Hierarchy of Scientific Evidence

Not Scientific Evidence

Strongest Metaanalyses & systematic reviews Randomized controlled trials Cohort studies Case-control studies Cross sectional studies Animal trials & in vitro studies

Youtube videos,
personal anecdotes,
gut feelings, parental instincts,
some guy you know, websites like
Natural News, Info Wars, Natural
Health Warriors, Collective
Evolution, Green Med Info,
Mercola.com,
Whale.to, etc.

Case reports, opinion papers, and letters

Weakest

thelogicofscience.com