

Advanced Three - Unit Five - Summary

This reading is going to talk about an alternative way to treat diseases. Your body, your thoughts, your determination, and your words are the treatment. It's so amazing, but you could heal your illness by a psychological trick without any mechanical treatment.

You won't believe that something invented off your head and can have healing features? The treatment of some diseases depends on the right time of recognition; on the other hand, some treatments rely on yourself. It's called the placebo effect!

A placebo is anything that seems to be a real medical treatment but isn't. It could be a pill, a shot, or some other type of fake treatment. All placebos have in common that they do not contain an active substance meant to affect health. Unfortunately, the placebo is regarded as a fraud, and its role has been ignored.

Some limited researches have been done on the mechanism of the placebos; thus, it's still unknown how a drug that is not the drug can treat an illness. The primary aspect that should not be neglected is that the state of your mind can affect your physical body's condition.

As proof to placebos, Benedetti published a study in which he and his co-authors gave a group of volunteers morphine and later replaced the morphine with a placebo without informing them. In this study, the volunteers who received morphine, and a placebo endured significantly more pain than did patients in any control groups.

Although the placebos' exact mechanism is still a mystery, scientists have gained many valuable experiences to activate this effect. For instance, they have found that fake red capsules have more powerful painkilling features than other colors or blue pills make better sedative than rest.

The way that a doctor behaves with patients is essential too. Doctors who have warm and friendly manners are more effective than doctors who are so severe or frowned when giving consultation.

After all, the main question that is created in our mind is the possibility of a combination of conventional and alternative drugs. The first problem with this idea is that the usage trend for alternative medicines like placebos can have some counterproductive features.

The second problem with integrating would put doctors in a moral dilemma in advising their patients. At the same time, they do not know the exact mechanism and treatment related to placebos.

Another problem with this idea is that most people believe that a surgery professor with high confidence and knowledge, who will solve your problem with a costly operation, is still unrivaled.