

ANH SCIENCE

Promoting good science in
the field of natural health

April 2010

Some of our key concerns and areas of work

- ✔ **Natural medicine works!** We reveal the wealth of past and current research that points to the effectiveness and extraordinary safety of a wide range of natural medicine modalities
- ✔ **Scientific research is often biased.** We help to expose areas of bias where it is applied to natural health. Bias may skew our perception of the science in many areas; being common in research design, study selection, the interpretation of results, the funding of research and the spin given by the media
- ✔ **Randomised clinical trials (RCTs) are the gold standard in pharmaceutical research.** We show why RCTs often don't work or are inappropriate in the field of natural medicine. We reveal viable alternatives centred around experiential, observational and epidemiological data
- ✔ **Risk analysis methods used by regulators are flawed.** We expose, including through peer reviewed publications, how inappropriate risk analysis methods are being used as the principle mechanism to bring in onerous regulation around the world. We also point to new risk/benefit methodologies that could be used in place of existing systems that have been poorly adapted from toxicological models
- ✔ **Pharmaceutical-based healthcare is not the answer!** We demonstrate how the over-use of 'new-to-nature' drugs is causing the dominant drugs-based healthcare paradigm to fail and be increasingly unsustainable
- ✔ **Biocompatible healthcare is the way forward!** We point to the future of healthcare, where cons of historical experience, recent scientific and medical development, and the latest genomic and epigenetic science intersect



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