

Green Medicine: Challenging the Assumptions of Conventional Health Care

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Abstrak

According to Dr. Larry Malerba, modern medicine has perfected the short-term technical repair of the physical body at the expense of the long-term psychological and spiritual well-being of the whole person. In *Green Medicine* he examines this issue and provides a realistic blueprint for wellness and a valuable guide for those seeking deeper and more lasting healing. Written in an accessible style, the book draws on a rich range of fields—physics, philosophy, Jungian thought, shamanism, alchemy, Eastern thought, Western esotericism, sustainability, orthodox medicine—to create a green medical paradigm that represents a powerful integrative medical perspective.

Dr. Malerba interweaves case histories from his own practice with innovative concepts from alternative and Western medicine in order to address a number of crucial questions:

- What are the personal and environmental costs to the overuse of pharmaceutical drugs?
- Is conventional medicine as scientific as it claims to be?
- How can conventional doctors and alternative healers begin to work together?
- How can individuals transform medicine and become participants in their own healthcare?

Green Medicine offers a practical and philosophical basis for building a viable green alternative that draws on the inherent unity of body, heart, mind, soul, and nature.