

Pseudoscience

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In high school I couldn't concentrate well at school so I didn't look much into the word pseudonym which means a fake name that an author uses. On weekends my two best friends and I would get together and play dungeons and dragons. We would get our homework done early to have as much time possible to absorb ourselves in our adventures drinking as much soda and eating as many snacks as possible. In our adventures one evening we ran across a pseudodragon. I was told by the dungeon master that would be a suitable pet for my magic user. I didn't understand. "What do you mean suitable pet? Dragons are big." I said. "No, pseudodragon means fake dragon, he's actually quite small and will stay that way." Pseudoscience is fake science. It's something that disguises itself as science to quiet often give people false hope. The German philosopher Friedrich Nietzsche says, "To live is to suffer, to survive is to find some meaning in the suffering." (German Quotes, Quotes Nietzsche Quotes, 2008-2018) People often work hard and still have rough lives. Pseudoscience comes in quite often with claims to make life easier than convention methods without proven results to cash in on money from desperate people. Science can be tested. If a scientist makes a claim several other scientists will test that claim with the peer review process. If science makes a claim there is a good chance it's true and there is some data to back it up. Pseudoscience has been tested by real science several times but it always fails or comes up short. There is never any proven concrete factual data to back it up. Pseudoscience will make it sound like there is factual data, a lot of the claims that pseudoscience makes are marketing.

The vitamin industry is one example of pseudoscience. Supplements are marketed to improve any kinds of ailments you can imagine, to cure, or to make you better than normal. One great example I can give is nootropics. Nootropics are "smart drugs". When I started back to

school I started taking a popular nootropic vitamin. I was doing well in school so I just figured it was working. I was doing well because I was older, more settled down, had a clear picture of what I wanted to do, was paying for my classes, and was generally interested in my schoolwork. It had nothing to do with the nootropic vitamin, I would discover. My job is extremely stressful and competitive. I came into my job with a large learning curve. I work with a narcissistic workaholic egomaniac. My mind was competitive and I was thinking like a pro sports player. I would win no matter what! I started taking all kinds of nootropics. I even started researching special nootropics from private labs. I was wasting over \$100.00 a month trying to boost my cognition so that I could pick up lost ground and shut up the guy I work with. It got to the point where I was taking about 20 vitamins a day. One day I thought "What the hell am I doing?". My wife and I were into vitamins and supplements so deep that she was working at a supplement shop. She came home making an extraordinary claim about a supplement that I just couldn't believe. The supplement Poly MVA was a thin dark liquid that tasted like dead plants soaked in dirty motor oil. Poly MVA is \$195.00 for an 8oz bottle. It's supposed to do incredible things on a cellular level. When I asked her "What things?", she didn't really know. Luckily, she got it for free. We tried it out. After a month I saw no difference. I started doing some research on nutrition. I found out by eating a diet in the right foods, I could get better quality nutrition with the same vitamins as the supplements we were taking. I quit taking all of it. I feel the exact same as when I was taking the supplements. Look on the box of most supplements they make big claims with little to no scientific backing. In rage fueled thinking I was taking all kinds of supplements, who knows what I could have done to myself with non-FDA approved, non-science backed supplements. See the danger there? All the supplements sounded like they were medically tested though and with good reviews. The placebo effect is where people take a sugar

pill and see results. The placebo effect is probably responsible for most of the reviews on these supplements. People want to believe. People are always looking for easy ways out. People are always looking for an advantage. Sleep, diet and exercise will do more for your brain than supplements ever will. There are supplements for blood pressure, diabetes, cancer and the list goes on and on. All make big claims on the front of the bottle with disclaimers on the back stating by no means is it to be used for treatment.

Numerology is a pseudoscience field where people study and assign mystical or personal meanings to numbers in your life. My last example of pseudoscience illustrates how it can prey on the weak minded perhaps draining all hope. My mother was mentally ill. The product of a physical, emotional and sexually abusive father she married my father at the age of 18 years and had me by the time she was twenty. Her life with my father was not much better. My father an abusive alcoholic constantly beat her down with insults, aggression, indifference, and physical abuse. The brains of abused children develop differently than those without abuse. The child's fight or flight mechanisms are always on. The fight or flight mechanism is what your parasympathetic nervous system does when you are in danger. Your body is prepared to fight for your life or run for your life. To do this your body releases the hormone adrenaline and the hormone cortisol. Adrenaline pumps up your heart rate and ramps up your nervous system. Cortisol is the stress hormone it boosts up perception and makes you very alert. Abused children develop anxiety and PTSD disorders that are deep-seated with them their whole life. The disorders keep them in the flight or fight mode their whole life. Being in this constant state of alert and stress breaks their brain down due to the high amounts of cortisol and adrenaline that have coursed through their bodies from a young age. Cortisol deteriorates the brain and hardens the arteries. My mother divorced my father when she was 35. That was 35 years of abuse. I am

sure by the time my mother was free from abuse that she had massive brain damage which led to antisocial behavior and irrational thinking. It produced a delusional sociopath. I had been estranged for 15 years from her when she died. I loved her very much but I couldn't be around the person she had become. It would have been the end of me. I am an only child. When I went to collect her belongings, and get her things in order, I wasn't prepared to look at the mental illness. Her apartment looked like a hoarder's apartment. Sprawled around the room were patches of paper stuck to random places. The patches of paper had numbers scrawled on them. She thought that if you looked at the clock or saw anything with a number it meant that angels were trying to communicate with you. Every number had some type of angelic meaning. I don't know exactly what it was that she was wishing or hoping for looking into those numbers but it never came true. She accidentally killed herself by mixing prescription tranquilizers with alcohol. She died alone with her two cats in a section 8 apartment putting a lot of her energy into complete lies. There are a lot of numerology sites dedicated to the idea see a number it is an angel trying to communicate with you in code. It seems like a lot of the pseudoscience attract people who are weak, mentally ill, young, or in desperation. That's the danger of pseudoscience it makes big claims for miraculous things in your life but quite often It's just a vehicle to take your money leaving you broke and hopeless. There is no truth to them with no facts backing them. In both cases of supplements and numerology you can find plenty of information that sounds scientific but if you dig into it there isn't any conclusive research. I classify them both as pseudoscience because the lack of concrete data and they both fit pattern of appealing to weak minded people.

Science, on the other hand, takes work, even if you just set out to learn something and the return on your investment is always worth your time. I have wasted too much of my time on the

sideshows, on pseudoscience, I have learned that only facts produce real results be it at work, in the classroom, or your life.

References

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