



CURANDERISMO

Traditional Medicine approaches in the Hispanic world for times of Stress and Anxiety

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)

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

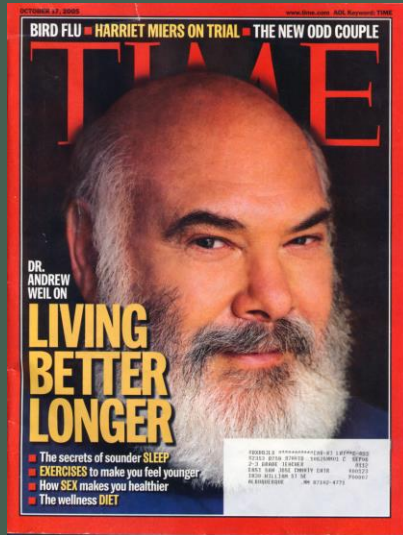
Begin exercise, massage, and hypnosis therapy

Use herbs, olive oil, garlic, ginger, etc.

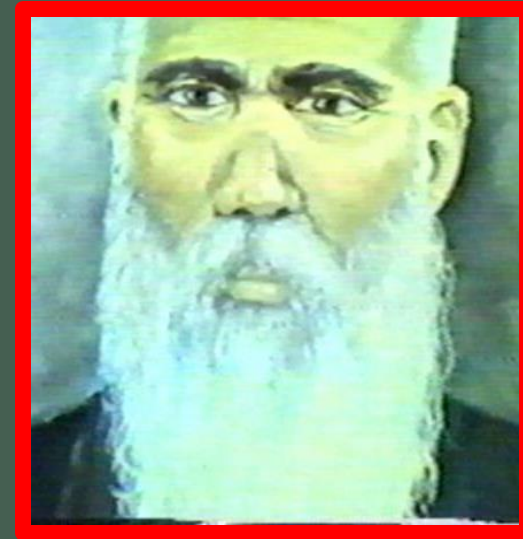
Keep lots of fresh flowers

Common Goals: Modern & Traditional Medicine

Andrew Weil, MD
Author



Don Pedrito
Traditional Healer, Los Olmos Ranch



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

- 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

Energetic/Spiritual Cleansings (*Limpias*)

Laurencio López Núñez



- 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.

Medicinal Plants for Nervous System







**Manzanilla/Chamomile
(*Matricaria recutita*)**

Indications:

- ▶ Anti-inflammatory
- ▶ Anxiety
- ▶ Colic
- ▶ Eyewash
- ▶ Fever
- ▶ Headaches
- ▶ Insomnia
- ▶ Nausea
- ▶ Sedative



Damiana (Turnera diffusa)

Indications:

- ▶ Anxiety
- ▶ Aphrodisiac
- ▶ Asthma
- ▶ Colic
- ▶ Mild indigestion



**Lavender
(Lavanda Alhucema)**

Indications:

- ▶ Sedative
- ▶ Indigestion

- Medicinal Plants for Digestive & Nervous System
- Microdosis & Tinctures
- Juicy Therapy
- Healing with Herbal Oils



- Firecupping
- Mayan Abdominal Massage
- Intestinal Blockage
- Body & Spinal Alignment
- Traditional Healing for Infants & Aging Community

CURANDERISMO



<https://coursera.org/learn/curanderismo-plants>

TRADITIONAL MEDICINE

- African Traditional Medicine
- Afro-Cuban, Puerto Rican Healing Modalities
- Native American Feather Healing
- Mayan Acupuncture



- Spiritual/Energetic Limpias
- Sweat Lodge Temazcal
- Healing through Sound & Music
- Laugh therapy
- Día de Muertos





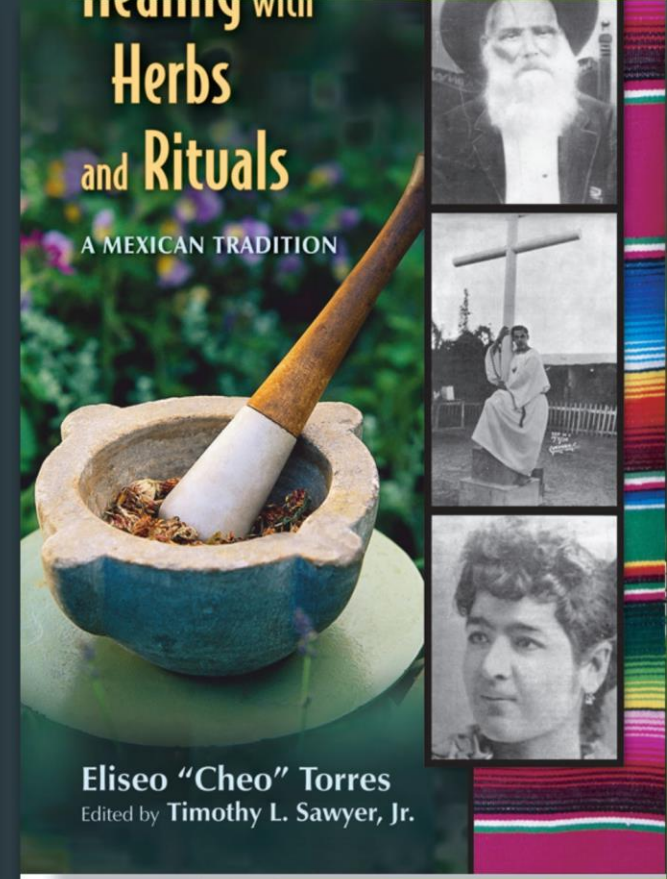
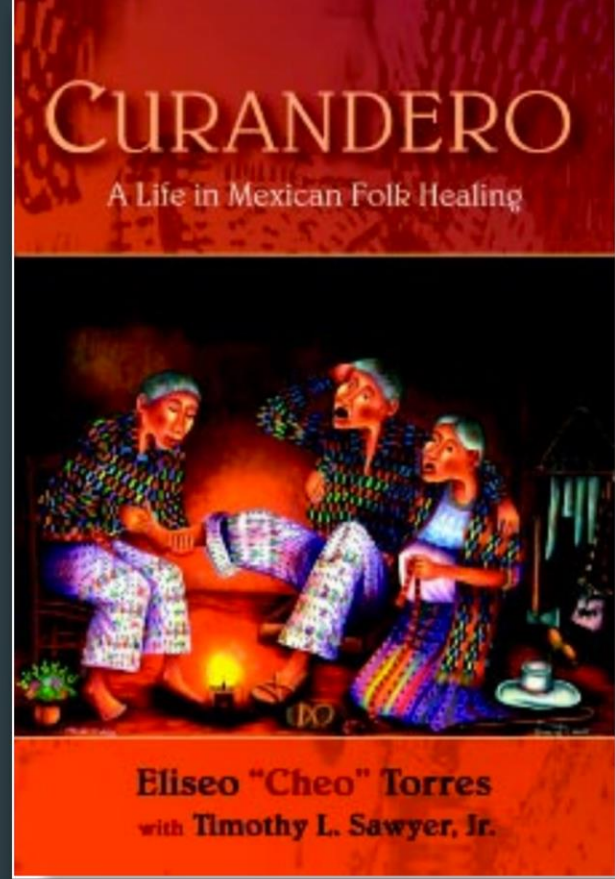
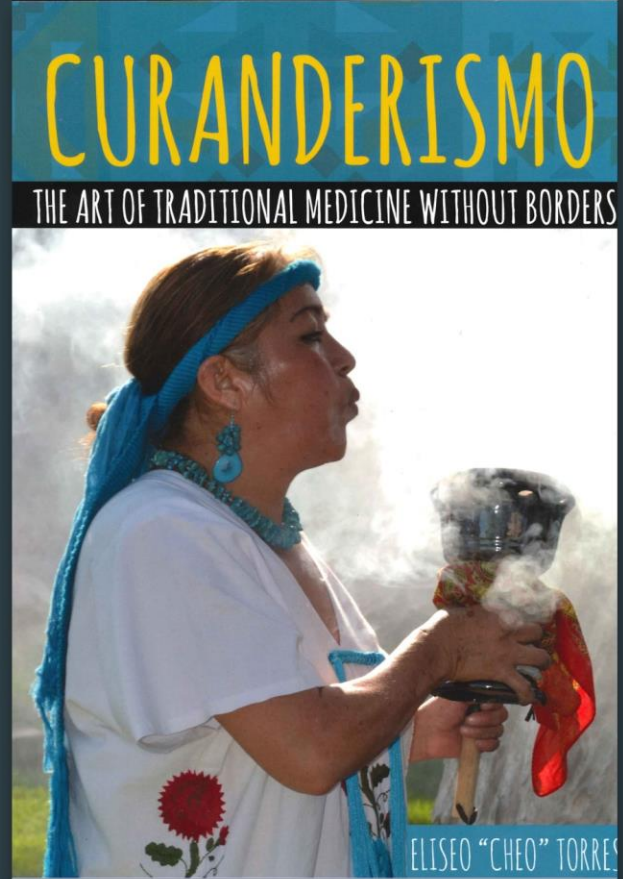
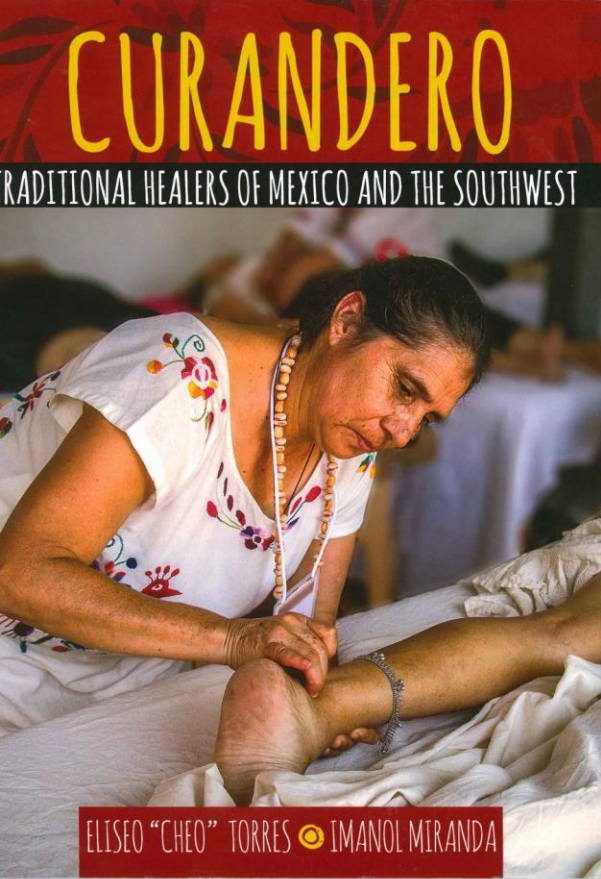
Coursera
en español



Curanderismo

Influencias culturales y globales de la medicina tradicional

- *Introducción al curanderismo*
- *Escuela de medicina tradicional CEDEHC*
- *Curanderos fidencistas*
- *Limpias energéticas/espirituales de México y Cuba*
- *Tratamientos para la mujer*
- *Curación afro-puertorriqueña*
- *Tabaco sagrado del Perú*
- *Día de los muertos*



Books on curanderismo

- <https://he.kendallhunt.com/product/curanderismo-art-traditional-medicine-without-borders>
- <https://he.kendallhunt.com/product/curandero-traditional-healers-mexico-and-southwest>

Contact Information

Eliseo "Cheo" Torres

Vice President for Student Affairs Division of
Student Affairs

Tel. 505-277-0952

Email. cheo@unm.edu

The University of New Mexico
Scholes Hall 229
Albuquerque, NM 87131



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.”



**Laugh
Therapy**

TED^xABQ
x = independently organized TED event

<https://www.youtube.com/watch?v=KiqrtsN9xis>