

# SPOTLIGHT

LMHI E-NEWSLETTER VOL 6



## Feature Stories

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01/27



# Message from LMHI Secretary for Publications

Dear Readers,

The LMHI centenary congress in Utrecht, Netherlands just concluded. It was a milestone event for the Homeopathic fraternity at large. This edition of LMHI Spotlight aims to update you on this mega event. It was also the completion of the triennial cycle of the LMHI Executive Board and we will introduce you to the new board through this edition of Spotlight.

It is with great pleasure that we also bring to you a special interview with Dr Jose Matuk of Mexico. Dr Matuk has been deeply involved in LMHI administration for 2 decades and is an acclaimed clinician. Our section of experiences of a young colleague covers Dr Lucas from Brazil and his inspiring homeopathic journey.

Hope you enjoy reading this edition of Spotlight.

Dr Aditya Pareek  
LMHI Secretary for Publications



This is it — **the LMHI Foundation Centennial Congress has officially concluded!!!**

Here are the final highlights:

- ◆ A new chapter begins with the announcement of the new Board!
- ◆ Dr. Bernardo Merizalde has been elected as the new President — congratulations!
- ◆ In a heartfelt moment, Dr. Altunay Agaoglu, our outgoing President, delivered her final speech — a moving address that stirred deep emotion in all of us... including her.

📸 And what better way to mark this historic moment than with a photo capturing six Presidents, spanning the past and recent past — a legacy of leadership united in one image.

The Congress may be concluded... **but is this really the end?**



# A WALK THROUGH LMHI CONGRESS 2025:

Reflections through the lens of Dr. Paolo Pifferi, NVP ITALY

It would be too obvious to say that this was a special Congress, where the celebratory atmosphere was very much felt and where there were important moments of sharing, understood as a sphere of “social” and interpersonal atmosphere; in my experience as an NVP I have found a great human atmosphere in all Congresses, but this one was really special and “experienced” .....

I start from the beginning, which for me was the meeting of the International Council, where I met again, a few months later, old friends and met new ones, the new NVPs: Altunay’s speech was very engaging and emotional, and a few tears flowed, all the rest was the usual annual report of the situation of homeopathy in the world, from the organizational, financial, etc. point of view. The upcoming Congresses for the year 2027, Bangladesh and Mexico, which will see us around the globe were presented!



The new roles on the Board were defined: everything as planned, with the “scaling up” of roles as usual, except for the role of Education Officer, where Claudia Garn and Agustin Salinas “competed” for the chair, with the ballot of votes concluded in Agustin’s favor and a bit of disappointment for Claudia (I wouldn’t have minded “a chair for two” !): but LMHI is a big family, as I always write, and there were no “clashes” but collaborative proposals !





*Final photo of International Council*

The International Council ended with a very pleasant dinner in cheerful company, where we were able to enjoy traditional Dutch dishes.

Moving on to **DAY 2** there were the meetings of the groups (Education, Research, Publications, etc.) with good participation and the drafting of the “good resolutions” with the planning of the work relative to the various branches of interest. In the Publications group we have the new contact person, Aditya Pareek who takes the helm of the group and goes to replace Andrea Flores Sanchez.

With the work of the thematic groups concluded, a few free hours were enjoyed for sightseeing in Utrecht, in anticipation of the official opening ceremony of the Congress at 6 p.m.

And here it was finally time for the official opening of the long-awaited event. Welcome cocktails, speech by the Congress President in front of the champagne glass counter and then ..... ready and away!!!!



*Congress president Gio Meijer on her makeshift stage ...a chair !*



*Dr. Altunay at Congress presentation*



*Dr. Ulrich Fischer*

We opened the proceedings in the morning at the Beatrix Theatre, with Congress President, Dr. Gio Meijer's greeting and a much-appreciated musical greeting, and with Altunay Agaoglu's official opening, after which there were other appreciated speakers who traced the history of our LMHI and spoke about homeopathic practice currently.

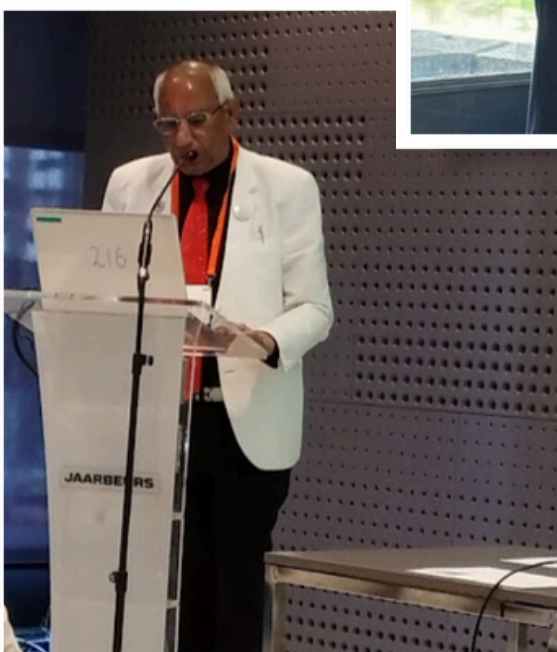
In the afternoon we were able to attend lectures by Dr. Sankaran and later by Dr. Scholten.



*Dr. Sankaran*



*Prof. Ashley Ross*



*Dr. Gupta*

But there were other interesting presentations in the halls, about which I can tell something but not too much since the density of content was so vast and divided in the various rooms: I was able to attend the reports of some Indian colleagues who spoke about their amazing clinical cases brilliantly treated with homeopathic medicine, also neoplastic cases solved without chemotherapy but also cases of motor neuron disease.



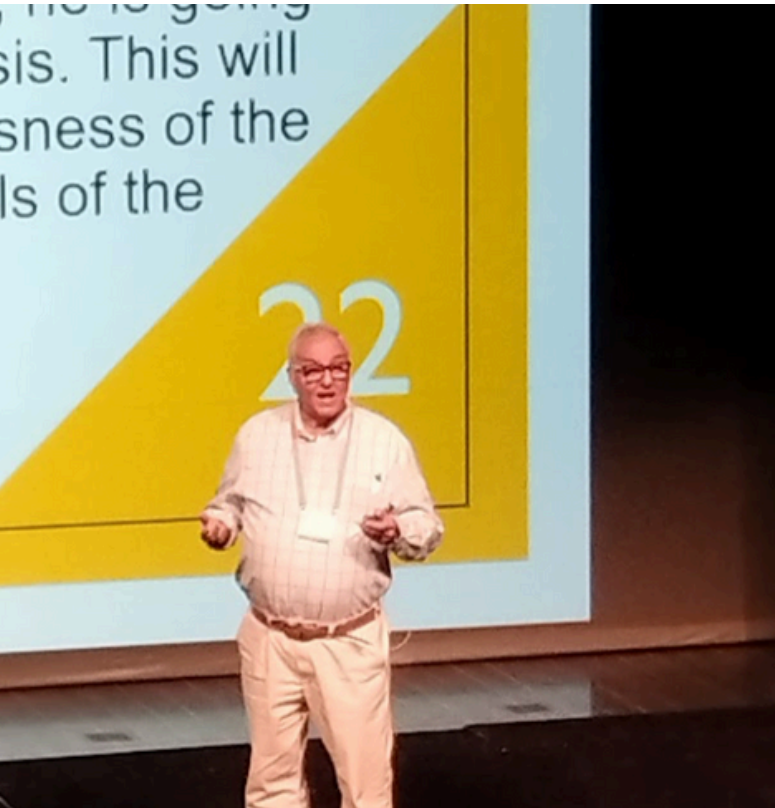
*Dr. Kavita Chandak*

On the following day (DAY 3), the program was equally dense and spread out over the different rooms, so that it was difficult for all participants to choose which room they would try to be in; I won't dwell on the contents otherwise I would write a book rather than a report !



*Dr. Raj K Manchanda*

*Dr. Farokh Master*



*Dr. Vincenzo Rocco*

Dr. Kavita Chandak brought us some of her brilliantly solved cases. As a good Italian, I cannot help but show a photo of Dr. Vincenzo Rocco presenting his work. Italy was also represented by Dr. Massimo Mangialavori.

Here are some pictures of the speakers:



*Dr. Julieta Campanelli*

NVP Argentina, Dr. Campanelli presented us with a beautiful work on the cases reported in Hahnemann's notebooks by the master himself with his handwriting and abbreviations that Julieta explained in great detail.

Dr. Farokh Master told us much of his knowledge about homeopathy in oncology .... But what he knows is a well that we wish we could empty completely !

We not only talked, worked, studied... we also had fun together, ate and drank together, like a real family ! The gala dinner was one of the countless moments of sharing and having fun: dancing, jumping, and so on ! The paper report does not allow me to reproduce the many videos of our boat trip, gala dinner, but you can view them on LMHI social media channels.

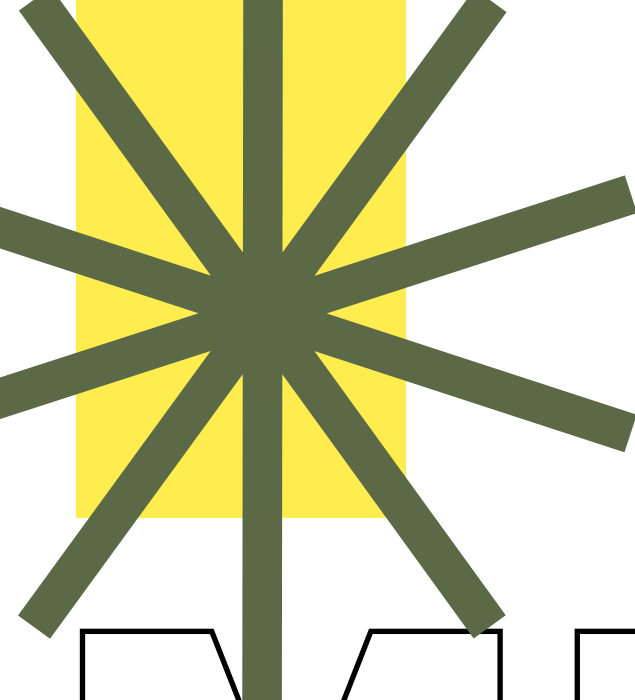


After this roundup of photos and events, we head to the end of the Congress, which corresponds to the beginning of this report of mine: our now past-president Altunay closed the congress with a speech that reminded us of who we are and what we do, but more importantly what we need to do to continue to be a strong and cohesive society.

It was a very heartfelt moment, emotion gripped all of us; Altunay was a great president and contributed a lot to unite us and make us a true family and I personally had a very pleasant relationship with her. She handed over her scepter in the form of her medallion to the new President Bernardo Merizalde who in turn gave us a commencement speech really in line with what had been done so far.

So the event has been fulfilled, we resume our course with a crew increasingly ready to follow their new commanders, indeed with a family where roles are interspersed but where the direction is always the same ... the joy of homeopathy !

The journey continues, toward new horizons with next stops: - Bangladesh - Mexico



# MEET

## **The LMHI Executive Council**

**2025–2028**

**09/27**

# THE PRESIDENT



**DR. BERNARDO  
A MERIZALDE**

USA

Dr. Merizalde is the current President of the LMHI, having previously served as Vice President, former General Secretary, the Secretary for Public Relations and the Information and Communications Secretary of the LMHI. He is also a past President of the American Institute of Homeopathy, the oldest extant medical association in the United States and a member organization of the LMHI.

He is an Assistant Clinical Professor in the Department of Psychiatry & Human Behavior and the Department of Integrative Medicine and Nutrition Science at Thomas Jefferson University in Philadelphia, USA. He is Board Certified in Integrative Holistic Medicine and Psychiatry and is a Diplomate of the American Board of Homeotherapeutics. He is also certified in various models of Integral Human Development and Executive Coaching and has practiced integrative medicine, psychotherapy, and homeopathy for over forty-five years.

Dr. Merizalde teaches undergraduate and graduate students, professionals, and consumer groups. He has taught at Thomas Jefferson University, the University of Pennsylvania, Drexel University College of Medicine, Temple University, the Philadelphia Psychiatric Society, the American Psychiatric Association, the International Homeopathic Medical League, and various consumer organizations. He has published several articles and book chapters on homeopathic medicine in psychiatry, clinical practice, and homeopathic research in peer-reviewed journals.

# PAST-PRESIDENT

Dr. Agaoglu, born in Manisa, Turkey in 1974, is a medical doctor and internationally respected homeopath. She graduated from Ege University Faculty of Medicine in 1997 and has been a practicing homeopathic physician for over 20 years. As a founding member of the Classical Homeopathy Association in Izmir, established in 2003, she served as Chair of the Board for many years and remains a key figure in homeopathic education in Turkey.

Dr. Agaoglu is a regular speaker at international and national congresses and is currently serving as a consultant to the Ministry of Health of Türkiye on homeopathy. Since 2014, she has held leadership roles within the LMHI, including Treasurer, General Secretary, Vice President, and President (2022–2025). She now continues her service as Immediate Past President. In 2022, she chaired the 75th LMHI World Congress in Istanbul, reflecting her enduring commitment to the advancement of global homeopathy.



**DR. ALTUNAY AGAOGLU**  
TURKEY

# VICE-PRESIDENT



Dr Zauner has been working for the LMHI as General Secretary and will now continue in an active role as Vice President. He has been involved with homeopathy since his medical studies.

He is on the board of the "Ärztegesellschaft für klassische Homöopathie" (Medical Association for Classical Homeopathy) in Austria and is a co-editor of the 'Allgemeine homöopathische Zeitung' (General Homeopathic Newspaper). He was earlier NVP of Austria and active in the Publication Working Group.

Dr Zauner believes that close cooperation is important between NVPs, members of LMHI and the Board and also with the other stakeholders in the field of homeopathy.

**DR. BERNHARD ZAUNER**  
AUSTRIA

# GENERAL SECRETARY

Dr. Sanchez is now the General Secretary, after serving for three years as the Secretary of Publications. She is an active homeopathic physician and professor of Homeopathic Medical Lexicon and Homeopathic Doctrine and the Organon at the Postgraduate School of Homeopatía de México, as well as of Medical Parasitology at the Faculty of Medicine of the National Autonomous University of Mexico.

Her role is to coordinate the administration of the association, and her main goal is to strengthen connections with all members through the NVPs/NCs, inviting them to actively participate in LMHI projects and to promote the development of homeopathy in their respective countries.



**DR. ANDREA FLORES SANCHEZ**

MEXICO

# TREASURER

Since 2016, She has served as Treasurer of the Liga Medicorum Homoeopathica Internationalis (LMHI), supporting international cooperation in homeopathy with transparency and commitment. In November 2024, she was also elected President of the German Central Association of Homeopathic Physicians (DZVhÄ), where she works to strengthen the role of homeopathy within integrative medicine and society at large.

Her roots lie in Leipzig, where she leads a private medical practice combining classical homeopathy with general practice. For many years, she was also active in the professional board of Homeopathy in Saxony, deeply engaged in regional development and advocacy.

Across all these roles, her motivation is constant: to build trust, foster dialogue, and connect traditions with the future.



**DR. MONIKA KÖLSCH**

GERMANY

# SPECIAL SECRETARY

## COMMITTEE FOR ORGANIZATIONAL DEVELOPMENT & PUBLIC POLICY

Dr. Manchanda is a distinguished homeopathic expert with over 40 years of experience in clinical practice, research, education, policy-making, and public health administration. Currently, he serves as the Chairperson of the Sectional Committee on Homeopathy, Bureau of Indian Standards, Government of India. His leadership roles have included serving as Secretary for Research (2013-2019); Information and Communication (2019- 2015) in LMHI, Director, Directorate of Ayush, Government of Delhi (2019-2023) and Director General, Central Council for Research in Homeopathy (2012-2019)

Dr. Manchanda has published 195 research papers, with an H-index of 22 and i10-index of 60, reflecting his impactful contributions to homeopathy and integrative medicine worldwide.



**DR. RAJ KUMAR MANCHANDA**  
INDIA

# SECRETARY

## RESEARCH



Prof. Ross is the current Head of the Department of Homeopathy at the Durban University of Technology, South Africa. He has been in homeopathic practice for 30 years, and has been teaching homeopathic philosophy and materia medica, as well as engaging in clinical and research supervision for over 25 years. He has delivered lectures and seminars in South Africa, India, Latvia and the UK, presented research papers at congresses in 15 countries, and reviews for six international medical journals. He is an internationally-regarded expert in the field of homeopathic provings, and has served as the representative for Homoeopathy on the Allied Health Professions Council of South Africa for 10 years, and thereafter as a representative for Homeopathy on the Professional Board for Homoeopathy, Naturopathy and Phytotherapy for 5 years.

He is currently the Secretary for Research of the Liga Medicorum Homoeopathica Internationalis and Trustee of the Homeopathy Research Institute (UK).

**PROF. ASHLEY ROSS**  
SOUTH AFRICA

# SECRETARY

## EDUCATION

Dr. Salinas was born in Olivos, Buenos Aires, Argentina. Now 36, he and his family have relied exclusively on homeopathy since childhood. He always knew he wanted to become a homeopath, as that was the only medicine he had ever known. He studied medicine at the University of Buenos Aires and simultaneously completed his postgraduate training in homeopathy at the Escuela Medica Homeopatica Argentina "Tomás P. Paschero," graduating from both at age 23.

He soon began teaching Philosophy of Homeopathy and Materia Medica, while also deepening his knowledge of Chinese medicine. Driven by a lifelong curiosity, he integrates diverse medical paradigms and studies fields such as philosophy, psychology, and astrology.

He joined the LMHI in 2016 and has since contributed to the Research and Education Working Groups, co-authored the LMHI Code of Ethics, and designed the international exchange program presented in 2023. Outside medicine, he is passionate about writing, history, literature, and fantasy fiction.



**DR. AGUSTIN SALINAS**

ARGENTINA

# SECRETARY

## INFORMATION & COMMUNICATION

Dr. Bianca is the newly appointed LMHI Secretary of Information and Communication, dedicated to advancing global awareness of homeopathy. With extensive experience as National Vice President for South Africa and President of the Homeopathic Association of South Africa, she bridges local leadership with international collaboration. Passionate about modernizing communication, she champions inclusive, dynamic strategies to connect and empower the homeopathic community worldwide. She aims to strengthen LMHI's global presence by implementing streamlined, multilingual communication channels that foster real-time engagement and collaboration.

Her goal is to ensure that every practitioner, association or patient organisation, regardless of region, feels informed, connected, and empowered to contribute to the global advancement of homeopathy.



**DR. BIANCA DE CANHA**

SOUTH AFRICA

# SECRETARY

## PUBLICATIONS

Dr. Pareek is President of the Indian Society of Homeopathy and Associate Professor at Faculty of Integrated Medicine, DEI university, Agra. He has been an LMHI delegate since 2009 and speaker since 2013. He has authored the book "Clinical Miasmatic Prescribing" and has been a regular contributor to peer-reviewed journals.

He is a fourth generation homeopath and his family has been attached to the LMHI since more than 6 decades. He intends to further enrich the LMHI journal, 'The Homeopathic Physician' with diverse clinical content and scholarly contributions of members utilising the global reach of LMHI.



**DR. ADITYA PAREEK**

INDIA



**DR. GLORIA ANDRÉ  
FEIGHELSTEIN**

BRAZIL

# SECRETARY

## DENTISTRY

Dr. Gloria is a highly respected Oral and Maxillofacial Surgeon, Homeopathic Dentist, and Medical Doctor with a distinguished career in both clinical and academic spheres. She currently serves as the Honorary Academic Director of the Brazilian Academy of Dentistry and works as a Dentist at the Civil Police Polyclinic of the State of Rio de Janeiro. In academia, she is a dedicated university professor, teaching Homeopathy, General Pathology, Histology and Embryology, and Biology. As the Dentistry Secretariat of the Liga Medicorum Homoeopathica Internationalis (LMHI), she plays a vital role in advancing Homeopathic Dentistry by fostering its integration into clinical practice, supporting pharmaceutical development, and leading educational initiatives to train dentists in homeopathy. She actively represents the Secretariat in national and international scientific congresses, seminars, and working groups, contributing to the ongoing development and recognition of Homeopathic Dentistry worldwide.

# SECRETARY

## PHARMACY

Dr. Heike Gypser studied pharmacy at the University of Innsbruck (Austria) and Padova (Italy) and gained a doctorate on the history and development of high potencies by machines in homeopathy at the University of Marburg (Germany). Her field of research is the history of homeopathic pharmaceuticals. She lectured regularly at the Faculty of Pharmacy at the University of Marburg from 2012–2019 upon the development of homeopathic pharmaceuticals and delivered lectures at various international congresses and at different homeopathic institutions in India. In 2016 she became Secretary for Pharmacy of LMHI until 2022 and was Associate Editor of “Indian Journal of Research in Homeopathy” from 2016–2019. She published several articles about homeopathic pharmaceuticals.



**DR. HEIKE GYPSER**

GERMANY

# SECRETARY

## ARCHIVES

Dr. Baschin has studied history, sociology and politics in Stuttgart/Germany. Her PhD focused on the patients of the German lay homeopath Clemens von Bönninghausen (1785–1864). This study was followed by further research works in the history of homeopathy, e. g. homeopathic self-medication, at the Institute for the History of Medicine in Stuttgart IGM). Between 2016 and 2018 she completed a state-accredited internship to become an archivist. The historical documents of LMHI are preserved at the IGM since 1999. Therefore, she was elected Secretary of Archive in 2019. Since 2020, she is Head of the IGM, which is part of the Bosch Health Campus founded by the Robert Bosch Stiftung.



**DR. MARION  
BASCHIN**

GERMANY

# SECRETARY

## LMHI SECRETARIAT

Ms Evin Turkey has been in the LMHI family as the secretary since 2014, she intends to continue her work and secure the connections between people.



**EVIN TURKAY**

TURKEY

# SOCIAL MEDIA

## RESPONSIBLE



**SUYASHA SAWHNEY**

INDIA



**SASHYA BHATTY**

INDIA

# SPECIAL INTERVIEW



**Dr. Jose Matuk  
Kanan**

**PAST - PRESIDENT , LMHI  
(2010 - 2013)**

**MEXICO**

Dr Matuk, you have had a big impact in LMHI governance and have seen the transition from the traditional methods to the age of technology. In the centenary year, we feel honored to interview you for the upcoming spotlight.

**01.**

**HOW DID YOU ENTER HOMEOPATHY AND HOW WERE YOUR FORMATIVE YEARS?**

My medical training was first to study Medicine at the Faculty of Medicine of the National Autonomous University of Mexico where I found at that time the book “Organon of Medicine” by Dr Samuel Hahnemann, a book that to this day I continue to read. This made me find an official school where the speciality in homeopathic medicine was taught, which was my alma mater in homeopathy and is currently the Homeopathy School of Mexico and this school gives homeopathic training with a speciality course lasting three years.

**02.**

**YOU HAVE BEEN A STUDENT OF THE LEGENDARY MEXICAN MASTERS. TELL US SOMETHING ABOUT THEM AND THEIR METHODS?**

I can tell you that I was fortunate to have classes with truly transcendent teachers. We can start with Dr David Flores Toledo, who always showed me the most empathetic form of homeopathy. Later, I was fortunate to have Dr Proceso Sánchez Ortega as a teacher, who transformed my life, I can tell you that his teachings to date endure in me, showing the path of vital dynamism with the formative principles of Homeopathic Medicine. His simplicity in teaching, his capacity for understanding and always knowing how to perceive in the patient what is necessary, was what motivated me the most. I also had the opportunity and another privilege in my life to be able to study with Dr Jacques Imbrechtes, having the opportunity to live with him in Brussels, where I learned the use of the repertory technique and not only that, but the path always of unicism and orthodox methods. His understanding of each patient, his dedication to patients, the tireless study in seminars, where he showed me how to always continue studying the materia medica, and the homeopathic repertorial technique. They were really the three teachers who marked my life as a Homeopathic doctor for whom I will always be grateful.

**03.**

### **HOW DID YOUR LMHI JOURNEY START?**

As for how my career began, in the LMHI - it was at the beginning as assistant vice president helping at all times the work of the vice president for Mexico. It was then in 1993 that I became secretary of Propaganda and subsequently of Public Relations and then Archives. Eventually, Secretary General, prime vice-president and later President of the LMHI, this ended in 2013.

This long career in the various positions of the LMHI made me understand perfectly that the most important thing was unification. My job was to increase communication by creating the LMHI Website. At that time emails were not common in the organization. It was also important to collect the history of the different congresses of the LMHI. Something very important was missing - to have access to the works of the different congresses of the LMHI that can now be found on the LMHI website, where a digital archive of our congresses was made. The statutes were also translated into Spanish and Portuguese. I also had the idea of forming the Council of Past Presidents to never forget their dedication and contribution to the LMHI. Thinking about the union of all the members of the LMHI is what transcends in this organization.

**04.**

### **HOW DO YOU SEE LMHI NOW AND IN THE FUTURE?**

My current vision of the LMHI is that it has a solid structure and its operation is impeccable. The opportunity to have congresses in different parts of the World has always been a primary objective of the League and also to take care of the Young Doctors who want to be a part of the LMHI. It is important to know that now with the communication developed, the ease of emails and the information that is available, it is necessary to take care of the Image of the LMHI and this will depend on the members.

**05.**

**TELL US SOMETHING ABOUT YOUR JOURNEY IN CLINICAL PRACTICE AND YOUR METHODOLOGY?**

I can tell you that my daily practice of medicine is orthodox clinical, always following the principles of our teaching. I can mention that the integration of the miasms in the homeopathic repertory was another task carried out by us in Mexico where the miasmatic repertory technique is the one that predominates in our prescription. The miasmatic Materia Medica that continues to be developed is also the primary basis of the practice in our office. Acute cases, chronic cases are treated like any clinic and the most important thing is to be sure that our clinic is always orthodox and unicistic.

**06.**

**FINALLY, WHAT IS YOUR MESSAGE FOR YOUNG HOMEOPATHS?**

I can tell young homeopaths that they can currently find different methods of approach, for the prescription of the indicated remedy - each path has its virtue, but always keep in mind that whatever method you use - it must be under the principles dictated by Hahnemann's Organon and strengthen our healing method that is Homeopathy.

# MEET THE NVPs

## NVP of Switzerland: Dr. med. Holger Malchow

When it was the time for me at the age of 17/18 years to decide, what to study, I was sure I would never study medicine. But when my father became ill and after a longer time of suffering with no relief for him by the conventional medicine a classical homeopathic doctor could finally help him I changed my mind and decided to study medicine to become a homeopathic doctor.

At that time homeopathy was not taught at the universities in Germany. So I cofounded a students circle to learn homeopathy in my first year of medical studies and I had the big opportunity to learn homeopathy along with the conventional medicine. In the 1990's there was a big interest of German medical students to learn homeopathy. This lead to a national association of German homeopathic students (Wilseder Forum), supported by the Carstens Foundation, DZVHAE and others. Thanks to generous sponsorship the national students movement had the opportunity to organize weekly seminars in homeopathy with renowned homeopathic teachers. The homeopaths of my father was a student of Dr. Jost Künzli. Thanks to his suggestion we invited Dr. Dario Spinedi, Orselina, Switzerland for the first students seminary in 1994. His clear and very practical method of practicing homeopathy convinced me. Since then I have attended a lot of Dr. Spinedi seminars, travelling also to his supervision seminars once in a month from Germany to Locarno, the southern part of Switzerland.

After finishing my specialization in internal medicine in 2005 I had the opportunity to continue my homeopathic training in the Clinica Dr. Spinedi (former Clinica Santa Croce), Orselina, Switzerland. Now I work 20 years in this clinic, treating mostly cancer patients with classical homeopathy complementary to conventional medicine. The dream of my life came true. Beside of this I am a board member of the SVHA (swiss homeopathic doctors association) coeditor of the german homeopathic medical journal (AHZ Allgemeine homöopathische Zeitung) and I enjoy teaching homeopathy.



# MY EXPERIENCE WITH HOMEOPATHY

-DR. LUCAS FRANCO PACHECO  
HOMEOPATHIC PHYSICIAN, BRAZIL



"IT WAS MEANT TO BE PROFESSIONAL SECRECY, BUT I WILL REVEAL IT ANYWAY. WE DOCTORS DO NOTHING. WE ONLY HELP AND STIMULATE THE DOCTOR WITHIN EACH PERSON"

*Dr. Albert Schweitzer - Physician,  
Nobel Peace Prize Laureate*

Since childhood, I was treated with homeopathy. While my classmates used antibiotics, antipyretics, and anti-inflammatories, I was cared for with homeopathic globules, even during asthma attacks or infections like otitis and tonsillitis. I grew up with this lived experience — not just theoretical knowledge — that it was possible to heal without harming the body. This deeply influenced my professional choice: to become a homeopathic doctor.

But one experience, at the age of eight, profoundly marked my path. It was 1994, the year Formula 1 world champion Ayrton Senna died and Brazil won the World Cup. It was also the year I had scarlet fever. I woke up with a sore throat, high fever, red spots on my body, and intense prostration. At the same time, my cousin presented the same symptoms. We were both diagnosed with the same bacterial infection caused by group A beta-hemolytic streptococcus — and both were prescribed antibiotics by the allopathic pediatrician.

My mother, a dentist and homeopath, had always treated us with homeopathy and trusted deeply in this method. Even under strong family pressure, especially from my grandfather — who insisted she give me the antibiotic — she stood firm. She called our family's homeopathic doctor, Dr. Antônio Alfredo, who prescribed Belladonna. I began taking the globules every six hours, without antipyretics or antibiotics, and allowed the fever to follow its natural course.

Within 24 hours, I began to improve. My energy returned, the fever subsided, my appetite came back, and the rash disappeared — a beautiful homeopathic cure. My cousin, treated with antibiotics, developed kidney complications, was hospitalized, and required six months of medical follow-up. This difference in evolution between us deeply impacted my family. Even my once-skeptical grandfather began to respect my mother's decision and trust in homeopathy.

That cure wasn't a miracle. It was the result of a body free to react. Fever played a central role. Far from being an enemy, fever is the engine of immunity. When allowed to act without interference, it activates defense cells, denatures viral and bacterial proteins, stimulates lymphocyte production, and builds immunological memory. Suppressing fever out of fear, with antipyretics, goes against our biology. Unfortunately, fear still dominates much of modern medical practice. Physicians and parents, however well-intentioned, often follow a mechanistic and reductionist model that treats every symptom as a mistake to be suppressed. Fever, then, is systematically repressed with antipyretics — even though scientific evidence clearly shows it is beneficial.

Children routinely treated with antibiotics, corticosteroids, and antipyretics tend to develop recurrent infections due to a blocked immune system, antibiotic resistance, gut microbiota imbalances, and other harmful effects. A body that is prevented from reacting loses its capacity to adapt and defend itself. Acute illness, when forcibly interrupted, can evolve into chronic imbalance.

This understanding of fever and the body's capacity for self-regulation accompanied me throughout medical school and deepened during my specialization in homeopathy. I was fortunate to study under the brilliant Dr. Pedro Luiz Ozi, who taught me how to connect homeopathy, immunology, and physiology. He emphasized the importance of respecting fever because that's when the foundations of a strong immune response are built.

Dr. Pedro used to say: “[Luquinhas, the secret to preventing recurrent infections in children is respecting the fever. A mother who allows her child to have a fever strengthens the immune system and prevents infectious relapses.](#)” That made perfect sense to me, as it reflected what I had experienced in my own childhood. Neither I nor my sister — also raised with homeopathy — ever took antibiotics. We rarely got sick. Later in life, I became a father. I had three children: Alice, Letícia, and Francisco. I chose to raise them the same way my mother raised me. None of them has ever taken antibiotics. They never needed them. We treat with homeopathy and respect their fevers. The result? They are healthy, rarely miss school, and have vibrant immune systems. While their classmates often miss classes due to illness, my children remain active and well — as all children should be. Because frequent illness is not normal, even though it has sadly become common.

However, this is not the norm. Unfortunately, generalized use of antipyretics remains widespread. Even well-educated and updated physicians struggle to implement what they know about immunity. There is a cultural febriphobia — a deep-rooted and often irrational fear of fever. The fear of harm caused by fever outweighs the scientific understanding of its benefits. Homeopathy taught me that the body has an incredible capacity for self-healing. And fever confirmed that.

Today, looking back at my journey, I realize that everything started on that day in 1994, when my mother trusted homeopathy, respected my fever, and allowed my body to heal itself — guided by a homeopathic remedy. That decision not only cured my scarlet fever, it healed me from fear, from ignorance, and awakened me to a different kind of medicine — one that sees the whole person, honors natural processes, and strengthens rather than suppresses. I am fully convinced that most doctors practice medicine with the intention of helping as many people as possible. Likewise, I believe parents do everything they can to care for their children. It’s reasonable to think that this goodwill translates into rational care, offering the best at every step of the process — and prioritizing therapies like homeopathy that heal without causing harm. But unfortunately, that is not what happens in practice.

Therefore, I urge all of you to help change this alarming reality. Let’s elevate patient care culture, adopting a medical practice in which homeopathy is the first choice of treatment — a practice based not on fear but on reason, where the child’s immunity and physiology are respected so that we may have healthier children, fewer recurring infections, and a more rational use of available therapeutic resources.

**Come and Share  
with us**

*Share Brotherhood*

*Share Science*

*Share Life*

*Share Culture*

*Share Experiences*

**SHARE HOMEOPATHY**

[www.lmhimexico2027.org](http://www.lmhimexico2027.org)

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MEXICO

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