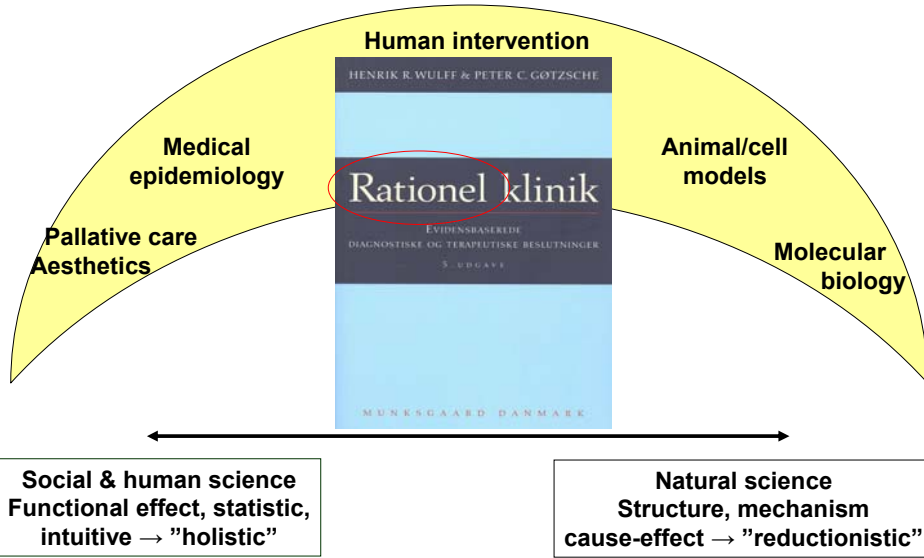


Human Medicine: Natural, social and human science



Western natural science

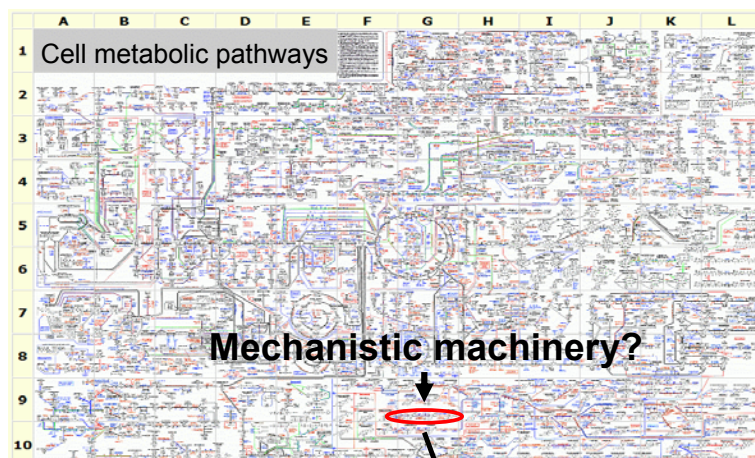
Objective tool



+

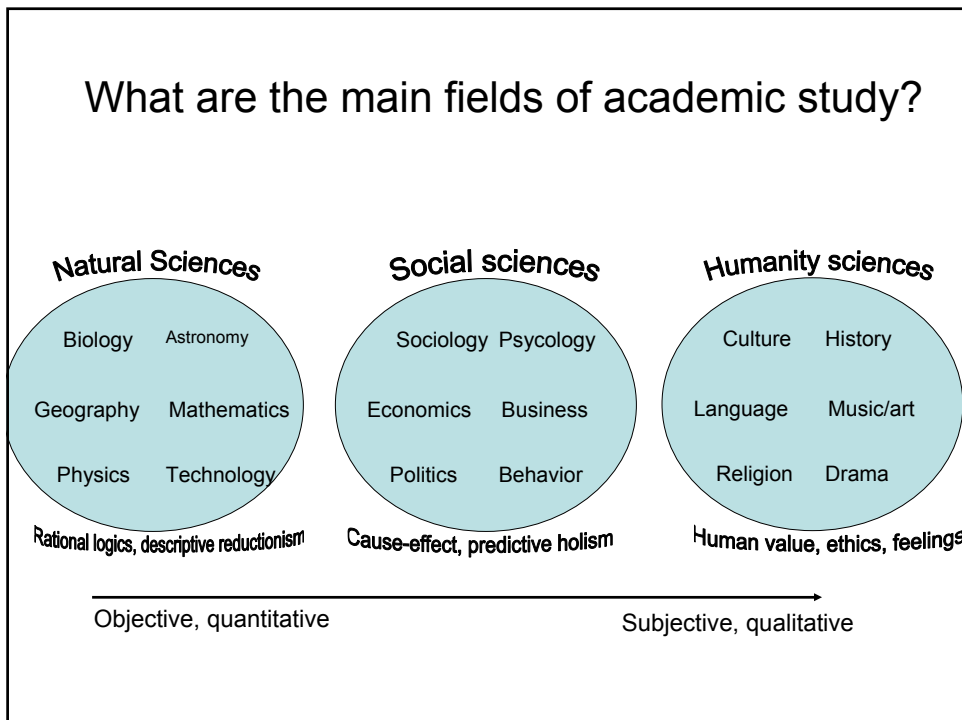
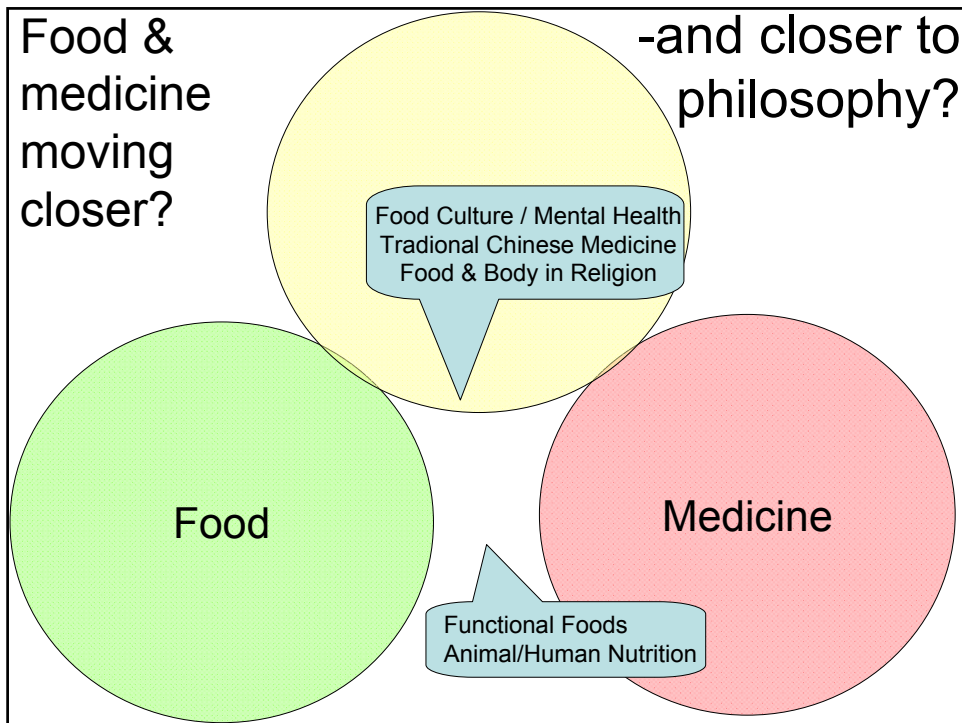


Independent
observer

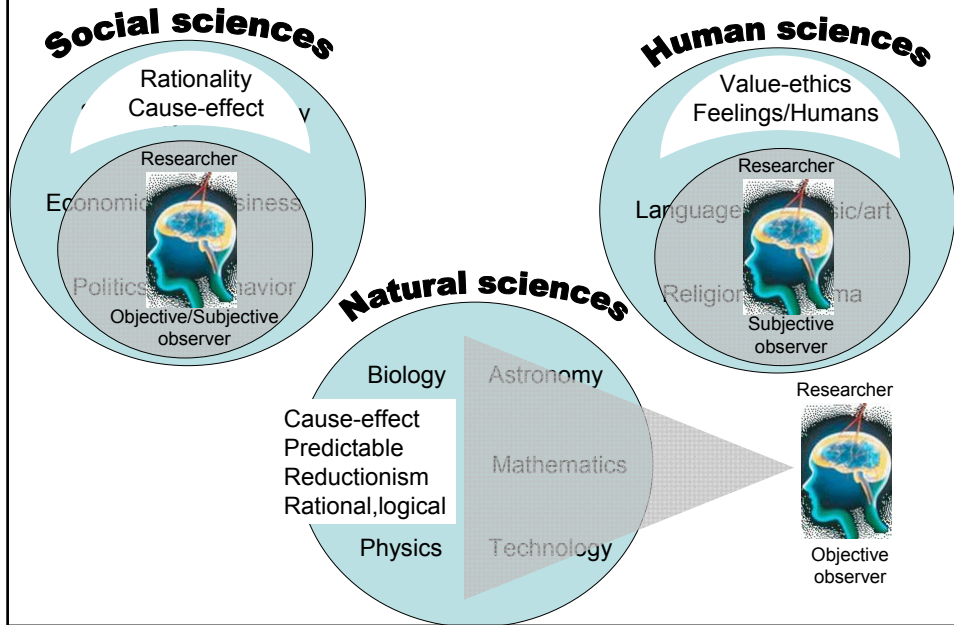


A \rightleftharpoons **B**

Particularity → Reductionism → Linearity → Less philosophy?



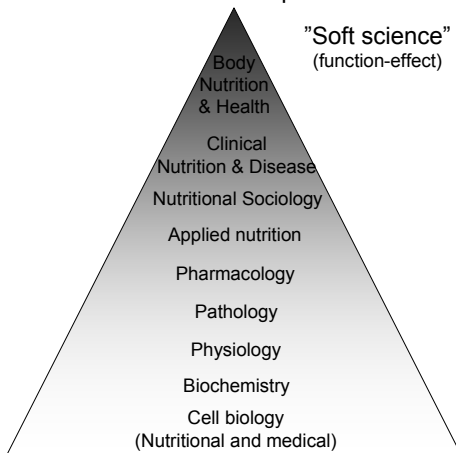
The sciences – main categories:



Food & medicine science philosophy

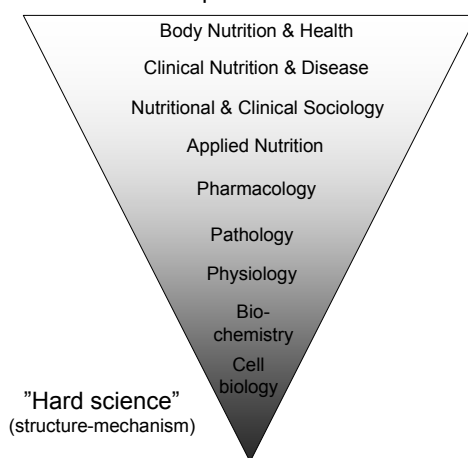
Classical Western
(dualism-reductionism
Greek philosophy – Christianity)

Bottom→up



Classical Eastern
(holism-balance,
Nature mysticism -Taoism)

Top→down



Bioinformatics in modern biology versus "pattern-recognition models" in Traditional Chinese Medicine

East:

Experiential:
Hierarchy of Yin and Yang combinations.
5-element pattern recognition system

West:

Experimental:
Genomics
Transcriptomics
Proteomics
Metabolomics

Historical functional picture

Mathematical structural network

System biology
pattern recognition
Bioinformatics

Action

Optimal diet and health

Human Nutrition evidence hierarchy

Cochrane analyses,
human populations

Large-scale
observational
studies

Controlled human
intervention
studies

Cell model
studies

Animal model
studies

Increased
safety
and relevance

Better
mechanistic
insights

Chemistry-Mathematics-Physics

Nutritional/medical evidence hierarchy

