

## Alternative medicine worked

Nigel Brereton  
The Ottawa Citizen

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CREDIT: Rod MacIvor, The Ottawa Citizen

Nigel Brereton says traditional medicines failed to resolve his hearing problem, but homeopathy did.

Re: Snake-oil medicine, Jan. 2, and No science, Jan. 3.

Contrary to skeptical letter-writers who pooh-pooh homeopathy, my personal experience tells me that the proof is in the result, not whether the result can be explained by scientific knowledge.

I developed deafness in the right ear, making me use my left ear when on the telephone. For a year I had hearing tests, a magnetic resonance imaging, and took a prescribed drug as a diuretic that had no perceptible effect on my hearing. I did not pursue the suggestion to take a stronger dose.

During consultation, various possible causes were mentioned, such as a virus, restricted blood flow, a tumour or fluid build-up in the inner ear, but nothing was identified.

I went to another doctor for a second opinion. I was told that my deafness may be a follow-up to an earlier equilibrium problem (loss of the balance nerve in my right ear), possibly from a viral infection -- the cause could not be identified, nor was there a cure.

I was advised to avoid salt, tobacco, alcohol and caffeine. The doctor concluded that my hearing could get better, get worse or stay the same -- not very helpful.

Then I contacted Dr. Shahram Ayoubzadeh, who is the homeopath interviewed by the Citizen (Homeopathy offers deep and true healing, Dec. 19).

My cure was not instantaneous. We tried three remedies at different concentrations before we identified conium, which was effective for me.

To measure the degree of my hearing improvement, I got a new hearing test through my original doctor. This confirmed that my ability to hear low- and medium-frequency tones was now normal and my speech discrimination, previously measured at 72 per cent, was now a perfect 100 per cent. (I still had difficulty in hearing high-frequency tones, but this did not impair my ability to hear conversations or other sounds necessary for day-to-day living).

At Dr. Ayoubzadeh's suggestion, I had another hearing test eight months later, which showed that my hearing was slightly better still, but had more or less stabilized.

This was five and a half years ago. That was my last need for a homeopathic "booster-shot," and since then my hearing has been fine (I have very mild tinnitus, which does not bother me).

Homeopathy cured my affliction, and I am happy to recommend it to others as an option.

Nigel Brereton, Nepean

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