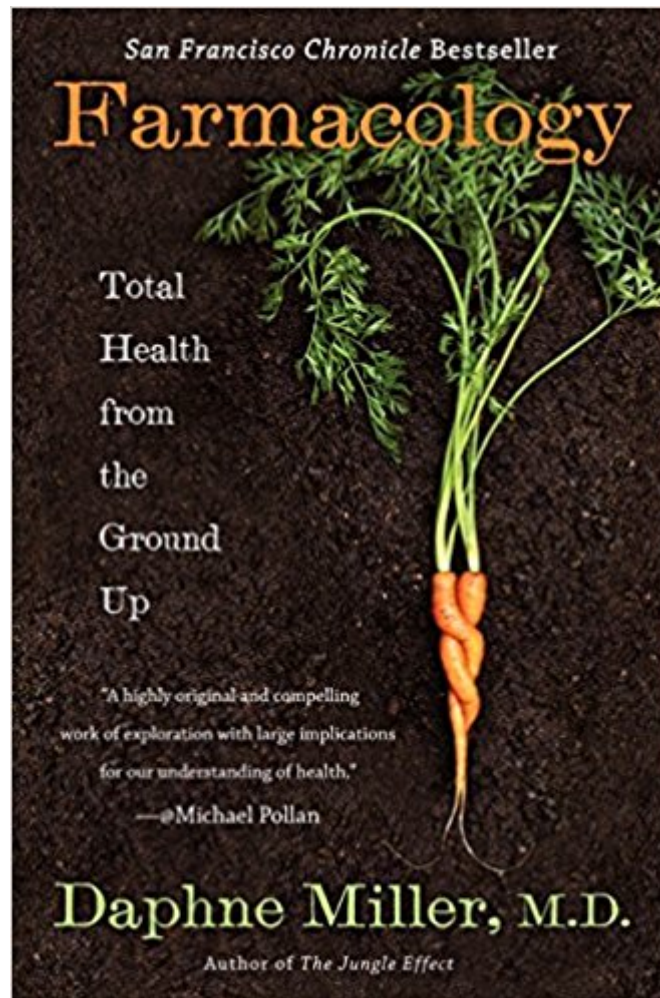




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Farmacology: Total Health From The Ground Up



Synopsis

In *Farmacology*, practicing family physician and renowned nutrition explorer Daphne Miller brings us beyond the simple concept of "food as medicine" and introduces us to the critical idea that it's the farm where that food is grown that offers us the real medicine. By venturing out of her clinic and spending time on seven family farms, Miller uncovers all the aspects of farming – from seed choice to soil management – that have a direct and powerful impact on our health. Bridging the traditional divide between agriculture and medicine, Miller shares lessons learned from inspiring farmers and biomedical researchers and artfully weaves their insights and discoveries, along with stories from her patients, into the narrative. The result is a compelling new vision for sustainable healing and a treasure trove of farm-to-body lessons that have immense value in our daily lives. In *Farmacology* you will meet: a vegetable farmer in Washington State who shows us how the principles he uses to rejuvenate his soil apply just as well to our own bodies. Here we also discover the direct links between healthy soil and healthy humans. a beef farmer in Missouri who shows how a holistic cattle-grazing method can grow resilient calves and resilient children. an egg farmer in Arkansas who introduces us to the counterintuitive idea that stress can keep us productive and healthy. We discover why the stressors associated with a pasture-based farming system are beneficial to animals and humans while the duress of factory farming can make us ill. a vintner in Sonoma, California, who reveals the principles of Integrated Pest Management and helps us understand how this gentler approach to controlling unwanted bugs and weeds might be used to treat invasive cancers in humans. a farmer in the Bronx who shows us how a network of gardens offers health benefits that extend far beyond the nutrient value of the fruits and vegetables grown in the raised beds. For example, did you know that urban farming can lower the incidence of alcoholism and crime? finally, an aromatic herb farmer in Washington State who teaches us about the secret chemical messages we exchange with plants – messages that can affect our mood and even keep us looking youthful. In each chapter, *Farmacology* reveals the surprising ways that the ecology of our body and the ecology of our farms are intimately linked. This is a paradigm-changing adventure that has huge implications for our personal health and the health of the planet.

Book Information

Paperback: 304 pages

Publisher: William Morrow Paperbacks; Reprint edition (March 15, 2016)

Language: English

ISBN-10: 0062103156

ISBN-13: 978-0062103154

Product Dimensions: 5.3 x 0.7 x 8 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 125 customer reviews

Best Sellers Rank: #30,441 in Books (See Top 100 in Books) #16 in Books > Science & Math > Agricultural Sciences > Sustainable Agriculture #20 in Books > Textbooks > Science & Mathematics > Biology & Life Sciences > Ecology #23 in Books > Textbooks > Science & Mathematics > Agriculture

Customer Reviews

Farmacology is grounded in the principle that human health is deeply linked to agriculture. Family physician Miller explains how sustainable farms serve as a model for a healthy human body: everything is interdependent and balance is paramount. She visits a Sonoma vineyard where the winery's system of integrative pest management offers a paradigm for understanding and treating cancer. Her tour of two chicken farms in Arkansas teaches valuable lessons about stress in poultry and people. A trip to a garden in the Bronx demonstrates the power of preventive medicine derived from urban farming. Excursions to an aromatic-herb farm, Ozark cattle-raising ranch, and biodynamic farm in Washington offer additional parallels between farming and well-being. Farmacology is infused with clinical tales of Miller's patients and discussions with researchers. Make no mistake: soil is the star of this story. Its vigor is clearly connected to the vitality of the plants, animals, and human beings it supports. Don't take dirt (and its worms, pebbles, and ubiquitous microorganisms) for granted. Think like a farmer, and you'll likely cultivate better personal health. --Tony Miksanek --This text refers to the Hardcover edition.

"A vibrant and important book. It is about so much more than just personal well-being; it is about the health of our food, our farms and farmers • the entire planet. (Alice Waters) "Farm as medicine. A must-read for anyone who cares about their health. (Mark Bittman) "Revealing and inspiring...a rewarding read. (Dr. Andrew Weil, author of 8 Weeks to Optimum Health and True Food) "In Farmacology, Daphne Miller expands the field of medicine from the classical boundaries of the symptom-cure concept toward a more complex and holistic approach that takes into account the tight balance between Man and Nature. (Carlo Petrini, founder of the International Slow Food Movement) "An

eloquent call for better systems of sustainable agriculture and humanistic health care. . . a fresh, original, and utterly charming book. (Marion Nestle, Professor of Nutrition, Food Studies, and Public Health at New York University and author of *What to Eat*) “[Daphne Miller is] such a fearless, intelligent, and charming guide on the food-filled journey between medical and ecological sciences that by the end of *Farmacology* you won’t just think that medical ecology is fascinating • you’ll wonder how we managed to live without it for so long. (Raj Patel, author of *Stuffed and Starved*) “What does the practice of sustainable agriculture have to teach modern medicine? What are the links between soil health and the health of the people who eat from that soil? A highly original and compelling work of exploration with large implications for our understanding of health. (@michaelpollan) Miller’s journey begins in serendipity and remains alive to surprise [The] web of associations will surprise even those [who know] that healthy soils make for healthy people. It’s startling to think that few if any doctor-authors have attempted this hybrid of field work | patient case histories | and conversations with scientists. (Acres U.S.A.) “*Farmacology* | explains how sustainable farms serve as a model for a healthy human body | Soil is the star of this story. Its vigor is clearly connected to the vitality of the plants, animals, and human beings it supports | Think like a farmer, and you’ll likely cultivate better personal health. (Booklist) San Francisco Chronicle bestseller (San Francisco Chronicle) “Miller steps outside medicine’s orthodoxy to explore the connection between sustainable farming and healthy living | Working hands-on and also picking the brains of the farms’ operators, [she] observed farmers taking a holistic | approach | that she has found to be too often missing in the modern practice of medicine. (Kirkus Reviews) “Sustainable agriculture and holistic medical practice find each other as soul mates | The issues raised deal with profound economic, social and cultural dilemmas | and Miller’s hearty, personable writing style makes it a good read for travelers, lovers of character studies and medical and farming professionals alike. (Lou Fancher, Mercury News) Some of Miller’s discoveries are simple, others groundbreaking, but all feel important for their medical implications as well as for what they can teach us about our connection to other living creatures... Miller... delves deep into the science, translating dense medical text into practical information. (Orion Magazine) “It’s alternative living in a big way, whether you’re the field, the cow, the cultivated insect, or the patient of a type of physician [Miller] calls “medical ecologists. Miller had fun, writes exuberantly, and wants to infect us in the best way possible with the spirit of these places. (Harvard Medicine

Magazine)

I searched for this book after watching a documentary that featured Dr. Miller. I wanted to find out more about her and her belief systems in regards to health and healing. I was not disappointed. I have just started dabbling in this idea of moving away from Western medicine. I am a RN and I see that what we are doing doesn't always help, and I am disappointed how little we emphasize diet in our treatment. Dr. Miller spoke to this part of me. This book is nicely organized and the concepts that she discusses are so basic, and yet we in this "modern" society seem to have forgotten the basics. I recommend this book to anyone who is interested in a new view point. Or to anyone who has had a doctor tell them there is nothing wrong,

I basically just want to agree with the majority here. This is a wonderful book full of information that all of us should be learning about the foods we are eating, and how better to grow it. The forays into her meetings with those she interviews for the book are delightful. The only reason I dropped it to 4 stars was to warn those that haven't done any research on food, gardening, or even organic gardening and how it affects our health may find it a tad too technical. I had some problems grasping a few of the ideas. But then again that's why I liked it so much. It made me want to go out and find more answers when I had questions. I definitely agree with the reviews that hope that more in the medical community will read and heed the advice in this book! To be fair I did pick this up on a phenomenal sale on for \$1.99. I'm not sure if I would have gambled on it at full price. But I would have missed out tremendously if I hadn't!

A real make you think. Not in the way that the Omnivores Dilemma does but it does raise a lot of questions about our "modern" food system and the accompanying illnesses. And as Socrates said "let thy food be thy medicine". This book really drives that concept home. Dr. Miller looks at this as a doctor and a person who eats, so its very engaging and entertaining in its own right. I find it to be great companion book to either The Omnivores Dilemma or any books you may have read or want to read about farming or gardening.

I would refer the reader to the 3 page summary in the Description of the book. The articles are news stories, interviews followed by opinions in the 5 "Aha's" toward the end and a section of brief summaries of the intro and seven Chapters helps confirm the authors theme and purpose in the writing. A rich bibliography and references shows the authors knowledge not only in Medicine, but

biology, ecology and sociology, plus a sensibility for naturopathy and creation care. As a family practitioner M.D (Retired) I feel sure the author fits my philosophy of medicine as 85% healing and 15% science that is hard to find in the current practice of medicine

As a specialist physician, I am far-removed from preventative and holistic medicine. In addition, I have been trained to evaluate and treat patients in a very compartmentalized fashion. Reading Dr. Miller's book allowed me to see disease and my own health in a fresh way. I enjoyed her personal style and appreciated her ability to integrate varied health issues into a cohesive work.

I wish Daphne Miller were my doctor! Or at least that I could find just one MD in my area who takes her integrative approach to health and healing. I was inspired to read *Farmacology* because, among the several farmers Miller traveled across the country to learn from in researching her book, she visited with the wonderful farmers Dawnnell and Cody Holmes, from whom I get my raw milk, eggs, goat cheese, chicken, beef, pork, and lamb. So I have, in a (very small) sense, an insider's perspective: Miller's representation of the Holmes ranch and Cody and Dawnnell's principles of soil, vegetation, and animal management is spot-on, so I can assume she did the same for the other farmers she visited. Miller makes a strong case for the intricate connections between human health and sustainable farming--and, by implication, the alternative: the connections between the diseases that plague contemporary Americans (obesity, cancer, diabetes, gut illnesses, heart disease, and so on) and conventional farming. But I want to be clear: the book is NOT a tirade against the ills of industrial, mono-cropping, agribusiness. Rather, it is a close study of how some farmers are changing their approaches to produce healthier soil and from that soil healthier foods and other products for human consumption and, thus, healthier humans. But it is also more than that: Miller wanted to discover whether the ways these farmers treat their land and its inhabitants (microbes, insects, plants, birds, non-human and human animals) could tell her something about how to treat the patients in her medical practice. What she learns is fascinating but also, if you think about it, commonsensical: as these farmers take a holistic, integrated approach to, for example, pest management that is, of course, healthier but also is less expensive and more effective than conventional approaches, so might such a holistic, integrated approach to human disease management reap similar benefits and rewards. *Farmacology* is both educational and inspirational. Highly recommended!

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Farmacology: Total Health from the Ground Up Health Communication: From Theory to Practice

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