Weight Loss with Homeopathy: Case Series

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Introduction

WHO defines overweight as a BMI (Body Mass Index) equal
or more than 25, and obesity as a BMI equal or more than 30.
Obesity has reached epidemic proportions globally, with at least
2.8 million people dying each year as a result of being overweight
or obese. Once associated with high-income countries, obesity
is now also prevalent in low- and middle-income countries.
According to WebMd website; being obese means having so
much body fat that your health is in danger. Having too much
body fat can lead to type 2 diabetes, heart disease, high blood
pressure, arthritis, sleep apnea, and stroke.

Case Series of 3 Patients

Case 1

A young married man aged 27 was seen for low self-confidence,
eary ejaculation, obesity being 140 kg, nightmares, knee pain on
ascending and some other symptoms on Sept. 19, 2008. Calcarea
carbonica 30c was selected as his constitutional remedy [1].

His case was taken again and Lachesis was prescribed on Jan.
28, 2009. A single dose of Lach 30c was taken by the patient,
17 weeks after the 1st session. He experienced a weight loss of
105.8 kg. In February of 2010 his weight lowered to 105.8, a loss
of 34.2 kg. His BMI that was 41.385 lowered to 31.255, i.e. a loss
of 10.130 [2].

Case 2

A married woman aged 37, post-graduate student of Human
Genetics, was seen because of Lupus disease and generalized
articular pains. She also suffered from muscular laxity leading
to strained patellar ligament, several years before being seen.
She also complained of constipation and did not have good
relationship with her husband and her daughter. Sepia 30c was
selected for her. Seventeen drops of the 1st glass was given to her.
Her feeling changed towards her family so that she developed
better relationship with them. Her pains reduced remarkably,
constipation improved; she felt more energetic and started
walking daily. As a matter of fact, she lost 9 kg in about 4 months
after taking Homeopathic remedy of Sepia [3,4].

Case 3

A young male aged 32, was seen for severe obesity on March, 9,
2014. He got angry easily. Besides he was very lazy and inactive,
suffered from bulimia, hypertension, and would internalize his
emotions. Low self-confidence, insomnia, cigarette smoking,
knee pain were the other symptoms. Lycopodium clavatum was
selected based on his totality of symptoms. A single dose of
Lycopodium LM1, 15 drops, was taken by him. A weight reduction
of 3 kg was reported after 18 days of taking the remedy [5].

Results

Holistic approach to patients with obesity and overweight, helps
the 3 patients in this article, to lose remarkable weight in the 1st
case who was under treatment for about 5 months, a moderate
weight loss in the lady who used the remedy for 3 months, and a
mild reduction in the 3rd case after 18 days [6].

Conclusions

When proper constitutional remedies are selected for patients
with obesity and being overweight, besides their mental and
emotional characteristics, improves the patient as a whole not
just considering their excess weight without considering their
psychiatric aspect. The longer the patients are under proper
treatment with proper remedies, the more weight they may lose.
Randomized clinical trials are suggested to show the efficacy of
homeopathic remedies in weight loss to reduce health risks due
to obesity and being overweight.
References

1. Personal files recorded at the clinic.
3. www.who.org
4. http://www.webmd.com/diet/obesity/tc/obesity-overview#1