

Curanderismo

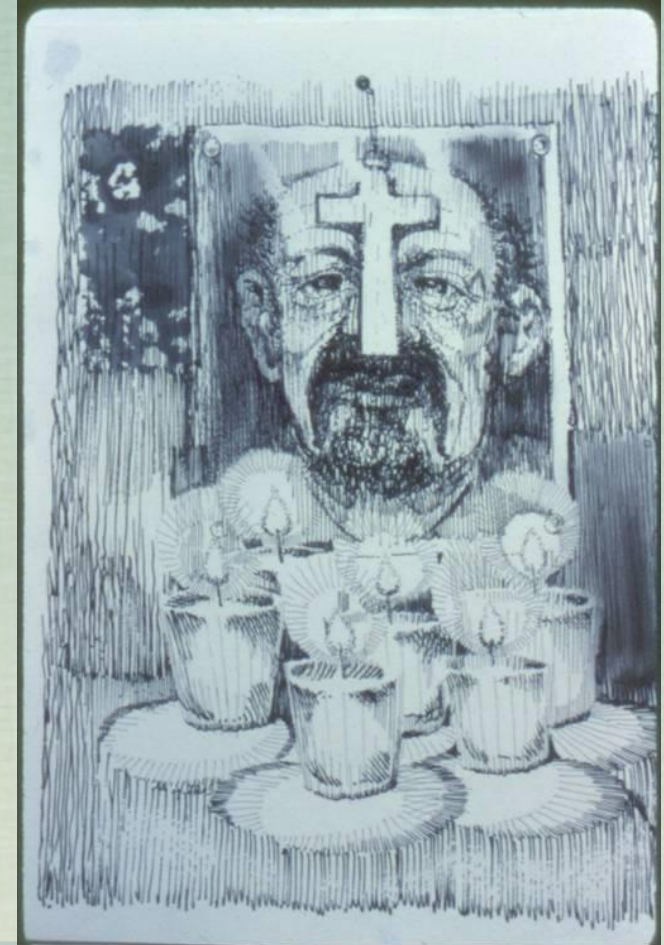
THE ART OF TRADITIONAL MEDICINE FOLK HEALING

Curanderismo

- It is the art of Mexican Folk Healing from the word *curar*, meaning to heal
- Uses a holistic approach to healing – mind, body, and spirit
- Who is a curandero/a?
 - A traditional healer working in the material, spiritual, and mental levels
 - Someone with a *don* (a gift)
 - An apprentice
 - Attends specialized school – Centro de Desarrollo Hacia La Comunidad (CEDEHC)

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 Bio-Medicine



Evolution of Medicinal Herbs

- Aztec Pharmacology
 - 1,200 medicinal herbs

- Aztecs treated arthritis gastrointestinal ills, hepatitis, etc.

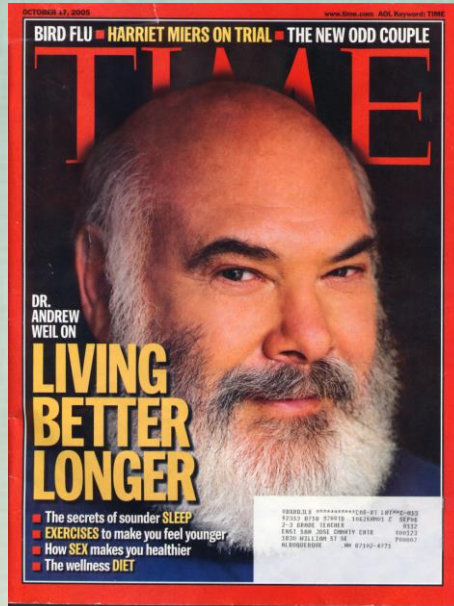


Fusion of Traditional and Allopathic Medicine

- Curanderismo has influenced the revival of alternative, contemporary, holistic, integrated medicine
- \$21 billion in consumer spending
- Andrew Weil, MD,'s Common Sense Approach
 - “Can’t 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

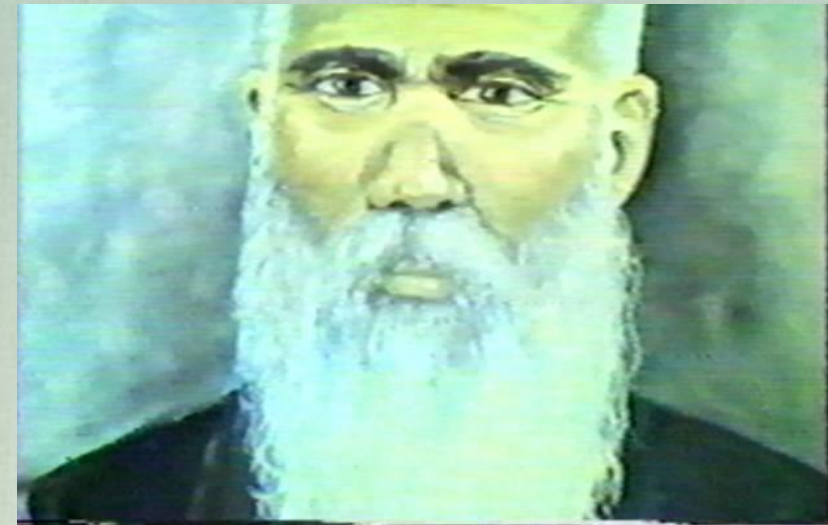
Common Goals: Modern & Traditional Medicine

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 19th Century Mexican Folk Healer
- Emphasized holistic, common-sense approach to treatment and healing

Integrative/Complimentary/Alternative Medicine

- “Of the 130 U.S. accredited medical schools, 100 cover alternative/ complimentary/ integrative medicine” - 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

UNM 2-Week Summer Class:

Traditional Medicine without Borders

- 2-week, in-person, class
- Offered in the summer since 2002
- Held at the University of New Mexico – Main Campus, Albuquerque, New Mexico
- Features history of curanderismo with hands-on activities with guest healers from Mexico
- Participants study herbs, rituals, folk medicines, and important figures in healing
- **Website:** curanderismo.unm.edu
- **Email:** curanderismo@unm.edu

UNM Online Classes:

Traditional Medicine of Mexico and the Southwest & Global Perspectives

Fall Semesters:

Part 1: Curanderismo of Mexico & the SW

- 16-week, 3 credit hour course, fully online
- Featured topics:
 - Laugh Therapy (*risaterapia*)
 - Interstinal Blockage (*empacho*)
 - Energetic/Spiritual Cleansings (*limpias*)
 - Fire cupping (*ventosas*)
 - Many more!

Spring Semesters:

Part 2: Global Perspectives

- 16-week, 3 credit hour, course, fully online
- Featured topics:
 - African Traditional Medicine (Uganda & Gabon)
 - Afro-Cuban Healing
 - Afro-Puerto Rican Healing
 - Mayan Acupuncture & Abdominal Massage
 - Sacred Tobacco of Peru, etc.

Bonus: Coursera Courses, which are fully online and free. These four 5-week courses cover healing the body and spirit/energy, and cultural traditions.

Teaching Cultural Competencies to Medical Schools with 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 with 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 with 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 with 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

Curanderismo of Mexico and the Southwest

Introduction to Curanderismo

Dr. Arturo Ornelas and Dr. Eliseo “Cheo” Torres

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



Medicinal Plants of the Southwest

Dr. Tomas Enos

- Dr. Enos gives a demonstration on medicinal plants of the Southwest during the online class
- Benefits:
 - Plants can help with liver, sleeping, detox, infusion, etc.



Mexican Sweatlodge (*Temazcal*) Demonstrations

Rita Navarrete

- Rita demonstrates the ritual of the *temazcal* in the online class presentation.
- Benefits:
 - Used to purify the body in Mesoamerican ceremonies
 - Now used to cleanse the body, mind, and spirit in Mexico, South America, and the Southwest
 - Releases toxins through sweating
 - Moves lymphatic system through exfoliation





Laura's Temazcal
Los Lunas, New Mexico

Tonita's Temazcal Tonantzin
Albuquerque, New Mexico



Fire Cupping (*ventosas*)

Rita Navarrete

- Rita demonstrates fire cupping, or *ventosas* during this online demonstration.
- Benefits:
 - Mobilizes blood flow to promote healing for digestive problems and pain.



Intestinal Blockage (*empacho*)

Albertana “Tana” Sanchez

- Tana demonstrates the technique of removing an intestinal blockage, or *empacho*, as part of the online class.
- Benefits:
 - Alleviates boating, diarrhea, and vomiting.



Energetic/Spiritual Cleansings (*limpias*)

Laurencio Lopez Nunez

- Laurencio gets ready to perform an energetic/spiritual cleansings, or *limpia*, on Cheo during the online class.
- Benefits:
 - Elements such as an egg, herbs, copal, incense, candle, and water/mescal can be used to absorb and sweep negative vibration.



Symbolic Hand Beliefs for Protection & *Mal de Ojo*

- *Hamsa*, from Israel Judaism
- *Khamsa*, from Egyptian Islam
- *La Mano Poderosa*, from Mexican Christianity
- All share similar amulets for protection



Laugh Therapy (*risaterapia*)

Rita Navarrete

- Rita helps the group learn about laugh therapy, or *risaterapia*, 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 Salazar

- Sofia demonstrates Mayan acupuncture in this segment of the online class.
- Benefits:
 - Relieves pain, sciatica, tensions, headaches, etc.



Geotherapy – Clay Therapy (*Geoterapia*)

Antoinette “Tonita” Gonzales

- Tonita practices Geotherapy on a patient in this online demonstration.
- Benefits:
 - Clay is used for inflammation and stimulation for blood circulation, toning of skin, and absorption of toxins.



Juice Therapy (jugoterapia)

Antoinette “Tonita” Gonzales and Rita Navarrete

- Tonita and Rita demonstrate juice therapy during the online class.
- Benefits:
 - The variety of nutrients provides treatments for the body’s toxicity and deficiency.



Shawl Alignments (*manteadas*)

Antoinette “Tonita” Gonzales and Rita Navarrete

- Rita demonstrates the shawl alignment or “*manteada*” technique during the online class.
- Benefits:
 - Gentle massages for pregnancies, the elderly, and children.



Global Perspectives of Curanderismo

Sacred Tobacco Healing of Peru & NM Herbology

Asheninka Mino and Bernadette Torres

- Mino and Bernadette demonstrate tobacco healing practices during the online class.
- Benefits:
 - Tobacco is used for spiritual cleansings and to treat some ailments.



Ugandan Traditional Medicine

- Ugandan healers share African traditional herbal remedies
- Promotes traditional medicine through a forest school for practitioners with a medicinal garden
- Creates a medicinal garden for medicinal and nutritional plant and a health clinic
- Processes, packages, and markets herbal medicine
- Improves midwifery services
- Uses traditional herbal medications for HIV/AIDS infections



African Healing through Music from Gabon

- Healer from Gabon, Bokaye, plays the *Mogongo* musical instrument to communicate with spirits
- Bokaye uses religious rituals through music that induces visions and promotes spiritual growth
- The vibrations from the musical instruments, songs, and chants are part of the holistic healing practices of the African *Bwiti* religion



Afro-Cuban Healing Techniques

- Pedro, from Cuba, uses cigar smoke and a coconut as part of a spiritual cleansing
- Cuban *limpias* involve elements of nature common to the island of Cuba, such as plants, egg shells, rum, and cigar smoke
- Cuban healing is a mixture of Christianity along with West and Central African traditions
- Pedro is referred to as a *Babalawo*, *Santero*, *Palo Monte*, and *Curandero*



Modern Curanderos(as)

Jewel Babb – “The Goat Woman of West Texas”

Valentine, Texas

- Was the only doctor in Valentine
- Used massage therapy and prayer
- Discovered growing power at age 56
- Kept Aloe Vera in her home
- Talked to God
- Did not charge for services



Crescencio Alvarado Nuñez - “Chenchito”

Espinazo, Nuevo Leon, Mexico

- Well-known *Fidencista*
- Has been *material*, *curandero*, all his life
- Channels spirit of the famous *Niño Fidencio*
- Cheo’s teacher



Rita Navarrete

Mexico City

- Has been practicing for over 28 years
- Started her practice in Mexico city
 - Continued in Cuernavaca and Jilotepec
- Known as an educator of Laugh Therapy (*risaterapia*) and Mexican Sweatlodge (*temazcal*)
- Teaches *temazcal*, massage, and medicinal plant classes



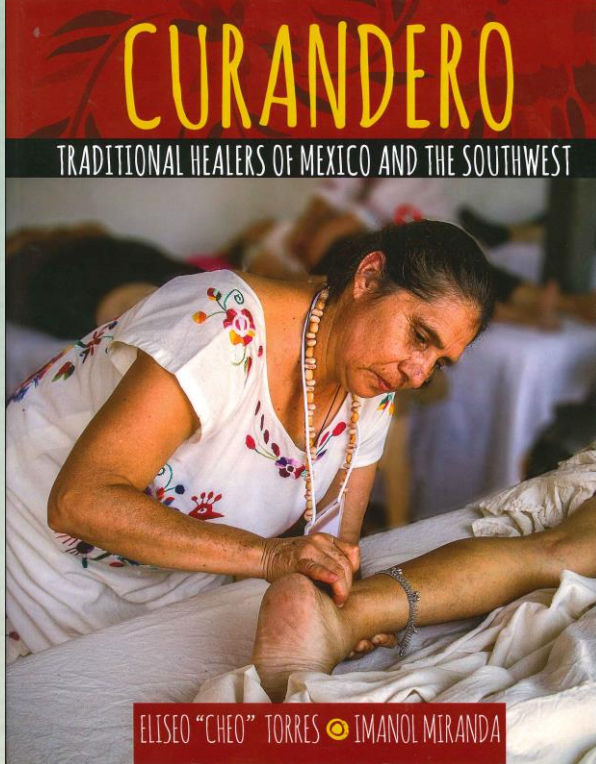
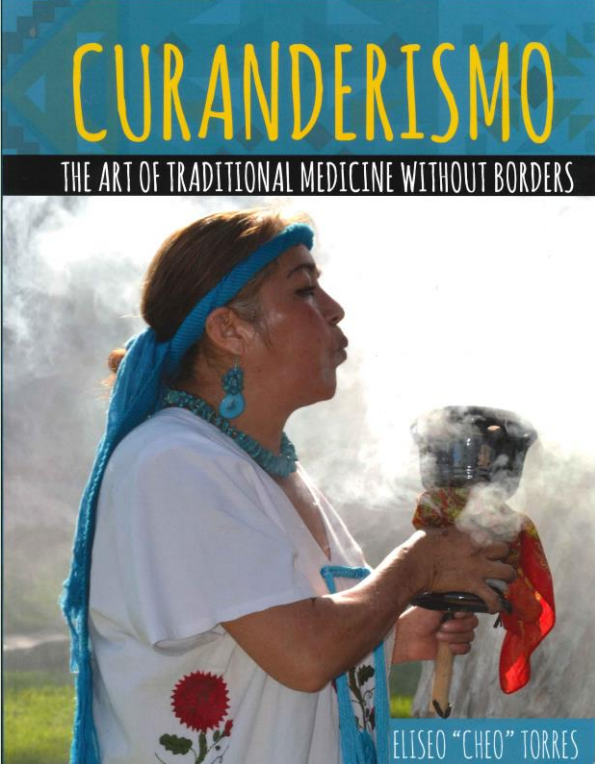
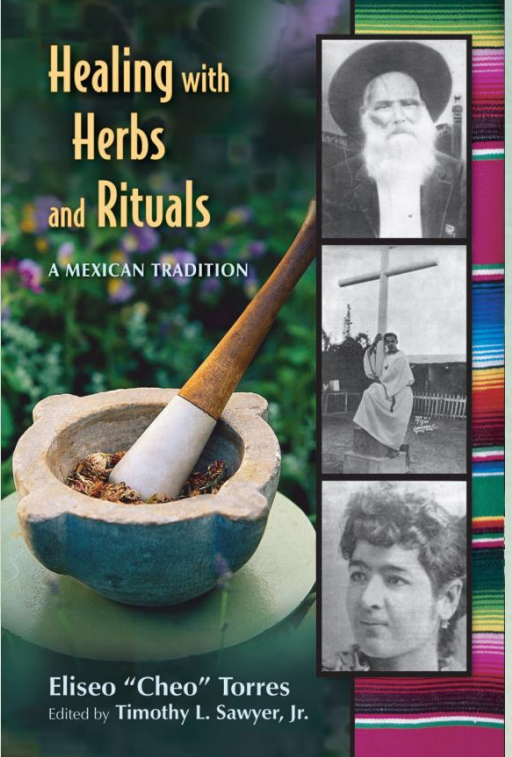
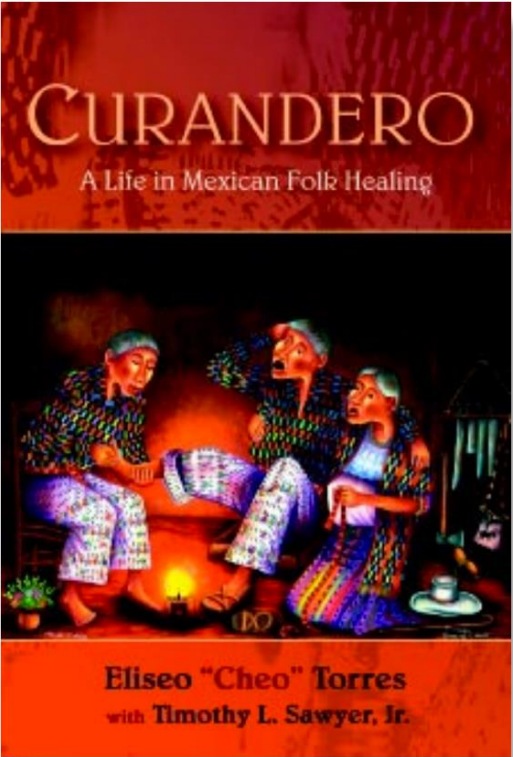
Antoinette Gonzales – “Tonita”

Gonzales Ranch, New Mexico

- Completed her Traditional Medicine studies at El Centro de Desarrollo Humano Hacia la Comunidad (CEDEHC) in Mexico
- Apprenticed with Rita Navarrete
- Worked in Mexico City and Jilotepec
- Has a clinic and temazcal in the North Valley of Albuquerque



Texts on Curanderismo



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

