



A RESOURCE FOR PHYSICIANS & LAYPERSONS

To Drug or Not to Drug?

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Suzanne Humphries, MD
August 15, 2011



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There was once a time when hardly a day went by without my taking some sort of pill or chemical. I had a dependence on the seeming magic of drug capsules. Whether it was an ibuprofen for chronic back and hip pain, acetaminophen when I still had pain and worried that the ibuprofen would harm my kidneys, antihistamines to unblock the sinuses, antifungals for the systemic candida that occurred after my Hepatitis B vaccine series before medical school, caffeine in large doses via strong coffee, or Ambien for those sleepless nights or days following 36 hour shifts and disrupted sleep patterns during my residency. It seemed that my "training" to match up the perfect pill with each and every syndrome or symptom did not stop with my patients. I was on the path towards ill health that often begins with the over-the-counter pills and later spirals into multiple prescriptions and chronic debilitating illness. My awareness of this type of drug dependence grew bigger and I set a little intention to get away from it. In the years that followed I began to learn of more holistic means to deal with my multiple health issues, and willpower allowed me to cut down on the pills. But willpower alone was not enough to free me from the seduction of instant symptom relief.

At one point it seemed impossible to stop the pills all together and I thought that my body was just too cracked and damaged to ever be healthy again. I suffered a severe facial and jaw fracture in an accident and combined with the vaccine-related illness, it seemed like I had irreversible problems. For a while I accepted my damage and worked at keeping the pills to a minimum. But it wasn't until I decided to change courses in my career and study homeopathy that the key to changing my level of vitality really shifted. At first, when a foreign truth would appear in front of me, I would try to incorporate it. But it was just a philosophy that I liked, rather than a truth that could live inside of me. I think many people get stuck at this place; liking a philosophy of holistic health but finding it impractical or difficult in practice. Without incorporating the truth into their psyche, they run back to pharma when the going gets tough.

I needed some examples of people who were aging without drugs, getting infected and not taking antibiotics, and remaining healthy into their sixth to ninth decades. Once I looked for them, they appeared. Most of them are homeopaths and one is a shamanic practitioner. All of them exercise, eat whole and organic foods, and take impeccable care of themselves. All of them were once seated in the allopathic paradigm, and all of them got out. *It is always a good idea to get advice from people who have been where you are and who have what you want.* Once I found this living proof, I had all the evidence I needed to shift my old belief system. It became much easier to feel the possibility that I didn't have to travel the hopeless trail to 12 or 22 medications per day like many of my kidney patients. The new philosophy blended easily with the real life pictures of health that I saw in others whom I could look toward for encouragement.

The ideas of Samuel Hahnemann, the father of Homeopathy, on how and why people get sicker under conventional drug-based medicine were also lighting up in the cases I had been watching for almost two decades in my medical practice. There was no doubt in my mind that Hahnemann was correct and little had changed since he developed his opinion of the allopaths. I found it both amusing and comforting that he was a former allopath who left the field because his conscience could not allow him

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to keep harming his patients.

Hahnemann noted the effects of what he called "crude", chemical, non-homeopathic drugs on the system. For instance, taking ibuprofen will indeed remove the mild to moderate pain. But when that pill wears off, the cause of the pain remains, and the pain can become even more severe as a result of the prior days' suppression. Swallowing or snorting an antihistamine will shrink the sinus tissue and decrease the edema in nasal passages, but when the drugs are stopped, people often find themselves wanting to restart them because of the rebound phenomenon.

This rebound phenomenon is why many people have such trouble getting off of their prescription drugs. For instance, taking an antacid will indeed block acid secretion in the stomach. But when people try to stop the pills, they often experience worse burning than they had before they started the pills. Blood pressure drugs create similar problems. Beta blockers and alpha blockers such as metoprolol and clonidine do slow down the heart rate and lower the blood pressure by impeding neurological and chemical processes. But when these drugs are stopped abruptly, people can experience dangerous rapid heart rates and dangerous rebound high blood pressure. The solution given by most doctors to these issues is to never stop the pills, ever. What happens ultimately is a domino effect of more symptoms that lead to more drugs. *What is missing in conventional medicine is the understanding that symptoms are not the disease, but rather they are the body's attempt at compensating in an unbalanced milieu.* Symptom suppression creates a dangerous backlog of the original "pathology".

In homeopathic terms, symptoms are the language of the illness. They represent different things for different people. This is why one-size-fits-all remedies are not used in homeopathy. And it is why it is impossible to study homeopathy in case-controlled studies using the same remedy in all cases.

During my years of studying homeopathy while continuing to work as an allopath, the toxicity of every pharmaceutical drug came to life in a way that few people can appreciate. Even one pill, one little ibuprofen, antacid or acetaminophen stirs up a cascade of abnormal body chemistry. Every chemical pill actually creates a sort of disease in the body that has to somehow be balanced out. Where one lands after this rebalancing is variable. Some people are vital enough that pill popping can be dealt with for a period of time, but the breaking point, where the chemistry doesn't settle back to normal is there for all of us.

Over the years as an Internist and Nephrologist I have seen the path created by a long line of prescription medications. Most patients will recall skin conditions like eczema in their childhood, which was treated with steroid lotions. After this, many of them developed respiratory issues, including asthma and allergies, which were medicated with antibiotics, steroids or inhalers. The symptoms of each entity disappeared because pharmaceutical drugs are good at suppressing symptoms. By the time a person became my patient as an adult, they were usually taking at least three blood pressure drugs (often more), an antacid, multiple diabetes drugs, multiple cholesterol drugs, anticoagulants (blood thinners), anti-depressants and various pain medicines. They accepted this form of treatment from their doctor, because like me back in my twenties, they didn't know what else to do. And even if they might have an idea what else they would like to try, their insurance would only pay for sick-care which may have seemed better than nothing. My changed viewpoint now leads me to believe that sick care may not be better than nothing. In fact "nothing" may have been better because kidney and organ failure no doubt were contributed to by their litany of "healthcare".

So how do we do it? How do we transition our belief systems to one of undeserved trust in the often deadly drugs -to trust in our own vitality, our inherent healing mechanisms? How do we incorporate the natural or energy medicine that we have been told over and over is weak medicine, is voodoo, is sheer lunacy as my critics will readily blurt out all over the internet. I know for a fact that the skeptics are drinking the allopathic kool-aid and are dependent on surgery and pharmaceutical drugs. Just about every conventional medical doctor I worked with was on some sort of pill. The critics want scientific proof that homeopathy, acupuncture, yoga, energy medicine, happiness, physical activity, creativity, and spirituality create lasting health. They want data, numbers, evidence, statistical power. Yet they fail time and again to prove the long-term health benefits of people in their 50's living a life on statins, blood pressure pills, pain medicine, surgery after surgery to replace arteries and joints, being healthier than people who reject such solutions and move into holistic medicine. I have never seen anyone on prescription drugs maintain true health. Ever. We need vaccinated vs. unvaccinated studies and we need drugged vs. undrugged studies. We need the magical thinking of health coming from a pill to be transformed into the belief in the real magic -of nature and human ingenuity combined. This never happens inside the walls of conventional medicine.

Suzanne Humphries, MD is a medical doctor who is board certified in Nephrology, formerly board certified in Internal Medicine. After 18 years in conventional medicine, she has left to build her own practice using homeopathy, cleansing and natural medicine to help people get off of their prescription drugs. Dr. Humphries serves on the board of directors of International Medical Council on Vaccination.

Polio "Finish Line," by Suzanne Humphries, MD

Translator



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TAGS: **drugs**, **Suzanne Humphries**, **vaccines**

18 Comments



Catherine J Frompovich

Posted August 15, 2011 at 5:53 PM

Reply

Applause, applause, applause! Congratulations, Dr. Humphries, on 'fessing up and 'coming out of the allopathic medical establishment closet'. Your candor ought to be a light of encouragement to MDs who can't seem to get their patients well again, to investigate the power of nature embedded within each and every cell of our beings—just not now—but over our evolution as humans during the thousands upon thousands of years humans have been evolving on Planet Earth.

I have one question for all MDs and other ancillary health industries. It is: How did the human race evolve, procreate, and come this far without allopathic medicine or Big Pharma's prescription drugs until the last hundred or so years? Furthermore, how come with all the prescription Rx's and supposed 'healthcare' now, we have healthcare costs approaching 20% of the Gross Domestic Product (GDP)? I'd say that's indicative of allopathic medicine's failure as a healing modality. I think it's more like an 'annuity' system. I wish more physicians would understand that you 'cannot poison a body into wellness'. Again, thank you for your candor.



Dr Suzanne

Posted August 15, 2011 at 6:08 PM

Reply

Thanks Catherine. Your question is a good one. When I ask it of my former colleagues they just stand there and bumble, make things up. They say little sound bites that they must have heard like "people live longer now because of modern medicine" and "people are living longer and so they are naturally going to be getting more illnesses" or "cardiologists are saving more people so they have time to get sick from other things". They are good at making things up, well practiced I guess. I used to do it too, until I learned something else to do.



Donna Gates

Posted August 15, 2011 at 7:00 PM

Reply

Suzanne, you are a gifted teacher, an inspired physician, a medical visionary and a brave warrior. Blessings on you and all that you bring to the world.



Paulette Montoya

Posted August 15, 2011 at 8:19 PM

Reply

Dear Dr. Humphries,

As a homeopath I am always amazed to see how patients wait years for the promised allopathic medication to cure them. When they come to see me for a 2 hour consultation, they are relieved someone has taken the time to finally listen to them. Learning that the homeopathic approach is to educate and cure, they begin to see they are indeed cared for with their uniqueness always in mind.

As homeopaths we practice with the security of our pure science. We have homeopathic remedies (medicines) that have been shown to cure for over 200 years. Homeopathic history reveals the dire effects of vaccines were recognized and treated.

Since our goal is to cure on all levels (mental, emotional and physical)we homeopaths are absolutely delighted when a patient shares his sense of well being.

Homeopaths do not need to waste time with bumbling ...we have patients to cure!



Liz P

Posted August 15, 2011 at 8:56 PM

[Reply](#)

It is so refreshing to read a piece written by a former allopath endorsing health over medicine! Phrma has decimated my daughter's health from her fourth month of life with a vaccine injury that resulted in mitochondrial dysfunction, encephalopathy, epilepsy, hippocampal sclerosis and more. Without our alternative lifestyle (no fast-food here - gasp, she might starve to death without processed food-like products!) she would now be living out a life-sentence in an institution; instead the child who was diagnosed "severely autistic," retarded, "uneducable," and "failure to thrive" is growing, glowing, healthy, well adjusted and challenging her age-peers in all subject matter! Vaccines stymied her, but we are attempting to restore her health. Also, her "sister" who is not blood related also was vaccine-injured at 6 months - she stopped breathing before we even were able to leave the ped's office - 5 hours later (and many meds) she was diagnosed with eczema and severe asthma and released from the hospital with 6 drugs she would have to take "for the rest of her life;" thank God, the same special diet (organic, gluten-, soy-, and casein-free) helped eliminate both girls' health issues! We visit the ped annually for "well" visits so the State does not take our children from us - on the odd occasion where one gets ill, we use isopathy, homeopathy, and lots of A-C-E-Zinc, TLC, and fluids. Why is this considered child abuse and drugging and nutritionally starving children considered appropriate?!



Dr Suzanne

Posted August 16, 2011 at 6:03 AM

[Reply](#)

Wow Liz. And I'll bet your allopathic doctors are not the least bit curious about how you cured a supposedly incurable situation. I always loved the "incurable" and "poor prognosis" sound bytes. If an allopath can't cure a disease, they call it incurable! I hope you are talking about your success everywhere you go. You children are fortunate to have chosen you. Great job.



Jen

Posted August 15, 2011 at 9:25 PM

[Reply](#)

Thank you for providing an insightful, thoughtful, and meaningful summary of your experience Dr. Humphries. I am finding it increasingly difficult to find credible sources for this very stance and found your exploration of both styles of medicine enlightening. For thousands of years the human race survived and thrived without medical intervention. The creation of Pharmaceuticals may have once been based in ethics and to cure, but in a capitalist society, run by profit, you must question everything you put into your and your child's body. There is no sustained profits in "cures" ... rather only in symptom maintenance. Buyer Beware!



Robert S. Bell

Posted August 15, 2011 at 9:35 PM

[Reply](#)

I am so grateful that you share your healing journey with such candor and integrity! You are a healing gift that keeps on giving. I look forward to your return on my radio program as soon as you are available to share even more!



Dr Suzanne

Posted August 16, 2011 at 6:05 AM

[Reply](#)

Thanks Robert. Always here for you.

Jude Wills

[Reply](#)



Posted August 16, 2011 at 12:20 AM

Dear Dr. Suzanne,

What a rich and open piece reminding us of the challenges of leaving behind a medical model we grew up with yet knew intuitively didn't work. You are eloquent in describing the life threatening effects of suppression, the potential damage to body mind and emotions yet, joyfully, offer a solution. You expound the depth and breadth of a medical model, homoeopathy, that works with the core self healing mechanism.

I have been a homoeopath for well over 20 years and have come to realise that for Doctors to embrace homoeopathy might be a leap too far as they would understand the effects of suppression and could do nothing but wonder how much damage they have wrought in the past...

I would encourage them to dive in, explore homoeopathy and change the future for themselves and all their patients.

Thank you for being our voice.

Jude



Firuzi Mehta

Posted August 16, 2011 at 3:30 AM

Reply

Dear Dr. Humphries,

I just came across your wonderful article and couldn't help but tweet about it and post the link on Facebook. I loved it, absolutely loved it.

Thank you for your honesty and courage to speak about this. May it help spread awareness to our general public.

Fondly, Firuzi



Nicholas Haas

Posted August 16, 2011 at 7:42 AM

Reply

This is such a cool article! Just say no to drugs! 😊



Demetra Vagias

Posted August 16, 2011 at 8:25 AM

Reply

Great article Suzanne.....all the best in this new chapter of your spirit's journey! We live in very exciting times....paradigms are shifting fast and are obvious to those whose hearts are open and awake:)

In health,

Demetra Vagias MD, ND



Jana

Posted August 16, 2011 at 1:18 PM

Reply

Hi Suzanne,

The scare tactics *information* available about not vaccinating can be compared with not circumcising and not using the flu shot. No one makes money off of "not doing".

Despite the pressing of the pediatrician on call when both of my sons were delivered, I passed on the shots, circumcision, and HEP B shot. Strangely enough, I have two wonderfully healthy beautiful boys approaching teen years! I am pleased with my decision. The Kool-Aid is Un-Kool indeed. Thank you for your hard work!



Val

Posted August 16, 2011 at 1:49 PM

Reply

Hi Suzanne,

Thanks for such a thoughtful and refreshingly candid article. Bravo! Your courage to open yourself to holistic viewpoints of health and disease and to use your wealth of knowledge as an MD to not only choose a path to your own health, but to help others find healing is commendable. I last saw an allopathic physician in 2004 for a physical. I had reported an improvement in symptoms since using homeopathic remedies and seeing a practitioner. I was so delighted to learn not long ago through a client that my he left his practice last year to study holistic medicines.

Keep up the good work!



Red

Posted August 17, 2011 at 11:08 AM

[Reply](#)

Big applause for Dr.Humphries!! You are a brave woman! I believe most MD's are kindhearted, but they don't know how to move patients towards health-care vs the sick-care allopathic system.



Gayl Hamilton

Posted September 13, 2011 at 9:20 PM

[Reply](#)

Suzanne, so happy for your new chapter in life, and quite envious as well!!! It is definitely coming down to "conform or lose your job" for me...NEVER!!! Just please remind people that, like yourself, there are allopathic trained docs out there who DO have some sense in their heads, and are not just led by what they are told, but by what they SEE and FEEL is right or wrong. We need support if we are to change the system!!!
Gayl



Nell Tomassen Reboh

Posted September 28, 2011 at 8:27 AM

[Reply](#)

Thank you, Dr. Humphries, for adding your voice to the growing group of MD's who are questioning the status quo in allopathic medicine, with such clarity and distinction. Not only are you questioning harmful practices, you are doing something about it! You are an inspiration, and I posted a link to this article on my blog <http://elxroflife.wordpress.com/2011/09/28/incorp...> with much appreciation.

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