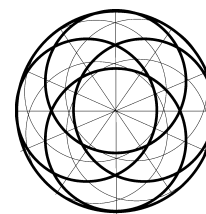




Focus on Alternative and  
Complementary Therapies  
Volume 16(2) June 2011 120–121  
© 2011 The Author  
FACT © 2011  
Royal Pharmaceutical Society  
DOI 10.1111/j.2042-7166.2011.01088.x  
ISSN 1465-3573



## Dorit Gamus

**Dr Dorit Gamus** MD, PhD, is a Founding Chairperson of the Israeli Society for Complementary Medicine of the Israel Medical Association, and is a Director of Complementary Medicine Service of the Sheba Medical Center, Tel-Hashomer, Israel. She was also trained in homeopathy and is a licensed hypnotherapist. In her work at the hospital she advances integration of CAM therapies into hospital departments and leads research projects. Dr Gamus is a member of editorial boards of several journals.

**Q** *What attracted you to CAM?*

**DG:** It was probably curiosity and the intellectual challenge of studying and investigating new treatment modalities that seemed to have clinical impact, in spite of the fact that their mechanisms are still unknown.

Actually, I became aware of CAM during my PhD studies in microbiology when, quite to my surprise and against all odds, I experienced a clinical effect of homeopathy. It seemed inconceivable that such an effect could occur following treatment with a substance that was diluted beyond Avogadro's number. However, being a PhD student, I had to admit that when experimental results contradict a theory, perhaps it is the theory that should be re-evaluated. Later on, I proceeded to study homeopathy. In order to understand better the impact of placebo and suggestions involved in CAM, I also learned medical hypnosis.

**Q** *You had a serious accident not so long ago. When you were ill, what form of CAM helped you?*

**DG:** I received outstanding conventional medical care, which was coordinated by my close friend and colleague. He also allowed me to receive homeopathic remedies during my stay in the intensive care unit. Later on, during the rehabilitation period, I was treated by additional CAM modalities, such as Iyengar yoga, which I still practise today.

**Q** *Which CAM would you prescribe to politicians so that your part of the world becomes more peaceful?*

**DG:** I do believe that most cases of violence and aggression stem from insecurity and mistrust. There-



fore, I would suggest to politicians (who would care to listen and not only to talk) to have several sessions of medical hypnosis, followed by self-hypnosis. This might have quite a significant impact on their feeling of security and political considerations.

**Q** *If money were no object, what CAM research project would you like to tackle?*

**DG:** It would probably be a project in homeopathy; I would like to design a study that would involve both individualised treatment and assessment of reproducibility of results. If that went well, I would also like to investigate the processes involved.

**Q** *What makes you happy?*

**DG:** Acts of kindness, my children, and when my patients get better.

**Q** *What makes you angry?*

**DG:** Insolence of some of my colleagues – be it conventional doctors or complementary practitioners, who believe that their way to treat people is the only 'true' way.

**Q** *What is the guiding principle in your life?*

**DG:** Do the best you can – not necessarily the best possible, but the best you can.

**Q** *What is your greatest achievement?*

**DG:** My family. Professionally speaking, I believe it must be the establishment of the Israeli Society for Complementary Medicine, which aims to advance CAM research and to bridge processes between all disciplines involved in patient care.

**Q** *What is your biggest regret?*

**DG:** I must be quite lucky – I don't have any major regrets.

**Q** *What single event would create the biggest progress in CAM?*

**DG:** I do not believe in single events, but rather in continuous hard work.

**Q** *What is the biggest threat to CAM?*

**DG:** Ignorance.