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## Common Sense Medicine

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Principles for a healthy, harmonious life founded on the experiences of our ancestors.

It took thousands of years for medicine to reach its current state, but today its tremendous sophistication has made us lose touch with the knowledge of natural resources at our body's disposal when it comes to facing down disease and depression. From prehistoric humans to Eastern sages, early Greek scholars to Renaissance alchemists, some form of common sense medicine has been at work at each and every stage of our development.

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