

CONVERSATIONS

Dr. Dana Ullman, MPH, Bringing Homeopathic Medicine to the Forefront of the Medical Profession

Interview by Sheldon Baker

Dana Ullman, MPH, is one of the foremost spokespersons for homeopathic medicine in the U.S. Dr. Ullman received a doctoral degree in homeopathy from the British Institute of Homeopathy and has received the C.C.H. (Certified in Classical Homeopathy).

He has authored several books, including *Discovering Homeopathy: Medicine for the 21st Century* (North Atlantic, 1991), which includes a foreword by Dr. Ronald W. Davey, Physician to Her Majesty Queen Elizabeth II. In 2007, he published *The Homeopathic Revolution*, a book documenting famous people of the past 200 years who have been known to use and/or advocate for homeopathic medicine, which includes a foreword by the next Royal Physician, Dr. Peter Fisher. He authored *Homeopathic Medicine for Children and Infants*, a valuable guide to more than 75 common physical, emotional, and behavioral conditions, plus information on common remedies that all parents should have. He also co-authored *Everybody's Guide to Homeopathic Medicines* (Jeremy Tarcher/Putnam, revised 2004) which won the Medical Self-Care Book Award. (*Altern Ther Health Med.* 2026;32(1):9-13).

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Alternative Therapies in Health and Medicine (ATHM): You are considered one of America's leading advocates for homeopathy. What got you started on this journey?

Dana Ullman, MPH: I come from a medical family. My father was a pediatrician, and ironically, or cosmically, he was also an allergist. With allergies, you use small doses to what you're allergic. It stimulates strength and resistance to a particular allergen. So, this homeopathic principle seems to be in my DNA.

Of course, homeopathy uses much smaller doses, and we also do much greater individualization. But one of the three physicians to create the American Academy of Allergy was a

homeopathic physician from San Jose, Calif. At that time, I was a junior at UC Berkeley, and I was interested in the human potential movement, nutrition and herbal medicine, and I got introduced to homeopathy. A friend gave me a book on the subject, and then I heard about a study group in homeopathy that was just being created. It was formed by a Stanford-trained physician and a male midwife (one of the few).

For five years, a group of three doctors, two nurses, a dentist, two yoga teachers and several laypeople met weekly during that time. At times, people began to engage in their practice. About four years later around 1976, I got arrested for practicing medicine without a license. It was a case we ultimately won in court by stipulating that I was providing healthcare, not medical care. The definition of medicine in California is written in such a way that says, ultimately, anyone who holds themselves out as practicing any mode or modality or treating the sick or inflicted. My attorney made it clear that I never claimed to treat any disease. I treated a person. So, the settlement stipulated that as long as I refer patients for the diagnosis and treatment of disease, I could provide healthcare.

What was very interesting about this court settlement was that my lawyer was also a malpractice attorney, and he felt that malpractice wasn't just because doctors were making mistakes. Sometimes, patients were expecting more from doctors than what doctors could and or should provide. My lawyer recommended the use of a contract in a healthcare relationship. So, since that time, before I see patients, I send them a statement about my policies and fees, and I agree to do certain things, and they agree to do certain things. This was one of the first court cases to suggest the use of a contract in a healthcare relationship.

ATHM: When was that case eventually resolved?

Dr. Ullman: That was in 1977, April 10th. It was somewhat ironic because that's the birthday of Samuel Hahnemann, the German physician, and the founder of homeopathy. Two weeks before that date, a settlement was reached, and we didn't have to go to trial.

ATHM: Thank you for that explanation. You created an e-course called *Learning How to Use a Homeopathic Medicine*

Kit, which integrates videos and your e-book. It's become a growing resource of clinical studies published in peer-reviewed medical journals, testing homeopathic medicines and is continually updated. Talk a little about that.

Dr. Ullman: I initially wrote an e-book, which I call *Evidence-Based Homeopathic Family Medicine*. It's now over 750 pages and is a review of 100 of the most common ailments that homeopaths encounter. It gives reference to, at this point, over 500 clinical trials that have been published in peer-reviewed literature. The reason it's an e-book is because I consider it a live document and I literally add to it every month. It gives reference to and description of, as well as links, to each of those 500 trials. It also references the homeopathic approach to treating a particular condition. In about 80% of the chapters I give specific medicines, usually between five and 20 different ones, with some information about the individualizing syndrome for each.

In homeopathy, like in Ayurveda and in Chinese medicine, you're not treating a disease, per se, you're treating a syndrome of which the disease is a part of. Your headache and my headache will not only have different symptoms about the head pain, but we'll also have certain "modalities," that is, certain situations in which a person's symptoms are particularly aggravated or ameliorated. The head pain will be worse for you at certain times of day than for me. It will be sensitive or not sensitive to motion, temperature, light, and position of the body, as well as foods and beverages. And homeopaths use that information to individualize a particular remedy. This is not just knowledge for health professionals who prescribe homeopathic medicines. It's also for anyone who wants to learn how to treat themselves and their family for acute conditions.

One of the longest chapters in the e-book is on cancer. I don't give specific remedies or recommendations. I just present the research. In fact, there's a lot more research than people realize on homeopathy for people with cancer.

ATHM: Homeopathy is not well known by consumers or patients. Would you agree with that?

Dr. Ullman: True. In America it isn't. Yet in Europe and much of Asia it is. In the 19th century, homeopathy was the leading alternative to conventional medicine. So much so that the first national medical society in America was the American Institute of Homeopathy. That was 1844, and three years later, a rival medical organization started. They wrote in the first charter that one of the reasons for their formation was to slow the growth of the homeopaths. That group called itself—the American Medical Association (AMA).

ATHM: Quite interesting.

Dr. Ullman: The AMA has had a very contentious relationship with homeopathy, especially because most of the homeopaths of that day were medical doctors. By 1900, some of the

medical schools including Boston University, New York Medical College (formerly New York Homeopathic Medical College) were homeopathic medical schools. The University of Michigan had a homeopathic school and a conventional allopathic school. The University of Minnesota had both. Even the University of Iowa had both homeopathic and conventional medical training.

ATHM: You recently had an article published in *Cureus* (pronounced "curious"). What did you want to bring forward on that?

Dr. Ullman: The long title is *Rockefeller, the Flexner Report, and. AMA: The Contentious Relationship Between Conventional Medicine and Homeopathy in America*. I had previously written a book about the most famous people over the last 200 years and what they said and did with homeopathy. That book was called *The Homeopathic Revolution: Why Famous People and Cultural Heroes Chose Homeopathy*. I make reference to 11 American presidents and a dozen other world leaders, including well-known physicians and scientists. The longest chapter in the entire book is the story of Charles Darwin. I show how he would not have been able to write his famous seminal book, *The Origin of Species*, if he didn't get homeopathic treatment 10 years beforehand. I draw from Darwin's diaries to make that case. Although I wrote in detail about it in the book, I wrote it for an academic peer-reviewed journal giving even more details. That was the journal *Evidence Based Complementary and Alternative Medicine (eCAM)*, which at the time was published by Oxford.

The other long story in the book was of John D. Rockefeller, and it's such a juicy story that I wanted to expand on it. I was able to get funding for writing this by a modern-day Rockefeller. I went to the Rockefeller Archive in upstate New York on two occasions to review the homeopathy file that is archived there. I uncovered five reports on homeopathy that were written by Rockefeller's leading business advisor who was the person that created the Rockefeller Foundations. There were reports on homeopathy that were for Rockefeller's eyes only. No other historian or biographer, or academic article has ever reported on these five reports. Rockefeller went to homeopathic physicians for the last 50 years of his life, and he told his philanthropy staff that he wanted half of his money that went to medical institutions to go to homeopathic institutions.

And yet, in the 20th century, not a single cent was sent to any homeopathic institution. The article gives the backstory to that along with the explanations for how the AMA got so rich and powerful. That was the earliest collaboration that the AMA took with the drug industry and is an amazing story in itself.

ATHM: You mentioned *The Homeopathic Revolution*. That is your most recent book.

Dr. Ullman: Yes. That was 2008. I've decided not to write any more books other than the e-book. I'm now focused on writing articles for peer-reviewed journals. During COVID I wrote two research reviews. One, a review of clinical research, and another a review of the most up-to-date basic science research to explain how homeopathic nano-doses work.

ATHM: One of those articles was about the four government-sponsored reviews of clinical research.

Dr. Ullman: Yes. That was the review of four government-sponsored reviews of clinical research on homeopathy, and it was published in *Cureus*. I was introduced to it by a colleague who is a 93-year-old physician, George Lundberg, who previously was JAMA's editor. He is a highly respected pathologist and I've been in a small discussion group with him for the past 10 years. When I sent him the article, he suggested submitting it to *Cureus*, and he told me that he is on its editorial board. He was one of my reviewers, and although he's not an advocate of homeopathy, he still felt that it was a good, solid review of clinical research.

ATHM: What is your professional opinion of homeopathic medicine for infants and children?

Dr. Ullman: Because my father was a pediatrician, he maintained a deep belief in the Hippocratic tradition of "first, do no harm." I feel that using safer methods is vital. In 1991, two years after I was married, I had planned to have a child or two. We ended up having one child. I wanted to have a book looking at children's health where my father could be one of the editors. I felt it would be a nice collaboration there. I am concerned that today, infants and children are over-medicated. Doctors begin treatment with not using the safest methods first. I call this a type of medical child abuse. It's the over-prescription of psychotropic drugs, antibiotics, and literally everything.

I like to call homeopathy, and the whole field of natural medicine—first medicine—because we should be considering these methods first before resorting to more risky therapeutics. Not to say that there aren't certain conditions for which you need to provide immediate medical attention. I'm not against that. In fact, I think ER medicine is medicine at its finest.

ATHM: You also consult with people on a wide variety of pain syndromes such as fibromyalgia, arthritic disorders, shingles, sciatica, headaches and other issues.

Dr. Ullman: Absolutely. In fact, I co-authored with a pain physician a chapter on homeopathy and pain management for the major 4000-page textbook called *Weiner's Pain Management*. It was published by the American Academy for Pain Management. Here is where, especially in the post opiate era, that homeopathy provides a real benefit. But, let me share something that happened to me last night.

About a month ago, I woke up and my big toe was hurting like I sprained it. It went away after a couple of days,

but it came back a week later and it was getting increasingly painful. So, I texted my own homeopath and explained my symptoms. She said, "I don't think you sprained your toe, I think you've got gout." Now mind you, we didn't do any diagnostic work. I had not yet had any blood work, but we got into the details of my symptoms. She recommended I take two doses of a remedy that night, and then, if necessary, the next day. By the time I woke up the following morning, it was about 75% gone. What's interesting about the homeopathic approach is that a diagnosis is not always necessary. Finding a medicine that matches a person's overall syndrome of symptoms is an effective methodology.

ATHM: I would have guessed it was gout, but I've only played a doctor on TV.

Dr. Ullman: I wondered if it was too, but I tend to bend my toe back during sleep so I wondered if it could have been a result of that.

ATHM: It could be too that you are eating and drinking too well. In any event, you previously alluded to cancer. That's an area where you offer advice and suggest treatment to people who are suffering in various stages of cancer.

Dr. Ullman: Yes. I co-authored with three physicians a chapter on homeopathy and cancer for Andy Weil's textbook that Oxford published on integrative oncology. One of the things that I'm excited about is giving homeopathic doses of different chemotherapeutic drugs to patients who are using such drugs for their cancer. I consistently find that this use of homeopathic doses lead people to experience little or no side effects from chemotherapy. I'm also following the work of a popular French oncologist, Jean-Lionel Bagot, MD. Approximately 50% of oncologists in his Strasbourg region of France are referring patients to homeopathic doctors. And 10% are prescribing homeopathic medicines themselves. To clarify, I never tell a person not to take a conventional drug that a physician recommends. That's their decision. I work with them, and sometimes with their physician. Often, I prescribe a homeopathic dose to that of the drugs they're taking, or a more individualized approach to their unique pattern of symptoms, including any side effects.

ATHM: Not many medical doctors practice homeopathy. Am I correct?

Dr. Ullman: In America that's true, but certainly not true throughout the rest of the world. It's huge in France, Italy, and Germany, but not so popular in the UK. There's a significant following in South America, Brazil, and Argentina, and there are 250 five-year homeopathic medical schools in India.

American doctors practice what I call medical machismo. They want to give strong doses of drugs, herbs, and supplements. But the logic of homeopathy, with the nano doses that we use, are able to penetrate the blood-brain

barrier and cellular membranes, where larger doses can't. That is why we can elicit, when given the correct remedy, very powerful, immunological and defensive actions. I typically prescribe for my patients two doses of a drug per month. I know there are people reading this who may think that homeopathy is a placebo. But I have to say, this is the most ineffective way to prescribe a placebo if I'm only giving two doses per month. If they were really placebos, I would need to give them four-to-six times a day to remind them they're taking a medicine. When you learn to use homeopathic, what are called the higher potency medicines, or 1M (M being the Roman numeral for 1000) means it's been diluted 1 to 100, 1000 times.

ATHM: We're getting somewhat scientific here.

Dr. Ullman: Perhaps, but I'd like to explain briefly how homeopathic medicines work. In light of the most compelling information from the physics of water, and the field of material sciences, you have to understand that homeopathic medicines are not made by practitioners, they're made by drug manufacturers. When we dilute a medicine in water, we only use not just a distilled water, but a double distilled water, which is called pharmaceutical-grade water, and it's considered the highest, most pure water available. Then, we only make our medicines in glass because we initially thought that glass was inert. But it isn't. Very few things are inert, and I'll explain why that's so important.

First, material science research on the manufacturing of drugs, not just homeopathic, has found some compelling facts about double-distilled water in a glass test tube. Homeopathic drug manufacturers place a plant, mineral, animal, or chemical that they're making into a medicine into a glass bottle with double-distilled water. Then, the bottle is succussed (vigorously shaken) 40 times (by machine), and this process leads that medicine to bash against the sides of the glass test tube, leading to the release of six parts per million of silica fragments into the water. Then, the turbulence of the water creates bubbles and nano bubbles that bring oxygen into the water and significantly increase the water pressure. Whatever is being made into a medicine is pushed into the silica fragments floating in the water. Then, when you dump out 99% of the water as a part of the dilution process, many of the fragments cling to the glass walls.

Each dilution and succussion breaks the silica fragments into smaller and smaller units. One of the unique features of nano doses is that they are able to sift through cellular membranes and blood-brain barriers with greater ease than large doses. Once inside the cell and brain, they create an immunological effect, and because a homeopathic medicine is chosen to mimic the sick person's symptoms, they augment the inherent defenses of the person.

In a sense, homeopathic medicines that match a person's overall syndrome have a resonance with that person, and we know from music and physics that there is a special hypersensitivity from similar resonances.

Langmuir, published by the American Chemistry Society is the leading journal in an area called material sciences. Researchers at the India Institute of Technology, the NIH of India, used three different types of spectroscopy to measure the nanoparticles of six different mineral medicines—gold, silver, copper, tin, zinc, and platinum. No matter how many times they did this dilution, they found nanoparticles through spectroscopy.

Today in medicine, the field of nano pharmacology is exploding, and ultimately, homeopathy was the original nano pharmacology. In fact, I was the first person to use this term in a major scientific journal in the reference's title—the respected journal, *FASEB*, back in 2006.

In addition to the 500-plus clinical trials that have been published in peer review journals, there's a similar number of basic science trials. And that's what's so compelling. When I've been going to homeopathy research conferences in recent years, some of the most spectacular studies to me has been the growing body of evidence from agricultural scientists that find that homeopathic doses on crops have been found to lead to increased crop yields along with improved crop nutrition and doing so without pesticide use. It's hard to imagine that a crop is having a placebo response.

ATHM: An area of interest to me is Trisomy 21, or Down Syndrome. Any thoughts about how homeopathy might work there?

Dr. Ullman: Our DNA is pretty hardwired but we know that as hardwired as our DNA is, the organism still learns. What we find clinically in homeopathy, when talking with colleagues, is that kids with Down Syndrome who are treated homeopathically tend to have less ongoing recurring ailments. So, you may not be able to change the fact that they have Down Syndrome, but it's sort of like kids who are on that spectrum will be more normalized with some of their behaviors and abilities. We don't expect any cures with homeopathy but what we hope for is improved quality of life.

ATHM: Lastly, I'm asking all health professionals about their feelings with the current MAHA movement and how it might affect the nation's healthcare. In your instance, homeopathy.

Dr. Ullman: I am quite supportive of MAHA. But I am concerned with the history of the FDA, NIH and CDC, and how much they've been captured by industry. Actually, not just captured, but curated. Any panelists who vote against certain drugs a repeated way seem not to last, whereas those that are more Big Pharma friendly do tend to stay a while. I'm reminded of how recently there was a huge fraud case in Alzheimer's drug research. It stemmed from the approval of a drug that even the committee voted against, but the commissioner of the FDA still signed off on. It was ultimately later found that the whole body of research was based on fraud. It's amazing how little the mass media reported on that

fraud case. We're talking about dollars in multiple billions that went into certain areas.

Then there's the vaccine issue. I just wrote an article about aluminum in vaccines. The FDA has certain measures of the body's ability to create or eliminate aluminum in vaccines. They do not differentiate aluminum that's ingested from that which is injected. When we ingest aluminum in the small number of foods and or cooking utensils that we use, our body has a means of eliminating it, but when it's injected, it's much more complex and difficult process to eliminate it.

I have often followed vaccine science relatively closely. I'm disturbed about how often vaccines are not tested against saline placebos. Big Pharma has now convinced many in the CDC to claim that it is unethical to do placebo-controlled trials. I feel it's unethical to not do placebo-controlled trials especially when many of these vaccines are mandated. I personally predict that aluminum is going to be found to be one of the primary irritants or cofactors to various serious ailments. One of the problems we get into is people asking does this cause autism. That's not the right question, rather is it a cofactor to autism. But the proper thing, or the bottom line is, you might get a vaccine with aluminum, and everyone's kidneys may not be strong enough to easily eliminate aluminum. For example, approximately 17% of women are allergic to nickel, so they can't wear earrings that have nickel in them. Now, imagine if a woman is allergic to nickel and they're given an injection of nickel. You can imagine how disturbing that would be to her body. I wonder how many people have an aluminum allergy or have an overreaction to it because their kidneys are not functioning at the highest level that they need to.

I'm not against vaccines. In fact, vaccines are derived from the homeopathic principle. That is an amazing fact of history. The first scientist to win the Nobel Prize in Medicine was Emil Adolf von Behring who discovered the diphtheria vaccine. He acknowledged he got the idea about that vaccine from Samuel Hahnemann, not Edward Jenner. That's quite ironic, and a lovely piece of history.

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