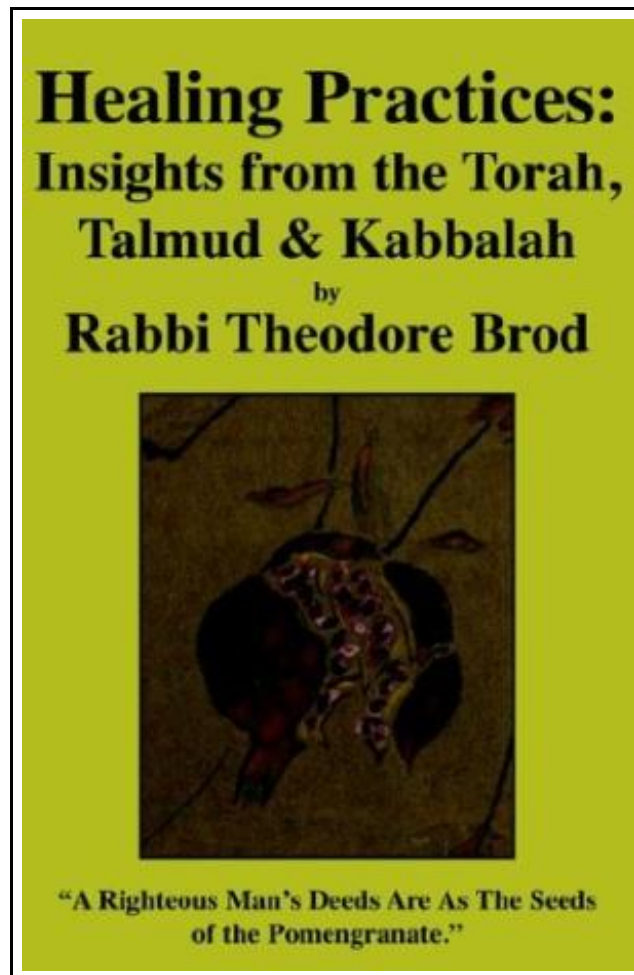


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Xlibris Corporation, United States, 2005. Paperback. Book Condition: New. 214 x 138 mm. Language: English . Brand New Book ***** Print on Demand *****.Healing Practices: Insights from the Torah, Talmud and Kabbalah is a voyage into ancient texts and methods of addressing the many ills that have always been part of human life. Scholars and practitioners of old studied ways of eating, drinking and living that appeared to have the capacity to improve various conditions, infirmities and problems. Such healing practices may have been passed down through the ages as folk remedies, others are surprisingly out of date. Whatever their current value, it is inspiring to learn of our forebears methods and beliefs. In this era of holistic medical approaches, this book demonstrates that new age methods may not be all that new! The book provides a history of recommended treatments for various ailments found in the Torah, the Talmud and Kabbalistic writings. Part 1, Medicine Through the Ages, is an overview of the tenets prescribed for good health and preservation of life in various writings, along with a discussion of eras and periods when Jewish thought in medicine flourished or was suppressed. Part 2, Medical Uses of Foods and Herbs, lists, alphabetically, more than 100 plants, foods and substances that are cited in holy scripture or laws. Each citation includes the Latin and Hebrew names, a description of the particular plant, food or medicine, the text which mentions the healing practice with that citation, and whatever medical use is found in the text(s). Quotes from various rabbis and biblical/ talmudic passages add depth to the listed descriptions. In Part 3, various healing practices and remedies, such as methods for maintaining acuity in hearing and seeing by treating eyes and ears, are described at some length. Once again, quotes from...



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