

Please answer the questions below:

1. For the example below, find the independent variable, dependent variable, control and constants; and then write an "If...then" hypothesis for the outcome.

Maverick wants to find out whether or not Miracle Grow really makes plants grow taller. He takes three identical pots, puts 1/2 cup of dirt into each one, puts 2 pea plant seeds into each one, and tops each off with 1/2 cup more dirt. He puts the plants in the same window to receive the same amount of sunlight. He waters the plants 1 and 2 the same amount at the same time each day. The only difference is that one plant is watered with regular water, while the other is watered with water that has Miracle Grow in it. Plant 3 is left un-watered for the whole experiment.

Independent Variable: what is done to the seeds / watered with

Dependent Variable: How tall the plant grows.

Control: Unwatered seeds

Constants(2): pots, amount of dirt, # pea seeds, same sunlight

Hypothesis: IF the plant watered with Miracle grow is taller, then the product works

2 a) ^{② things} What do practitioners of traditional medicine believe about the ideas of health and wellness?

- treat the whole body (holistic)
- healthy spirit heals body
- health/wellness is a way of life

b) What are two characteristics of the evidence-based approach to medicine?

- ① Based on Western Science (Analytical)
- ② Treats the illness, not the whole person
- ③ Treatments tested + proven successful
- ④ Based on research

c) How are practitioners (medical doctors) of the evidence-based system, different from practitioners of:

traditional medicine?

Inherited gift of healing vs trained
Manage the illness vs cure it
Herbs vs Prescribed Medicine
Rituals

alternative medicine?

Trained but not medically
Herbs vs prescriptions
Manage Illness vs Cure It

d) How does the patient's role in the evidence-based approach differ from that in the other two approaches?

Evidence based = passive role
↳ answer questions
↳ take meds
↳ follow instructions

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Others = active role
↳ participate in ceremonies + mind body practices
↳ must see problem as part of whole body

3. Provide one example of the 3 systems (traditional, alternative, and evidence-based) working together. Be sure to describe how each system is incorporated.

Cancer treatment centers with acupuncture + meditation
- Evidence Based = chemo + radiation - destroy cancer cells
- Alt./Traditional = treat side effects
- meditation / ~~chemo~~ acupuncture for pain
- ginger for nausea

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4. Identify each of the following approaches to health care as being: Holistic, Analytical or Both.

 H a. herbs

 B b. acupuncture

 H c. prayer

 A d. placebo testing

 A e. organ donation

 H f. sweat lodge

 B g. physical activity

 A h. blood transfusions

 B i. vitamins

 H j. healing circle

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