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## Foreword to the English Edition

When asked to consider writing a foreword to *Visceral Manipulation in Osteopathy* by Eric Hebgen, DO, I was conflicted but intrigued. Leaving the next day to lecture in Australia, I had hoped to empty my plateful of writing projects on the long flight, yet treatment of visceral dysfunction was near dear to my heart (*no pun intended*). In the end, the title of Chapter 3 proved impossible to resist. I offered to examine the text and happily so.

The clear, uncluttered diagrams and dynamic pictures of osteopathic manipulative technique (OMT) immediately impressed me. Coupled with the publisher's spacious layout, *Visceral Manipulation in Osteopathy* was remarkably easy to read and "digest" (pun *intended* for a cooking analogy!). The author is an effective chef who has carefully balanced precise appetizers and chosen just the right amount in each entrée to nourish—but not overstuff—clinicians.

- **Appetizers:** In his first four chapters, the author pares down and deconstructs several key osteopathic approaches; treatments reflecting both European and American flavors. For complete recipes and their rationale, the reader should really return to the original texts; but for an overview or a quick trip down "memory-lane," the author handily summarizes terminology and many key concepts related to visceral treatment.
- **Entrées:** Having introduced ingredients (concepts and techniques) in the first four chapters, Eric Hebgen then

specifically serves up 18 additional organs in his wonderfully uncomplicated style. His simple clarity provides immense clinical practicality.

I would like to close this foreword by observing that in 1990 when we wrote our first text, *Osteopathic Considerations in Systemic Dysfunction*, we could not have imagined its impact. In later texts and editions, we continued to build upon the acknowledged work of our respected teachers and mentors (especially Korr, Denslow, Kimberly, Frymann, and Zink), just as they built upon the work of Sutherland, Chapman, Burns and others. As future texts synthesize improved, coordinated osteopathic approaches promoting health and visceral homeostasis, they will benefit from access to this text—I know our subsequent editions will.

Because of its clear explanations, quality graphics and intent to convey some of the contributions of the author's colleagues and teachers, I recommend you make this text part of your library. While it benefits from a number of practical OMT "recipes," in caring for patients I trust you will find that *Visceral Manipulation in Osteopathy* will be more than a mere cookbook.

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