

Medicine for the Whole Person



A Guide to Anthroposophical Treatment

Dr Geoffrey Douch

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Medical practice that is extended by anthroposophic medicine encompasses not just the body, but also the soul and the individual's biography, bringing a broader

dimension to modern medicine. This book provides a concise overview of the philosophy of anthroposophic medicine. It is a useful resource that describes the main therapies, including rhythmic massage, hydrotherapy, sculpture therapy, and therapeutic speech. It also includes a list of common conditions and suggested remedies. This is a valuable resource for anyone involved in or wishing to explore holistic health care.

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