

Ecological medicine : healing the earth, healing ourselves

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Abstrak

Drawn largely from luminous presentations given at the annual Bioneers Conference, this pathfinding book--the first in a new Bioneers Series published by Sierra Club Books--focuses on pragmatic solutions emerging at the fertile edges between the overlapping worlds of environmental restoration and holistic healing. In this kaleidoscopic collection, many of the world's leading health visionaries show us how human health is inescapably dependent on the health of our environment. The rich array of voices in this book reflects the collective intelligence of the emerging movement known as Ecological Medicine. Its advocates look to the strategic public health measures that first do no harm to the environment and, in turn, successfully improve human health. They call for prevention and precaution as the first line of action. They seek to heal the tragic split that conventional medicine made from nature and to conjure nature's own mysterious capacity for self-repair. They celebrate the virtues of ancient natural-medicine practices but also embrace an integrative medicine that uses the best of all approaches to healing--with special emphasis on the centrality of the human spirit in the healing process. Their inspiring work, described so compellingly in this book, is of critical relevance to everyone concerned about health and the environment. ABOUT THE BIONEERS BOOKS: Since 1990, the annual Bioneers Conference has gathered scientific and social innovators who have demonstrated model practices and practical models for restoring the Earth. The Bioneers come from many diverse cultures and perspectives, and from all walks of life. They are scientists and artists, gardeners and economists, activists and public servants, architects and ecologists, farmers and journalists, priests and shamans, policy makers and everyday people committed to preserving and supporting the future of life on Earth. Uniting nature, culture, and spirit, their visionary and practical solutions also embody a change of heart, a spiritual connection with the fullness of all life, grounded in social justice.