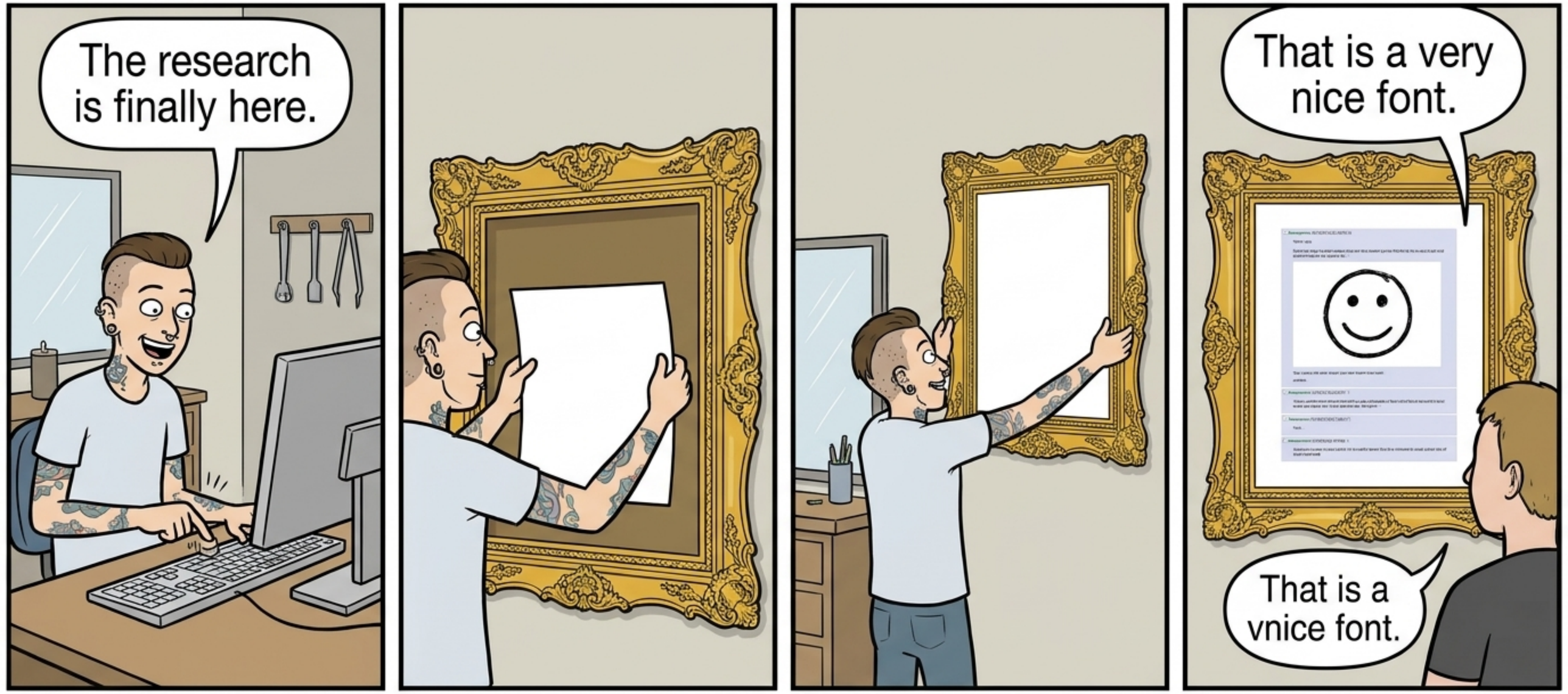

The evidence base consists of a rare case report and a vast volume of online anecdotes.

I read it on a forum so it is basically science.