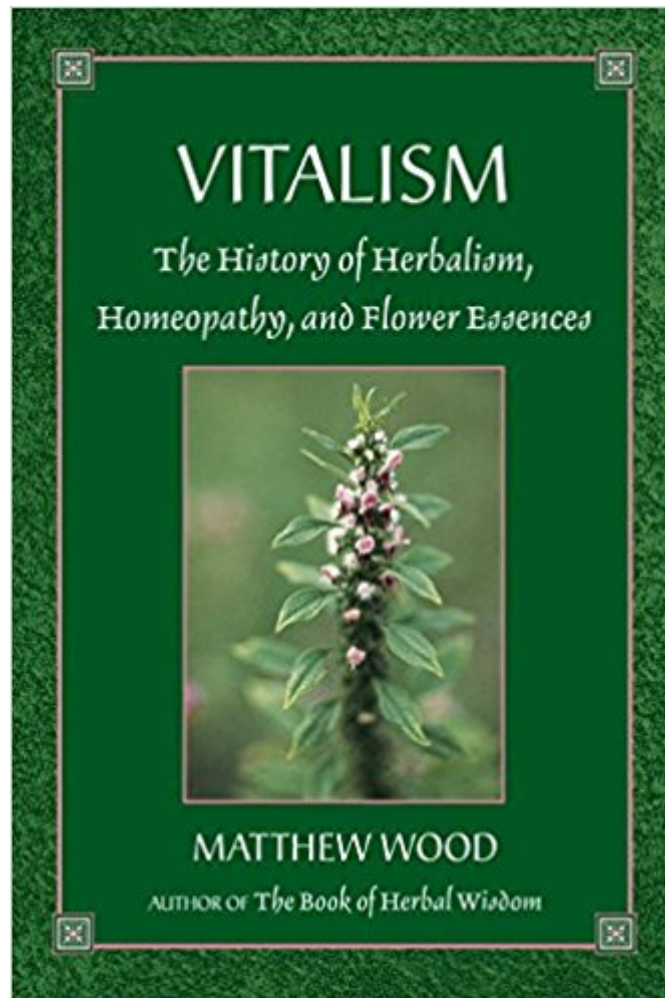




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# Vitalism: The History Of Herbalism, Homeopathy, And Flower Essences



## Synopsis

Vitalism, the recognition that the physical body is animated by a vital life force, is the foundation of most natural healing therapies. The forefathers of alternative medicine discovered methods of healing the body by stimulating this life force. In *Vitalism: The History of Herbalism, Homeopathy, and Flower Essences*, Matthew Wood describes the theories, lives, and work of nine great physicians who laid the groundwork for natural medicine.

## Book Information

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## Customer Reviews

"...Vitalism shows the continuity of independent thinking from which all progress springs, and should bolster the spirits of those who are still being persecuted for deviating from the 'party line.'" —Irene Alleger  
"Matthew Wood has written an outstanding book, with much to contribute to the herbal renaissance and the coming of age of holistic medicine. It is a unique and important look at the history of western medicine from the perspective of vitalism." —David Hoffman

Matthew Wood is a registered herbalist with the American Herbalists Guild, and has maintained a private practice as an herbalist for twenty years. He lives and practices at Sunnyfield Herb Farm in Minnetrista, Minnesota.

Recommended for anyone who wants to learn more about how the practice of medicine got to be where it is today. Over the past two hundred years, it has not been altogether clear which is main

stream medicine and what is alternative, and this book details how we got here and shows that the current state is due as much to politics as to science. Also, this book is very useful if you wish to know more about the different schools of homeopathy and their rather unintegrated views of best homeopathic prescription practices, such as one high dose vs. multiple low doses. This isn't a book for the lay person learning how to use homeopathy to treat himself and his family. The detailed writing got a bit plodding for me as the author gets into the details of the lives of the great figures of alternative medicine including Hahnemann, Rademacher, Samuel Thomsom, Kent and Bach. *Vitalism: The History of Herbalism, Homeopathy, and Flower Essences* is an incredibly useful resource for those familiar with the topic who wish to substantially deepen their understanding.

Verry happy

Really Awesome Book! Definitely a good read. Its Good to catch up on herbal history before going into the practice without this essential knowledge or blind to its foundations.

an overview of some important figures along history of medicine. interesting, intriguing.

This book is 5 star ONLY for people who want to learn a history of medicine and how it evolved. In my opinion, reading the book is totally un-necessary for the vast majority of people, including myself. I bought this only because it was Mathew Wood. Having said that, I am glad that I read the book because I gained some background enrichment...but if I could go back in time and tell myself about this book, I'd say don't buy it and don't waste your time reading it. Spend the time and money on a different Mathew Wood book that talks about plants and their applications instead of stupid physicians of the past who were wrong with everything they were doing, but were too arrogant to realize it. I hate reading about people like that.

This book explains the history of herbal studies. Matthew Wood is a fantastic writer and story teller. He brings the natural medicine world to his readers in a fun and exciting way.

Nice

Good review of the alternative medicine practices which evolved at the end of the 18th and start of

the 19th centuries and how they have progressed, morphed, and evolved . Some, such as homeopathy, remain fairly true to their originators ideas while others, such as the Thompsonian system, served as progenitors for more developed systems. Any student of medicine, medical (or pharmacy) history would enjoy this book. The author is something of a "true believer", so a grain or two of salt, or calomel, might be in order.

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