

References + Research list



I believe in **heart-led care** backed by **real-world knowledge**. These references are here for **transparency**—so you can see the research and veterinary guidance that inform the education I share. I've summarized in my own words and linked the original sources so you can read them firsthand and **make grounded choices** for the animals **you love**.

Start Here: Clear, Balanced Overviews

- **Homeopathy | NCCIH (NIH)** — A grounded overview of what homeopathy is, how it's used, and key considerations from a U.S. federal health agency. [NCCIH](#)
- **Homeopathy (NCCIH PDF Fact Sheet)** — A printable summary that includes safety notes and practical cautions (helpful for “educational transparency” on your site). [NCCIH](#)
- **Safe Use of Complementary Health Products and Practices | NCCIH (NIH)** — A broader safety guide for complementary approaches (useful language for your disclaimer section). [NCCIH](#)

Veterinary-Specific Evidence

- **Veterinary Homeopathy: Systematic Review of RCTs vs Placebo (Mathie et al., 2014) | PubMed** — Reviews randomized placebo-controlled trials in veterinary homeopathy using structured methods. [PubMed](#)
- **Veterinary Homeopathy: Systematic Review of RCTs vs Active Comparator/No Treatment (Mathie et al., 2015) | PubMed** — Looks at trials where the comparison is something other than placebo (active treatment or no treatment). [PubMed](#)
- **Full-Text Veterinary Systematic Review (Open Access) | PubMed Central** — The same veterinary evidence review available as full text for deeper reading and quoting short excerpts. [PMC](#)



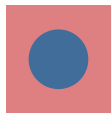
High-Quality Evidence Summaries (Human Research, Strong Methods)

Cochrane Review: Homeopathic Medicinal Products for Acute Respiratory Tract Infections (2022) | Cochrane Library — A rigorous evidence review that summarizes benefits/limits and emphasizes the uncertainty in effectiveness.



Professional Guidance and Standards (Veterinary Context)

- **RCVS Position Statement + FAQs on Complementary Medicines (includes homeopathy)** — Outlines professional expectations and emphasizes welfare-first, science-based veterinary practice. **Professionals**
- **RCVS Follow-Up Statement (meeting with BAHVS)** — Clarifies that complementary therapies may be used, but should be offered alongside evidence-based care when evidence is limited. **Professionals**



Perspective + Why Homeopathy Can Seem to Work

Royal Veterinary College: Why Homeopathy Can Appear Effective (2023) — Explains perceptual factors that can make treatments look effective even when outcomes may be due to other causes. **Royal Veterinary College**



Disclaimer

Educational note: **These** references are shared for learning and transparency. They are not medical advice and do not replace guidance from a qualified holistic veterinarian—especially for kittens/puppies, seniors, pregnancy, or pets with medical conditions.