

You should spend about 40 minutes on this task.

Write about the following topic:

Nowadays, an increasing number of people with health problems are using alternative medicines and treatments instead of visiting their normal doctor.

Do you think this is a positive or negative development?

Give reasons for your answer and include any relevant examples from your own experience or knowledge.

Write at least 250 words.

In recent years, a rising number of individuals with health issues have begun to use alternative treatments and medicines rather than consult a doctor. From my point of view, although some of these can be effective, I believe, in general, that this is a negative trend due to the proven superiority of conventional medicine.

Those who argue in favor of alternative remedies point out that their historical use supports their effectiveness. One example of this is the popularity of traditional Chinese medicine, such as acupuncture, which is widely used in most countries. The majority of their medicines and treatments date back thousands of years. Over that time, they have been used by countless numbers of patients, and so their ability to heal has been tested in real life. Health researchers have, in some cases, been able to offer scientific facts as to why they work. Nevertheless, there are still many alternative medications in use today for which there is no reliable knowledge or data to support their effectiveness.

In contrast, the development and sale of modern medicine are strictly regulated and tested. Therefore, it is known to be viable before being used. Knowledge within the medical profession has also advanced enormously, and we now have a detailed map of the human DNA structure. We also have a far greater understanding of viruses, bacteria, tumors, and various other physical conditions that can negatively impact our health. This has allowed for the creation of procedures such as keyhole surgery and other vital medicines, such as hybrid antibiotics. In the future, conventional medicine will progress even more. In comparison, some alternative medicine may be effective, but its utilization is limited, and it is unlikely that it will advance over time.

Taking everything into consideration, I believe that some alternative treatments can help with certain health issues, but modern medicine is superior on a wider scale and will remain so in the future.

Word count 314