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CAM is tested unfairly against placebo – CAM is offering highly efficient placebo cures that should be tested with respect for its nature

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EDITOR---CAM (complementary and alternative medicine) is being tested scientifically and it seems that CAM is not passing the test (1). Funds are being withdrawn and homeopathic hospitals closed down. Science is doing its job: Discriminating between good and bad, between efficient and inefficient. And this is exactly why we are so fond of science.

But there are problems. Imagine for a moment that it primarily is our consciousness that is responsible for our quality of life, health and general ability of functioning. Consciousness meaning our beliefs, our self-esteem, our attitude to life, self, other people, love, sex etc. This idea, how farfetched and un-materialistic as it might seem, is actually in accordance with new science (2), as well as in accordance with the whole tradition of psychoanalysis (2,3) and psychodynamic psychotherapy (4-6). Leichsenring and Leibling has very recently in a metanalysis done after Cochrane protocol documented that psychodynamic therapy is more efficient than treatment as usual for most of the psychiatric diseases (6). It thus seems that placebo treatment is the optimal treatment even for the most difficult and chronic of illnesses.

PLACEBO

If that is the case, most of what works in medicine is the placebo effect in some way or another, placebo meaning an "induced change in consciousness that influence the patient's health positively". We have tested this hypothesis with five groups of patients with chronic mental, physical, sexual, existential (low self-esteem, poor quality of life) health problems, that could not be alleviated with pharmaca, and quite surprisingly found that just by intervening directly on consciousness every second patient's experience

of being ill changed into being not-ill, in only 20 hours of therapy and only one year (7-12). So it might be that it actually works, at least with some patients.

If it is the case that placebo is the real factor making the difference for the patients, homeopathy and herbal treatments should most definitely NOT be tested against placebo, because this will artificially annulate the positive effect of the treatment. One should use chronic patients for the test, and the patient should be his or her own control. Testing the patient before and after intervention and then long after seems to be an extremely efficient and scientific way to document the effect of a placebo-based cure (13).

Gentlemen, please be fair. Science is not fair in itself. It must be used fairly. To shut CAM down, because it is no better than placebo is killing the only medicine that might be working in the end, as we know by know that most chronic health problems cannot be solved with drugs. That is exactly why they are chronic, right?!? We do not say that all drugs are inefficient, but we need to remember that about 40% of our population is chronically ill in spite of taking the pharmaca constantly and for years.

Our international team has designed placebo cures – using what we found was most efficient and called the “cocktail of scientific holistic medicine” for “Clinical holistic medicine” for the 40 most common health problems (14-47) and it seems from our testing of them that these cures in most cases work wonders for the patients that believes in them (8-12).

By repeating again and again that the CAM-cures are not working, when compared to placebo – which we believe is absolutely correct - we are weakening their real and large effect day by day, until we one day pretty soon might be left only with the drugs that we already know do not work either.

STRONG FORCES WORKING

Please understand that there are strong financial and political forces working against CAM. The problem with CAM is definitely not that it does not work, according to our research. The problem is that money not only rules the world, but also the way we make science and even the way we think science. It is time to sober up and test CAM on its own conditions, not on the conditions of the pharmaceutical industry. That is were we are going to find the medicine of the future. We will have CAM under all circumstances. But only by funding the CAM-research can we be sure that the scientific and efficient methods is what will be used in the future.

SUPPORT CAM RESEARCH INSTEAD

Do not defund CAM research; do not defund the National Center for Complementary and Alternative Medicine (NCCAM). Please start casting real money after scientific CAM, and lets develop the efficient, affordable, “adverse-effect-less”, “green” and sustainable medicine that the world so desperately needs.

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