**About anthroposophic medicine**

Anthroposophic medicine was first developed in 1920 by Rudolf Steiner PhD (1861 - 1925), the founder of anthroposophy and Ita Wegman MD (1876 - 1943), a Dutch physician. It is a safe and effective integrated complementary medical system, now used in both primary and clinical care in over twenty EU Member States and offers a high degree of patient satisfaction.

Anthroposophy is based on the knowledge and understanding of mankind and nature (from the Greek: *Anthropos*, human and *Sophia,* wisdom). It recognises that human beings and the natural world are related through a common evolution. This leads to a comprehensive view of health, sickness and healing and is the basis of a specific approach to medical treatment.

Anthroposophic medicine integrates conventional medicine with an anthroposophic perception of the human being. It starts with a conventional diagnosis but includes in its assessment of the patient the imbalances of the body and the mental and spiritual dimensions. It offers specific therapies enhanced according to anthroposophic principles. It aims to bring about a process of development within the patient, restoring the balance of bodily functions and strengthening the immune system, rather than relieve the symptoms of disease.

Anthroposophic medicine uses both conventional and anthroposophic medicinal products. Specific therapeutic approaches include massage therapy, art and music therapy, and speech and movement therapies. Different people may receive different treatment even if they appear to suffer from the same disease. There are also medicines for self-medication. This complex individual approach meets a growing need for a more personalised way of healing.

**Anthroposophic medicinal products**

Anthroposophic medicinal products are manufactured using specific pharmaceutical methods as described in official pharmacopoeia. They use natural substances which reveal their healing force through heat, rhythmic preparation and potentising methods. The range includes medicinal products manufactured according to homeopathic principles as well as concentrated herbal or mineral preparations and compound medicinal products prepared by specific anthroposophic methods.

**Using anthroposophic medicine**

Anthroposophic medicine has become increasingly recognised in Europe by the general public and in the academic world. There are approximately 30,000 doctors in seventeen EU Member States who prescribe anthroposophic medicinal products (Austria, Belgium, Czech Republic, Denmark, Estonia, Ireland, Finland, France, Germany, Italy, Latvia, the Netherlands, Poland, Portugal, Spain, Sweden and the United Kingdom). In Germany alone, some 6 million patients use anthroposophic medicine.