

# Hildegard von Bingen's Physica: The Complete English Translation of Her Classic Work on Health and Healing

*By Hildegard of Bingen*

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## Hildegard von Bingen's Physica: The Complete English Translation of Her Classic Work on Health and Healing By Hildegard of Bingen

One of two major medical treatises by medieval healer Hildegard von Bingen, presented in its entirety for the first time in English during the 900th anniversary of her birth.

- A seminal text in the development of Western herbal medicine
- Presents nine categories of healing systems--Plants, Elements, Trees, Stones, Fish, Birds, Animals, Reptiles, and Metals--and elaborates on their medicinal use
- Closely related to Eastern medical approaches that are gaining respect today

Saint, mystic, healer, visionary, fighter, Hildegard von Bingen stands as one of the great figures in the history of women in medicine.

At a time when few women could write and most were denied a formal education, Hildegard von Bingen became a legendary healer, visionary, musician, artist, poet, and saint. Her works include twenty-seven symphonic compositions; *Scivias*, a compilation of her visions; and her two major medical works, *Causae et Curae*, a medical compendium, and *Physica*, published here in English in its entirety for the first time.

*Physica* has a strong affinity with the Eastern medical approaches gaining great respect today. The modern reader interested in natural healing will recognize the enormous truth in the theories of this 12th-century physician, which remind us that our cures for illness depend on our natural world and our place in it.

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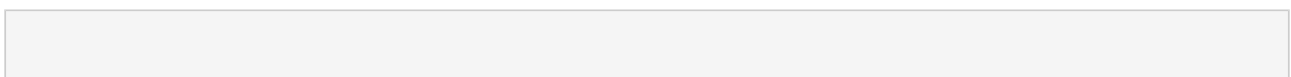
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## **Hildegard von Bingen's Physica: The Complete English Translation of Her Classic Work on Health and Healing By Hildegard of Bingen Bibliography**

- Sales Rank: #60972 in Books
- Brand: Brand: Healing Arts Press
- Published on: 1998-09-01
- Released on: 1998-09-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .90" w x 6.00" l, 1.34 pounds
- Binding: Hardcover
- 256 pages



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### Editorial Review

#### Review

"A work filled with astonishments and delights for present-day readers." (*Lee Pennock Huntington, Montpelier Times Argus*)

"Saint, mystic, healer, visionary, fighter, Hildegard von Bingen stands as one of the great figures in the history of women in medicine. She was renowned for her healing work and her original theories of medicine." (*Elisbeth Brooke, in Women Healers*)

"Gives a good sense of 12th century herbalism based on humors, common superstition, and sprinkled with a dose of Bingen's mystical insights." (*American Herb Association, Vol 16:2*)

#### Language Notes

Text: English

Original Language: Latin

#### From the Inside Flap

HERBAL MEDICINE / HISTORY OF MEDICINE

"Saint, mystic, healer, visionary, fighter, Hildegard von Bingen stands as one of the great figures in the history of women in medicine. She wrote profusely on a wide variety of subjects, more than any other woman of her time. . . . She was a friend and correspondent of popes, emperors, and queens and was renowned and respected for her healing work and her original theories of medicine."

--Elisabeth Brooke, in *Women Healers*

At a time when few women could write and most were denied a formal education, Hildegard von Bingen became a legendary healer, visionary, musician, artist, poet, and saint. Her works include twenty-seven symphonic compositions; *Scivias*, a compilation of her visions; and her two major medical works, *Causae et Curae*, a medical compendium, and *Physica*, published here in English in its entirety for the first time.

In *Physica*, Hildegard presents nine "books" of healing systems: Plants, Elements, Trees, Stones, Fish, Birds, Animals, Reptiles, and Metals. In each book she discusses the qualities of these natural creations and elaborates on their medicinal use, explaining how to prepare and apply different remedies. With its emphasis on balancing the humors, *Physica* has strong affinity with the Oriental medical approaches gaining great respect today. The modern reader interested in natural healing will recognize the enormous truth in the theories of this twelfth-century physician, many of which prove effective today, serving as a reminder that our cures for illness depend on our natural world and our place in it. As Hildegard states in *Physica*, "With earth was the human being created. All the elements served mankind and, sensing that he was alive, they busied themselves in aiding his life in every way."

A Latin and Greek scholar, translator PRISCILLA THROOP holds a master's degree from the Centre for Medieval Studies at the University of Toronto, as well as a Certificate of Advanced Theological Studies from the Episcopal Divinity School in Cambridge. She is a member of the Vermont Classical Language Association and is currently translating Isidore of Seville's *Etymologiae*. She lives in Charlotte, Vermont.

## **Users Review**

### **From reader reviews:**

#### **Lindsey Gant:**

Have you spare time for any day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent their particular spare time to take a move, shopping, or went to the particular Mall. How about open or even read a book entitled Hildegard von Bingen's Physica: The Complete English Translation of Her Classic Work on Health and Healing? Maybe it is to be best activity for you. You recognize beside you can spend your time with the favorite's book, you can better than before. Do you agree with their opinion or you have different opinion?

#### **Maurice Neely:**

Now a day those who Living in the era where everything reachable by match the internet and the resources inside it can be true or not demand people to be aware of each data they get. How many people to be smart in having any information nowadays? Of course the reply is reading a book. Studying a book can help people out of this uncertainty Information especially this Hildegard von Bingen's Physica: The Complete English Translation of Her Classic Work on Health and Healing book as this book offers you rich information and knowledge. Of course the information in this book hundred percent guarantees there is no doubt in it you may already know.

#### **Alexander Taylor:**

In this period globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The particular book that recommended to you is Hildegard von Bingen's Physica: The Complete English Translation of Her Classic Work on Health and Healing this e-book consist a lot of the information of the condition of this world now. This particular book was represented so why is the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. Typically the writer made some investigation when he makes this book. Here is why this book appropriate all of you.

#### **Janice Smith:**

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