

Currently there is a trend towards the use of alternative forms of medicine. However, at best these methods are ineffective, and at worst they may be dangerous.

To what extent do you agree with this statement?

Give reasons for your answer and include any relevant examples from your own experience or knowledge.

These days many are willing to undergo alternative treatment rather than conventional ones. Yet there remains some disagreement as to whether such a trend should be considered optimistically or pessimistically. While there is certainly valid arguments to the contrary, I personally believe that the drawbacks of this practice outweigh its advantages.

First of all, it is an indisputable fact that there is not strong scientific evidence behind the alternative medicine field of science and for some cases of this medical method, they are virtually unheard of two decades ago, so the less experience-based a science is, the less deeply addressed the field of knowledge is, hence, the lack of convincing knowledge-based evidence about alternative medicine. A case in point is homeopathy which has become widespread, especially in western countries.

Equally importantly, however, in terms of effectiveness of alternative medicine, what can be impressive is placebo effect and psychological issues. Hence therefore, the sheer effect of this treatment is not as conspicuous as its conventional counterpart. Although usually having access to the minimum side effect, alternative medicine is more likely to be set for being effective in the long term and for chronic conditions than in short term. Acupuncture is a particularly good example in this regard. Admittedly there is an alternative therapies fever in some areas throughout the globe which can be in some cases a testament to the effectiveness of this kind of cure. Nonetheless in reality, dealing with serious medical problems, conventional medicine possesses the ability of being effective and efficient in saving individuals' life which can be highlighted in any surgeries and operations.

In conclusion, each kind of therapyies has its own target which makes it difficult to compare the priority of each one and in some cases if people were provided with a mix of these two types of treatment, it would be more fruitful in terms of effectiveness and fewer side effects.