

## Prologue



r. Henry Lindlahr originally wrote *Nature Cure* in the early days of the twentieth century. The book was published in 1913 and was reprinted in new editions in 1914, 1915, 1918, 1919 and 1924. There may have been later editions but we have no record of them.

This work was long before its time. Many of the concepts that Dr. Lindlahr espoused are just now beginning to be accepted by the most adventuresome of present-day physicians. Some of the more spiritual concepts still are far from being accepted even today, but with such a high batting average we would not be surprised to see them become the latest medical advance in the new millennium. No matter how you look at it, Dr. Lindlahr was a man far ahead of his time.

I first encountered *Nature Cure* while I was a teenager. I discovered it in a used book store in one of Seattle's side streets. As I read it my consciousness was moved to a whole new and different level. My mother had always wanted me to be a doctor (my father wanted me to get a real job—work at Boeing like he did), but I could not see myself with blood, even someone else's blood, on my hands. In fact, the very thought of blood made me cringe. But, the doctor Dr. Lindlahr described was something else. Here was a style of practice that was right down my alley.

As far back as I can remember I never wanted to do anything the way everybody else did it. I don't know if this was just plain cussedness on my part or if I was born to march to a different drummer than the majority of mankind. All I know is that is how I am animated. With this in mind it should not be too difficult to imagine the delight with which I first read that old copy of *Nature Cure*. It started me on a crusade that has yet to end and will probably do so only when my ashes are cast to the four winds.

## Nature Cure 2000

As you may gather, *Nature Cure* was not the usual medical text. Nor is this edition. Dr. Lindlahr described an entirely new (to me) concept of medical theory and care. It made sense and it was emotionally stimulating. While I had no real desire to be an orthodox medical practitioner, I *did* want to carry on the work of this now deceased master of healing. My future was determined. I had only to work out the details.

To make a long story short, I eventually moved my family (wife and three children) to Portland, Oregon, to study Naturopathy, the closest modern discipline to Lindlahr's *Nature Cure*. After five years of study I graduated with both Naturopathic and Chiropractic degrees. Upon our return to Seattle, I opened my medical practice in 1957. In 1969 I moved to Pennsylvania to become director of the original **Clymer Health Clinic** and have practiced within a few blocks of that center ever since.

In all this time I have never for a day forgotten the principles I first read in *Nature Cure* so many years ago. Each "new" medical discovery tends to reconfirm the work of Dr. Lindlahr. Never in all this time have I regretted becoming a disciple, although belatedly, of this healing pioneer. With all the above in mind I decided that the time is right to make Dr. Lindlahr's great work available once again. Who knows, it may move another young man to follow in the footsteps both he and I have trod. At the very least it will give all who read it a better understand of the underlying principles of *true* natural healing. Many authors have written on this subject but I have never found another that presented the subject with the same clarity and enthusiasm as the good Dr. Lindlahr.

When I knew that the time had come to reissue this great work, there was much discussion between my staff and myself as how to best present Dr. Lindlahr's masterpiece to modern readers. We were questioning whether to publish it unchanged as a historical reissue or to take the principles taught Dr. Lindlahr and issue them in an new original completely up-to-date work . As you can see, in the end we did neither. Instead of either extreme approach we finally decided to keep as much of Dr. Lindlahr's original flavor but to adapt it for the twenty-first century by the addition of footnotes and in-text editorial comment.

We have attempted to make this work not only a lasting memorial to a pioneering physician but also a valuable tool for those

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interested in natural healing at the highest level. As is befitting this new edition, it is dedicated to the indispensable individual—Dr. Lindlahr himself.

Some of the original chapters have little relevance today. They have been omitted from this edition. On the other hand, the chapters on the philosophy of Nature Cure are more relevant than ever and are left as Dr. Lindlahr penned them. In between these two extremes we find many chapters whose subjects are relevant but whose examples and analogies are decidedly outdated. These chapters have been rewritten to make them more useful to today's reader. All parentheses and asterisked footnotes are by Dr. Lindlahr. Your editor's footnotes will be numbered and his random comments will be in brackets.

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