

## Book Review

# Bodyguard Léon Scheepers, M.D. Antwerp 2021

*Vision is the art to see the invisible.*  
Jonathan Swift

I know the author of this beautiful, rich and smoothly written book, Léon Scheepers, as an enthusiastic and driven doctor who has set up a wonderful centre in Antwerp in which he has managed to fully integrate homeopathy within conventional general medicine. In the introduction, he says that in his view there is only one medicine, but that there are various approaches that can simply exist side by side and complement each other. With this statement he demonstrates his ability to see the invisible, as Jonathan Swift wrote, and to rise above the apparent duality.

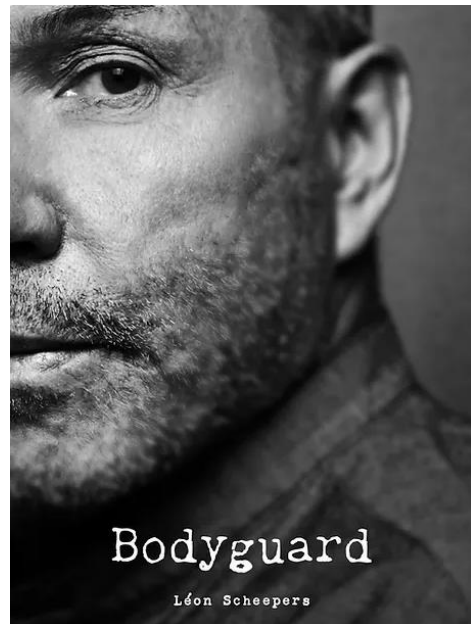
In several chapters, Léon emphasises that alongside the modern research method, the Randomized Controlled Trial (RCT) - and the dominant consensus (EBM) - there must remain room for empirical science, the way in which thousands of years of experience and knowledge have been gained. With the description of forty beautiful, well-founded cases of illness of people he has been able to help with homeopathy, he makes an enormous contribution to empirical knowledge.

As a bridge builder, he points to the developments within modern medicine, in which more and more attention is being paid to individualised prescriptions (personalised medicine), the personally unique microbiome - in which he rightly draws attention to Dr Edward Bach, who made homeopathic medicines from intestinal bacteria - and the place of epigenetics. As he rightly says, homeopathy is personalised medicine *avant la lettre*, with a choice of about four thousand different (natural) medicines geared to the whole person.

Using a number of examples, he explains the homeopathic law (the like is cured by the like) and shows that this law can also be found in conventional medicine, such as vaccination, the use of methylphenidate (an amphetamine) in ADHD and the paradoxical reactions that can occur when administering medicines.

He also asks clear questions about drug research financed by the pharmaceutical industry, about the many side effects and about the dangers of multi-medicalisation. Not in order to diminish conventional medicine, but to point out its limitations and the dangers of conflicts of interest.

In discussions, the two methods of treatment are often contrasted. In his book and with his practical examples, Léon Scheepers demonstrates that they can be seamlessly aligned, even though the world view - the paradigm - is different. The conventional method approaches the treatment of illness in a reductionist and mechanical/materialistic way, whereas the homeopathic method takes a holistic, vitalistic view with energetic medicines. Using many quotations, Léon shows that there are also doctors and scientists within regular medicine who share the latter vision.



Bodyguard is not only a beautiful introduction to homeopathy with many appealing practical examples, it's also a book in which political and scientific discussions are illuminated from all sides. Discussions in which Léon was often involved as director of the Unio Homeopathica Belgica, the Belgian homeopathic association.

*Never let your inner voice be drowned out by the noise of other people's opinions.*  
Steve Jobs

Léon outlines the history of homeopathy, both internationally (especially in the US with the Flexner report) and in Belgium, where this treatment method found fertile soil at an early stage. The alternation of facts with life histories of leading homeopathic doctors, including of course Samuel Hahnemann, and numerous anecdotes makes the book lively and enjoyable to read. After a thorough explanation of how homeopathy is applied in practice, he gives beautiful and convincing examples of its results.

Just before this book was completed, the corona crisis broke out. Léon decided to devote an entire chapter to this. Characteristic of his passion are the letters he writes to various virologists, in which he advocates including homeopathy in the early treatment of corona. He even drew up a kind of protocol for this, based on all the epidemics in the past and his extensive knowledge. Homeopathy has proven in many epidemics to significantly reduce the number of deaths. He briefly describes a number of epidemics.

Unfortunately, he received no or negative reactions, both from several colleagues and from the local group of general practitioners. He meticulously records his findings of the patients he treated in the first six months of the pandemic, with generally good results! Coincidence?

The legal regulation in different countries, included the US and Canada is discussed.

In the introduction to one of the last chapters (Why not one medicine?), Léon quotes the well-known scientist (one of the founders of the Cochrane Collaboration) and critic Prof. Peter Gøtzsche, which I do not want to withhold from you (from the book *Deadly Medicines and Organised Crime*).

*It is basically immoral that medicines can be patented. The right way to deal with medicines is to replace the current system with one in which non-profit companies discover, develop and market new medicines.*

*Medical practice governed by market principles does not work for the benefit of patients and is incompatible with ethically based professional practice. The market economy imperative to make a profit does not lead to the social benefits that the free market advocates claim it has.*

Léon then cites numerous examples of the negative consequences of these 'market forces', in which patients are the victims, for example through the enormous increase in the use of antibiotics, NSAIDs and psychotropic medicines, but also through the gigantically high prices demanded for medicines for rare disorders, the so-called orphan drugs. On the other hand, there are opportunities to significantly reduce the use of these medicines through the use of homeopathy, as demonstrated by the Belgian homeopathic physicians in their registrations.

The discussions about homeopathy in the press are very interesting. Most of the time it is not about the content or the facts but about a battle of opinions. Renowned scientists make statements that are far removed from the research that has been done.

On the other hand, the president of the French Patients Association, Joël Siccardi, makes a good case for homeopathy. An anthology of his speech is included in this book.

Léon then summarises the advantages of homeopathy once more. In addition to the benefits for the patient, he elaborates on the consequences of regular medicines on the external environment and ultimately on the internal environment, on the health damage caused by drug residues such as hormones (contraceptive pill) and the like. If doctors would apply more homeopathy, this pollution could also decrease!

Under "footnotes" on [www.bodyguards.be](http://www.bodyguards.be), you can click on the links of your choice while reading to gather even more information on a particular subject.

In short, a lot of material for homeopathic doctors, therapists, students in homeopathy and patients to refresh themselves with and to have a reply if they are attacked by people who do not 'believe' in it.

A must for all those interested in homeopathy!

Thank you, Léon, for this beautiful document.

Frans Kusse, M.D.

Dutch renowned homeopath.

Published in the Dutch magazine for Integrated Medicine.