Contents

Acknowledgments ix

Introduction 1

1 Following Nature’s Path and Botanic Healing 13

2 Spokes of a Wheel: The Healing Systems of Naturopathy 25

3 “Nature Takes the Right Road”: Naturopathic Philosophy 51

4 Louisa Stroebele Lust, Benedict Lust, and Their Yungborn Sanatorium 73

5 Women, Naturopathy, and Power 95

6 Culture Wars: Ideology, Social Trends, and Competition for Clients 118

7 Medical Monsters: Vivisection and Vaccination 144

8 Legal Battles: Democracy or Autocracy? 178

9 Professionalizing and Defining the Nature Cure 210

10 Deepening Divides, 1945–1969 245

11 The 1970s and Beyond: Cultural Critique and Holistic Health 274

Notes 303

Index 385