

# GENTLE MEDICINE: THE TRUE CAUSES OF DISEASE, HEALING, AND HEALTH

by Joachim-F. Grätz

Reviewed by Francis Treuherz RSHom

This is one of the longest, most intense and rewarding books I have ever read. It should be read and studied by all: students and teachers, newly qualified and veteran homeopaths alike.

There is no index but the five page list of contents should make it easy to find your way through the book. There are copious explanatory footnotes and a bibliography. The 25 charts at the end are in black and white in the paperback but there is a link to a free download of the colour versions. The binding on the paperback, even with so many pages, seems fine.

The excellent translation into fluent American English was carried out by professional linguists at [www.translated.com](http://www.translated.com) with help from the author for technical terms. There are many references to other

works by the author but they are mainly in German. His amazing and detailed anamnesis form is available as a download. Dr. Joachim-F. Grätz has been a classical homeopath and author for more than 30 years and is known far beyond the borders of Germany. Of course this book was written before the pandemic and the recent vaccination campaigns.

The whole book is based on a highly critical and thoroughly documented review of modern health care and a demonstration of how this can be mitigated by homeopathy and a holistic approach. The 'Chronic Laws' of homeopathy and how they were created by Hahnemann are explained in a fresh and comprehensible way. 'Chronic' is then further delineated through a detailed and innovative explanation of miasms from Hahnemann and from JH Allen. This section is the template for the rest of the book which comprises numerous case studies with their allopathic, personal, and homeopathic stories. They are fascinating to read for their explanations of both sides of the stories, allopathic and homeopathic, and include repertory charts. His most frequently remedies are *Sulfur* and *Medorrhinum*.

## Exacerbating miasms

The sheer weight of suppressive allopathic drugging, surgery and other procedures can be depressing and the regular references to vaccinations could be controversial. But at the end of the book Grätz explains: (author's italics)

"I don't see myself as an opponent of vaccination! First and foremost *I am a homeopath*, and I pour my heart and soul into it. However vaccine correlations play a central role in homeopathy, especially if you know how to treat chronically: they usually play a central role in the complaints people bring to me. This is because



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vaccinations can exacerbate existing miasms to an extreme extent and even add completely new ones." He aims to provide "objective information and food for thought." He accepts that patients who want to get vaccinated (and to vaccinate their children) have a right to do so, and he will never banish them from his practice. ●

**Francis Treuherz MA RSHom FSHom** has been in practice since 1984 and worked for the NHS from 1990 to 2003. He is a Fellow of the Society, former editor, and a board member for over 20 years. He is a former Trustee of Homeopathy UK and the Homeopathy Action Trust. He has given many seminars and conference presentations, and taught at homeopathy schools in the UK and Finland. He has written two books: one is on the story of *Homeopathy in the Irish Potato Famine* and the other, *The Genius of Homeopathy* presents forgotten stories about Hahnemann; copies are still available. He is an incurable collector of homeopathy books and artefacts.

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