

Healing with tradition

There is a *mesorah*, a Torah tradition, as to how a Jew approaches all areas of life, and the pursuit of physical and mental health and well-being is no different. The Torah has a well-defined *mesorah* on *refuah*—on doctors and medicine—but it has been badly weakened. What was once self-understood, needs to be spelled out and clarified.

The information and perspectives presented in this book are meant to empower readers, with Hashem's help, to choose the best health protocols for themselves and their families.

We live in confusing times. Technology is allowing for great advances in conventional medicine. At the same time, interest in alternative medicine is growing. And as the interest grows, so does the opposition. This book has been prepared to guide readers as to how to strike a balance between the two worlds of conventional and alternative medicine, in accordance with the true healing *mesorah* of the Torah.

Maintaining our health is an endeavor that must be approached with responsibility and intelligence. When the Gemara seeks to bring a proof to a matter of halachah, one way or the other, it will begin with the words, 'Come and hear.'

This book is an invitation to the public: Come and hear...

רפואה במסורה

Healing with Tradition

Refuah

with a Mesorah

Healing with Tradition

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