

What are your thoughts on alternative medications (eg Traditional Chinese Medicine, herbal medications etc)

38 responses

- I've never tried them, but I am curious as to whether they really work.
- Pseudo science
- unreliable and unsupported
- Skeptical
- if it's scientifically proven to be efficient then i'm open to it
- stinky but sometimes really reliable
- if it's efficient i don't mind
- Havent really thought much about it.
- I usually go to TCM for joint/muscle issues and western doc for illnesses (fever, flu etc) and surgical procedures
- They lack scientific evidence to support its efficacy and safety. Additionally, many of the alternative medications actually contain similar drug compounds used in western medications -> hence able to produce the same effect, BUT is not tightly controlled as compared to western medications. Therefore, the general public may misuse it and this could lead to severe health consequences.
- very skeptical; why consume herbal medication when there's western medication?
- some are efficient
- i generally do not believe in them
- if there is enough scientific research i would be open to trying certain products
- i think they are hoaxes and people consume them as a form of hope
- i feel that the medicinal value of traditional medicine is superior to western medicine as they are mostly derived from natural elements
- i wouldn't personally consume them as I don't trust that they have the same medicinal value as western medicine
- i think they're fake and just give consumers hope
- natural remedies are better than western medication
- i respect them but i don't personally go to them
- i do not believe that they are as efficient as western medication
- i think they're sketchy
- i think they're less harsh on the human body than western medication
- i believe they are false advertising
- not as efficient as western medication
- i think they're sketchy
- i think they're less harsh on the human body than western medication
- i believe they are false advertising
- not as efficient as western medication
- I think some work some don't but they shudnt be mixed with western med
- They work. They just work in a very different way compared to Western Medications.
- If they work they work/mindset aka placebo effect
- TCM works by preventing while western works by curing. i wouldnt make a switch, but i dont mind taking both
- Useful but not as rigorously tested as normal medicine