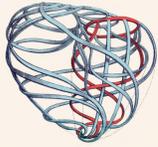


HUMAN
HEART,
COSMIC
HEART



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

THOMAS COWAN, MD

TITLE:
Human Heart, Cosmic Heart

AUTHOR:
Dr. Thomas Cowan

READ BY:
David Drummond

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"This book blew my mind. I will admit...I thought I was simply going to be reading an interesting memoir of a good physician. Instead, I discovered 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 the New York Times bestseller, *Beyond Training*

Times bestseller, Beyond Training

"This book is life-changing for those trying to understand their own bodies, or those of loved ones, and it's truly transformative in the hands of medical professionals, especially young doctors."— *Forward Reviews*

Human Heart, Cosmic Heart

by Dr. Thomas Cowan

Read by David Drummond

Dr. Thomas Cowan presents a new way of understanding the body's most central organ.

While serving with the Peace Corps in Swaziland, Thomas Cowan encountered the work of Rudolf Steiner and Weston A. Price - two men whose ideas would fascinate and challenge him for decades to come. Both drawn to the art of healing and repelled by the way medicine was-and continues to be-practiced in the United States, Cowan returned from Swaziland, went to medical school, and established a practice. He remained intrigued by the work of Price and Steiner and, in particular, with Steiner's provocative claim that the heart is not a pump. Dr. Cowan believes that Steiner was correct that the heart is not a pump, and our understanding of heart disease is completely wrong. And this gross misunderstanding is the reason heart disease remains the most common cause of death worldwide.

AUTHOR

Thomas Cowan, MD, has studied and written about many subjects 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 was vice president of the Physicians' Association for Anthroposophic Medicine and a founding board member of the Weston A. Price Foundation®. He currently lives and practices in San Francisco.

READ BY



David Drummond has made his living as an actor for over twenty-five years, appearing on stages large and small throughout the country. He has narrated over thirty audiobooks in genres ranging from current political commentary to historical nonfiction and thrillers to humor. He received an AudioFile Earphones Award for his first audiobook, *Love 'Em or Lose 'Em: Getting Good People to Stay*. When not narrating, David keeps busy writing plays and stories for children.