



The Traditional Healer's Handbook: A Classic Guide to the Medicine of Avicenna

By Hakim G. M. Chishti N.D.

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This comprehensive guide to healing synthesizes the principles and practices of Hippocratic, Chinese, Ayurvedic, and Persian medicine, and includes the first English translation of one of the handbooks of Avicenna, whose writings have been classics in herbal and dietetic medicine for more than 1,000 years. Based on the philosophy that "food is the best medicine," Avicenna's canon provides simple and effective diagnostic techniques and therapies for maintaining health and strengthening the immune system.

Includes a botanical guide for the 100 most-used healing herbs and recommended treatments for 400 conditions, including diet and nutrition, herbology, and aromatherapy.

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Review

"Hakim Chishti has distilled the essence of healing into this comprehensive text . . . this book is indispensable for anyone interested in traditional medicine." (*Lee Grotte, M.D., Professor of Clinical Medicine Case Western Reserve School of Medicine*)

"Chishti builds on Avicenna's approach, bringing extensive knowledge of the original Persian texts to his own experience in Unani natural medicine. Included is a wealth of information on the metabolic value of foods, the role of exercise and rest, the cycles of fevers, classification of pain and pulse diagnosis." (*Yoga Journal*)

"A serviceable history of classical herbal medicine . . . still used by over half the world's population . . . a practical manual." (*Los Angeles Times*)

About the Author

A Fulbright Research Scholar, Hakim G.M. Chishti, N.D. studied traditional healing in Afghanistan, Pakistan, and India, and has twenty years of practical experience in Unani natural medicine. He is the author of *The Book of Sufi Healing* (Healing Arts Press, 1991).

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