

Transcript: JB explains homeopathy better than Randi

http://www.youtube.com/watch?v=4Zo-yUJ_2aI

Hello. My name is John Boulderstone and I'd like to respond to James Randi's video, 'James Randi explains homeopathy'.

The arguments against homeopathy appear to be that it uses substances that are too dilute to do anything and the rest of it is um...well about ridiculing homeopathy, basically. In fact, Randi even says that people who use homeopathy or diluted substances are "swindlers, liars, cheats, fakes, frauds and criminals". Now, I could respond to that by saying that doctors have been found to be swindlers, liars, cheats, fakes, frauds and criminals and on top of that they've been found to be murderers and even mass murderers. And if I'm not telling the truth, sue me. But they won't sue me because it's true. But unfortunately if I did say that then it wouldn't really move the argument on very far. So why did he say that? I don't know.

The point is that homeopathy is not defined by dilute substances. Many people make that mistake. Journalists make it when they write about homeopathy and James Randi makes that mistake also. In fact, some homeopaths rarely use diluted substances and I am one of them.

Now Randi either knows homeopathy isn't defined by the use of dilute substances, in which case he is trying to misdirect you, or he doesn't know it, in which case he is ignorant. But either way it doesn't bode well for what he says and the argument

So, you may ask, what is homeopathy if it isn't based on extremely dilute substances? And the answer is that it's based first and foremost on similars. And I'll give you an example of similars in a minute, which is purely theoretical and it's not one that I've actually used but hopefully it will give you a good example.

So, for example, say you knew someone who had an unreasonable fear around cats and they wanted to lose that fear and you decided that, if you could keep your friend calm while you brought a cat into the room, you would then be able to solve their problem. But it might freak them out too much. So instead you'll use a similar. You could show them a picture of a badly drawn cat and get them to feel and experience what it's like looking at that. And it might not do the job. It might...you know...they might just see it as a drawing and not anything to do with their fear. But it may not, it may actually stimulate them into feeling what it is actually like. Now they would be in a safe environment, it's only a picture of a cat so they could push it aside quite easily. But it might be that they can experience what it is and cure their problem. Or it might be that we need something a little more potent. Something like a picture...a photograph of a real cat, or a cuddly toy cat that could be used to...get them to experience this. Or, failing that, you could bring in a tiger. Or another similar - all of these things are similars.

This is only an example of similars. It's not the way I work but it shows you that a diluted substance doesn't have to be used to make it homeopathy as long as a similar is involved. The main point is that you're using something to

stimulate a therapeutic effect and that's what homeopathy is. And it will always be a similar that causes them to have some...similar to their problem...something that will stimulate them and that will allow their body - or them - to work through.

Now, Randi does not make it clear what homeopathy is and he's trying to pull the wool over your eyes by saying that it's...um...and that's the equivalent of saying that homeopaths use badly drawn pictures of cats to cure fears.

So the question might arise, why do homeopaths use diluted substances since they cause so much problems? Well the answer is that they work.

Crude arsenic poisoning has been described many times since it was freely available in the past and many murderers used it. Its actions include vomiting, diarrhoea, pain in the stomach. Now, when I was learning about homeopathy, it so happened that I ate too many apples one time and got a pain in my stomach with vomiting and diarrhoea and was trying to figure out what remedy was needed and I eventually — after all the mess — came up *arsenicum* and took that and the symptoms disappeared within 10 seconds. And that was such a shock to me that I've never be able to forget the effects of it and for anyone to tell me that homeopathy — or at least diluted substances — do not work...well, I just can't believe them.

But I do know that there was nothing of the original substance in the pill that I took and that freaked me out and it's been causing me concern ever since because basically at heart I'm a scientist but I also know that science doesn't know everything. It can't cope easily with things it can't measure. And there are a few concepts in homeopathy which can't be measured, the most important being 'life force'.

But just to go back on that science thing for a moment, Rowan Williams said something very interesting which was that, "Science is a brilliantly successful method of producing brilliantly successful hypotheses about how things work what it's not is a picture of reality."

Homeopathy is a method of curing using similars. Testing diluted substances does not test homeopathy and that's where most double blind trials go wrong they're always trying test whether the diluted substance works and that does not test homeopathy. It's also where Randi has gone wrong. By explaining homeopathy as the use of diluted substances he has missed the point entirely.

Thank you for watching. My name is John Boulderstone. I've written a book called *Living with Vitality*, which is available from my website www.boulderstonetechnique.co.uk.

I specialise in treating people with multiple sclerosis, using homeopathy but without administering pills or diluted substances.

Thank you.