

NATURE - Your Guide to Healthy Living

by A.Vogel

Author of the
Swiss Nature Doctor
and other popular books
on better health and long life

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Preface to the First Edition

On all continents of our earth the beauty around us has always enthralled and captivated me. The things we call Nature are the expression of an intelligence at work; everything shows wisdom and purpose, created and shaped beautifully to please the eye and warm the heart. The balance of nature is maintained by its creative and regenerative forces, and although lack of understanding, ignorance and selfishness may reign and destroy, Nature constantly surprises us with her marvellous power of revitalization, overcoming and correcting our errors. When we see how wild animals cleverly discern between poisonous and edible plants and fruits, and effective medicinal plants, my wife used to say, "That's the way God taught them."

So when the powerful chemical industry and modern technology introduce inestimable destructive side effects, which could harm the earth irreparably, then every sensible person must make his voice heard. In this way, to the extent possible, he can help prevent damaging Nature.

How this can be done on a small scale, and what we have learned from Nature over decades of experience and observation, has been put in this book. May it help many to find more joy in their work in the field, woods and garden. This book is intended to take its due place by the side of my first volume "The Nature Doctor," which was first published thirty years ago and has been reprinted fifty times in eleven languages. The grand total of all editions has reached far over one million copies, sure evidence that the great number of nature-lovers, for whom the book is a valuable guide, are still, and perhaps more so nowadays, interested in natural treatment and nature itself.

Besides the important experience gained in organic growing by means of compost made from scraps or spreading manure, poison-free pest control and special organic fertilizing methods, the subjects of food and nutrition are also given ample space. Many researchers and scientists agree with me that it is in this field that the cause of sickness and the key to better health can be found.

The material for this book was collated, edited and the work supervised, first and foremost, by my wife and life companion over

a period of many years. I am deeply grateful for her untiring efforts, though she has now put her pen aside forever. It is my sincere hope that the book may show many people the right way to a natural and hence healthier life. This would be a fulfillment of my wife's wishes, too, and an achievement of the goal we desired.

At the same time I want to express my sincere thanks to my friends Harry and Sheila Selbert for the fine English translation and the extensive work of preparing the subject index, and to Ramon Templeton for his help with the editing of the English manuscript. The index makes it easier to find the main points or pick out an interesting topic from the numerous subjects by consulting the headings.

As an elaboration and supplement to my book "The Nature Doctor," I would like to place this comprehensive volume as a legacy into the hands of all those who feel a sense of responsibility to their fellowman, to Nature and the earth entrusted to us by our Creator.

Riehen, March 1986

The Publishers

A handwritten signature in black ink, appearing to read "Dr. h. c. A. Vogel". The signature is written in a cursive, flowing style with a prominent loop at the end.

Dr. h. c. A. Vogel and Family

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