

Trick or Treatment

SIMON SINGH

best-selling author of *Fermat's Enigma*

EDZARD ERNST, MD

TRICK OR TREATMENT

THE UNDENIABLE FACTS ABOUT
ALTERNATIVE MEDICINE

"Entertaining as well as informative.... The examination of evidence is comprehensive, forensic, and, for champions of these therapies, damning." —Toby Mordant, *Nature*

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Whether you are an ardent believer in alternative medicine, a skeptic, or are simply baffled by the range of services and opinions, this guide lays to rest doubts and contradictions with authority, integrity, and clarity. In this groundbreaking analysis, over thirty of the most popular treatments acupuncture, homeopathy, aromatherapy, reflexology, chiropractic, and herbal medicines are examined for their benefits and potential dangers. Questions answered include: What works and what doesn't? What are the secrets, and what are the lies? Who can you trust, and who is ripping you off? Can science decide what is best, or do the old wives' tales really tap into ancient, superior wisdom? In their scrutiny of alternative and complementary cures, authors Simon Singh and Edzard Ernst also strive to reassert the primacy of the scientific method as a means for determining public health practice and policy.

作者介绍:

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标签

海外中医研究

科学

研究

医学

中医

textbook

Health

评论

Herbal - somehow useful, (interfere) Acupuncture - pain & nausea, placebo (infection)
Chiropractic - back pain, (stroke) Homeopathy - useless, just water
除了最后一个，都在中医里涉及。我承认他说的evidence-based approach是对的，但诸如中药/针灸/推拿有没有用的问题，不知是我敏感还是作者真的有偏见。由于超出知识面不配发言，但对中医以及其它机制未明但没有过于离谱的alternative medicine持中立态度。
他说别人活在opinion里，我想说他包括这节课的睿智prof都逃不过这个魔咒。

两位作者一位是新闻记者，一位是医学教授。本书写作的目的明显是向西方读者介绍西方主流医学之外的替代医学方法，包括中医和草药。抛开其西方中心主义的视角不谈，比如作者仅用安慰剂的心理作用来解释针灸的疗效显然是难以让人信服的。这种情况反映了两位作者中医知识的缺乏，而其写作的案例都来自于西方社会对诸如中医这样的替代医学的临床观察，因此偏颇之处在所难免。笔者认为，理解本书的关键在于对“Truth”一词的解释，在中文里它有真相和本质的意思，而在本书中它可能仅指作者所见即是真相和事实，反而中医在中国的历史、理论和现实对他们而言是遥远的神话。我们不应对两位美国作者有所苛求，似乎更应该反思自身的中医学研究是否还停留在闭关自守，关起门来自说自话的层面？如果我们主动放弃国际场合的话语权，莠草当然会驱除嘉禾。

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书评

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