



Vitalism: The History of Herbalism, Homeopathy, and Flower Essences

Matthew Wood

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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.

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