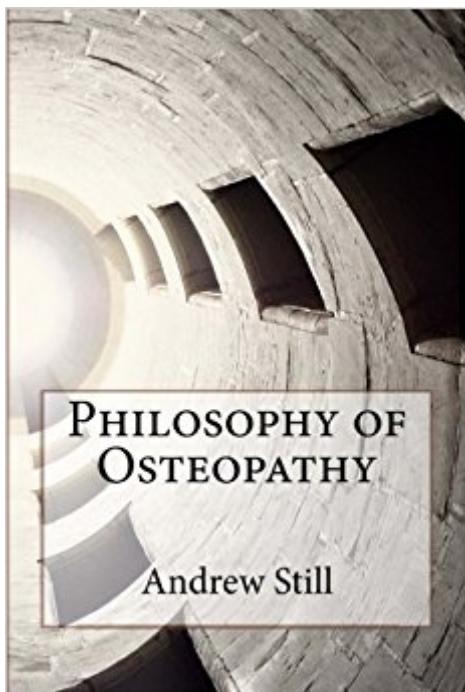


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# Philosophy Of Osteopathy



## **Synopsis**

Philosophy of Osteopathy by Andrew Still. In 1874, Andrew Still, a medical doctor living on the Missouri frontier, discovered the significance of living anatomy in health and disease. Dr. Still realized that optimal health is possible only when all of the tissues and cells of the body function together in harmonious motion. He reasoned that disease could have its origins in slight anatomical deviation from normal. He then proved he could restore health by treating the body with his hands, naming his innovative approach to restoring health: Osteopathy. He understood that the human body is composed of many parts, all intimately related as a functional whole. More than a hundred years ago, Dr. Still realized that the human being is more than just a physical body. He envisioned a totally new medical system that acknowledges the relationships of the body, mind, emotions and spirit.

## **Book Information**

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## **Customer Reviews**

Written by the MD who founded osteopathy, he clearly outlines the practice approach and gives several specific examples of osteopathic treatment. His disgust with conventional medicine is very apparent. While he is outspoken and strong in his opinions, many are wrong...not so much due to his reasoning, but due to what was "known" and mostly unknown in 1899. Reading this is a great reminder that we are still quite ignorant of how the body works, even if currently more is "known" now. Assumptions can only be made from current understanding. At the end of the 19th century, an osteopathic physician would give you much less dangerous care with likely much better outcomes than an MD would have.

They say the core of mastery to any calling is understanding its philosophy. When the philosophy is understood and absorbed, the mechanics and systems flow in smoothly. I found this to be true. This is a book I enjoyed immensely. Granted, the reading can get slow at times, but that's not an issue of content but of its delivery. It takes a few pages to get acquainted with the old-school English, rich with long sentences and a syntax I seldom see. But once you get used to the pace, you'll get a prime seat to view the mind of Dr. A.T. Still. His therapeutic principles are as true now, as they were back then. The amazing part is how he uses his gift of analogy to help understand how some of the conventional approaches are actually opposite to our innate healing mechanisms. Cherished by osteopaths and fascial-countertrainers, the principles dictated will help you get a new, or deeper, insight at the application of manual therapy.

This book is very boring, but if you have any interest in osteopathic medicine, it's great to read this, written by the father of osteopathic medicine himself. There IS an entire chapter on ear wax. What more could you want?

This book is written by the late Dr. Andrew Taylor Still, founder of Osteopathic Manipulative Medicine (OMM). It provides insight on Dr. Still's views of the human body and his philosophy on medicine. I found the book quite interesting, but since it was written quite a while ago (sometime in the 1800s) the book is a bit obtuse in its structure and vernacular. This is just due to the time period in which the book was written, but it does make extracting the necessary information out of the book quite a challenge. I would recommend this book to people for its historical significance and anyone looking for something to read on OMM by Dr. Still. For anyone looking to read a more accessible introduction to OMM, I highly recommend reading The DOs: Osteopathic Medicine in America, as it is much more current and provides an excellent overview of not only the history of OMM but its current state today.

A good read so far.

A classic and a must read for medical students and aspiring medical students who have a passion for genuinely serving their patients. It's about people. It's not about anything else. Dr. Still saw it then. It's important to recognize now. Read it. Be inspired.

Very interesting book, and I totally love his philosophy that a complete and masterful understanding

of physiology and anatomy are essential to being a great doctor. Some of his ideas are a little out there, and some are dated and irrelevant in light of modern research and techniques, but he really does have some wonderful points and seems very sincere and intellectual.

After reading a philosophy of osteopathy I have a new found respect for medicine and the fields of human health and performance. I now have a background knowledge of the history of medicine. The pictures add a lot to the books depth.

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