The current healthcare debate has brought up basic questions about how medicine should work. On one hand we have the medical establishment, with its enormous cadre of M.D.s, medical schools, Big Pharma, and incredibly expensive hospital care. On the other, we have the semi-condoned field of alternative medicine that attracts millions of patients a year and embraces literally thousands of treatment modalities not taught in medical school.

One side, mainstream medicine, promotes the notion that it alone should be considered “real” medicine, but more and more this claim is being exposed as an officially sanctioned myth. When scientific minds turn to tackling the complex business of healing the sick, they simultaneously warn us that it’s dangerous and foolish to look at integrative medicine, complementary and alternative medicine, or—God forbid—indigenous medicine for answers. Because these other modalities are enormously popular, mainstream medicine has made a few grudging concessions to the placebo effect, natural herbal remedies, and acupuncture over the years. But M.D.s are still taught that other approaches are risky and inferior to their own training. They insist, year after year, that all we need are science-based procedures and the huge spectrum of drugs upon which modern medicine depends.
Mythology of Science Based Medicine

Written by Larry Dossey, MD, Deepak Chopra, MD, Rustum Roy, PhD
Thursday, 01 March 2012 00:00 - Last Updated Monday, 19 August 2013 09:29

The current healthcare system has brought up many questions about what medicine should look like. On one side we have the medical establishment, with its billions of dollars in research and development, and on the other side, the homeopathic and alternative therapies that have been around for centuries. It is important to consider the strengths and weaknesses of both systems.

When comparing the strengths of the two systems, it is clear that the medical establishment has a more evidence-based approach. For example, when deciding whether a new medication should be approved, scientific studies are conducted to determine if it is effective. In contrast, some alternative therapies do not have the same level of scientific evidence to support their effectiveness.

However, it is also important to consider the weaknesses of the medical establishment. For example, not all conventional medications have been rigorously tested for effectiveness and safety. Additionally, the high cost of healthcare can be prohibitive for many people.

On the other hand, alternative therapies such as acupuncture, herbal medicine, and massage therapy have a more intuitive approach and are often able to provide relief from symptoms without the use of drugs. Additionally, many alternative therapies are not covered by insurance, which can make them difficult to access for some people.

It is important to consider both the strengths and weaknesses of both systems when deciding what type of medicine is right for you. Ultimately, it is up to the individual to make informed decisions about their healthcare.

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