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Jan 24, 2019 Asher Cowan Since my book Human Heart, Cosmic Heart made its debut about eight months ago, a lot has happened. One of the most exciting developments for me is the number of consultations I have had with health practitioners across the country about the use of strophanthus seed extract,

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which I talk about in the book.

## **Blog - Human Heart Cosmic Heart**

About the Author - Human Heart Cosmic Heart. Thomas Cowan, M.D., has studied and written about many subjects in medicine including nutrition, anthroposophical medicine and herbal medicine. He is the principal author of

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The Fourfold Path to Healing and co-author (with Sally Fallon) of The Nourishing Traditions Book of Baby and Child Care. Dr. Cowan has served as v.

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A New View of the Heart Dr. Thomas Cowan's new book, Human Heart, Cosmic Heart, turns all that we knew about the structure and function of the heart upside down. More importantly, it may cast a new light on what's going

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Thomas Cowan**

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What a blend. This book is very important to understand the profound synthesis The wisdom of integrated science and spirit. This book is a gem

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The treatment Cowan advises in Human Heart, Cosmic Heart is personal and holistic (whole-body remedies), driven by the patient's own life story in order to show the whole of the nervous system. The result is a refreshingly balanced approach focused on responding to the needs of the body rather than reacting

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to the problem experienced in the heart.

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industrial capitalism—when he joined the Peace Corps in the mid-1970s for a two-year tour in Swaziland.

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