

Here is a recap of the stories that appeared last week at [Science-Based Medicine](#), a multi-author skeptical blog that separates the science from the woo in medicine.

Oriental Medicine: A Tall Tale of Outdated Lore (Ben Kavoussi) <http://www.sciencebasedmedicine.org/index.php/oriental-medicine-a-tall-tale-of-outdated-lore/>

Doctors in Korea and China are calling the claims of oriental medicine “an ancient illusion” with ties to the discarded medieval notions of the 4 humors, and an ineffective and even dangerous derivative of witchcraft. They are calling for it to be abandoned in favor of scientific medicine. Responsible physicians and officials in the West should follow suit.

Chiropractic Strokes Again: An Update (Harriet Hall) <http://www.sciencebasedmedicine.org/index.php/chiropractic-strokes-again-an-update/>

New studies and case reports confirm the risk of stroke with neck manipulation. Any degree of risk is unacceptable when there is no evidence of benefit.

Eggs and Atherosclerosis (Steven Novella) <http://www.sciencebasedmedicine.org/index.php/eggs-and-atherosclerosis>

/ A study found a correlation between egg yolk consumption and carotid plaque. The study is flawed and the findings questionable. Moderate egg consumption is probably not a health risk.

Cinnamon for diabetes? The consequences of “natural alternatives” (Scott Gavura) <http://www.sciencebasedmedicine.org/index.php/cinnamon-for-diabetes-the-consequences-of-natural-alternatives/>

Some diabetics reject effective conventional treatment in favor of natural alternative remedies like cinnamon. Cinnamon’s ability to reduce blood sugar is questionable, we don’t know if it has any effect on morbidity or mortality, and it is no substitute for lifestyle changes and medication when necessary.

Chiropractic gimmickry (Sam Homola) <http://www.sciencebasedmedicine.org/index.php/chiropractic-gimmickry/>

A review of some of the dubious

Last Week At Science-Based Medicine

Written by Dr. Harriet Hall

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chiropractic practices that are foisted on the public, including the neck curve pitch, decompression therapy, devices to locate imaginary subluxations, activators, and payment in advance.