

Medical about how to  
cure illnesses. just  
because



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BUSTER**

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

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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.