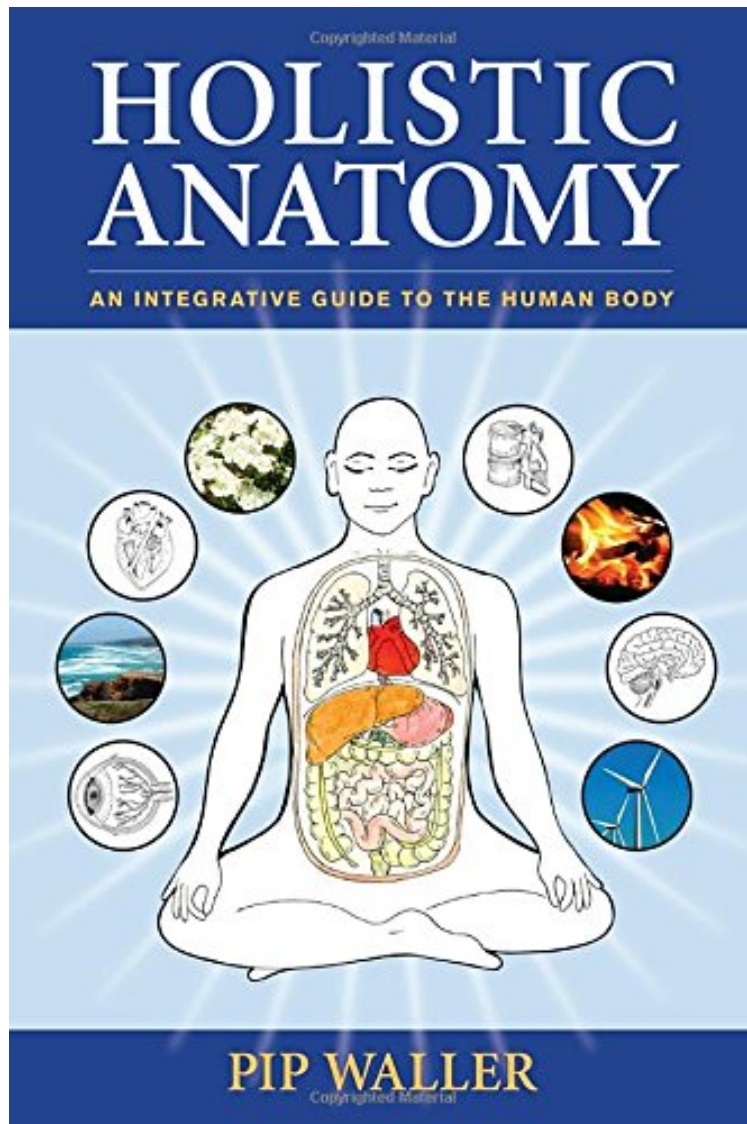


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Holistic Anatomy: An Integrative Guide to the Human Body

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Complementary and alternative approaches to health and medicine have become increasingly widespread as the limits of conventional treatments become more apparent. Holistic Anatomy presents an authoritative study of anatomy, physiology, and pathology but expands the discussion by connecting the science of the body to a variety of alternative modalities to explore how human beings exist within and interact with their environment, and how they experience existence in emotional and spiritual terms. Basic scientific terminology and detailed descriptions are interwoven with informal, sometimes humorous observations, facts, and ideas about life. The mechanisms, structure, and functions of the body are explored, along with how they relate to spiritual and energetic paradigms, emotions, and ecological principles. The first half of the book covers basic anatomy and physiology, describing each major system of the body and how they interrelate. This part includes a thoughtful discussion of aging and the dying process. The second half focuses on models of health and disease, both traditional and holistic. Topics include western pathology, emotional health, five element medicine, and the spiritual cause for disease.

Pip Waller's Holistic Anatomy is a welcome antidote to the outdated, nineteenth-century view of the human body as a series of replaceable mechanical parts. She joins with few others in beginning the necessary work of more accurately understanding the body as a closely coupled grouping of highly responsive, nonlinear organ systems. Such a change is essential to producing true healing for human beings rather than merely reducing symptoms and sending people on their way. It marks the movement toward a more human approach to healing, for this more accurate understanding of the human body moves us away from seeing people as organic machines and toward the ancient recognition that everything, including our bodies, is intelligent, alive, and aware. Stephen Harrod Buhner, author of *The Lost Language of Plants: The Ecological Importance of Plant Medicines to Life on Earth* and *The Secret Teachings of Plants: The Intelligence of the Heart in the Direct Perception of Nature* Holistic Anatomy is a fascinating journey through the intricacies of the human body. It is fun, practical, and informative, giving a real understanding of the way the body works. It is also at the cutting edge of thought, offering a totally new way of relating the structures and systems within the body to the much wider world outside to culture, spirituality, and the environment. Pick it up and enjoy the journey! Lucy Harmer, author of *Discovering Your Spirit Animal: The Wisdom of the Shamans and Shamanic Astrology: Understanding Your Spirit Animal Sign* Open this book anywhere and read a paragraph; you'll want to read more. Keep reading you'll enjoy yourself while finding out about the human body. You will also get a glimpse here and there from an unexpected perspective! Eliot Cowan, author of *Plant Spirit Medicine: The Healing Power of Plants* This startling book looks at anatomy, physiology, and pathology in a refreshing new way: holistically and in the context of life and culture. Highly recommended. Kath Antonis, medical herbalist, registered nurse, and clinical teacher I would wholeheartedly recommend this book to anyone who is even vaguely intrigued by the how and why and more importantly, the what if of their existence Karen Chagouri, editor of *In Touch* magazine, holistic therapist, and doula This book is written in a style that is very easily understood, instead of just being factual information. It feels as though Pip is there with you explaining things to you in a way that really makes sense. Phil Pepin, massage therapist Our miraculous bodies are spirit manifested as flesh, says Wales-based medical herbalist Pip Waller in her refreshing, holistic perspective on anatomy and physiology. Her book, which includes information that's not taught in medical schools, is an alternative to a medical textbook and is aimed at students of holistic medicine and energy healing as well as interested laypeople This informative guide is easy to read with clear illustrations. Nexus Magazine Holistic Anatomy: An Integrative Guide to the Human Body provides a fine blend of anatomy, physiology and pathology to explore the physical, mental and spiritual aspects of how humans exist within and interact with their environment. Scientific terminology and detailed descriptions are woven with observations of life and health in a fine guide for any alternative health collection. Midwest Book Holistic Anatomy is a breath of fresh air for anyone who is interested in the human body but isn't quite ready for medical school The book's easy to use format makes it an important anatomy book for students, and healers within any holistic discipline. Pip Waller has a fantastic sense of humor, and the book is much more than a course in anatomy Waller is warm and engaging and approaches many topics through her own lens In short, this book is easy to read and reference and would complement any adult education anatomy course or home library. The text would also be useful for home school education as well as acupuncture, chiropractic, massage and yoga education. I just wish Pip had written it ten years ago. HealthyNewAge.com About the Author Pip Waller is a medical herbalist, massage therapist, and plant spirit medicine and shamanic practitioner. She has taught at the Blarney Centre of Acupuncture and Reflexology in Ireland and currently teaches at the Academy of Natural Health in London and at the Meridian School of Massage in

Birmingham. She lives in Wales, UK.