

# **The Anthroposophical Approach to Medicine**

**An Outline of a Spiritual  
Scientifically Oriented Medicine**

**Volume I**

**Friedrich Husemann  
Edited by Otto Wolff**

# The Anthroposophical Approach To Medicine Vol I

**Matthew Wood**



## **The Anthroposophical Approach To Medicine Vol I:**

**The Anthroposophical Approach to Medicine** Friedrich Husemann, Otto Wolff, 1982 Today's medicine is strongly influenced by natural science which focuses entirely on the material nature of reality. Molecular biology has become the foundation of modern medicine with the result that today's medical industry chases after technology to solve all its problems. In the process it is losing its own essence as it moves into fields increasingly alien to human nature as a whole. Nevertheless many doctors are beginning to reexamine this exclusive worldview in favor of a more wholistic approach to healing. To this end anthroposophical medicine encompasses a wide range of healing modalities including orthodox allopathic medicine. The Anthroposophical Approach to Medicine explores the body's relationship to soul and spirit on the basis of Rudolf Steiner's insights into the activities of the spiritual world. Edited by doctors Friedrich Husemann and Otto Wolff this book invites us to an in depth view of a true alternative to materialistically oriented medicine. Chapters include essays on childhood development and diseases, the disorders of old age, neuroses and psychological imbalances, pharmacology, healing plants, biochemistry and pathology, blood work and special diagnostic techniques. This first of a multi volume series is an invaluable tool to all who want to extend the practice of medicine to include the whole human being. *The Anthroposophic Approach to Medicine* Friedrich Husemann, 2003-01-01

**The Anthroposophical Approach to Medicine** Friedrich Husemann, Otto Wolff (Dr. med.), 1982 Today's medicine is strongly influenced by natural science which focuses entirely on the material nature of reality. Molecular biology has become the foundation of modern medicine with the result that today's medical industry chases after technology to solve all its problems. In the process it is losing its own essence as it moves into fields increasingly alien to human nature as a whole. Nevertheless many doctors are beginning to reexamine this exclusive worldview in favor of a more wholistic approach to healing. To this end anthroposophical medicine encompasses a wide range of healing modalities including orthodox allopathic medicine. The Anthroposophical Approach to Medicine explores the body's relationship to soul and spirit on the basis of Rudolf Steiner's insights into the activities of the spiritual world. Edited by doctors Friedrich Husemann and Otto Wolff this book invites us to an in depth view of a true alternative to materialistically oriented medicine. Chapters include essays on childhood development and diseases, the disorders of old age, neuroses and psychological imbalances, pharmacology, healing plants, biochemistry and pathology, blood work and special diagnostic techniques. This first of a multi volume series is an invaluable tool to all who want to extend the practice of medicine to include the whole human being. [The Earthwise Herbal, Volume I](#) Matthew Wood, 2011-07-05 The first part in a comprehensive two volume guide on the use of medicinal plants in Western herbal medicine from an author who has almost forty years of clinical experience. The first in a two volume set. The Earthwise Herbal profiles Old World plants. Volume two will treat American plants. Organized alphabetically the book encompasses all the major and many of the secondary herbs of traditional and modern Western herbalism. Author Matthew Wood describes characteristic symptoms and conditions in which

each plant has proved useful in the clinic often illustrated with appropriate case histories He also takes a historical view based on his extensive study of ancient and traditional herbal literature Written in an easy engaging non technical style The Earthwise Herbal offers insight into the logic of the plant how it works in what areas of the body it works how it has been used in the past what its pharmacological constituents indicate about its use and how all these different factors hang together to produce a portrait of the plant as a whole entity Ideal for beginners serious students or advanced practitioners The Earthwise Herbal is also useful for homeopaths and flower essence practitioners as it bridges these fields in its treatment of herbal medicines      The Earthwise Herbal, Volume II Matthew Wood, 2011-07-05 The first part in a comprehensive two volume guide on the use of medicinal plants in Western herbal medicine from an author who has almost forty years of clinical experience The first in a two volume set The Earthwise Herbal profiles Old World plants volume two will treat American plants Organized alphabetically the book encompasses all the major and many of the secondary herbs of traditional and modern Western herbalism Author Matthew Wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic often illustrated with appropriate case histories He also takes a historical view based on his extensive study of ancient and traditional herbal literature Written in an easy engaging non technical style The Earthwise Herbal offers insight into the logic of the plant how it works in what areas of the body it works how it has been used in the past what its pharmacological constituents indicate about its use and how all these different factors hang together to produce a portrait of the plant as a whole entity Ideal for beginners serious students or advanced practitioners The Earthwise Herbal is also useful for homeopaths and flower essence practitioners as it bridges these fields in its treatment of herbal medicines      **The Burning Bush** Edward Reaugh Smith, 1997 Even more significant for Christianity in the long run than the twentieth century Dead Sea and Nag Hammadi discoveries is the growing North American awareness of Rudolf Steiner's works Virtually unavailable until the end of the twentieth century English translations from the German archives are gradually coming into print Both Steiner and his works have thus far been virtually unknown in traditional theological circles No Bible commentary has yet reflected the remarkable spiritual insights of Anthroposophy Now ten years after first encountering a written comment about Rudolf Steiner Ed Smith combines his own extensive traditional biblical knowledge with his years of concentrated study and reflection on hundreds of assembled works by Steiner The result is the first Bible commentary in the light of anthroposophic insight This is the first volume of a series of Bible commentary by the author It is based on the anthroposophic understanding given to humanity by Rudolf Steiner during the first quarter of the twentieth century Bible commentaries have always reflected the general line of thinking of their authors However the dramatic newness of anthroposophic thought means that perhaps the usual method of using a Bible commentary is not appropriate here A large part of The Burning Bush is necessarily devoted to laying an anthroposophic or spiritual scientific groundwork A major assumption indulged in most Bible commentaries that one can go directly to portions dealing with given

passages of scripture and understand what is being said about them does not fit Handbook for Rhythmical Einreibungen  
 Monica Layer, 2006 Rhythmic Einreibungen consist of gentle forms of therapeutic massage by nurses caregivers and therapists familiar with the methods and principles of Anthroposophy The German word Einreibung refers to the application of oil or liniments to the body The methods first developed eighty years ago by doctors Ita Wegman and Margarethe Hauschka were initially used only in medicine and nursing They have since been applied more broadly in other areas of healthcare nursing homes hospitals clinics special education and social therapies This clear comprehensive manual is intended for all those who wish to use rhythmical Einreibungen professionally or to renew and deepen their knowledge those who have had some training in the field and want to deepen their knowledge those who teach rhythmical Einreibungen and those who would like an in depth introduction to this effective healing method The book describes aspects of the anthroposophic image of the human being that are relevant within the context It discusses important concepts for the application and effectiveness of rhythmical Einreibungen The book also distinguishes between rhythmical massage and rhythmical Einreibungen and offers details on how the rhythmic quality is created for this particular therapy The authors also describe the techniques most important in nursing and offer specific exercises that help develop the particular skills needed for this procedure Dr Margarethe Hauschka Stavenhagen 1896 1980 encountered Anthroposophy before becoming a medical doctor She learned techniques of massage during her initial employment in her uncle's clinic As a preparation for her work in Dr Husemann's clinic and on his suggestion she studied therapeutic eurythmy and later helped Dr Ita Wegman develop the method of the rhythmic massage In 1942 she married Dr Rudolf Hauschka in Vienna Until her death in 1980 she taught and lectured on rhythmic massage and art therapy

**Medicine, Mythology, and Spirituality** Ralph Twentyman, 2004 In his discussion of the art of healing Ralph Twentyman places the problems of modern medicine in the context of the evolution of consciousness and the modern crisis of selfhood and community He relates this to today's all too common experience of loneliness in relation to the experience of individuality By contrast Twentyman points to the dawning vision of humankind as a true being in itself a living organism The illnesses that characterize our time are looked at within the context of these birth pangs of a new era of evolution and consciousness

**Encountering the Self** Hermann Koepke, 1989-12 Addresses Essays Discussions and Reports 1920 1924 CW 217a Young people today turn away from older people not because the latter have grown old but because they have remained young that is because they don't understand how to grow old in the right way Older people today lack this self knowledge Growing old in the right way means allowing the spirit to unfold in our souls as befits an aging body When we do this we show young people not only what time has done to the body but also what eternity reveals through the spirit Young people will find their way to older people who seriously attempt to experience spirit To say that we must act young when we are with young people is just an empty phrase As older people we must understand and demonstrate to young people how to be old in the right way Rudolf Steiner Mar 9 1924 Youth and the Etheric Heart which

comes to twenty first century readers in the somewhat deceptive wrapping of a historical document of Rudolf Steiner's addresses to young people during 1920 to 1924 is at least for those concerned with the future of Anthroposophy or with the future of spiritual life in general one of the most extraordinary and prophetic volumes in the collected works. This book is intended by its editors to be supplementary to the central turning point of the movement the 1922 Pedagogical Youth Course published as *Becoming the Archangel Michael's Companions*. Together they present Steiner's vision for Anthroposophy as he hoped it would permeate culture through young people able to take it up as a spiritual, intellectual and socially transforming path. The task which underlies the whole volume and to which we too are called by service to the Archangel Michael is to open to the etheric heart in humanity. This becomes clear in Rudolf Steiner's final address to the young people attending a teachers conference in Arnheim on July 20, 1924. What is needed is not thinking about what should happen. People should feel that the spirit outside of us speaks in the flames of nature. The sunrise has changed. But also our heart has changed. We no longer bear the same heart in our chest. Our physical heart has grown harder and our etheric heart more mobile. We must find access to our suprasensory hearts. This is the way we must understand spiritual science. In this respect young people have hearts ideally suited to feeling when something is right. It simply requires courage to really think it. It is in the light of our suprasensory heart that we should approach this volume and indeed Anthroposophy as a whole. *Youth and the Etheric Heart* is a great companion volume to *Becoming the Archangel Michael's Companions* CW 217. During the early 1920s following the disaster of World War I the youth of Europe faced many hardships and questions about their destiny in the world. The situation today is certainly different but the questions are no less urgent. This volume is the first complete English translation from the German of *Die Erkenntnis Aufgabe der Jugend* GA 217a.

**The Vaccination Dilemma** Christine Murphy, 2002. In their first five years of life children are expected to undergo 37 doses of eleven different vaccines yet relatively few parents are aware of the risks of chronic disease, injury or death that some vaccines can present. A growing body of research has linked immunization with autism, seizures, asthma, arthritis, Crohn's disease and even hyperactivity and learning disabilities yet we continue to use vaccination as insurance even against diseases that no longer pose a significant threat. Christine Murphy has compiled a book that presents the vaccination dilemma from multiple perspectives. It clearly describes the immune system and its workings and what science does and does not know about them. It offers suggestions and resources for parents whose children are sick, whether from a common childhood illness or from a vaccination reaction. And it makes a case for an alternate view of disease as a teacher that allows us to develop physically and spiritually and as a necessary test of strength that we have chosen out of our destiny. This book will help educate parents about the vaccination dilemma and prepare them to make in consultation with one or more health professionals educated vaccination decisions for their children.

Integrative Oncology Donald I. Abrams, Andrew Weil, 2014-08-13. Integrative Oncology provides complementary interventions to conventional cancer care. This second edition of this highly successful text includes the most

updated information available along with new chapters on Music and Expressive Arts Therapies Naturopathic Oncology and an integrative approach to Lung Cancer

**Foodwise** Wendy E. Cook, 2012-12-17 Wendy Cook's fascination with nutrition began during her war time childhood. In the midst of deprivation and food rationing the rich abundance of her mother's organic garden made a profound impression. In her twenties married to Peter Cook she discovered the artistic and magical effects that food could have in creating a convivial atmosphere. During this period she cooked for many well known names including John Lennon Paul McCartney Dudley Moore Peter Ustinov and Alan Bennett. But it was only later through her daughter falling ill that she came to study and understand deeper aspects of nutrition and in particular the effects of different foods on human health and consciousness. In **Foodwise** Wendy Cook presents a remarkable cornucopia of challenging ideas advice and commentary informed by the seminal work of the scientist Rudolf Steiner. She begins the volume with biographical glimpses relating to her experience of food and how it has influenced her life. She then presents an extraordinary perspective on the journey of human evolution relating it to changes in consciousness and the consumption of different foods. In the following section she considers the importance of agricultural methods the nature of the human being the significance of grasses and grains the mystery of human digestion and the question of vegetarianism. In the next section she analyses the building blocks of nutrition looking in some detail at the nutritional or otherwise qualities of many foodstuffs including carbohydrates minerals fats and oils milk and dairy products herbs and spices salt and sweeteners stimulants legumes the nightshade family bread water and dietary supplements. She ends with practical tips on cooking planning menus children's food sharing meals and some mouth watering recipes. **Foodwise** presents a treasure of wisdom and experience for anybody with a concern for the content of the food they eat or a desire to discover more about the physical soul and spiritual aspects of nutrition.

**Falling Leaf Essences** Grant R. Lambert, 2002-06-01 A pioneering look into the benefits of essences prepared from autumn leaves the latest development in vibrational remedies. Includes descriptions of 160 falling leaf essences and which aspect they best heal physical mental emotional or spiritual. Contains case studies comprehensive charts and guidelines on how to choose the most effective essences to treat specific ailments. Includes falling leaf essence combinations for additional treatment possibilities. In this groundbreaking work Dr Lambert introduces us to an exciting new type of vibrational remedy falling leaf essences. Autumn embodies the energy of change transformation and release. Essences prepared from autumn leaves demonstrate unique healing qualities that can relieve the physical emotional and spiritual ailments that are associated with the autumn experiences of our lives separation job changes or the simple release of old patterns. Through testimonies case studies and charts Dr Lambert demonstrates how falling leaf essences can be used to treat a wide spectrum of maladies from racism and fear of love to influenza and rheumatoid arthritis. This comprehensive guide contains descriptions of 160 essences and their individual healing properties including other new essence types such as bark seed and modified flower essences from Dr Lambert's alchemical laboratory as well as the theory history and

philosophy of falling leaf essences      *Preventive Therapy in Complimentary Medicine* Dr. Lumumba Umunna Ubani, 2011

*Healthy Solutions* David Russell, Lynn W. Sneyd, 2006 The information in *Healthy Solutions* can help readers maintain and enhance their own health Readers will come to understand how natural medicine views health disease and healing Also how to interpret the body's reaction to illness and become familiar with self care remedies for more than 50 health conditions Explains how to use homopathic tissue salts for treating symptoms and how to master the therapeutic uses of herbs spices and foods

**Creative Therapy for Children with Autism, ADD, and Asperger's** Janet Tubbs, 2012-05-10 It is no easy task to find a teaching technique that can truly change the course of a child with special needs Thirty years ago when Janet Tubbs began working with children who had low self esteem and behavioral problems she developed a successful program using art music and movement Believing that unconventional children required unconventional therapies she then took her program one step further she applied it to children with autism ADD ADHD and Asperger's Syndrome Her innovative methods and strategies not only worked but they actually defied the experts In this new book Janet Tubbs has put together a powerful teaching tool to help parents therapists and teachers work with their children *Creative Therapy for Children with Autism ADD and Asperger's* is divided into two parts Part One provides an overview of Autism Spectrum Disorders and introduces and explains Janet's novel approach to teaching Her goal is to balance the child's body mind and spirit through proven techniques Part Two provides a wide variety of exercises activities and games that are both fun and effective Each is designed to reduce hyperactivity increase and prolong focus decrease anger develop fine motor skills or improve social and verbal skills All are part of a program created to help these children relate to their environment without fear anxiety or discomfort A child may appear stubborn and difficult but that doesn't mean that the child isn't intelligent curious or creative With the right treatment such a child can be reached taught and set on the road to improvement The lessons provided in this book may be just what you and your child have been waiting for      *Aspects of Youth Guidance* Cornelius Pietzner, 1999-11

With a focus on young adults with special needs this volume asks vital questions about the journey and development of every individual making the transition from adolescence to adulthood Through independent research supported by the Camphill Soltane Youth Guidance seminar the authors of these articles make an important contribution toward understanding key developmental milestones in the life of the young individual In many respects this book can serve as a textbook contribution for educators students of anthroposophy curative educators social therapists or parents that can illuminate a fundamental approach to healing This is a healing that belongs to the Camphill way of life This book is fresh of the press and we are sure you will enjoy its content Some of the contributors include Cornelius Pietzner Elizabeth Amlen Rev Gregg C Brewer Carlo Pietzner Gregg Davis Rev Julian Sleight and Clemens Pietzner      *Blessed by Illness* L. F. C. Mees, 1983 The prevailing attitude in modern medicine is that illness should not exist Consequently millions of research dollars pour each year into medical science and technology in the hope of eradicating various sicknesses and diseases Patients and doctors alike suffer



the terrible consequences of this impossible quest for material perfection Yet there is an alternate view that human beings and human evolution are great enough to include illness as an essential part of existence In the first part of Blessed by Illness the author traces the history of our changing concept of healing from the so called temple sleep of ancient Egypt when spiritual science tells us that human beings still had a living connection with the spiritual hierarchies through the herbal lore of ancient Greece and the healings of Christ to the rise of modern medicine based primarily on treating symptoms The practice of modern medicine focuses merely on removing discernable symptoms and ailments The author however asserts that this does not really heal at all Rather true healing considers the whole human being And to do this doctors must learn the language of our natural healing life forces which affect not only the body but also nature and the greater cosmos From this perspective illness is actually a gift a blessing that urges both patient and doctor to work together with our illnesses for the sake of something infinitely greater true healing Blessed by Illness is a powerful introduction to alternative methods of healing

Into the Heart's Land Henry Barnes, 2005-08 Henry Barnes the author of A Life for the Spirit brings us a comprehensive view of the roots and development of anthroposophy throughout North America From its seminal beginnings with a few hearty souls in New York City it moved across the prairies to the west coast and beyond to Canada Mexico and Hawaii and took root in the hearts and minds of the new world Here is the story of those adventurous spirits who took responsibility for bringing the work of Rudolf Steiner to North America in the form of study groups agricultural initiatives Waldorf and special education the arts and so much more

**The Pharos of Alpha Omega Alpha-Honor Medical Society**  
Alpha Omega Alpha, 1988

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **The Anthroposophical Approach To Medicine Vol I** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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