

# Health Science, Without the Dogma



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**Chrysy Trudeau**

Editor, Mind & Body



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Dear Epoch VIP,

Growing up, I was always the person in the house who took care of others. Changing bandages, cleaning people up—all the things other people shied away from, I'd do. When my mom had to get a liver transplant the year I turned 13, I got more hands-on experience by helping her through her recovery. So it's probably no surprise that I ended up as a registered nurse.

However, things are always more glamorous from the outside looking in. I soon found out that our health care system, for all of the wonders that it works, had a major shortcoming.

It was like we were giving treatment in a vacuum: **by the time a lot of people even arrive in the doctor's office, it's already too late to cure their disease.** People live an entire life away from their health care providers, where their daily actions—what they eat, how much they exercise, what they stress about—directly impacts their health. But all the training I received only focused on the acute and the immediate, on what to do after a patient has been admitted.

I began exploring other methods of helping people live healthier lives, including through diet, exercise, mindfulness, naturopathy, and other means. To me, it didn't matter where a certain treatment came from. What mattered most was the effect it had on a person's health.

Through this exploration, I realized something shocking: that science has dogma, too. There was such a thing as “good science” and “bad science,” instead of what is true and what is false. **Powerful interests controlled the health science narrative all the way from the research lab to the doctor, deciding which treatments were socially acceptable while completely ignoring treatment efficacy.**

By the time I joined The Epoch Times, I had become a little disillusioned with our health care system and

wanted to find another way to help people. I knew enough about how the information we were getting was being manipulated, so I decided to bet on this scrappy outlet founded by people who truly understood the dangers of censorship.

When the editorial team approached me because they needed someone with subject matter expertise to vet the health articles, I knew it was the perfect opportunity.

**In our Health section, we also follow the motto of Truth and Tradition like the rest of the paper.** We focus on the truth of the matter, the scientific facts surrounding a treatment—the statistics, the studies, and the cold, hard numbers. We're not beholden to Big Pharma and never will be, and it is our duty to use that freedom well.

Regarding tradition, we don't shy away from the older forms of medicine that have often been sidelined by today's medical community, like herbal medicine or traditional Chinese medicine. We explore them, examine them, and test them out. After all, if concrete evidence says that there's a less invasive and more effective remedy to an ailment, don't people deserve to know?

I believe that our bodies are a precious gift, and because of that, we should do all we can to maintain them for as long as possible. I hope that within the Epoch Health section, you'll find the information you need to help you do just that.

Thank you for standing alongside our little media outlet against all the different “Bigs” of our world. We appreciate it more than you may know.

*In truth and tradition,*

Chrysy Trudeau  
The Epoch Times

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