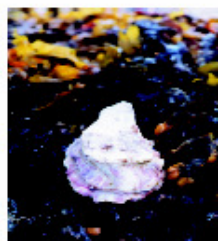


# Facts about Homeopathy and other CAM Therapies

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# Facts about Homeopathy and other CAM therapies

## Introduction

This document includes facts with references to documents about homeopathy and other CAM therapies. The information included in this document is by no means definitive, but a cross sample of examples of important facts. This document will, as with any other ECCH document, be regularly considered for revision.

## ECCH

- The European Council for Classical Homeopathy (ECCH) is currently represented in 28 different countries.
- ECCH's vision is to bring the benefits of high quality homeopathic treatment to the public
- ECCH's principal aim is to unify the homeopathic profession in Europe to ensure the highest standards of homeopathic practice in order to restore and improve the health of patients
- ECCH has developed European guidelines and policies for:
  - Code of Ethics and How to Handle Concerns and Complaints
  - Education and Continuing Professional Development
  - Bounds of Competence
  - Voluntary Self-Regulation
  - Accreditation of Teaching Courses
  - Profile of the Homeopath
  - Integration of Homeopathy into Healthcare
  - Research
  - Homeopathic Medicinal Products
  - Treatment of Animals
- ECCH has NGO Participatory Status with the Council of Europe (as the only CAM organisation).
- ECCH is a member of the European Public Health Alliance (supported by the EU Commission).

## Europe

- Homeopathy is being practised in 40 out of 42 European countries.  
*Ref: The Legal Situation with regard to the Practice of Homeopathy in Europe, revised report, June 2002, European Council for Classical Homeopathy.*  
*Legal Status of Traditional Medicine and Complementary/Alternative Medicine: A Worldwide Review, World Health Organization, 2001.*
- Homeopathy is the most frequently used CAM therapy in 5 out of 14 countries in Europe and among the three most frequently used in 11 out of 14 countries.  
*Ref: Norges offentlige utredninger, NOU 1998:21 Alternativ medisin. (Official report published by the Norwegian Department of Health. Available at: <http://odin.dep.no/hd/norsk/publ/utredninger/NOU/030005-020019/index-ved005-b-n-a.html>)*  
*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*
- Public interest for and accept of alternative treatment increases in most European countries. Percentage of the population using alternative treatment varies from 18 to 71 % depending on country.  
*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*
- A number of different CAM therapies have been officially recognised in several countries:
  - acupuncture (e.g. in Belgium, Finland)
  - chiropractic (e.g. in Belgium, Denmark, Finland, France, Norway, Sweden, United Kingdom)
  - naprapathy (e.g. in Finland, Sweden)
  - osteopathy (e.g. in Belgium, Finland, France, United Kingdom)*Ref: Homeopathy in 10 countries, 1999, European Council for Classical Homeopathy.*
- other CAM practitioners (e.g. in Benin, Gambia, Lesotho, Niger)

## Outside Europe

- Homeopathy is officially recognised in a number of countries (e.g. Ghana, India, Mauritius, New Zealand, Pakistan, United Arab Emirates, Zimbabwe)  
*Ref: Legal Status of Traditional Medicine and Complementary/Alternative Medicine: A Worldwide Review, World Health Organization, 2001.*  
*Ref: Viksveen P. Første offentlig godkjente NHL-homeopat. Dynamis nr.3 – 2002.*
- Homeopathy is included in the national health system in a number of countries (e.g. Brazil, Chile, India, Mexico, Pakistan, United Kingdom)  
*Ref: Legal Status of Traditional Medicine and Complementary/Alternative Medicine: A Worldwide Review, World Health Organization, 2001.*
- Other CAM practitioners work within the national healthcare system in a number of countries (Benin, Congo, Gambia, Madagascar, Swaziland)  
*Ref: Legal Status of Traditional Medicine and Complementary/Alternative Medicine: A Worldwide Review, World Health Organization, 2001.*
- A 1996 study reported that 48 % of the population has used CAM at least once.  
*Ref: Legal Status of Traditional Medicine and Complementary/Alternative Medicine: A Worldwide Review, World Health Organization, 2001.*
- There are 180 000 homeopaths in India, equalling one homeopath per 5 500 patients.  
*Ref: ECHAMP News, February 2006. www.echamp.org*

## The European Union

- Three Europeans out of four know about homeopathy and of these 29% use it for their health care.  
*Ref: Homeopathic medicinal products. Commission report to the European Parliament and the Council on the application of Directives 92/73 and 92/74.*
- The European Parliament calls on the European Union to begin a process of recognising non-conventional forms of medicine after the necessary studies have been conducted and also to develop research programmes on the safety and effectiveness of these medicines.  
*Ref: Resolution on the status of non-conventional medicines. A4-0075/97*

## Council of Europe

The Council of Europe has stated that:

- CAM is growing in Europe;
- patients are increasingly calling for use of CAM;
- homeopathy is one of the four best established CAM therapies;
- it should be possible for various forms of medicine should to exist side by side and complement one another;
- a common European approach to non-conventional medicine based on the principle of patients' freedom of choice in health care should not be ruled out;
- in the current grey area of non-conventional medicine, it is necessary to separate the wheat from the chaff;
- the demands of public health and the right of individuals to health protection must come first;
- limitations of non-conventional medicines must not be ignored nor underestimated;
- support should not be given to dubious or intolerant practices that would deny people and, in particular, children the medical care their state of health demands;
- establishing a legal framework for non-conventional medicine is a difficult undertaking but it is preferable to being too liberal;
- the best guarantee for patients lies in a properly trained profession, which is aware of its limitations, has a system of ethics and self-regulation and is also subject to outside control;
- it would be unrealistic to wish to prevent the emergence of new professions in the health sector;
- regulations that currently exist in certain European countries on the practice of one or other form of non-conventional medicine open the way for progress;

- member states are called upon to model their approach on their neighbours' experiments and, whenever possible, to co-ordinate their position with regard to these medicines;
  - alternative or complementary forms of medicine could be practised by doctors of conventional medicine as well as by any well-trained practitioner of non-conventional medicine (a patient could consult one or the other, either upon referral by his or her family doctor or of his or her free will), should ethical principals prevail;
  - appropriate courses should be offered in universities to train allopathic doctors in alternative and complementary forms of treatment;
  - member states are called upon to promote official recognition of these forms of medicine in medical faculties;
  - member states are called upon to encourage hospitals to use these forms of medicine;
  - member states are called upon to support and speed up the comparative studies and research programmes currently under way in the European Union and to disseminate the findings widely.
- Ref: Council of Europe, A European approach to non-conventional medicines, Resolution 1206 (1999).*

### **Belgium**

- Homeopathy has been legally recognised, together with acupuncture, chiropractic and osteopathy.  
*Ref: 29 April 1999. Wet betreffende de niet-conventionele praktijken inzake de geneeskunde, de artsenijsbereidkunde, de kinesitherapie, de verpleegkunde en de paramedische beroepen.*
- The general public is in favour of the Ministry of Health giving official recognition to homeopathy, acupuncture, osteopathy and chiropractic.  
*Ref: Legal Status of Traditional Medicine and Complementary/Alternative Medicine: A Worldwide Review, World Health Organization, 2001.*
- Homeopathy is the most frequently used CAM therapy in Belgium.  
*Ref: Norges offentlige utredninger, NOU 1998:21 Alternativ medisin. (Official report published by the Norwegian Department of Health. Available at: <http://odin.dep.no/hd/norsk/publ/utredninger/NOU/030005-020019/index-ved005-b-n-a.html>)*
- 40 % of the Belgian population have used CAM at least once. Of these 77 % were satisfied with their treatment. The most widely used therapy in Belgium is homeopathy, accounting for 81 % of the consultations.  
*Ref: Legal Status of Traditional Medicine and Complementary/Alternative Medicine: A Worldwide Review, World Health Organization, 2001.*

### **Denmark**

- The Danish Parliament has passed a resolution to establish an official register for CAM practitioners. The register, which was established June 2004, includes practitioners who 'have well defined criteria for education and are members of an organisation for practitioners that will take on the necessary tasks for registration and maintaining the register'. Politicians hope that the resolution will result in bridgebuilding between alternative practitioners and healthcare practitioners. The register is voluntary and practitioners are self-regulated through their member associations.  
*Ref: B 47 (som vedtaget): Forslag til folketingsbeslutning om en registreringsordning for alternative behandlere. Vedtaget af Folketinget ved 2. (sidste) behandling den 10. april 2003 [http://www.ft.dk/Samling/20021/beslutningsforslag\\_oversigtsformat/B47.htm](http://www.ft.dk/Samling/20021/beslutningsforslag_oversigtsformat/B47.htm)*
- Surveys have shown that:
  - 45 % of the Danish population have used alternative therapies.  
*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*
  - 33 % of the adult population of Denmark has used CAM therapies over the last years. 77 % considered themselves cured.  
*Ref: Maddalena S. The legal status of complementary medicines in Europe – a comparative analysis. Bern, Stämpfli, 1999.*

## Finland

- Surveys have shown that:
  - About 50 % of the adult Finnish population have used CAM therapies at least once.  
*Ref: Maddalena S. The legal status of complementary medicines in Europe – a comparative analysis. Bern, Stämpfli, 1999.*
  - 46 % of the Finnish population have used alternative treatment (1993, compared to 34 % in 1983)  
*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*

## France

- Homeopathy is the most frequently used CAM therapy in France, the number of patients using homeopathy has increased from 16 % in 1982 to 36 % in 1992.  
*Ref: Norges offentlige utredninger, NOU 1998:21 Alternativ medisin. (Official report published by the Norwegian Department of Health. Available at: <http://odin.dep.no/hd/norsk/publ/utredninger/NOU/030005-020019/index-ved005-b-n-a.html>)*  
*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*  
*Ref: Maddalena S. The legal status of complementary medicines in Europe – a comparative analysis. Bern, Stämpfli, 1999.*
- 49 % of the French population has used CAM therapies at least once. 70 % considered it effective for minor diseases, 65 % for chronic diseases.  
*Ref: Maddalena S. The legal status of complementary medicines in Europe – a comparative analysis. Bern, Stämpfli, 1999.*
- There are 50 000 CAM practitioners who are not medical doctors. (ECCH comment: It would be better for patients if all these practitioners were legally regulated.)  
*Ref: Maddalena S. The legal status of complementary medicines in Europe – a comparative analysis. Bern, Stämpfli, 1999.*

## Germany

- Homeopaths are recognised and regulated by the German government, based on the Heilpraktikergesetz of 1939.  
*Ref: Gesetz über die berufsmäßige Ausübung der Heilkunde ohne Bestallung (Heilpraktikergesetz) vom 17.02.1939 (RGL. I S.251), geändert durch Art. 53 des EGStGB vom 02.03.1974 (BGBI. I S.469).*
- There are between 10 000 and 13 000 Heilpraktikers.  
*Ref: Maddalena S. The legal status of complementary medicines in Europe – a comparative analysis. Bern, Stämpfli, 1999.*
- There were 20 million patient contacts with CAM practitioners in 1992. The most frequently sought therapy is homeopathy (27.4 %).  
*Ref: Maddalena S. The legal status of complementary medicines in Europe – a comparative analysis. Bern, Stämpfli, 1999.*

## **Ireland**

- An official Irish report states that:
  - a national working group should be set up to make recommendations on CAM to the Minister for Health and Children;
  - self-regulation should be developed rapidly as a first step in the regulation process (self regulation is a process in which individual therapies develop their own statistics, educational programmes, codes of ethics, research programmes and competency standards);
  - individual therapies/representative organisations should be encouraged to establish registers of qualified members and information should be made available to the public;
  - educational programmes for CAM practitioners should be assessed by a body such as the National Qualifications Authority;
  - an approach to CPD should be agreed and considered for financial support from the Department if regulation were placed on a statutory basis in due course;
  - a limited number of CAM therapies (that have achieved a high level of professional self-development) might be afforded the opportunity to apply to join the registration process currently being undertaken with a group of health and social care professionals;
  - research programmes should be developed

*Ref: Report on the Regulation of Practitioners of Complementary and Alternative Medicine in Ireland, Health Services Development Unit, 2002.*

## **Italy**

- The Government in Northern Italy (Piedmont Region) has issued a new Regional Law which legally recognises the practice of Complementary and Alternative Medicine.

*Ref: Legge Regionale 24 ottobre 2002, n. 25. Regolamentazione delle pratiche terapeutiche e delle discipline non convenzionali.*

- A large survey of 30 000 Italian families showed that homeopathy was the most frequently used CAM therapy (8.2 % of the population) and it was quite commonly used by children (7.7 % of Italian children)

*Ref: Menniti-Ippolito F, Gargiulo L, Bologna E, Forcella E, Raschetti R. Use of unconventional medicine in Italy: a nation-wide survey. Eur J Clin Pharmacol 2002 Apr;58(1):61-4*

## **Netherlands**

- The practice of CAM therapies has been permitted and regulated by law since 1993. The Dutch Government are currently preparing to positively regulate these practitioners.

- 18 % of the population in the Netherlands have used alternative treatment (1990, compared to 6 % in 1981)

*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*

- Homeopathy is the most frequently used CAM therapy in the Netherlands.

*Ref: Norges offentlige utredninger, NOU 1998:21 Alternativ medisin. (Official report published by the Norwegian Department of Health. Available at: <http://odin.dep.no/hd/norsk/publ/utredninger/NOU/030005-020019/index-ved005-b-n-a.html>)*

## Norway

- A new law for alternative treatment was put into act from 1 January 2004. The law lays out regulation for the legal practice by someone who is not a medical doctor.

The law states that alternative treatment of disease include that the practitioner:

- must follow the same regulations for confidentiality as health care personnel
- may not treat dangerous contagious diseases or serious diseases, but may treat when the purpose of the treatment exclusively is to palliate or reduce symptoms of or consequences of the disease or side-effects of treatment given, or when the purpose is to enhance the body's immune system or ability to heal itself
- may treat serious diseases in cooperation or understanding with the patient's doctor, and when the patient is over 18 years of age and has the ability to consent
- may treat serious diseases when the health care service can not offer the patients healing or palliative treatment.

*Ref: Lov om alternativ behandling av sykdom mv.*

- A register for CAM practitioners was established in June 2004. Homeopaths were the first practitioners who were included in the register. The register is voluntary and the professions is self-regulated.

*Ref: www.brreg.no*

- In December 2002 The Norwegian Government proposed:
  - Evaluation of authorisation of naprapathy and osteopathy
  - Evaluation of education within homeopathy and acupuncture. The Health Minister added at a press conference: "with authorisation as an aim"\*
  - Increased focus on research
  - Increased focus on projects for cooperation
  - Establishment of an information bank for alternative treatment
  - Establishment of a contact forum for organisations of alternative practitioners, users and the authorities
  - Documented forms of alternative medicine should be available in Norwegian hospitals

*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*

*Ref: \* Alternativ medisin mer stuerein, NRK Puls, 25.11.2002. Available at:  
<http://www.nrk.no/programmer/tv/puls/2328762.html>*

- The intention of the Government's proposals is to ensure patients' freedom of choice and safety, and to contribute to bringing the health care service and alternative treatment closer to each other. It is a part of the Government's work to achieve improved understanding for and recognition of alternative treatment methods. It will give possibility for improved integration and cooperation between alternative treatment and the health care service.

It is no longer so that the established healthcare profession have all the knowledge of disease and treatment of disease and illness. Many are critical to parts of conventional medicine. Western countries have seen increased individual right of choice and the role of the consumer has gained increasing importance. The report states that patients' right of choice of alternative therapies outside the regular health care system should be met with respect both within the health care service and by the health care authorities.

*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*

- The Norwegian Homeopathic Association (NHL) has applied to the Norwegian Ministry of Health for statutory recognition of the profession. The application was referred to in an official report published in December 2002 by the Norwegian Government. Based on the Norwegian Government's and Parliament's decision the Directorate of Social Affairs and Health is currently considering statutory recognition of the education of homeopaths in Norway. The Norwegian Health Minister has added that this will be done "with authorisation as an aim". The Government's proposals are in line with proposals put forward by the Norwegian Parliament in 1997. NHL is a full member of the European Council for Classical Homeopathy. NHL's educational requirements for membership are in line with the European Guidelines for Homeopathic Education, which have been published by ECCH.  
*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv. European Guidelines for Homeopathic Education (2nd edition). Alternativ medisin mer stuerein, NRK Puls, 25.11.2002. Available at: <http://www.nrk.no/programmer/tv/puls/2328762.html> Innst. S. nr. 165 (1994-95). Vedtak av 7. juni 1997, ved behandling av St.meld. nr 50 1993-94.*
- The Norwegian Parliament has unanimously voted in favour of intensifying work to
  - establish an official register for practitioners of alternative medicines;
  - discuss which place alternative medicine should have within the established health service;
  - consider a system for approval of the education within alternative medicine;
  - ensure continued documentation on different forms of alternative medicines.*Ref: Innst. S. nr. 165 (1994-95). Vedtak av 7. juni 1997, ved behandling av St.meld. nr 50 1993-94.*
- Surveys have shown that:
  - Half the population uses CAM therapies and homeopathy is the most frequently used CAM therapy.  
*Ref: Norges offentlige utredninger, NOU 1998:21 Alternativ medisin. (Official report published by the Norwegian Department of Health. Available at: <http://odin.dep.no/hd/norsk/publ/utredninger/NOU/030005-020019/index-ved005-b-n-a.html>)*
  - In 1977 1/5 of the population stated they had used alternative treatment, in 1997 it was 1/3.
  - Another survey showed that in 1998 37 % of the population had used alternative treatment.
  - Homeopathy is the most frequently used therapy (33 % and 37 % in two different surveys), followed by acupuncture and reflexology.
  - 2/3 of those who have not used alternative treatment would be willing to do so, most would consult either an acupuncturist or a homeopath.  
*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*
- The percentage of children under 10 years of age consulting homeopaths has increased from 9.9 % in 1985 to 25.6 % in 1998. Another survey showed an increase in the percentage of children under 16 years of age from 26.3 % to 36.4 % over a 10 year period.  
*Ref: Norges offentlige utredninger. NOU 1998: 21. Alternativ medisin.  
 Ref: Steinsbekk A, Fønnebø V. Users of homeopaths in Norway in 1998, compared to previous users and GP patients. Homeopathy 2003 Jan;92 (1):1-64.  
 Ref: Viksveen P, Steinsbekk A. Changes in patients visiting a homeopathic clinic in Norway from 1994 to 2004. Homeopathy (2005) 94, 222-228.*
- The most common diseases patients consult alternative practitioners for are back/neck-problems, followed by asthma, allergies, migraine, inflammations, infections, eruptions/eczema, rheumatic diseases, reduced general state.  
*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*



- In 2001 the Norwegian Parliament decided that homeopaths who are members of associations such as the Norwegian Homeopathic Association (Norske Homeopaters Landsforbund, NHL) are exempt from charging and paying Valued Added Tax (VAT). Legislation states that practitioners moving to Norway from other countries who are not members of such associations should be members of an association which is a member of the European Council for Classical Homeopathy (ECCH), or their education should qualify for such membership.  
*Ref: Forskrift om avgrensning av merverdiavgiftsunntaket for omsetning av helsetjenester (Forskrift nr.119) fastsatt av Finansdepartementet 15. juni 2001 med hjemmel i lov 19. juni 1969 nr. 66 om merverdiavgift § 5 b fjerde ledd. Available at: <http://www.odin.dep.no/fin/norsk/regelverk/lover/006031-200138/index-dok000-b-n-a.html>*
- A survey among 2000 Norwegian general practitioners showed that as many as 50 % would be willing to recommend patients with one or several specific diagnoses to consult with a homeopath.  
*Ref: Pedersen E. J., Norheim A. J. og Fønnebø V.: Norske legers holdninger til homøopati. Tidsskrift for Den Norske Lægeforening 1996 116:2186-9.*
- A survey among Norwegian doctors, nurses and office staff in 6 hospitals showed that 56 % described their attitude towards alternative treatment as positive. 12 % of the doctors, 32 % of the nurses and 46 % of the office staff used alternative therapies themselves when they got sick. Homeopathy and acupuncture were the most frequently used.  
*Ref: Risberg, Kolstad, Johansen, Vingerhagen 1997.  
Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*
- Half of all Norwegian nurses believe homeopathy should have a place within the public health service. *Ref: Sykepleiere sier ja til alternativ behandling. Tidsskriftet sykepleien nr.17 – 1998.*
- The Norwegian medical council stated in 1997: The patient's autonomy must be fully respected. The fact that a patient consults with alternative treatment does not give a basis for the doctor to change attitude towards the patient. The doctor must act without prejudice with regards to the patient's choice and ensure that the patient, in confidence with the professionalism of the doctor, openly may inform of which contact he or she has. If the patient believes it is important then the doctor should contact the alternative practitioner and establish a dialogue in the best interest of the patient. *Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*
- A survey showed that acupuncture (9 %) and homeopathy (4 %) were the two therapies most frequently used by Norwegian medical doctors for their own complaints.  
*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*
- An opinion poll carried out in 2001 showed that 52 % of the population are of the opinion that homeopathy should be a part of the public health service.  
*Ref: Kjennskap og holdninger til homeopati. Opinion, 2001.*
- The City Council of Oslo unanimously voted in favour of statutory recognition of homeopaths in 1994. *Ref: Oslo kommune, Byrådet, byrådssak nr 263 av 23.09.94.*

## Portugal

- On the 16<sup>th</sup> of July 2003 the Portuguese Parliament voted in a new law that recognises the practices of acupuncture, homeopathy, osteopathy, naturopathy, phytotherapy and chiropractic. The new law enshrines the right of Portuguese citizens to freely choose the particular therapy they wish while also setting out the basis for the regulation of the practitioners who may practise these therapies as independent health care professionals. Under this law the practice of the therapies will be controlled and accredited by the Health Ministry while the Education and the certification of degrees for the practice of the therapies will be controlled by the Ministry of Education and Science and Higher Education. Since June 2006 a decree introduced compulsory registration at the “Health Regulatory Entity”. All healthcare providers must register by 90 days of the start of their professional activity. All CAM professionals, whether medical doctors or not, are registered with this public register.

*Ref: Project of law N° 263/IX (for framing the base pf the Non-Conventional Medicines) and Project of law N° 27/IX (Legal procedures of the Non-Conventional Therapies)  
Law 309/2003, Decree 38/2006*

## Sweden

- The Government has decided to establish a register of CAM practitioners. The Swedish national budget for 2004 includes funding for 3 million SEK (over 300 000 Euro), and 2 million SEK each for 2005 and 2006, for the establishment of a register for CAM practitioners. Svenska Akademin för Klassisk Homeopati (SAKH) is a full member of the European Council for Classical Homeopathy. SAKH's educational requirements for membership are in line with the European Guidelines for Homeopathic Education, which have been published by ECCH.

*Ref: Regeringens proposition 2003/04:1. Budgetpropositionen för 2004. Förslag till statsbudget för 2004, finansplan, skattefrågor och tilläggsbudget m.m.*

- In 1989 20 % of Swedish adults had received CAM treatment. 70 % stated that their health had improved or they had been cured.

*Ref: Maddalena S. The legal status of complementary medicines in Europe – a comparative analysis. Bern, Stämpfli, 1999.*

- A survey carried out in 2001 showed that almost 50 % of all inhabitants in Stockholm use CAM therapies.

*Ref: Stockholmare och den komplementära medicinen. HSN 12/01.*

## Switzerland

A survey carried out by the Federal Department of Home Affairs in the period from 1998 to 2005 showed that:

- 10.6 % of the Swiss population had access to homeopathy, anthroposophical medicine, phytotherapy, TCM and neural therapy.
- Homeopathy was the most frequently used CAM therapy.
- Patients are more satisfied with the care provided by CAM practitioners than in conventional medicine.
- Side effects are reported by markedly fewer patients, compared to conventional treatment (with the exception of phytotherapy).
- Compared to patients seeking conventional treatment, patients seeking CAM practitioners tend to exhibit chronic and more severe forms of disease. They are younger, female and better educated. Their wishes in treatment are taken more into account.
- Total annual costs are markedly lower than for conventional care. Costs for homeopathic and anthroposophic treatment are at least compensated by savings elsewhere.

*Ref: Melchart D, Mitscherlich F, Amiet M, Eichenberger R, Koch P. Programm Evaluation Komplementärmedizin (PEK). Schlussbericht. Switzerland, 24.4.2005.*

## United Kingdom

- 25 % of the members of the UK Consumer's Association have used alternative treatment (1991, compared to 1/7 in 1985)  
*Ref: Ot.prp. nr. 27 (2002-2003). Om lov om alternativ behandling av sykdom mv.*
- The acupuncture and herbal medicine practitioners have been recommended by the Government to achieve statutory self-regulation for their professions and are pursuing that goal.
- The homeopathy profession is working to establish a single national register of practitioners and has been recommended by Government to seriously consider achieving statutory self-regulation.  
*Ref: Government response to the House of Lords Select Committee on Science and Technology's Report on Complementary and Alternative medicine. Department of Health, Presented to Parliament by the Secretary of State Health, By command of Her Majesty, March 2001.*
- CAM practitioners are educated as undergraduates in the UK university system to practise acupuncture, homeopathy, herbal medicine, osteopathy and chiropractic and are awarded Bachelor of Science degrees. *Ref: University of Central Lancashire and University of Westminster.*
- The UK House of Lords has recommended investment in research into CAM, the improved education and regulation of CAM practitioners, greater awareness amongst doctors of CAM, and the inclusion of well proved and well-regulated CAM practices in the National Health Service.  
*Ref: Complementary and alternative medicine, 6<sup>th</sup> report. London, House of Lords Select Committee on Science and Technology, 21 November 2000.*
- Five National Health Service homeopathic hospitals exist (London, Glasgow, Liverpool, Bristol, Tunbridge Wells)  
*Ref: Liga Medicorum Homeopathica Internationalis, ed. World homeopathy 1998. Selva, Spain, Liga medicorum homeopathica internationalis, 1998.*
- 80% of general practitioners would be willing to refer patients to CAM practitioners.  
*Ref: Canter D, Nanke L. (1991) Psychological Aspects of Complementary Medicine. Paper presented at the Social Aspects of Complementary Medicine Conference, University of Keele 4-5th January.*
- The British Medical Association has stated its positive attitude to complementary and alternative medicine; the BMA supports good practice through cooperation, education and research.  
*Ref: British Medical Association, Complementary Medicine: New Approaches to Good Practice (Oxford University Press, 1993.)*
- Complementary medicine is increasingly being offered within the National Health Service (NHS). An estimated 750 000 complementary medicine consultations take place within the NHS each year and almost 40 % of British General Practitioners offer complementary and alternative treatment for NHS patients.  
*Ref: Thomas et al, National survey of access to complementary health care via general practice (University of Sheffield, August 1995.)*
- From 1990 patients can be referred directly from a doctor to a homeopath. Patients no longer need to be referred to homeopathic hospitals.  
*Ref: Homoeopathy within the NHS. Evaluation of Homoeopathic treatment of Common Mental Health problems 1995 - 1997. Rydings Hall Surgery, Brighous, West Yorkshire. Alistair Dempster MA(Hons) RGN, RSHom. March 1998.*
- A survey showed that 86 out of 100 intern medical students have positive attitudes towards complementary therapies.  
*Ref: Reilly D T. Young doctors' views on alternative medicine. British Medical Journal 1983; 287: 337-9.*

- In 1999 there were 50 000 CAM practitioners, whereas 10 000 are officially registered health professionals. Patients spend about 1.6 billion pounds sterling each year on CAM  
*Ref: Complementary and alternative medicine, 6<sup>th</sup> report. London, House of Lords Select Committee on Science and Technology, 21 November 2000.*