



# Hildegard von Bingen's Physica: The Complete English Translation of Her Classic Work on Health and Healing

*Hildegard of Bingen*

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## **Hildegard von Bingen's Physica: The Complete English Translation of Her Classic Work on Health and Healing** Hildegard of Bingen

One of two major medical treatises by medieval healer Hildegard von Bingen, presented in its entirety for the first time in English during the 900th anniversary of her birth.

- A seminal text in the development of Western herbal medicine
- Presents nine categories of healing systems--Plants, Elements, Trees, Stones, Fish, Birds, Animals, Reptiles, and Metals--and elaborates on their medicinal use
- Closely related to Eastern medical approaches that are gaining respect today

Saint, mystic, healer, visionary, fighter, Hildegard von Bingen stands as one of the great figures in the history of women in me.

At a time when few women could write and most were denied a formal education, Hildegard von Bingen became a legendary healer, visionary, musician, artist, poet, and saint. Her works include twenty-seven symphonic compositions; *Scivias*, a compilation of her visions; and her two major medical works, *Causae et Curae*, a medical compendium, and *Physica*, published here in English in its entirety for the first time.

*Physica* has a strong affinity with the Eastern medical approaches gaining great respect today. The modern reader interested in natural healing will recognize the enormous truth in the theories of this 12th-century physician, which remind us that our cures for illness depend on our natural world and our place in it.

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Spent a free time to be fun activity to complete! A lot of people spent their free time with their family, or their own friends. Usually they performing activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Could possibly be reading a book could be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the book untitled Hildegard von Bingen's Physica: The Complete English Translation of Her Classic Work on Health and Healing can be good book to read. May be it might be best activity to you.

#### **Edward Salls:**

A lot of people always spent their free time to vacation or maybe go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book which you read you can spent 24 hours a day to reading a e-book. The book Hildegard von Bingen's Physica: The Complete English Translation of Her Classic Work on Health and Healing it is very good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. In case you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore easily to read this book from a smart phone. The price is not very costly but this book has high quality.

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