

MATTHIAS GIRKE

Internal Medicine

Foundations and therapeutic concepts of
Anthroposophic Medicine

Matthias Girke's book "Internal Medicine – Foundations and therapeutic concepts of Anthroposophic Medicine" is available in English. I would like to take this opportunity to comment on this remarkable textbook. When I first leafed through the original German edition, the fact that nearly every topic was membered according to the anthroposophic three-and four-foldedness seemed artificial. Later, when teaching in Europe, South America, China and Taiwan I suddenly found this book to be an invaluable source of inspiration, both on how to convey a really holistic picture of what we are as human beings and for therapeutic approaches. This book contributed to my understanding of how, down to the very details of anatomy, physiology, pathology and psychosomatics, each human organ really is human, and really is a small human within the large human. When teaching from this perspective, one can have the experience, and often the feedback, that one is able to bring warmth and vibrant life to conventional medical teaching, especially if one is able to creatively meditate on the contents of Matthias Girke's book (i.e. to think and feel the details in living relation to the whole). The book is also extremely well referenced for each topic, be it acute and chronic diseases, pain management, biographical issues and spirituality, how to care of the dying in dignified way, herbal, anthroposophic or conventional medicine.

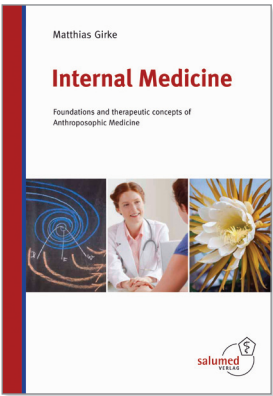
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