“Why Don’t You Appreciate Herbal Medicine?”

I read an article written by Mr. Zukeran on alternative medicine and was wondering just how much time he really put into researching herbs and ancient medicine before he began to write. It sounds like the typical raised eyebrow “suspicious of anything that doesn’t come out of the AMA or Good Housekeeping Magazine” approach.

There is a tremendous amount of research that has been done and is being done with herbs, and Mr. Zukeran’s dismissal of herbal therapy implies a lack of scholarship, not a good apologetic. I’m a Christian and have a great appreciation for herbal medicine as well as other alternative approaches. I owe my life today to a diet change that included a vegetarian way of life for nearly a year, along with herbal therapy. I also have in my library The Yellow Emporers Book on Internal Medicine, along with Hyppocrates works, and simply because one came from Greece and one came from China I do not necessarily reject the ancient Chinese approach any more than I would reject Pythagorus or Archimedes mathematical axioms and theorems simply because Pythagorus and Archimedes belonged to “Mystery Schools” and were pagans. Their mathematical formulas and proofs form much of the basis for modern science and engineering.

You seem to be throwing the baby out with the bathwater in your blanket condemnation of a vast area of human research in the area of medicine that spans many thousands of years in an attempt to stay orthodox in your religious views.

I notice that Mr. Zukeran has a degree in theology. That does not necessarily qualify him as an expert in alternative medicine. You would do better in defending the gospel to carefully research your topics, and have someone who is well

qualified in an area to write on that topic, instead of someone who demonstrates a manifest lack of expertise on the subject.

Thanks for reading the article and your comments. I stated in my article, "… complementary therapies provide important insights into maintaining good health." I also stated in my section on Herbal Medicines this: "Some herbal treatments are costly and provide no enhancement. However, some herbal supplements have shown some promising benefits. Herbal treatments may prove to be helpful additions to conventional treatments. Herbs like ginseng have shown to be beneficial for Type 2 diabetes, for example. Herbal preparations are sometimes less potent in dosage than prescription drugs and may be less toxic." So I do not dismiss herbal therapies, I state there are some that have shown to be beneficial while there are others that are costly and have not proven to fulfill the promises they make. I think you would agree with that.

In 1998 Representative Tim Harkin passed a bill to enlarge the National Institute for Health Office to include a department to study alternative medicines. Dr. Steven Straus was placed in charge of the department. Dr. Eisenberg at Harvard Medical School also has created a department to study alternative Medicine as well. So the AMA, American Medical Association and other government research groups are doing research on Alternative Medicines. I think a person would be wise to look at their conclusions when deciding on an alternative treatment. Much research has been done and as I stated in my article, some herbs were shown to be beneficial while others were found not to be. There is very little proof that life energy therapies are beneficial.

It is true, my degree is in theology and I focus on the theological and worldview aspects of alternative medicine. I rely on medical experts for the medical studies. I have interviewed one of the leading authorities on my radio show on

this subject, Dr. Donal O’Mathuna, whose conclusions I repeat. Let’s not throw out the good, let’s just be discerning. I am sure you would agree with my conclusion, that there are some benefits to alternative medicine but there are also alternative therapies that are not beneficial and should be avoided. A Christian should be discerning when looking at alternative Medicine.

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