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**Gentle Medicine:
The True Causes of
Disease, Healing,
and Health**

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Dr Joachim-F. Grätz
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571 pages (plus 44 pages of colour charts)
www.dr-joachim-f-graetz.de/gentle-medicine | \$US34.99



Reviewer: Dr David Levy

From the introductory paragraphs, Gentle Medicine: The Healing Art in the Age of Aquarius provides the reader with a series of challenges. Cautioning the reader not to judge a book by its cover and title, Dr Joachim-F. Grätz from Oberhausen, Germany, takes the reader on an epic 2,160-year journey, from shortly before the birth of Christ until today, the Age of Aquarius. His monumental tome, however, is not written for the modern hippie but for the serious student and dedicated professional homoeopath.

At close to 600 pages, Gentle Medicine is logically designed and organised. It comprises five key chapters, multiple appendices and 44 black and white charts (available in colour on Dr Grätz's website) demonstrating health, disease and response to treatment.

Chapter one, a review of today's conventional healthcare, broadly critiques multiple elements of modern practice, vaccination being the subject of closest critical examination. The chapter examines many of the practices of medical screening, for example sonography, examining questions of safety and need over and above effectiveness.

The second chapter describes the laws and principles of homoeopathy. Without overshadowing Hahnemann's theory, or later interpretations of homoeopathic philosophy, Dr Grätz shares his insight concerning the theory of miasms, in particular as they are expressed in children. Here, theory is infused with the author's decades of rich clinical experience.

Chapter three, General Medical Basics Based on the Laws of Nature, explores fundamental human biological phenomena and subsequently re-explores these from a homoeopathic perspective. The resulting complex chapter demands close attention (and ought to be read more than once) and segues to chapter four, Encephalopathy: a Necessary Consequence of Vaccinations. It is in this chapter that the author makes his most strident critique of modern medicine. In the section

'A Vaccination Apocalypse', he asserts, '*vaccine reactions and damage occur particularly when chronic diseases run in a family ... when there is a pronounced miasmatic predisposition.*' Nested between the biological fundamentals and the subsequent clinical cases in chapter five, the reader is confronted with Dr Grätz's position.

Chapter five, Gentle Medicine: Helping People in the Third Millennium, understates the heart and soul of this volume. Dr Grätz dedicates 350 pages to many of the complex chronic cases he has managed during the past 30 years. The cases presented include many of chronic eczema (many vaccine-related), psoriasis, multiple sclerosis, respiratory infection, Lyme disease, hearing loss, allergies, pregnancy and childbirth, renal failure, parasitic infestation, polyarthritis, migraine headaches, epilepsy, brain damage (minor and major), chronic gastrointestinal diseases, mental illness and mood disorders in addition to multiple miscellaneous conditions. Each case is described in exquisite detail, identifying important historical case factors, key symptoms, remedy and potency selection. The cases selected clearly demonstrate Dr Grätz's preference for fifty millesimal (LM or Q) potencies in chronic cases and low decimal (D or X) potencies in acute conditions. It is noteworthy how the author depicts remedy selection – with and in some cases without repertorisation – and the need to be attentive to *changing* the prescription without hesitation. Dr Grätz asserts *prima causa morbi* – that everything follows natural laws – demonstrated in each of the chronic cases he shares in this volume.

In multiple appendices, Dr Grätz shares excerpts of newspaper articles, highlighting consternation at what he argues is vaccination propaganda. In other appendices, he provides examples of intake forms utilised in his practice for children and adult patients. While the inclusion of these appendices is notable, their selection and organisation are questionable. An introductory passage explaining the selection of specific news items and intake forms would help the reader to understand the reasons and location of these appendices. So too, the 44 black and white charts that conclude this volume provide interesting perspective, however, the author might have provided an explanation for their inclusion, how they were developed, and why they have utility in clinical practice.

Notwithstanding seemingly incomplete appendices and charts, Gentle Medicine: The Healing Art in the Age of Aquarius looks at homoeopathic fundamentals through well-articulated cases and common-sense practice, supported with adept knowledge of human biology and pathology. Reminding the reader *aude sapere*, dare to be wise, Dr Grätz suggests *have the heart to have insight* is a more suitable translation. This volume blends heart, insight and practical knowledge. I heartily recommend this worthy volume for all serious students and professionals.