Name

Instructors’ Name

Course Title and Code

Date

Discussion #3

Proposal essay 2, which is ‘Alternative Medicine’, is effective in developing an argument for a solution to a problem. The title of the proposal states “Alternative Practice and Healing: Caring for Our Bodies Naturally,” which points towards natural healing methods, instead of taking traditional medications. The claim of the author is quite clear that traditional medicine causes more harm to the body, instead of treating it. The author has provided quite a clear thesis statement that alternative medicine is better than the treatment through severe drugs.

The author has described the problem that traditional medication causes severe physical harm, while alternative medication, like aromatherapy, homeopathy, and acupuncture, etc. can provide better treatment as they do not harm the body. The author has presented the case of her father as evidence. The author has supported her solution through expert advice, which is the use of any type of alternative medication, instead of relying on prescribed drugs (Centers for Disease Control and Prevention). Evidence from the research is provided in the form of statistics to show the effectiveness of alternative medication. The author has included a variety of evidence which includes the case study of her father, expert opinion and statistics as well (Freedman, 93).

 The author has acknowledged and responded to objections from the opposition, in her own solution by sharing that alternative medication does not cause side effects, which are quite severe in case of traditional medication. The conclusion of the author is powerful in the way that she is pointing to the fact that our bodies become prone to prescribed drugs, which stop working at one point so we need stronger medication for the same condition. This causes severe damage to the body, resulting in number of side effects. The author has included the case studies, expert opinions, and statistics in quite convincing manner, and there is no need for some other argument to strengthen the points.

Works Cited

Centers for Disease Control and Prevention. "Americans make nearly four medical visits a year on average, 2008." (2011).

Freedman, David H. "The Triumph of new-age medicine." *Atlantic* 308 (2011): 90-100.