



## Human Heart, Cosmic Heart

A Doctor's Quest to Understand, Treat, and Prevent Cardiovascular Disease

Dr. Thomas Cowan

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“This book blew my mind . . . the most groundbreaking, unorthodox, outside-the-box treatise on the heart I have ever stumbled upon. If you have a heart and you want to live a long time, you must, must read this book.”

—**BEN GREENFIELD**, author of *New York Times* bestseller, *Beyond Training*

**H**earth disease is the leading cause of death in the United States among both men and women. And yet, studies show that the most widely used treatments—statin drugs, stents, and bypass surgery—are only minimally effective and do not actually reduce the risk of death for most people.

In his new book *Human Heart, Cosmic Heart*, Dr. Thomas Cowan questions this disconnect and makes some surprising revelations based on nearly forty years of research and practicing medicine. His questioning forced him to rethink everything he was taught in medical school and drove him to better understand, and successfully treat, heart disease which he believes is the result of an imbalance in the nervous system, rather than blocked arteries.

As a young doctor establishing a practice in the 1970s, Dr. Cowan was intrigued by Rudolf Steiner's claim that the heart is not a pump. Determined to practice medicine in a way that promoted healing rather than compounded ailments, Dr. Cowan dedicated himself to understanding whether Steiner's claim could be correct. And if it was correct, what, then, is the heart? What is its true role in the human body?

In this deeply personal and riveting account, Dr. Cowan offers up a daring claim: Not only was Steiner correct that the heart is not a pump, but our understanding of heart disease—with its origins in the coronary arteries—is completely wrong. And this misunderstanding, with its attendant medications and risky surgeries, is the reason heart disease remains so deadly.

*Human Heart, Cosmic Heart* offers readers a new and controversial way of understanding the heart, how to keep it healthy, and how to successfully treat it through a traditional foods diet, plus safe and simple therapies. Cowan also shares a new perspective on what it means to be human and how we can best care for ourselves—and one another.



**Dr. Thomas Cowan**, Thomas Cowan, MD, has studied and written about many subjects in medicine including nutrition, homeopathy, anthroposophical medicine, and herbal medicine. He is the principal author of *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 vice president of the Physicians' Association for Anthroposophic Medicine and is a founding board member of the Weston A. Price Foundation®. He also writes the "Ask the Doctor" column in *Wise Traditions in Food, Farming, and the Healing Arts* (the Weston A. Price Foundation's quarterly magazine) and has lectured throughout the United States and Canada. He has three grown children and currently practices medicine in San Francisco where he resides with his wife, Lynda Smith.

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