

Alternative treatments

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The New Zealand Medical Association (NZMA) believes alternative treatments should be subject to the same evidence-based scientific testing that conventional medicines face.

If this does not happen, those promoting alternative treatments should not make unproven claims about their efficacy.

Unless people have all the relevant information about a product or treatment, they are not in a position to make an 'informed choice'. Relevant information includes scientific-based evidence about the expected benefits, side effects and risks.

Patients have the right to be protected from exploitation.

The NZMA urges people with health problems to consult a medical practitioner. Medical practitioners are highly qualified, must be registered and must adhere to strict standards. They are bound by an ethical code and can face disciplinary action if they breach standards.