of homeopathy.<sup>3</sup>

In particular, Hahnemann stumbled onto an account of South American natives who would chew *Cinchona* bark, the source of quinine, and would exhibit symptoms that precisely matched those of malaria, a disease commonly treated with quinine. He experimented on himself and replicated the natives' experience, developing malaria-like symptoms (an "overdose" response to *Cinchona* bark) but not the actual disease. When he stopped taking the *Cinchona*, his symptoms disappeared. Knowing that in small doses quinine could cure malaria, Hahnemann surmised that giving a very small amount of a substance to cure specific symptoms caused by a large dose was a process that could be replicated with other substances.

A close-up portrait of Lindyl Lanham, a woman with short, wavy, grey hair. She is smiling slightly and looking towards the camera. Her hands are clasped together in front of her chin. She is wearing a dark, textured blazer over a black top. She has a diamond ring on her left hand and a hoop earring in her left ear. The background is dark and out of focus.

**LINDYL LANHAM, DSH-P, BCIH, DCNT**, has been a professional homeopath for 9 years. In 2003 she became co-owner of Homeopathy Center of Houston and co-developer of the Houston Homeopathy Method. She is a former teacher of multiply and visually handicapped children, and is the mother of a son recovered through HHM from Tourette syndrome. Lindyl holds the Diploma of Sequential Homeopathy-Practitioner, is a Diplomate of the College of Natural Therapies, and is board certified in integrative health by AAIM.

**LYNN ROSE DEMARTINI, DSH-P, RN, HN-BC, LMT, BCIH, DCN**, has been a professional sequential homeopath since 2007, and joined Homeopathy Center of Houston in 2008. She is also a registered nurse, licensed massage therapist, holds several certifications and diplomas in holistic nursing, and has formally and informally studied nutrition, herbology, and reflexology. She is board certified in integrative health and a Diplomate of the College of Nursing through AAIM. Lynn has extensive experience in emergency medicine, having formerly been an EMT and ICU and ER nurse. Under Lynn's homeopathic care, several children have recovered from autism and many more have shown excellent ongoing improvements.

Symptoms are signals that something is wrong and also function as the body's mechanisms for rebalancing and healing the system. In this sense, homeopaths believe that all true healing is self-healing. A homeopathic remedy does not act to eliminate disease directly; rather, it is the rebalancing mechanisms of the system itself that respond to the remedy and overcome the illness.

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In this way, Hahnemann created an entirely different system of healthcare that he called homeopathy.

Homeopathy, from the Greek words *hómoios* ("similar to") and *páthos* ("suffering"), was founded upon the Law of Similars: *Similia similibus curentur*, or Latin for "like cures like."<sup>4</sup> Although the "like cures like" phenomenon had been observed in nature for thousands of years,<sup>5</sup> Hahnemann used his observations of this natural law in a unique and revolutionary way, distilling his findings and conclusions into an innovative system of healthcare and healing, often called "the other Western medicine" by its practitioners.

#### APPLYING THE LAW OF SIMILARS

For the rest of his life, Hahnemann experimented with healthy volunteers and with more substances, carefully documenting all the symptoms each substance created in the volunteers, no matter how seemingly trivial. Hahnemann called this highly principled experiment a "proving" of a remedy. Hahnemann carefully recorded and codified his provings, which became the basis of the homeopathic *Materia Medica*. This critical tool is the encyclopedia of homeopathic remedies and the key to matching the correct remedy to a given client's symptoms and complaints.

The scientific method of the homeopathic proving has withstood the test of time. Today, remedy "pictures" are compiled from provings and toxicological findings as well as from the clinical experiences of homeopathic doctors. Moreover, the Law of Similars is well established as the basis for choosing a homeopathic remedy or remedies that match the totality of a client's symptoms. Application of the Law of Similars frees the homeopath of the need for a diagnostic label or medical testing to guide clinical decisions. Although homeopaths do not rely on medical diagnostic terms to analyze a patient's condition, most clients bring a diagnosis to the homeopath's attention, often quickly giving a generalized idea of the problems involved and previous attempts at treatment. Beyond that, each case is given individualized attention and management based on the presenting symptoms. The symptom "picture," in all of its nuances and manifestations, becomes

the basis for the choice of the homeopathic remedy or remedies.

#### THE VITAL FORCE

According to Hahnemann, each living being is "enlivened" by what he termed "the vital force."<sup>6</sup> This vital force (VF) is the term Hahnemann might now use to describe the immune system as well as all the systems of regulation and detoxification. From Hahnemann's perspective, illness can be seen as a "mistunement of the vital force." When one is healthy, the VF operates quietly in the background, regulating all the processes required to maintain life. If an individual is out of balance, however, the VF will act, sometimes to the point of creating symptoms in response to an attack on the organism or an invading germ. Once the VF is "out of tune," an exogenous remedy must be given to retune or reorder it. A homeopathic remedy does not itself act biochemically to kill a perceived offender. Rather, the *similimum*, or most closely matched homeopathic remedy, creates what Hahnemann termed "the artificial disease," which overcomes the actual sickness to restore balance. In today's parlance, it can be said that the remedy supports the actions of the immune system, which ideally will reestablish homeostasis and health.

To the homeopath, symptoms are part of the healing process, and suppressing them is counterintuitive. Symptoms are signals that something is wrong and also function as the body's mechanisms for rebalancing and healing the system. In this sense, homeopaths believe that all true healing is self-healing. A homeopathic remedy does not act to eliminate disease directly; rather, it is the rebalancing mechanisms of the system itself that respond to the remedy and overcome the illness. Although this may manifest in a brief worsening of the symptom(s) (often called a "homeopathic aggravation"), this is actually a healing response and a sign that the system is fighting the "natural disease." Improvement typically follows.

A recently published paper<sup>7</sup> on immunopathogenesis suggests an explanation of the phenomenon of a worsening of symptoms followed by an improvement. Immunopathogenesis occurs when the immune

system is stimulated by some exogenous substance (such as a homeopathic remedy) to naturally but briefly increase inflammation to overcome a pathogen or other offender. We have observed this phenomenon many times in Houston Homeopathy Method cases.

#### THE MINIMUM DOSE

Homeopathic "doses" are created through a process of serial dilutions and succussion (i.e., sharply striking the vial between each dilution). The term "dose" refers to this dilution and succussion process, but does not signify quantity as it does in allopathic (conventional) prescribing. In other words, "dose" implies the force or impact of the remedy on the vital force or immune system. Hahnemann noted that the more dilute the "dose," the stronger its healing effects.

Modern homeopaths seek to use the remedy dose or "potency" with the smallest possible force or impact, to gently and effectively alleviate and eliminate the symptoms. This concept of the "minimum dose" or smallest effective amount (even diluted beyond the presence of any chemical molecules of the original substance) offers the advantages of being completely nontoxic and having no side effects.

#### PLACEBO EFFECT DEBUNKED BY MAINSTREAM CANCER RESEARCH

The gentle and nontoxic advantages of homeopathy, due to the level of dilution of remedies, ironically create the biggest obstacle to its acceptance by practitioners of conventional medicine. In spite of naysayers, however, scientific evidence that supports the efficacy of homeopathy continues to accumulate. In 1999, for example, in response to cancer patient interest in CAM approaches, the National Cancer Institute (NCI) began a Best Case Series Program, which invited submission of cases where alternative medicine is used in cancer treatment. As part of this program, NCI studied the "Banerji Protocol" and clinic in Kolkata, India, which used homeopathy to treat cancer. A 2003 study reporting the results of the NCI's evaluation demonstrated that homeopathic *Ruta graveolens* selectively induced death in *glioblastoma multiforme*

Results of the study dramatically demonstrate that response to homeopathic remedies is not a placebo effect. Whereas a placebo effect, by definition, implies expectation of a positive outcome, cells in a petri dish presumably can have no expectations. The cells' response, which was replicated several times in the experiment, cannot be explained away as a placebo response.

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cells (brain cancer), while promoting proliferation of normal peripheral blood lymphocytes.<sup>8</sup>

After publication of the 2003 NCI study, strong patient interest in integrative cancer treatment involving homeopathy prompted researchers at The University of Texas M.D. Anderson Cancer Center's Integrative Medicine Clinic to conduct an *in vitro* study of the effect of homeopathic remedies on cancer and healthy tissue. In January 2010, M.D. Anderson's study<sup>9</sup> was published in the *International Journal of Oncology*. Specific homeopathic remedies negatively affected cancer cells without damage to the healthy cells *in vitro*, and though homeopathic remedies did not act on a chemical basis, they stimulated a healthy immune response. Researchers observed that exposure to the remedies set off an "apoptotic cascade" (cell death), which was measured and included a flurry of immune response from nearby healthy cells.

As part of the experimental procedure at M.D. Anderson, the homeopathic remedies in their alcohol base and the alcohol "solvent" base alone were each examined separately through chromatographic fingerprinting. The sensitive chromatographic chemical assays showed each remedy in solution to be chemically identical to the alcohol solution alone. However, while the solvent minus any remedies reduced the viability of all three cell lines (two cancerous and one from healthy tissue), the remedies in solution showed preferential cell death to the cancer lines and no negative effect on the healthy tissue. In short, the positive effects of the remedies overpowered the negative effects of the solvent. Moreover, the cytotoxic effects of the homeopathic remedies were similar to those of Taxol®, but without any of the side effects

to healthy tissue found with conventional chemotherapy drugs.

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### DEFINING SEQUENTIAL HOMEOPATHY

The scientific literature offers abundant evidence that stressful events often precede the onset of acute or chronic illnesses. These events may include accidents, illnesses, physical traumas, chemical traumas, or adverse reactions to drugs or vaccines. Any or all of these can weaken the system's resistance and bring about physiological changes in the body's regulation, resulting in chronic or persistent illness. As regards autism, a complex combination of factors may therefore be at play in shaping the disorder, including genetic inherited weaknesses, toxins, life traumas, prescription and over-the-counter (OTC) medications, medical procedures, and vaccinations. In light of Hahnemann's opinions regarding his old nemesis, mercury, it is ironic that much of the focus of modern autism research has been on mercury detoxification and the effects of other heavy metals in vaccines. At the HCH, some clients have obtained documentation from urine toxic metals assays and fecal metals tests that demonstrate increased excretion of heavy metals, including mercury, aluminum, lead, and arsenic.

In his time, Hahnemann taught that illness is the result of an impingement on the VF by

a stressor (dietary, accidental, emotional, or environmental), and that the appropriate homeopathic remedy can enable recovery. Matching the totality of symptoms to a remedy is the basis of classical or "constitutional" homeopathy. In today's toxic world, however, where *multiple* traumas are often layered one upon the next, limitations and blockages to the action of even the most properly matched *similimum* are often encountered. In this context, *sequential homeopathy* can offer a more consistently effective response. Sequential homeopathy operates on the premise that each of the layers must be addressed as individual traumatic events, in reverse chronological order (last in, first out).

In the course of sequential "clearing," the body "returns to the scene of the crime," addresses the damage left behind, and—supported by daily remedies—is then more easily able to harness the resources of the immune system to resist and destroy offenders. Past traumas peel off, like an onion, one event at a time, releasing trapped toxins, insults, and "cell memories," and allowing the restoration of equilibrium and true health. This individualized approach also recognizes that a client's needs change during the detoxification and healing process, and requires movement among many different homeopathic modalities in this dynamic process.

At the HCH, our approach to sequential homeopathy is based upon the combined homeopathic principles established by Constantine Hering, MD (1800-1880) and Jean Elmiger, MD (1935-). Dr. Hering (considered by many the "Father of American Homeopathy") put forth the concept of healing in reverse chronological order when he authored what is known as *Hering's Laws of Direction of Cure*. Hering observed that in

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natural healing: 1) The system will heal itself from top to bottom, preserving and clearing the brain and central nervous system from damage first; 2) The system will heal itself from innermost to outermost organs, preserving the most vital organs and pushing pathogens outward toward less vital organs like the skin; and 3) Healing takes place in reverse chronological order from the most recent to most historical.

The reverse chronological aspect of Hering's laws was also central to the work of Dr. Jean Elmiger. Elmiger understood that the universal chemical pollution that is the symbol of our time means that the "gentle and durable" cures promised by Hahnemann in 1810 may no longer be successful for more than a few months—or even weeks.<sup>10</sup> In addition, he recognized that vaccinations could have a longstanding negative impact on the human body. For this reason, he chose to further the practice of sequential homeopathy.

### APPLYING SEQUENTIAL HOMEOPATHY

Sequential homeopathy is the only healthcare modality that addresses and harnesses Hering's third critically important law of healing. Just as moving an entire stack of books a few at a time is an easier means of moving the pile than picking up the books all at once from the bottom, reverse chronological cleansing and healing is more complete, and less problematic, than trying to address all symptoms at one time. This is especially true for clients suffering from the complex, highly chronic situations and layers of toxins that typically characterize children with autism.

The practical application of Hering's three laws and the HHM is illustrated in the case histories that follow. As a crucial element of the HHM, each client (or caregiver/parent) provides a personal, chronological timeline that becomes a roadmap outlining the course of prior events and needed remediation.

#### CASE NO. 1: FROM TOP TO BOTTOM

An 18-month-old boy was brought in presenting with eczema on virtually every part of his body. Onset was shortly after his one-year vaccines, at which time his parents chose to discontinue further vaccinations. As the earlier vaccinations were each systematically "cleared" in reverse order using the HHM, his skin first would redden slightly for one-two days and then the eczema would recede. The gradual improvements began at the top of the head and face in the first month, and gradually the skin improved from the head downward. After about five months, virtually all the eczema was gone. The boy's skin remained clear six months later and continues to be so.

#### CASE NO. 2: MORE VITAL TO LESS VITAL

The client was a 46-year-old female who contracted a violent cough with extreme weakness, mild fever, and flu-like symptoms. Homeopathic remedies were taken frequently due to the acute nature of the illness. After about 36 hours, an itchy, hive-like rash broke out on her chest while the cough began to improve. After two days, the rash was more intense but the woman's strength was returning and the cough continued to subside. In the next few days, the rash stopped itching and disappeared. The woman experienced a full recovery with no relapse.

#### CASE NO. 1 (UPDATE): MOST RECENT TO MOST HISTORICAL

Reconsidering case number one above, the parents reported at their first meeting that their son's eczema had begun on his feet, hands and elbows after his second-month vaccines. It then crept inward and upward toward the head, until it covered him almost completely. Once homeopathy started, the healing process extended itself in the opposite direction, with each reverse chronological clearing.

As these examples indicate, we use the HHM to establish a framework of time and events, and systematically address each trauma or impact, clearing them one at a time in reverse chronological order. Case number three provides a further illustration of the basic sequential approach.

#### CASE NO. 3

The subject was a normally progressing male child who had begun speaking at one year of age. By age 15 months, he could give one- to two-word answers to simple questions. His vocabulary subsequently grew to include 30-40 words. In November 2009, the boy received a combination HiB (*Haemophilus influenzae* type b)/hepatitis B vaccine, after which he became obsessed with elevators. In January 2010, the boy ran a high fever twice, but no diagnosis was sought. By February 2010, the child began losing words. In March 2010, he received another combination vaccine (HiB and pneumococcal conjugate [PCV] vaccine) and shortly thereafter, by age 25 months, all vocabulary was lost.

The child started with HHM in August 2010, at age 27 months. At that time, per an

Autism Treatment Evaluation Checklist (ATEC) questionnaire,<sup>11</sup> he exhibited absolutely no language and little nonverbal communication. The practitioner addressed his vaccines in reverse order, starting the second month with HCH, with his most recent (March 2010) first. A few months later, she addressed the November 2009 vaccine event, after which he exhibited a reduction in appetite and a minor increase of obsessive behavior for a few days. Immediately thereafter, according to his mother, he spontaneously recovered all of the lost words in "an amazing improvement." He gained about 30 additional words and continued to add new vocabulary over time. At the time of the HiB/hepatitis B clearing, he also temporarily returned to some former, specific food cravings—a demonstration of cell memory-related behaviors often seen during clearings. A few months later (January 2011), the boy was given remedies for varicella and PCV vaccines he had received in September 2009, as well as a remedy for the MMR vaccine. Even though the child had never received an actual MMR vaccine, the mother reported concerns with exposure to children who had received it, and at the time of this consultation, he was exhibiting several digestive symptoms often encountered in children who have received the vaccine themselves. Therefore, it logically followed that he might respond well to the MMR remedies. After these packets were taken, there was a brief two-day bout of mild diarrhea, followed by lethargy and one week of intermittent fevers. Immediately after the fevers broke, the boy felt better, and language improvements included a sudden jump to three- and four-word spontaneous sentences. At present, the boy continues to improve and expectations are high for full recovery. It appears that the child's response served to reduce some impingement (whether viral, bacterial or both) on the VF. Once the symptoms abated through homeopathy, significant improvements followed.

### ISOPATHY

As a corollary to the principle of "like treats like," homeopathy also works with the concept of "same treats same." This is called *isopathy*, the application of a homeopathic remedy made from a causational substance, pathogen, or other substance from a particular illness. Hering was the first to document isopathic usage of disease nosodes,\* as well as of venoms of poisonous

\* Nosodes are part of a group of homeopathic remedies made from diseased tissues, or the exudation of a sick person known to carry a certain illness. Proving for some of these remedies were not established with healthy volunteers, for reasons of safety; in cases of serious or fatal poisonings, provings were gleaned from copious notes taken by doctors at the bedsides of sick or dying victims. Through homeopathic dilution and succussion, nosodes may be used isopathically to address illnesses actually caused by the particular pathogen(s) involved.

# Homeopathic remedies are chosen on the basis of symptom nuances rather than microbial identification, and the remedies work on an entirely different basis from that of pharmaceuticals.

snakes and insects, matching the disease with its “causation-based” homeopathic remedy. The concept of isopathic remedies was also central to Dr. Jean Elmiger’s work (discussed previously) in developing the sequential therapy approach.

Isopathic remedies can be profoundly healing due to their powerful ability to clear traumatic layers, although some homeopathic practitioners do not understand or respect this power. The HHM is somewhat unique in considering the isopathic approach a significant part of sequential homeopathy. Within the framework of the HHM, clearing remedies may be combined homeopathically (based on the Law of Similars) or isopathically (based on the law of “same treats same”) to address every aspect of a trauma. This supports the efforts of the VF as it seeks out the offending microbe or toxin and mounts an appropriate response to eliminate it.

In situations where homeopathic practitioners fail to understand the need for chronological application of these isopathic remedies, some of the immune responses elicited by deep-acting isopathic remedies can be confusing and even troubling. If, on the other hand, the concept of immunopathogenesis is understood (i.e., the stimulation of the immune system by an outside substance such as a homeopathic remedy), then symptoms that occur within safe, prudent, and reasonable limits as part of a healing response should be supported (rather than suppressed) as the means of achieving homeostasis. In fact, one medical researcher has put forth the theory that a healing response of this sort is itself a benevolent form of immunopathogenesis, representing the body’s ability to switch from the chronic, Th1 level of inflammation to the more efficient, focused Th2 status.<sup>12</sup>

## THE HOMEOPATHY CENTER OF HOUSTON AND THE HHM

For the last 13 years, the Homeopathy Center of Houston (HCH) has operated as a general homeopathic practice. By 2001, however, more and more parents began seeking help at HCH for their autistic children. With these autistic clients, the center’s founders soon noticed the limitations of “constitutional” (also called “classical”) homeopathy, and also came to see the need to adjust the basic format of the sequential homeopathy

approach. The HCH practitioners realized that, to significantly improve outcomes, they needed to study the biomedical model of autism and learn more about using homeopathic methods in that context. Whereas much of homeopathy depends upon understanding the nuances of symptoms, most autistic children are largely nonverbal. Ultimately, autism challenged the HCH to expand sequential homeopathy, interweaving the more modern methods of gemmotherapy (the use of solutions made from the buds of very young plants to stimulate elimination of toxins from the body) and German biological medicine into the hallmark methods of sequential homeopathy and isopathy. In the process, we created proprietary homeopathic single remedies and complexes to address some of the most perplexing symptoms of autism. Together, these practices have become known as the Houston Homeopathy Method (HHM).

A reference work by notable homeopath and researcher Frans Vermeulen served as a springboard for enhancing the isopathic and homeopathic approaches that constitute principal components of the HHM. In his first two volumes, *Monera: Kingdom Bacteria and Viruses, Spectrum Materia Medica*<sup>13</sup> and *Fungi: Kingdom Fungi, Spectrum Materia Medica*,<sup>14</sup> Vermeulen discloses the homeopathic science of provings for the bacterial, viral, and fungal kingdoms. Case histories describing the successful use of homeopathic nosodes offer a solid basis in homeopathic science for expanding our practice to meet the complexities of autism. While microbiology wrestles with the classification of some microbes, we find that homeopathy can successfully use remedies from bacterial, viral and fungal sources regardless of their microbiological explanations and designations. Homeopathic remedies are chosen on the basis of symptom nuances rather than microbial identification, and the remedies work on an entirely different basis from that of pharmaceuticals. As homeopathy supports the VF for the restoration of homeostasis, it also apparently remediates viral, bacterial, and fungal symptoms—without side effects, without building resistance, and without added toxicity.

## A PRACTICAL APPLICATION: OCD

Obsessive-compulsive disorder, or OCD, used to be a rarity in the general population.

However, the affliction is becoming more prevalent, accounting for almost six percent of the total mental health bill in America. According to the National Institute of Mental Health (NIMH),<sup>15</sup> approximately 3.3 million American adults (2.3%) between ages 18 and 54 now have OCD. At least one-third of the cases began in childhood. The rise in such cases has a pronounced impact on adults’ and families’ quality of daily life, and related economic losses in the US (even as far back as 1990) were estimated at \$8.4 billion. OCD is frequently found as a comorbid diagnosis with autism. For many HCH clients, OCD exists alongside other problems such as tics or Tourette syndrome, eating disorders, attention-deficit hyperactivity disorder (ADHD), anxiety disorders, and other unwanted behaviors. In autistic children, OCD characteristics may manifest as rigidity and the inability to transition from one place or activity to the next, or obsessions with lining up toys or DVDs and other rituals.

Our understanding of the physiological etiology of OCD, tics, and movement disorders is confirmed by the medical research carried out by NIMH researcher Susan Swedo, MD, who argues that a physical component plays the leading role in this large category of complaints.<sup>16</sup> Coining the term “PANDAS” (pediatric autoimmune neuropsychiatric disorders associated with streptococcal infections), Dr. Swedo has noted the presence in children experiencing sudden-onset OCD of strep antibodies, which she surmises to be attacking the basal ganglia. Although powerful interests in the medical field continue to classify OCD as a mental/behavioral disorder (the same classification used for autism), our case studies affirm the logic of Dr. Swedo’s findings. Specifically, we have noted that our clients frequently run fevers as part of the healing process; when parents then use homeopathic remedies commonly indicated for sore throats and earaches as well as fever, they often see a marked decrease in their child’s OCD-associated symptoms, or gains in control of behavior. In the medical literature, sore throats and earaches have long been etiologically related to *Streptococcus*.

Often the various symptoms of an illness attributed to a specific germ are simply different bodies’ unique means of reacting to the same pathogen. For instance, where

one child may get frequent rashes after a streptococcal infection, another develops obsessions or compulsive behaviors. Dr. Swedo's view of the relatively "new" phenomenon of PANDAS seems to provide a reasonable explanation. Regardless of whether Dr. Swedo is correct, we can say that, in our clinical experience, homeopathic remedies for complaints associated with strep have provided relief for most of our clients suffering from inflammatory symptoms, movement, and obsession disorders. At the HCH, the same remedies that we use to successfully treat general clients with strep infections (often after antibiotic treatment has failed) also have had positive results for clients with diagnoses of OCD. For these patients and for children with ASD, we use all available forms of homeopathic remedies in proprietary combinations, along with nosodes, sarcodes (remedies made from the hormonal or similar secretions of humans and other animals instead of plants or minerals), and German biologicals or gemmotherapies. In this way, the VF is given the much-needed support required for true healing and apparent elimination of the offending microbes. When these supports are combined with a sequential approach to healing, many clients reduce or eliminate entirely their tics, OCD, rigidity, and high anxiety levels, in addition to achieving advances in speech and social skills.

Unfortunately, if PANDAS becomes a definitive diagnostic term, the prevailing wisdom will likely pronounce long-term antibiotic therapy as the obvious medical treatment. However, there are grave concerns about the effects of long-term use of antibiotics, especially for children with autism. It is well known that 75 percent of our human immune system lies not just in the physical entity we call the gut, but in the biological ecosystem of the gut flora and bacterial population. It is equally well known that antibiotics, even in the short term, disrupt the fragile balance between "good" and "bad" bacteria in the gut. Hence, over time, long-term antibiotic therapy could do more harm than good. With well-chosen homeopathic remedies, on the other hand, there is a strong chance for a remission of symptoms with no residual negative side effects.

The following case illustrates improvements in the area of obsessive-compulsive disorder as well as physiological issues such as eczema.

#### CASE NO. 4

An 11-year-old boy was referred to HCH due to loss of language that followed biomedical interventions of hyperbaric oxygen therapy (HBOT) and antiviral drug therapy.\*\* He also presented with a diagnosis of autism and obsessive-compulsive disorder (OCD) and had a history of mysterious, seasonal eczema-like rashes on his hands that sometimes cracked and became very painful in winter. After the second clearing in his sequence, he started speaking again. As he continued to clear vaccines and other traumas, symptoms surfaced at the "peak" of the clearings. These included a worsening of obsessions, breakouts of eczema on the hands, and other rashes. Following each peak, there were improvements in speech as well as cognitive and behavioral gains. After running a persistent fever during one clearing, the boy's OCD improved significantly, literally overnight. His speech is now normalized, the eczema is gone, and his teachers have suggested that all special education supports be withdrawn.

#### THE ROLE AND IMPORTANCE OF EMOTIONAL HEALING

An important aspect of the holistic HHM approach is a consideration of the emotional as well as physical state of the client. Of all ASD therapies, only sequential homeopathy can offer emotional support without the use of drugs. Moreover, because physical healing frequently follows emotional release and healing, emotional healing plays a key role in a child's long-term recovery. For example, when an autistic child has limited or no speech, remedies that help the child process feelings and support the release of trapped emotions become major contributors to recovery (see case no. 5). If a child processes unexpressed feelings through dreams, tears, artwork, or behavior, the result will always lead to further improvements. For children with speech, once the remedies release pent-up emotions or traumas, they will often process their feelings verbally and spontaneously. Virtually every homeopathic remedy has both physiological and emotional therapeutic aspects, as documented by provings. Relief of both emotional and physical symptoms often accompanies these emotional processing releases.

#### CASE NO. 5

A seven-year-old boy with autism and limited verbal ability was referred to the HCH by a biomedical doctor. The child had expressed suicidal thoughts to a therapist, who became rightfully concerned. The doctor felt that homeopathy might help release the frustration and other emotions leading to the expression of suicidal tendencies and felt that homeopathy was a more desirable approach than psychotropic drugs. The parents agreed, knowing the child was also sensitive to drug side effects. Within six months of receiving emotional support remedies through the HHM, the boy expressed the desire to "get well and live."

#### THE RESULTS OF HHM TREATMENT

HHM's complexity provides multiple means to support the body's release of cell memories, toxins, and heavy metals. It appears that HHM also helps the body overcome chronic, persistent infections, reducing the burdens and demands on the immune system over time. To the relief and delight of their parents or caregivers, we have witnessed huge improvements in "stereotypical autism behaviors" in ASD and/or OCD children. After using HHM, children with an inability to transition and rigid reliance on a perfectly executed schedule have become more easily redirected away from their compulsions, and tantrums diminish. Many children who were not talking have gained or regained speech, and those who had only single-word requests have moved into full sentences and even conversations. For children who were initially more verbal, we see more social interaction, more descriptive language, and more expression of emotion. Academic and cognitive functioning also improves throughout the HHM process, as does overall physical health. Dark circles around the eyes disappear, and coloring improves. Even toileting becomes much better in many cases. Another rewarding commonality is that these children seem to be happier.

In children who come with additional or comorbid complaints such as tics, Tourette syndrome or other movement disorders, obsessions, and compulsions, we see significant improvements as each layer of impact is removed. This is also true for clients without an autism label, whose primary complaints include obsessions and/or compulsive behaviors (or an OCD diagnosis). In both types of cases, HHM treatment has resulted in diminished obsessions, reduced anxiety, and loss or reduction in tics, allowing a return to times of relaxation and a normal life. When asked

\*\* Every child's physiological situation is unique, and biomedical interventions that have caused positive or negative reactions in some children have done the opposite in others. Please check with the healthcare provider who monitors your child's situation.



To date, approximately 75 children undergoing treatment at the HCH have fully recovered, completely losing their diagnoses of autism and pervasive developmental disorder - not otherwise specified (PDD-NOS).

about her tics after only three months of HHM, one seven-year-old replied, "I just forget to do them."

To date, approximately 75 children undergoing treatment at the HCH have fully recovered, completely losing their diagnoses of autism and pervasive developmental disorder - not otherwise specified (PDD-NOS). Still more are in process toward that goal. Others have recovered from Asperger's syndrome, including one author's young adult son, and still more have recovered from attention-deficit disorder (ADD), attention-deficit hyperactivity disorder (ADHD), and other learning disabilities. Moreover, recent research and tools have expanded the HHM's scope over the past year, so that

the method offers more promise than ever before. Even brighter expectations and faster improvements for the most challenging cases are becoming a reality.

#### CONCLUSION

Significant support exists in the literature for the model underpinning the Houston Homeopathy Method. This model views chronological overlays of multiple insults on fragile genetic predispositions as culminating in symptoms of autism, obsessions, and other common comorbidities. As some biomedical interventions meet with resistance, or where unwanted or uncomfortable side effects create additional problems, parents seek an affordable, effective, nontoxic, non-invasive

approach for their child's true healing. The time is ripe for homeopathy to take its place as a respected, viable intervention in autism. Through the use of various modalities, the HHM system seeks to achieve remediation of behavioral, physical, and emotional aspects of illness, symptoms of autism and comorbidities. We hope that the uniqueness of the HHM as a systematic, proven program for recovery of children with autism will cause it to be recognized not just as a "last resort" for the toughest cases, but also as a first response—or at least an early approach—to autism recovery. The Houston Homeopathy Method offers parents genuine hope for improvements and the real possibility of recovery.

The time is ripe for homeopathy to take its place as a respected, viable intervention in autism. Through the use of various modalities, the HHM system seeks to achieve remediation of behavioral, physical, and emotional aspects of illness, symptoms of autism and comorbidities.

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