



Trick or Treatment: The Undeniable Facts about Alternative Medicine

Edzard Ernst, Simon Singh

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“For anyone who has ever wondered about the scientific evidence for the effectiveness of . . . alternative therapies.”—Susan Okie, *Washington Post*

Whether you are an ardent believer in alternative medicine, a skeptic, or are simply baffled by the range of services and opinions, this groundbreaking analysis lays to rest doubts and contradictions with authority, integrity, and clarity. Over thirty of the most popular treatments—including acupuncture, homeopathy, aromatherapy, reflexology, chiropractic, and herbal medicines—are examined for their benefits and potential dangers. What works and what doesn't? Who can you trust, and who is ripping you off? In its scrutiny of alternative and complementary cures, this book also strives to reassert the primacy of the scientific method as a means for determining public health practice and policy. 16 illustrations

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