

Curanderismo:

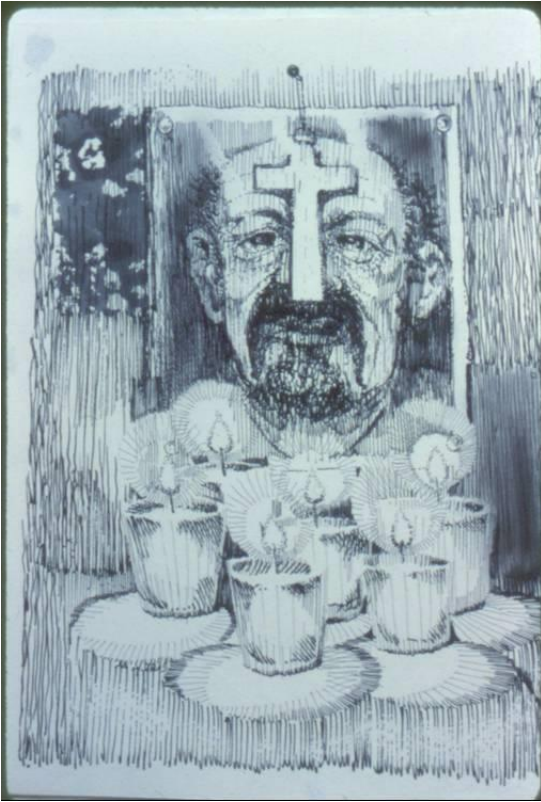
The Art of Traditional Mexican Folk Healing



Curanderismo

- * Curanderismo is the art of Mexican Folk Healing, from the word curar, meaning to heal
- * Curanderismo uses an holistic approach to healing – treating body, mind, and spirit
- * Who is a curandero/a?
 - * Traditional healer working in Material, Spiritual and Mental levels.
 - * Can have a Don (gift)
 - * Can be an apprentice
 - * Can attend school – Centro de Desarrollo Hacia la Comunidad

Influences of Curanderismo



1. A blend of Native American and Spanish Roots
2. Judeo-Christian – Gift from God and belief in God
3. Greek Humoral – Equilibrium of hot and cold
4. Arabic – Directing psychic energy
5. African – **Santeria** blend of Catholic saints and African **orichas**
6. Spiritualism and psychic – spiritual trances and communication with spirits
7. Scientific – Germ theory, psychology and biomedicine

Evolution of Medicinal Herbs

- * Aztec pharmacology – 1,200 medicinal herbs
- * Aztecs treated arthritis, gastrointestinal ills, hepatitis, etc.

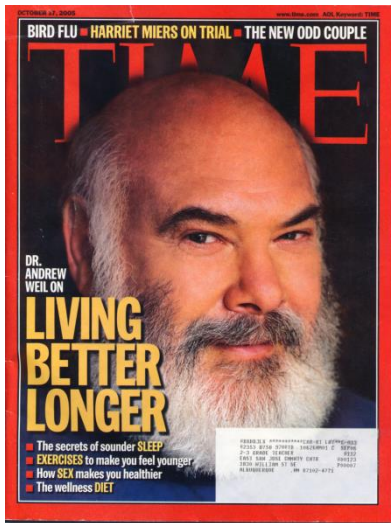


The Fusion of Traditional Medicine into Allopathic Medicine

- * Curanderismo has influenced the revival of Alternative, Complementary, Holistic Integrated Medicine
- * \$21 Billion in Consumer Spending
- * Andrew Weil, MD,'s Common Sense Approach – “Cant hurt, could help:”
 - * Less fat, animal food, stress
 - * Eliminate or reduce intake of booze, cigarettes, coffee
 - * Begin exercise, massage and hypnosis therapy
 - * Use herbs, olive oil, garlic, ginger, etc.
 - * Keep lots of fresh flowers

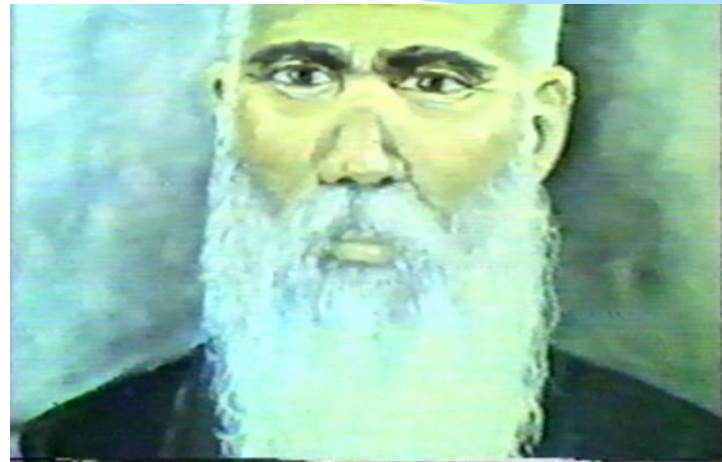
Common Goals: Modern and Traditional Medicine

Andrew Weil, MD
Author



Modern “Integrative Medicine”
specialist--emphasizes holistic,
common-sense approach to
treatment and healing

Don Pedrito
Traditional Healer, Los Olmos Ranch



Traditional Nineteenth Century
Mexican Folk Healer – emphasized
holistic, common-sense approach
to treatment and healing

Traditional Summer Class at University of New Mexico in Folk Healing

- * Two-week in-person class has been offered every summer since 2002
- * Class sessions are held at the University of New Mexico's Main Campus in Albuquerque
- * Course features modules on the history of curanderismo, as well as some hands-on learning with healers from Mexico
- * Participants study herbs, rituals, folk medicines, important figures in healing
- * Visit: curanderismo.unm.edu for more information

Online Class at University of New Mexico in Folk Healing

- * Two Types of 3 credit hour courses:
 - * 16-week Fall Semester, fully online: Traditional Medicine of Mexico and the Southwest
 - * 16-week Spring semester, fully online course: Global Perspectives of Traditional Medicine
- * Coursera:
 - * Four 5-week courses dealing with healing the body, spirit/energy and cultural traditions.
- * All courses feature modules on various topics including:
 - * Fire cupping (*ventosas*)
 - * Juice therapy (*jugo terapia*)
 - * Energetic cleansings (*limpias energeticas*)
 - * Medicinal plants (*plantas medicinales*)
 - * Laugh therapy (*risa terapia*)
 - * Healing through music
 - * And Much More!

Teaching Cultural Competencies to Medical Schools Through Coursera

Curanderismo: Traditional Healing using Plants

1

Introduction to Curanderismo: The Art of Traditional Medicine
Interviews with Traditional Healers

2

Plants of the Southwest
Medicinal Plants for the Digestive System

3

Medicinal Plants for the Nervous System
Tinctures and Microdosis

4

Juice Therapy
Geotherapy

5

Healing with Herbal Oils
Herbal Smoke for Healing

Teaching Cultural Competencies to Medical Schools Through Coursera

Curanderismo: Traditional Healing of the Body	
1	Intestinal Blockage
	Shawl Alignments
2	Fire Cupping
	Bone Setter
3	Mayan Abdominal Massage
	Body Adjustment
4	Spinal Alignment
	Hydrotherapy
5	Traditional Healing of Infants
	Traditional Healing for the Aging Community

Teaching Cultural Competencies to Medical Schools Through Coursera

Curanderismo: Traditional Healing of the Mind, Energy and Spirit

1

Spiritual Healing
Healing Fright and Shock

2

Spiritual Cleansings
Tonalli Cleansing

3

Burning Incense for Harmonizing
Laugh Therapy

4

Temazcal

5

Healing Through Sound
Healing with Music

6

Creating Sacred Spaces for Healing
Healing Grief through Day of the Dead

Teaching Cultural Competencies to Medical Schools Through Coursera

Curanderismo: Global and Cultural Influences of Traditional Healing

- | | |
|---|---|
| 1 | El Ultimo: Chenchito, the Last of the Fidencista Healers |
| 2 | African Traditional Medicine
African Healing through Music |
| 3 | Afro-Latino Healing through Music and Dance
Afro-Cuban Healing Techniques |
| 4 | Afro-Puerto Rican Healing Modalities
Sacred Tobacco of Peru/Medicinal Plants for Women |
| 5 | Native American Feather Healing
Mayan Acupuncture |

Introduction to Curanderismo by Drs. Ornelas and Torres

Dr. Arturo Ornelas and Dr. Eliseo Torres discuss the art of Curanderismo during the online class.



Medicinal Plants of the Southwest

Dr. Tomas Enos gives a demonstration of medicinal plants of the Southwest during this online presentation.

Benefits:

Plants can help with liver, sleeping, detox, infusions, etc.



Sacred Tobacco Healing of Peru and New Mexico herbology

Mino and Bernadette demonstrate tobacco healing practices during the online class.

Benefits:

Tobacco is used for spiritual cleansings and some ailments.



Temazcal demonstrations

Rita Navarrete demonstrates the ritual of the temazcal in this online class presentation.

Benefits:

- In Mesoamerica, used as a curative ceremony to purify the body. Now being recovered in Mexico, South Americas and the Southwest to cleanse body, mind and spirit.
- Releases toxins through sweating.
- Moves Lymphatic system through exfoliation.





Laura's Temazcal, Los Lunas



Tonita's Temzcal Tonantzin, Albuquerque

Ventosas or firecupping

Rita demonstrates firecupping or “ventosas” during this online demonstration.

Benefits: Mobilizes blood flow to promote healing, digestive problems and pain.



Empacho or intestinal blockage

Tana demonstrates the technique of removing an intestinal blockage or “empacho” as part of the online class.

Benefits:

Alleviates bloating,
diarrhea and vomiting



Limpia or spiritual cleansing

Laurencio gets ready to perform a spiritual cleansing or “limpia” on Cheo during this session of the online class.

Benefit: A number of elements such as egg, herbs, copal incense, candle and water/mezcal can be used to absorb and sweep negative vibration.



Risa terapia or laugh therapy

The group learns about laugh therapy or “risa terapia” from Rita in this online class demonstration.

Benefits:

- Increases natural pain killer cells – Endorphins
- Suppresses stress hormones - -Epinephrine
- Helps cellular immune response
- Exercises lungs, circulatory system and oxygen to the blood
- Reduces stress and anxiety



Mayan Acupuncture

Sofia demonstrates Mayan acupuncture in this segment of the online class.

Benefits:

Relief of pain, sciatica, tensions, headaches, etc.



Geotherapy (clay therapy)

Tonita Gonzales practices geotherapy on a patient in this online demonstration.

Benefits:

Use of clay for inflammations and stimulation of blood circulation, toning of skin and absorption of toxins.



Jugo Terapia or Juice Therapy

Tonita and Rita demonstrate juice therapy during the online class.

Benefits:

For body's toxicity and deficiency because of variety of nutrients.



Manteadas or Shawl Alignment

Rita demonstrates the shawl alignment or “manteada” technique during the online class.

Benefits:

Gentle massages for pregnancies, the elderly and children.



Integrative/Complimentary /Alternative Medicine

- * Of the 130 U.S. Accredited Medical Schools, 100 cover Alternative/Complimentary/Integrative Medicine
-According to the Association of American Medical Colleges
- * In New Mexico we have:
 - * UNM's Center for Life – Dr. Arti Prasad
 - * Ayurveric Institute
 - * Sanjevani Integrative Medical Center
 - * Southwest Acupuncture College

Today, Curanderismo has influenced the revival of Alternative/Complementary/Holistic Integrated Medicine, including:

- * \$21 Billion in Consumer Spending
- * Andrew Weil's Common Sense Approach – “Can't hurt, could help”
- * Less fat, animal food, stress
- * Eliminate or reduce intake of booze, cigarettes, coffee
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Modern Curanderos(as)

Jewel Babb of Valentine, Texas; “Goat Woman of West Texas”; was the only doctor in Valentine

- * Used massage therapy, prayer
- * Discovered growing power at age 56
- * Kept Aloe Vera in her home
- * Talked to God
- * Did not charge for services



Chenchito

- * A well-known *Fidencista*, who has been a *materia* (curandero), all his life.
- * He channels the spirit of the famous Curandero, *Nino Fidencio*, and is Cheo's teacher.



Rita Navarette

- * Rita has been practicing Traditional Healing for over 28 years.
- * Started her practice in Mexico city, and has continued it in Cuernavaca, and Jilotepec.
- * Rita is known as an educator of Risaterapia (Laugh Therapy), and Temazcal (Mexican Sweatlodge), and teaches classes in Temazcal, Massage, and Medicinal Plants.

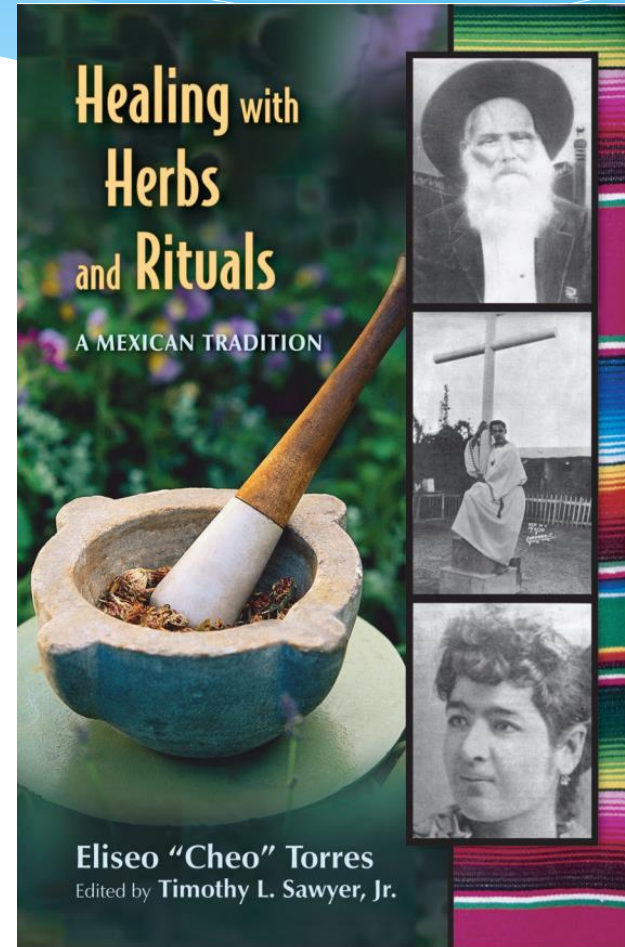
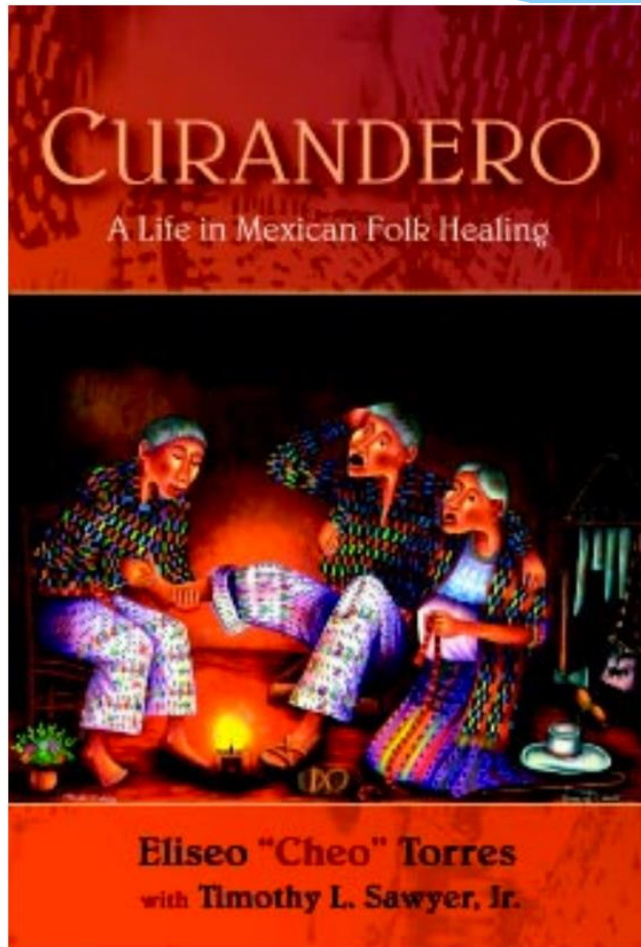


Tonita Gonzales

- * Tonita completed her studies of Traditional Medicine at Centro de Desarrollo Humano Hacia La Comunidad (CEDEHC), in Mexico.
- * She was an apprentice with curandera Rita Navarrete Perez, working in Mexico City and Jilotepec.
- * She has a clinic and temazcal in the North Valley of Albuquerque.



Curanderismo Texts



Curanderismo Texts

CURANDERISMO

THE ART OF TRADITIONAL MEDICINE WITHOUT BORDERS

ELISEO "CHEO" TORRES

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Curanderismo: The Art of Traditional Medicine without Borders presents primary sources from the Southwestern U.S., North African, Afro-Caribbean, and Mexican indigenous traditions. It presents a way to have a "better understanding of the traditional ways of healing the body, mind, and spirit" by studying, recognizing, and connecting humanity on a global scale.

Curanderismo is divided into two parts:

1. *Curanderismo in the Southwest and Mexico* emphasizes the traditional healing ways of Mexico and the Southwest.
2. *Global Perspectives* emphasizes different points of views and influences in curanderismo through discussion on traditional healing modalities from Ugandan to Mayan indigenous practices.

For more information or to reserve your copy for adoption consideration, visit:
he.kendallhunt.com/curanderismo

Kendall Hunt
publishing company

CURANDERO

TRADITIONAL HEALERS OF MEXICO AND THE SOUTHWEST

ELISEO "CHEO" TORRES ☯ IMANOL MIRANDA

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Curandero: Traditional Healers of Mexico and the Southwest is a collection of chapters corresponding to four groups of healers: *Curanderos(as) of Yesterday, Recent Times, Nowadays, and Tomorrow*. Each chapter addresses curanderismo's history and revival with photo narratives and biographies of traditional healers who continue to leave an impact in their communities and practices.

1. Overview of *Curanderismo* provides a brief history of curanderismo and how it has been revived in modern times.
2. *Curanderos(as) of Yesteryear: The Three Great Ones* narrates the stories and lives of those who practiced curanderismo in the 1800s.
3. *Curanderos(as) of Recent Times: Impacting the United States and Mexico* is an overview of healers that have passed away recently and left an important legacy through their influences in Mexico and the United States.
4. *Curanderos(as) of Nowadays: Creating a New Traditional Healing Model* introduces you to current traditional healers that have established clinics and incorporated traditional healing methods in Mexico and the United States.
5. *Curanderos(as) of Tomorrow* provides a glimpse of what the future holds for curanderismo through photo narratives of how up and coming professionals incorporate healing modalities in their current medical professions.

For more information or to reserve your copy for adoption consideration, visit:
he.kendallhunt.com/curandero

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Curanderismo

- * Is not just a healing modality, but rather choosing a lifestyle, of consciousness.
- * To be healthy, we need to understand that we have to be balanced physically, mentally, emotionally, and spiritually.
 - * - Tonita Gonzales