

# [Medical about how to cure illnesses. just because](https://assignbuster.com/medical-about-how-to-cure-illnesses-just-because/)

Medical pseudoscience is everywhere in today's society and   
people are being fooled into believing it is factual. It can be hard to   
distinguish between real and fake treatments due to the media and popularity. There   
are many warning signs that indicate a service or product is pseudoscientific.   
These signs include exaggerated claims, overreliance on anecdotes, lack of peer   
review, psychobabble, and talk of proof instead of evidence (Pearson). Essential   
oils are an example of pseudoscience. They are very popular and widely used through   
aromatherapy and in place of medications. The main focus is on the idea of scents   
enhancing physical and mental health. Doterra, a main distributor of essential   
oils, tries to advocate for the science and effectiveness but it, like many   
other sources, largely over exaggerates the power of this product. Essential   
oils claim to be a universal medicine yet, it is classified as pseudoscience.

Essential oils display many warnings signs of being   
pseudoscientific. Christopher Wanjek, a health and science writer, states, " Trouble is, few studies show that it does work.   
Diseases are caused   
by parasites or genetic mutations; it   
is not implausible that a smell can remedy this, but the mechanism is highly   
uncertain".  He   
talks about the lack of evidence provided for aromatherapy. DoTerra's main   
cite shows a few studies they've done to provide " proof" that essential oils   
are valuable but they lack to provide numbers or actual valid information. It   
continues to just make statements without providing evidence. Psychobabble is   
also a key component in the claims they are making. They insert big words into   
the " Science Blog" to sound scientific but it just confuses the readers. Also,   
the company states that these oils have been used for centuries due to their   
healing properties but this is because people lacked real medication and the   
basic knowledge about how to cure illnesses. Just because they were used back   
in the day doesn't mean they are helpful. They say essential oils can and will   
help almost any condition and to the extreme but this is blown out of   
proportion. They may have some healing properties but not to the extent that   
they are claiming. Lastly, the " Science Blog" only talks about what the own company's   
scientists have found. It doesn't refer to any outside sources. There is a   
substantial amount of evidence to indicate its pseudoscientific aspects.

By taking this type of treatment people are taking risks and   
may face many medical consequences. People are avoiding real medicine that can   
actually help them. When they focus on essential oils instead of authentic medicine,   
their illness could be getting worse. For those who believe that essential oils   
can cure everything, even extreme deadly diseases, they are putting their lives   
at risk. These oils don't have the power that people and the media say they do.   
Essential oils also have a few side effects that are rarely acknowledged. In   
some cases, and when misused, they can cause rashes, seizures, internal damage   
and other dangerous reactions. Allergies also must be considered when using   
this product. An allergic reaction can cause an extreme response. Essential   
oils may not seem harmful, but by relying heavily on them, people are at risk   
of never experiencing the capabilities of modern medicine.

Depending on the illness that people are trying to   
solve with this type of aromatherapy, there are many alternative options. Simple   
medicines can even be more useful than essential oils. Tylenol, Advil, and many   
more scientifically tested and approved drugs can be used. They can aid with all   
that essential oils claims it helps, such as headaches, cold symptoms, and more.   
These medications have been tested by doctors and pharmacists and have evidence   
to prove the results are beneficial. There are many alternatives to essential   
oils that are more valuable. All in all, essential oils are considered   
pseudoscientific and people should place caution on the product. Society should   
focus on scientifically verified medicine when it comes to illnesses and   
sickness.