

## Balancing the duality should be considered in evidence-based conclusion

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Lawrence O. Gostin wrote an article entitled “Do bans help modern public health? (1). Hazardous materials may not be 100% hazardous. Yin and yang in ancient Chinese philosophy of Taoism describe how seemingly opposite or contrary forces may actually be complementary. When yin reaches its peak, it will begin to transform into yang. When yang reaches its peak, it will begin to transform into yin. For example, tobacco causing diseases by smoking makes medicine (2). Controversial marijuana has been used as medicine (3). Evidence-based government interventions **does not** simply nudge the public to adopt healthier and safer behaviors. In order to deduce evidence-based conclusion, balancing the duality (yin and yang) should be considered for building a happy and healthy society (4).

### References:

1. Lawrence O. Gostin, Do bans help modern public health?, Science 17 Jan 2020: Vol. 367, Issue 6475, pp. 229
2. Luisa Bortesi et al., "Viral and murine interleukin-10 are correctly processed and retain their biological activity when produced in tobacco", BMC Biotechnology 2009, 9:22doi:10.1186/1472-6750-9-2
3. What is medical marijuana?  
<https://www.drugabuse.gov/publications/drugfacts/marijuana-medicine>
4. Y. Takefuji, <https://science.sciencemag.org/content/359/6374/371/tab-e-letters>