The paragraph below is an excerpt from a research paper about herbal remedies and complementary alternative medicines. The author had the following research question: How effective are herbal remedies and how should they be used?

Based on the research, the author created the following thesis statement: Although herbal remedies are effective, they must be regulated and researched in order to ensure safety.

Using this research question and thesis statement, go through the paragraph below and evaluate whether the information is focused or not. Cross out all information that should be removed. Circle all information that may be vital for understanding the subject.

In many cases, the use of complementary alternative medicines (CAM) can be dangerous if not handled correctly. The National Center for Complementary and Alternative Medicine (NCCAM) created an online fact sheet that overviewed the effectiveness of alternative medicine for the flu and common cold, NCCAM warns that "'natural' does not always mean 'safe.'" Some dangers include the fact that natural ingredients may react negatively with current medications or other natural ingredients, may contain dangerous ingredients that cause side effects, and may react badly with people who have certain medical conditions (NCCAM). The common cold is one of the leading reasons that people miss school or work, and can be caused by over 200 viruses (NCCAM). Intranasal zinc products may be used to ease the common cold, but can also cause a loss of the sense of smell that is possibly permanent (NCCAM). The flu should only be treated through vaccination (NCCAM). In conclusion, although natural remedies or complementary alternative medicines may sometimes be effective, but they must be researched in order to ensure safety.


Comments: