

SAMPLE STUDENT RESEARCH PAPERS

SP-1 SAMPLE STUDENT RESEARCH PAPER IN MLA FORMAT WITH ANNOTATED BIBLIOGRAPHY

Double-space all text in 12-point Times New Roman font; do not single-space any part of the paper.

Title is centered in 12-point font without quotes, underlining, bold, or italics.

Indent ½" →

Personal anecdote creates interest and shows writer's purpose and connection to the topic. The public issue or thesis is clarified in second paragraph.

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First time an author is mentioned, give first and last name and some additional identifying information. Although Eisenberg is being summarized, he is not the author of the article, thus the need for *qtd. in*. Note how source material is integrated into the discussion both before and after.

Thesis or controlling idea. (See section R-4 for details about how this thesis was developed.)

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Professor Chavez
English 103
5 January 2014

Chauncey 1

Traditional and Alternative: Health Care for the Future

As a doctor's daughter I learned early how conventional medicine works. In my own home the topic of illness never came up except if one of us contracted a cold, strep throat, flu, or the occasional childhood disease such as mumps. We knew the procedure from that point—a look at our throat, the quick touch on our foreheads to determine whether we had a fever and then the dreaded shot or pill. After that we spent a couple of days on the couch watching TV until we were no longer contagious. Although I knew my father was a highly respected and dedicated physician, I never got the feeling that he considered other factors that may or may not have contributed to our health. He openly scoffed at the mention of the few alternative approaches that somehow managed to enter the conversation at the dinner table, such as massage, chiropractic medicine, or acupuncture. As I got older, I began to wonder at my father's philosophy of medicine, which I discovered represented the typical doctor's thinking in America. He seemed very knowledgeable about the scientific aspects of his field. He regularly attended medical conferences and he stayed abreast of the current advances. But it seemed to me that his scientific expertise was spent treating the symptoms of illness, through either medicine or surgery, not determining the ultimate causes.

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The questioning of conventional medicine that I began as a young woman mirrors the current questioning of our whole society. According to a report compiled by Dr. David Eisenberg of Boston's Deaconess Medical Center, 40% of the adult population seeks alternative medical care, making more visits to these practitioners than to medical doctors (*qtd. in* Cowley and Underwood). It is no longer good enough for many of us to wait until we get sick to obtain the healing pill or surgical procedure. We don't feel as comfortable in the submissive role as patient receiving orders from an all-knowing physician. The time has come for conventional practitioners to include alternative therapies in their

Specific details illustrate the topic of a typical visit to a doctor.

treatment plans because alternative medicine addresses the public's desire for holistic care, prevention, and guidance in how to establish a healthy lifestyle.

To illustrate, examine the following scenario and compare it to your last visit to a physician. Your appointment begins with a 30-minute wait with other sick and presumably contagious patients. You spend at least another 15 minutes in the examination room wearing a skimpy gown and staring at the walls. When your doctor arrives, she spends the first few minutes familiarizing herself with you by reading a checklist you completed two years ago about your medical history, medication allergies, and the two lifestyle items of whether you smoke and/or drink. She gives you a few minutes to describe your current problem and invariably, after glancing again at the checklist for your allergies to medicine, she prescribes an antibiotic or painkiller. End of visit. End of symptom. No more illness.

Specific details illustrate the topic of a visit to an alternative practitioner.

Contrast this experience with a typical visit to an alternative practitioner such as a massage therapist. Often their offices are much more comfortable and less crowded. A massage therapist devotes the first visit to familiarizing herself with the patient. Her checklist consists of questions spanning the entire breadth of a person's lifestyle. They will include inquiries about an individual's spiritual leanings, the levels of stress in his life, the kind of diet and exercise routines he follows, and the emotional ups and downs present in his everyday life. The therapist usually completes this extensive questioning to determine what sort of treatment will be best for this individual. She doesn't even assume that her therapy will be the one of choice and will admit up front that if the problem is, indeed, structural then actually a medical doctor would serve the patient's needs more efficiently. If treatment is indicated, then she focuses on patient self-education and self-help so that a person can go home and take measures to prevent problems and maintain health. In addition, she will recommend other treatments which may be blended to treat patients holistically.

Lead-in includes identifying information. Two-sentence summary/quote is framed with lead-in at the beginning and source credit in last sentence.

Medical doctors could easily approach their treatment plans similarly, but they would have to completely change the way that they view health. Dr. Burton Goldberg, author of *A New Understanding of Alternative Medicine*, states that currently doctors learn about organ systems as if they worked independently, not interdependently. Thus Goldberg believes the whole business of medicine in our country offers specialization in such areas as gynecology, orthopedics, and neurology but ignores the "intrinsic interrelatedness of all parts of our body and the complex dynamism of life forces." Most physicians, including my father, say that it is a messy business dealing with a person's emotional or mental state in

No page reference with this Internet source.

Introduce long quotations with full-sentence lead-ins and a colon.

Use block format for quotations of more than four typed lines. With block format, the end punctuation comes before the parenthetical documentation.

Commentary sentence explains significance of quotation.

One-sentence summary with author and page citation.

Commentary sentence integrates previous summary.

Illustration has figure number, caption, and source information.

treating patients. Physicians say it is not their “area” and they don’t feel qualified to delve into such personal matters. Dr. Andrew Weil of the University of Arizona College of Medicine describes his reaction to his own medical training:

Most of the treatments I had learned in four years at Harvard Medical School and one of internship did not get to the root of disease processes and promote healing, but rather suppressed these processes or merely counteracted the visible symptoms of disease. I had learned almost nothing about health and its maintenance, about how to prevent illness—a great omission, because I have always believed that the primary function of doctors should be to teach people how not to get sick in the first place. (19)

Increasingly, people are beginning to demand the attentiveness that Weil describes. People want health care professionals to consider “the whole person” when they are treated. In her article “Complementary Health Care,” holistic chiropractor Merri Harris defines a good practitioner as one who considers the physical, emotional, and spiritual aspects of a person’s make-up (24). In Oriental medicine different energy centers of the body are called chakras and they are thought to keep the spiritual, mental, emotional, and physical health of the body in balance (see fig. 1). Clearly this whole-person approach should not be limited to those health specialists who practice outside mainstream medicine.

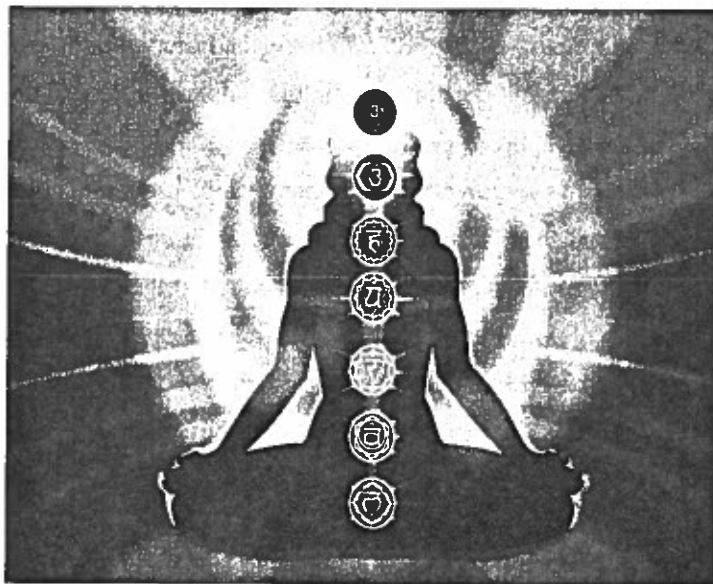


Fig. 1. This artist’s conception shows the seven energy centers or chakras of the body. From Merri Harris, “Complementary Health Care,” *Today’s Health*, Nov. 2008: 25. Web. 14 Dec. 2008.

Student draws on personal experience to develop the topic.

The experience I have had in dealing with a serious back problem over the course of several years has proved to me the effectiveness of the holistic health approach. The muscle spasms and pain from which I suffered often rendered me unable to move or walk straight. My doctor's visits resulted in the predictable treatment of anti-inflammatory and muscle relaxant drugs and advice to stay in bed. It took me several years to realize that something more had to be done. I insisted on a different treatment plan from my doctor, at which point he ordered an MRI. The results revealed a structural problem, and my doctor referred me to a neurosurgeon. In our five-minute visit this doctor encouraged surgery and handed me a pamphlet that demonstrated five exercises I could do in the meantime. That was the end of my visit and the end of my reliance on mainstream medicine to help me with my problem. Certainly I would not minimize the help I received to that point. No alternative health care provider could have provided me with the diagnosis of such a technologically advanced test as an MRI. But mainstream medicine could not help me beyond that. My condition was not one that would just disappear with the proper medication, nor is back surgery always successful. Dr. John Hoey, Editor in Chief of *Canadian Medical Association Journal*, admits, "Any illness that we label 'chronic' can be viewed at least in part as one of conventional medicine's failures" (803). Chronic conditions often will respond favorably to alternative approaches, however.

Short quote with identifying information about the author and a follow-up sentence that integrates the quote and advances the thesis.

Personal anecdote supports thesis.

I chose to look elsewhere for help and I began by visiting a massage therapist. From him I learned that perhaps through a healthy lifestyle I could avoid further painful bouts with my back. I have begun enriching my diet with a wider variety of fruits, vegetables, and grains and I drink lots of water. I take a multi-vitamin/mineral supplement and practice a yoga program designed for people with back problems. I believe that these factors are responsible for my last two pain-free, incident-free years.

Details define and explain advantages of alternative approaches to health care.

Other examples of preventative therapies include Ayurvedic medicine, bio-feedback, reflexology, Reiki, and herbal medicine. Even though these treatments may not be backed up by scientific evidence, they are commonly used by many people in our society who have experienced positive results with them in their lives. Nobody could say that meditation or a healthy diet could hurt someone. So why shouldn't doctors at least consider them as alternative treatments? Goldberg claims that again the fragmented approach of conventional medicine will have to change. As long as doctors make a living and are recognized for

Two-sentence paraphrase with frame. Last name only since Goldberg has been identified already.

This Internet site has no page number, so end frame is created with narrative source credit in last sentence. (Commentary sentence integrates paraphrase.)

Use full-sentence lead-ins with colon for long quotations.

Block format.

No page reference with this Internet source.

Follow-up discussion integrates long quotation and advances the thesis.

Two-sentence summary with frame (lead-in and page reference).

Summary. No page reference with one-page article. Discussion makes clear where summary ends. Commentary sentence integrates previous sources and advances the thesis.

“rescue” medicine, they will not place a lot of stock in such aspects of holistic health as prevention, asserts Goldberg. Alternative therapies have allowed me to gain some relief because they emphasize prevention rather than trying to fix the problem only after it has occurred.

The other important component of holistic medicine is maintenance of health through lifestyle choices. Like prevention, attention to everyday health problems is not a major element in conventional medicine. But a reasonable person would not deny that individuals’ attitudes, feelings, values, and emotions all contribute to overall health. Including these aspects of a person’s constitution in a treatment plan places the emphasis on health, not illness, the whole person, not isolated areas of the body. The practitioner might suggest transforming a patient’s diet or suggest a whole different approach to exercise. These life-altering treatments return the responsibility for health to individuals. Taking responsibility for one’s own health is as it should be, declares Dr. Marc Micozzi, executive director of the College of Physicians of Philadelphia:

Health is something that must be pursued. It’s a path that people have to choose to get on. They can’t be given health with a pill or an operation. It goes even beyond lifestyle. It’s an issue of philosophy, and every person really has to be responsible to stay healthy, and get well when they’re sick, and has to focus on their ability to care for themselves.

Certainly taking such measures as reducing saturated fat or adding twenty minutes of exercise to our daily schedules constitutes positive beginning steps toward improving our well-being. But adopting a philosophy of health in daily living, as Micozzi suggests, takes time, dedication, and self-education. Such ancient systems as Chinese medicine, yoga, or Ayurvedic medicine embody whole systems of living. For example, in his book *Perfect Health*, Dr. Deepak Chopra explains that the Ayurvedic approach to health involves allowing the mind to communicate with the body at the deepest levels in order to bring first the mind then the body into balance. This is accomplished through meditation, diet, exercise, daily routines, and seasonal routines (93). Other systems of health might suggest different practices for maintaining optimum health. Dr. Julian Whitaker, director of Whitaker Wellness Institute, outlines the major focus of his treatments as diet, nutrition, and herbal supplementation. Like Micozzi and Chopra, he views health as a system for living. The point is that there is so much we can do in this area, so many goals worth aspiring to.

Chauncey

Nobody can discount the strides modern medicine has achieved in the areas of emergency and heroic care. But now it is time to seek ways to integrate mainstream and alternative medicine. Doctors such as Andrew Weil are working toward such ends.

Two-sentence summary with frame (lead-in and page reference).

As Weil points out, the University of Arizona trains doctors to initiate programs in integrative medicine (medicine that blends conventional practices with alternative approaches) in different areas of the country. In addition, doctors in the program are learning methods in such areas as herbal medicine and mind-body medicine (20). I think perhaps even my father will adopt a few alternative medical therapies. He is fascinated by my vegetarian diet and makes such comments as, "Give me an example of what you would fix for dinner." On recent visits home I have caught him in the basement doing a daily stint on a treadmill. He even succumbs to regular afternoon naps, his form of relaxation or meditation

Discussion integrates previous summary and advances the thesis.

Maybe when doctors open themselves up to practicing prevention in their own lives they will see that proof lies in experience. Elsewhere, universities and hospitals are conducting research on alternative approaches to medicine. This commitment on the part of professional health care providers can only lead to a better educated public more devoted to taking responsibility for their own health. It is a win-win situation. Doctors put an end to their fragmented rescue approach to medicine and focus on teaching people how to stay healthy. Patients concentrate on helping themselves to better health. It is only with this hand-in-hand approach that health care providers and individuals can step to a healthy rhythm into the twenty-first century.

Positive tone in conclusion suggests combining alternative and traditional approaches to health care.

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Works Cited

Works Cited on a separate page.

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Annotated Bibliography on a separate page.

Annotated Bibliography

- Chopra, Deepak. *Perfect Health*. New York: Harmony, 2013. Print. Explains in detail the Ayurvedic system of health. Chopra is a well-known expert on this ancient mind/body medicine. In fact, he has reached celebrity status in the U.S., so his ideas regarding this very specific alternative approach to medicine would be credible with many readers.
- Cowley, Geoffrey, and Anne Underwood. "What's Alternative?" *Newsweek* 11 Nov. 2008: 68. Print. Defines some of the more widely used alternative approaches to medicine and discusses some recent studies that prove or disprove the benefits of several unconventional forms of medicine such as chiropractic and herbal supplementation. The article also contains an important statistic regarding how many people in the U.S. use the services of practitioners of alternative medicine.
- Goldberg, Burton. *The Burton Goldberg Home Page*. 3 Feb. 1998. The Burton Goldberg Group. Web. 27 Jan. 2009. Presents arguments against conventional medicine's fragmented approach to medicine. Provides information on how holistic health care workers treat the whole person with an emphasis on prevention. Supports my belief that alternative medicine can offer complementary therapies to modern medicine.
- Harris, Merri. "Complementary Health Care." *Today's Health* Nov. 2008: 24-33. Web. 14 Dec. 2008. Discusses the importance of all medical practitioners treating the whole person. Makes a good case for why