

Epilogue



Now that you have finished Dr. Lindlahr's landmark work, you are probably asking yourself, "Why did Dr. Poesnecker decide to reissue this book at this time? Do we not have a great many more modern texts—including several from Dr. Poesnecker himself—that address these same subjects?"

True, we do have more recent works, yet I do not know one that treats the subject of Nature Cure with the same clarity, candor and conscientiousness as does Dr. Lindlahr. In his original *Nature Cure* he created the standard of all true natural healing. The mere fact that the treatment methods of his day could not live up to the theoretical expectations is irrelevant. To me, the rules laid down by Dr. Lindlahr are the "Sermon on the Mount" for healing by natural means. In all honesty, I feel that if the medicine of the twenty-first century is to fulfill its destiny, it must do it with the principles so eloquently stated in *Nature Cure*.

We are, at the moment, dealing with an interesting paradox. In Dr. Lindlahr's day, he and his compatriots had a solid philosophy of healing and cure, but were "light" on the practical scientific knowledge of the chemistry of the body. And they did not have the advanced methods of natural therapy we now possess. Today, we know much more about the body's nutritional and chemical functioning and have available to us a wide spectrum of effective natural healing tools, but we are almost devoid of a comprehensive philosophy.

Nature Cure 2000

So-called “alternative” therapy is gaining greater favor every day. More and more doctors of the “Old School” are taking up this style of practice and yet almost all of them come to it with an albatross hanging around their neck—their past medical training regarding the nature of disease itself. These new alternative physicians usually continue to treat patients using their old philosophy of treatment but utilizing natural treatments rather than the artificial drugs of the past. While this certainly is an advancement over their previous practice, it is not true Nature Cure. All too often these physicians become discouraged with their results because they are attempting to put a square peg into a round hole. They are doing what the Master from Nazareth admonished against, attempting to “put new wine into old bottles.”

Nature Cure Philosophy—New Wine

As the man Jesus assured his listeners, if they attempted to graft his new teachings on the body of the orthodox religious teachings of his day, they would find their “bottle” bursting. For new teachings, a new bottle (philosophy) is required. For the alternative physician of the twenty-first century that new bottle is this work. As physicians can learn to give up the empirical medical concept to health and disease, they will find a new and exciting wisdom and positiveness permeating their efforts. They will learn the medical meaning of “Resist not evil,” and find that as they are willing to learn from the body it will reveal more secrets every day. They will eventually come to understand that disease is not the natural lot of man, but is rather only the result of his own disobedience to the Laws of Nature. As they work to teach each patient these Laws, they will come into harmony with all the healing forces in Nature and their future efforts will be crowned with success beyond their wildest dreams.

