

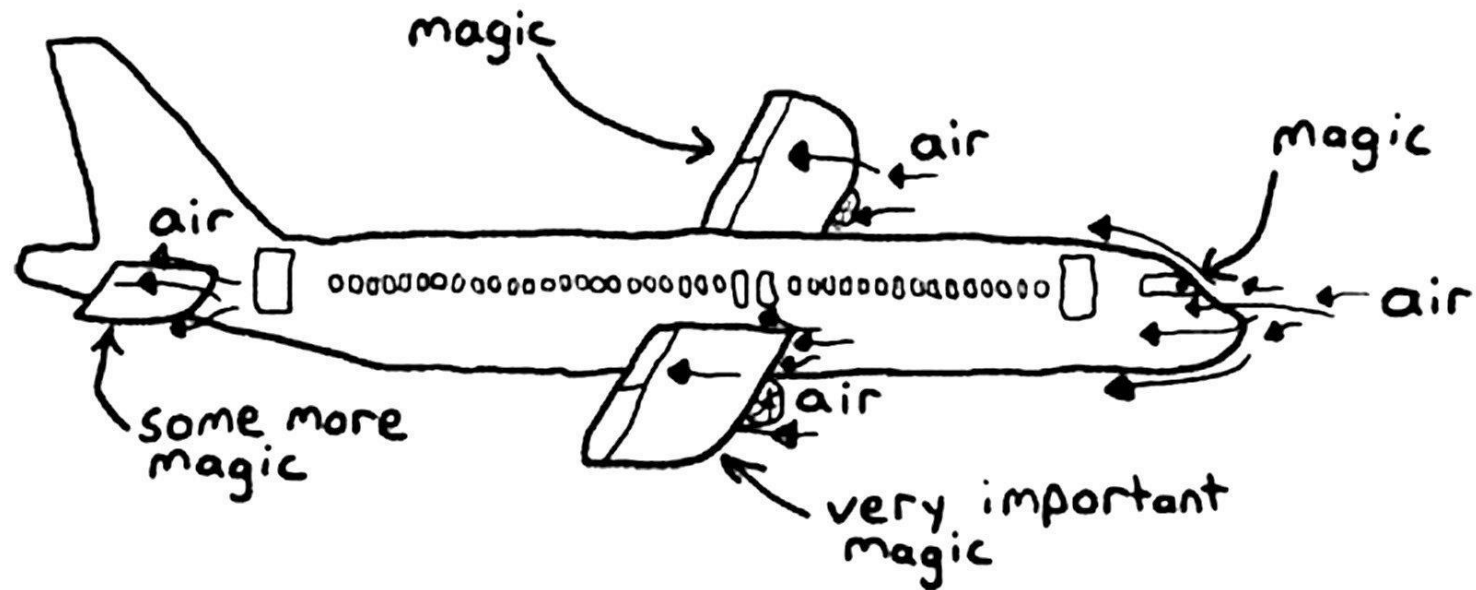
Ciència i pseudociència

La importància de saber la diferència

Jesús Purroy & Jordi de Manuel

FCRi, 19/10/2017

how planes fly





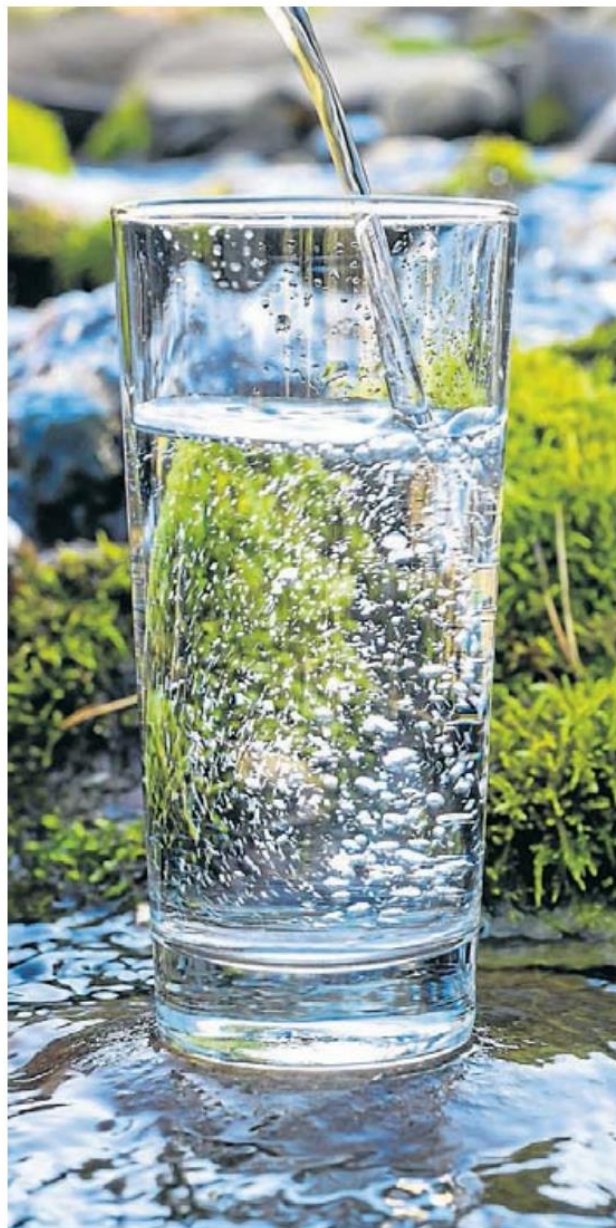


VE DE LA PÀGINA 10

sucre en totes les seves formes.

En la remineralització, la dieta alcalina apunta que “l'organisme necessita una aportació adequada de sals minerals alcalinitzants per portar a terme els seus processos fisiològics”. I en aquest apartat, el consell principal és abandonar la sal de taula, 99% clorur sòdic, “perquè deshidrata, acidifica i afavoreix la hipertensió”. Per contra, uns bons substituïts són la sal marina sense refinar, la sal de l'Himàlaia o la sal celta, i fins i tot l'aigua de mar.

Per acabar, en la desintoxicació, el mecanisme d'eliminació en una dieta alcalina funciona a través de la “pell, els ronyons, el fetge i els pulmons”. Malgrat això, l'estil de vida de les persones en les societats modernes (sedentarisme, hàbits tòxics, consum d'aliments altament processats, dieta desnaturalitzada, poc contacte amb la natura) pot dificultar la capacitat desintoxicant de l'organisme”.



La dieta alcalina recomana per hidratar-se beure aigua pura, amb un PH ideal de 9,5. GETTY

A la recerca de la dieta alcalina

Ara, 9/4/2017

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4 entradas



Els pesticides poden causar
al·lèrgies alimentàries



Els aliments ecològics són més
sans, nutritius i sostenibles



Farines, més de deu varietats
diferents



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Organic food consumption and the incidence of cancer in a large prospective study of women in the United Kingdom.

Bradbury KE¹, Balkwill A¹, Spencer EA², Roddam AW³, Reeves GK¹, Green J¹, Key TJ¹, Beral V¹, Pirie K¹; Million Women Study Collaborators.

+ Collaborators (55)

+ Author information

Abstract

BACKGROUND: Organically produced foods are less likely than conventionally produced foods to contain pesticide residues.

METHODS: We examined the hypothesis that eating organic food may reduce the risk of soft tissue sarcoma, breast cancer, non-Hodgkin lymphoma and other common cancers in a large prospective study of 623 080 middle-aged UK women. Women reported their consumption of organic food and were followed for cancer incidence over the next 9.3 years. Cox regression models were used to estimate adjusted relative risks for cancer incidence by the reported frequency of consumption of organic foods.

RESULTS: At baseline, 30%, 63% and 7% of women reported never, sometimes, or usually/always eating organic food, respectively. Consumption of organic food was not associated with a reduction in the incidence of all cancer (n=53 769 cases in total) (RR for usually/always vs never=1.03, 95% confidence interval (CI): 0.99-1.07), soft tissue sarcoma (RR=1.37, 95% CI: 0.82-2.27), or breast cancer (RR=1.09, 95% CI: 1.02-1.15), but was associated for non-Hodgkin lymphoma (RR=0.79, 95% CI: 0.65-0.96).

CONCLUSIONS: In this large prospective study there was little or no decrease in the incidence of cancer associated with consumption of organic food, except possibly for non-Hodgkin lymphoma.

PMID: 24675385 PMCID: PMC4007233 DOI: 10.1038/bjc.2014.148

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Review Breast-feeding and cancer: the Boyd Orr cohort and a system [J Natl Cancer Inst. 2005]

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CÁPSULAS 100% PLANTAS MEDICINALES

Los Laboratorios Arkopharma ofrecen cápsulas de plantas medicinales con una formulación 100% polvo criomolido de la parte activa , sin excipientes, colorantes u otras sustancias. Se trata de cápsulas de plantas 100% natural que dan respuesta a los problemas más frecuentes que afectan a la población española; el estrés, la alimentación desequilibrada, mala higiene de vida, etc...y contribuyen a mejorar la calidad de vida.

<http://www.arkopharma.es/fitoterapia/lo-mejor-de-la-naturaleza.php#.WPYa2qIIIG00>



6. Contenido del envase e información adicional

Composición de ARKOCAPSULAS ALCACHOFA

Cada cápsula contiene como principio activo: 150 mg de hojas criomolidas de *Cynara scolymus* L. (Alcachofa).

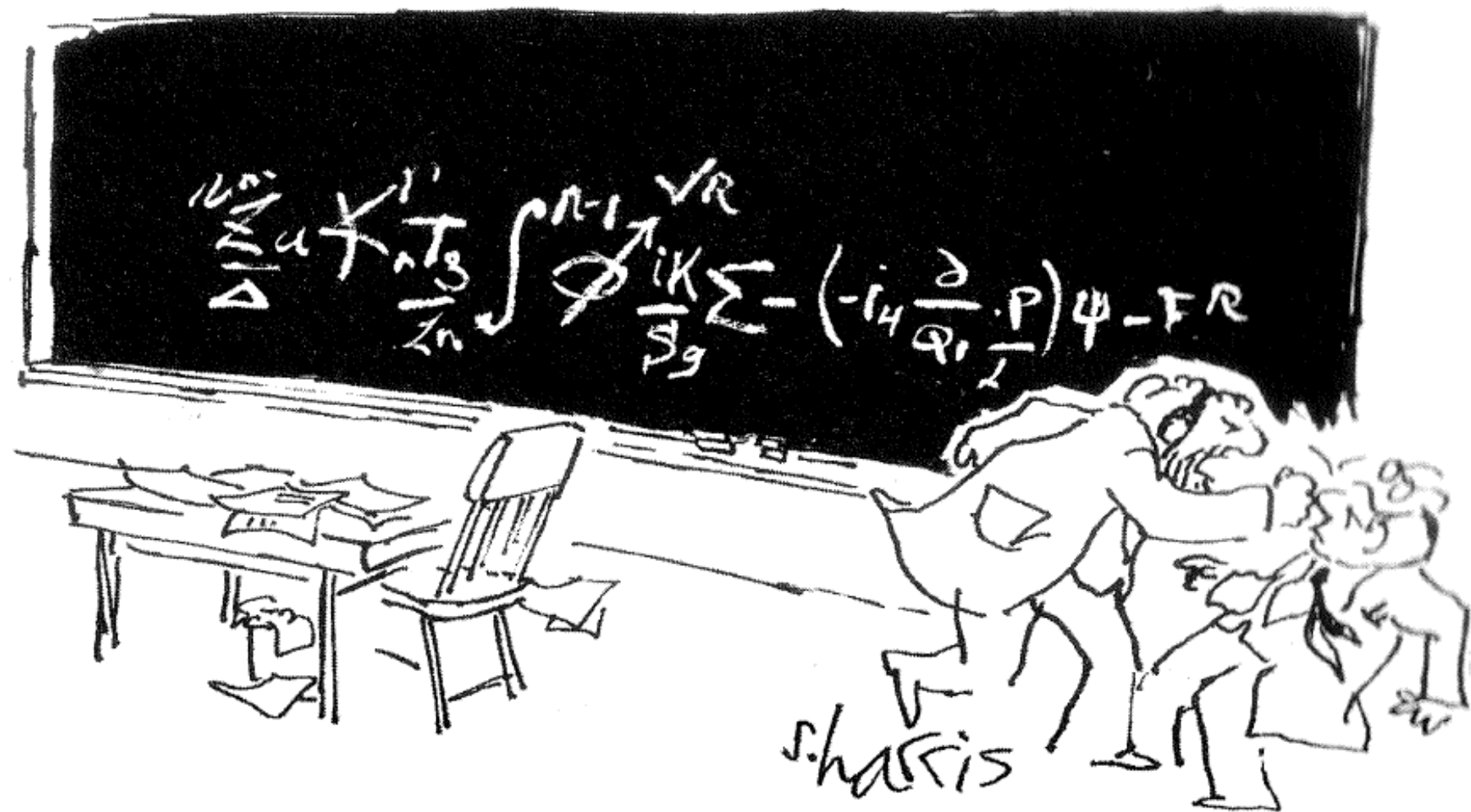
Los demás compo  los excipientes: gelatina (cubierta de la cápsula).

https://www.aemps.gob.es/cima/pdfs/es/p/72464/72464_p.pdf

Salud y Vida, afirmacions sense dades

- *Los preparados homeopáticos son naturales (...). En consecuencia, son inocuos y sin efectos secundarios*
- *La curación llega a través de la activación y reacción de los mecanismos de defensa de nuestro organismo*
- *Las indicaciones médicas más adecuadas son enfermedades infecciosas producidas por bacterias y virus*
- *(otra indicación es la) infertilidad*
- *La medicina tradicional apuesta por tratamientos (...) que, en el caso de los niños, pueden deteriorar su sistema inmunológico*
- *Los tratamientos homeopáticos hacen que el niño se haga más fuerte*

Els científics debaten



"YOU WANT PROOF? I'LL GIVE YOU PROOF!"

La ciència descarta

Superseded biology theories

[Lamarckism](#) challenged by [Darwinian evolution](#), but revitalised in [Neo-Lamarckism](#) - see also [epigenetic inheritance](#)

[Maternal impression](#) - rendered obsolete by [genetic theory](#), but see [fetal origins of adult disease](#)

[Miasma theory of disease](#) - rendered obsolete by [germ theory of disease](#)

[Spontaneous generation](#) superseded by "[biogenesis](#)" and "[abiogenesis](#)".

[Telegony \(pregnancy\)](#) - the theory that an offspring can inherit characteristics from a previous mate of its mother's, as well as its actual parents. A theory often associated with [Racism](#).

[Recapitulation theory](#) - or "ontogeny recapitulates phylogeny"

Superseded chemistry theories

[Classical elements](#) - discredited by [Ja'far al-Sadiq](#) and [Rhazes](#)

[Caloric theory](#)

[Phlogiston theory](#) - replaced by [Lavoisier's](#) work on oxidation

Part of [Dalton's law](#)

[Vital essence theory](#)

Superseded physics theories

[Emission theory of vision](#) - obsoleted by [Ibn al-Haytham](#) (Alhacen)

[Aristotelian theory of gravity](#) - discredited by [Muhammad ibn Musa](#), [al-Biruni](#), [al-Baghdadi](#) and [Galileo Galilei](#)

[Aristotelian physics](#) - discredited by [Alhacen](#), [al-Biruni](#), [Avicenna](#), [Avenpace](#), [al-Baghdadi](#), [Galileo Galilei](#) and [Isaac Newton](#)

[Luminiferous ether](#) - failed to be detected by the sufficiently sensitive [Michelson-Morley experiment](#), made obsolete by [Einstein's](#) work.

[Caloric theory](#) - [Lavoisier's](#) successor to phlogiston, obsoleted by [Rumford's](#) and [Joule's](#) work

[Emitter theory](#) - another now-obsolete theory of light propagation.

[Persistence of vision](#) - is being debated by investigative psychologists.[\[citation needed\]](#)

Progression of [atomic theory](#)

[Plum pudding model](#) of the atom - assuming the protons and electrons were mixed together in a single mass

[Rutherford model](#) of the atom with an impenetrable nucleus orbited by electrons.

[Bohr model](#) with quantized orbits

[Electron cloud](#) model following the invention of [Quantum Mechanics](#) in 1925 and the eventual [atomic orbital](#) models derived from the [quantum mechanical solution to the hydrogen atom](#).

All of [classical physics](#), while totally useful in practice, is in principle superseded by [relativistic physics](#) and [quantum physics](#), to which classical physics is often an extremely close approximation.

Superseded astronomical and cosmological theories

[Ptolemaic system](#) - obsoleted by [Ibn al-Shatir](#)[\[citation needed\]](#) and [Copernicus](#)

[Geocentric universe](#) - obsoleted by [Copernicus](#) and [Galileo](#)

[Copernican system](#) - obsoleted by [Johannes Kepler](#) and [Isaac Newton](#)

[Newtonian gravity](#) - superseded by [general relativity](#), to which it is an excellent approximation at velocities much lower than the [velocity of light](#)

[Cosmic ice theory](#)

Superseded geographical and climatological theories

[Flat Earth](#) theory. On length scales much smaller than the radius of the Earth, a flat [map projection](#) gives a quite accurate approximation to true distances and sizes, but distortions become increasingly significant over larger distances.

[Hollow Earth](#) theory

The [Open Polar Sea](#), an ice-free sea once supposed to surround the [North Pole](#)

[Rain follows the plow](#) - the theory that human settlement increases rainfall in arid regions (only true to the extent that crop fields evapotranspire more than barren wilderness)

Superseded geological theories

[Continental drift](#) was superseded by [plate tectonics](#)

[Expanding Earth theory](#) replaced by a *statist* model with [Subduction](#)

[Catastrophism](#) was largely replaced by [uniformitarianism](#)

Superseded medical theories

Theory of the [four bodily humours](#) - discredited by [Rhazes](#), [Avenzoar](#), [Ibn al-Nafis](#), [Ibn al-Lubudi](#) and [William Harvey](#)

[Eclectic Medicine](#) - Transformed into [alternative medicine](#).

[Physiognomy](#), related to [phrenology](#), held that inner character was strongly correlated with physical appearance.

Els resultats es divulguen

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See review

See

Tot el que cal saber per saber-ho tot

- Les dades són objectives
- Els científics debaten
- La ciència descarta
- Els resultats es divulguen

Gràcies!

Jesús Purroy

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