



The Fourfold Path to Healing: Working with the Laws of Nutrition, Therapeutics, Movement and Meditation in the Art of Medicine

Thomas S. Cowan, Sally Fallon, Jaimen McMillan

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The Fourfold Path to Healing merges the wisdom of traditional societies, the most modern findings of western medicine and the esoteric teaching of the ancients. The fourfold approach includes: Nutrition using nutrient-dense traditional foods; therapeutics through a wide range of nontoxic remedies; Movement to heal and strengthen the emotions; and meditation to develop your powers of objective thought.

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