



# Culpeper's Medicine: A Practice of Western Holistic Medicine New Edition

By Graeme Tobyn

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## Culpeper's Medicine: A Practice of Western Holistic Medicine New Edition

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Drawing on the writings of Nicholas Culpeper, the 17th-century herbalist, apothecary and astrologer, this updated, accessible introduction celebrates the holistic medical traditions of the West, and places Culpeper in his appropriate context as one of the forebears of modern holistic medicine and a prophet of the NHS. An extensive new introduction to the work comments on the latest research and developments in the area.

The book traces the development of the Western holistic medical tradition from its origins in the natural philosophy of Ancient Greece to the work of Culpeper himself. It describes and explains the relationship between the four elements, the four humours and the four constitutional types: sanguine, choleric, melancholic and phlegmatic, as well as explaining the functional relationships of organs and body systems. The book explores the interconnectedness of psyche (mind) and soma (body) and includes a section on herbal medicine and therapeutics with a study of 20 common herbs, dietary suggestions and uses for culinary herbs. It also provides accessible information on astrology and the importance of the horoscope for holistic patient assessment. The book looks at the holistic approach to the preservation of health and prevention of disease, with explanations of the various disease states, their humoral medical diagnosis and treatment.

An authoritative insight into the expanding world of holistic medicine, this book is an indispensable resource for medical herbalists, students of herbal medicine and all those interested in Western holistic medicine and its origins.

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## **Culpeper's Medicine: A Practice of Western Holistic Medicine New Edition** By Graeme Tobyn **Bibliography**

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### Editorial Review

#### Review

Sixteen years after publication of the first edition, this book remains almost unique in its field. It is an essential text for all those interested in the epistemology of Western herbal-ism. Many readers may not be ready to accompany Toby all the way into medical astrology. Nevertheless, this new edition will inspire others with its mission of interpreting historical Western medical practice for modern practitioners. -- Journal of Herbal Medicine This book presents an invaluable account of the principles and practice of the renowned 17th century herbalist and astrologer Nicolas Culpeper. Graeme Toby has masterfully encapsulated and interpreted the philosophies and empirical knowledge preserved within Culpeper's writings which are still highly relevant to modern herbalism. Whether you are a scholar of herbal medicine or are just interested in herbs or traditional medical practice, this book is a must read. -- Dr Julie Whitehouse, Principal Lecturer of Herbal Medicine, School of Life Sciences, University of Westminster The book contains a depth of information and wisdom that makes it a minefield of forgotten knowledge... There are tables and illustrations of astrological charts and photographs. The writing style and font is easy to read and the topics are organised into clear sections... The author, Graeme Toby (...) has been practicing medical herbalist for over two decades. he lectures internationally and is a member of the Editorial Board of the Journal of Herbal Medicine... the book traces the development of the Western holistic medical tradition from its origins... Overall, this book provides a useful source for those practitioners of herbal medicine, astrology and homeopathy who have the curiosity to seek a deeper understanding of their patients. -- Myriam Shivadikar MARH Homeopathy in practice

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This book presents an invaluable account of the principles and practice of the renowned 17th century herbalist and astrologer Nicolas Culpeper. Graeme Toby has masterfully encapsulated and interpreted the philosophies and empirical knowledge preserved within Culpeper's writings which are still highly relevant to modern herbalism. Whether you are a scholar of herbal medicine or are just interested in herbs or traditional medical practice, this book is a must read. (Dr Julie Whitehouse, Principal Lecturer of Herbal Medicine, School of Life Sciences, University of Westminster)

The book contains a depth of information and wisdom that makes it a minefield of forgotten knowledge... There are tables and illustrations of astrological charts and photographs. The writing style and font is easy to read and the topics are organised into clear sections... The author, Graeme Toby (...) has been practicing medical herbalist for over two decades. he lectures internationally and is a member of the Editorial Board of the Journal of Herbal Medicine.... the book traces the development of the Western holistic medical tradition from its origins... Overall, this book provides a useful source for those practitioners of herbal medicine, astrology and homeopathy who have the curiosity to seek a deeper understanding of their patients. (Myriam Shivadikar MARH *Homeopathy in practice*)

#### About the Author

Graeme has been a practising medical herbalist for over 20 years, including two years working for the NHS. He is currently the Course Leader on the Herbal Medicine degree at the University of Central Lancashire and is an external clinical examiner for other herbal training programmes in the UK. He is a member of the Editorial Board of the Journal of Herbal Medicine and lectures internationally. Graeme lives in Lancashire, UK.

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