

## Sastun: My Apprenticeship With A Maya Healer

American Indian Healing Arts is a magical blend of plant lore, history, and living tradition that draws on a lifetime of study with native healers by herbalist and ethnobotanist E. Barrie Kavasch. Here are the time-honored tribal rituals performed to promote good health, heal illness, and bring mind and spirit into harmony with nature. Here also are dozens of safe, effective earth remedies--many of which are now being confirmed by modern research. Each chapter introduces a new stage in the life cycle, from the delightful Navajo First Smile Ceremony (welcoming a new baby) to the Apache Sunrise Ceremony (celebrating puberty) to the Seminole Old People's Dance. At the heart of the book are more than sixty easy-to-use herbal remedies--including soothing rubs for baby, a yucca face mask for troubled skin, relaxing teas, massage oils, natural insect repellents, and fragrant smudge sticks. There are also guidelines for assembling a basic American Indian medicine chest.

The author describes how polio changed his life, explains how he developed a positive outlook, and discusses the nature of disability

Set in the ancient Maya city of Chichen, The Oracle of Ix Chel tells the story of Jade Skirt, Oracle and High Priestess of the Goddess Ix Chel during a critical time in history when the Maya are turning away from peaceful worship of the goddess and embracing the brutal practice of human sacrifice. Jade Skirt must set herself against the bloodthirsty priests of the War God to save her beloved granddaughter, a young girl destined to continue the sacred lineage and one day rule Ix Chel's women's sanctuary, Cuzamil Island. With the help of her spirit guide, her deep knowledge of rainforest plant lore and a staunch ally who is her forbidden love, Jade Skirt sets off on a tense adventure that will change the course of Maya history forever.

In this irresistible marriage of watercolorist's sketchbook and traveler's guide, Virginia Johnson lovingly captures the magic of one of the world's most storied regions, the French Riviera. We walk the Promenade des Anglais in Nice. Shop for handmade sandals at Rondini in Saint-Tropez. Visit the Madoura workshop in Antibes, where Picasso discovered his genius for pottery. Meet legendary characters like Pierre Gruneberg, a swimming instructor who taught Jean Cocteau, Brigitte Bardot, Paul McCartney, and many others. Saturated with the limpid colors of sea and sun, the dazzling greens of verdant gardens, and the rose and ochre of sunbaked villas and joyous with paisleys and blue-striped sailor's shirts and the riotous look of a patisserie window filled with confections, Travels Through the French Riviera is a gift book of visual wonder, the souvenir every Francophile will want. But it is also a quirky yet singularly useful travel guide, whether showing how to order coffee like a local, plan a beach day at Menton, or hike the Cap Ferrat peninsula or where to taste the best ice cream in Antibes (at Amarena--try the mint).

Remains of Ritual

EROTIC MENTORING

Curandero

Healing with Herbs and Rituals

Initiatory Wisdom from the Creatrix of All Life

Green Angel

Travels Through the French Riviera

Woman Heal Thyself

**Timely book on rainforest herbology and traditional healing. Authors work with Central American healers to compile herbal lore.**

**The compelling drama of American herbologist Rosita Arvigo's quest to preserve the knowledge of Don Elijio Panti, one of the last surviving and most respected traditional healers in the rainforest of Belize.**

**Wind in the Blood is a detailed look at Mayan medicine on Mexico's Yucatan peninsula and its similarities to Chinese traditional medicine. It was originally published in Spanish as a manual for health workers in Mayan areas to bridge the gulf between Western medical technique and Mayan medical knowledge. Mexican physicians Hernan Garcia, Antonio Sierra, and Hiberto Balam discovered that the similarities between Mayan medicine and traditional Chinese medicine were profound and helpful in their medical work.**

**Remains of Ritual, Steven M. Friedson's second book on musical experience in African ritual, focuses on the Brekete/Gorovodu religion of the Ewe people. Friedson presents a multifaceted understanding of religious practice through a historical and ethnographic study of one of the dominant ritual sites on the southern coast of Ghana: a medicine shrine whose origins lie in the northern region of the country. Each chapter of this fascinating book considers a different aspect of ritual life, demonstrating throughout that none of them can be conceived of separately from their musicality--in the Brekete world, music functions as ritual and ritual as music. Dance and possession, chanted calls to prayer, animal sacrifice, the sounds and movements of wake keeping, the play of the drums all come under Friedson's careful scrutiny, as does his own position and experience within this ritual-dominated society.**

Wind in the Blood

33 Jewish Women to Inspire Everyone

Uses and Abuses of Plant-Derived Smoke

Unplugging the Patriarchy

A Human Factors Approach

An Artist's Guide to the Storied Coastline, from Menton to Saint-Tropez

One Hundred Healing Herbs of Belize

**The definitive guide to Shamanic thought and practice**

*"A collection of biographies of Jewish female role models--selected in collaboration with Ruth Bader Ginsburg and including an introduction written by the Supreme Court justice"--*

*Rediscover the lost ancient mystery teachings of the Cosmic Womb • Explains how each of us has a holographic blueprint of the Womb of Creation, our spiritual Womb • Offers practices to help awaken your spiritual Womb, experience the Womb of God within, and activate the Womb's sacred magic of creation and manifestation • Looks at the power of the moon and its connection to sacred Womb Consciousness •*

*Explores how the lost Womb mystery teachings were encoded in folk and fairy tales, the legends of the Holy Grail, and the traditions of Mary Magdalene and Sophia • Includes access to three guided Womb Awakening audio journeys The Ancients lived by a feminine cosmology of creation, where everything was birthed and dissolved through a sacred universal Womb. Within each of us, whether female or male, lies a holographic blueprint of this Womb of Creation, connecting us to the Web of Life. By awakening your spiritual Womb, the holy of holies within the temple of your body, you can reconnect to the transformative energy of Womb Consciousness and reclaim your sacred powers of creation and love. Drawing on mythical and spiritual traditions from almost every culture, Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition all the way back to the Neanderthals and beyond. They explore how these teachings were encoded in the symbolism of folk and fairy tales; the legends of the Holy Grail; the traditions of Mary Magdalene and Sophia; the maiden, queen, and crone archetypes; and the teachings of alchemy and the chakras. They show how sages and shamans across the globe all secretly spoke of the Cosmic Womb and the sacred creative powers of Moon Blood. The authors look at the power of the Moon and its connection to sacred Womb Consciousness, offering meditations and practices to help awaken your spiritual Womb and activate its sacred magic of creation and manifestation. They explain how to activate the energetic gateways of the Womb and merge the heart and Womb to make sexual union the highest sacrament of love. Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world, they show how, as we reawaken the powerful ancient path of the Womb Mysteries, we help return our world to harmony with the wild, untamed creative flows and cyclical rhythms of the cosmos.*

*Rainforest Healing from Your Home and Garden Find alternatives to chemical anti-depressants and painkillers in your spice rack. Learn about natural anti-itch salves for insect bites. Soothe and relieve envy, grief, sadness, and fear the Maya way. Rid your house of negative energy with a Maya cleansing ritual. Try the easy-to-make bronchitis remedy.*

*Rushing's study of over 200 young, bright women mentored by older scholars, usually men, is the subject of this eloquent book, which uses mythology and Jungian psychology to elicit women's self understanding and personal development."*

*Ethnomedicine*

*The Politics of Heritage*

*American Mythologies and Hollywood's Rogue Crimefighters*

*Stolen World*

*A Guide to the Useful Plants of Belize*

*Womb Awakening*

*A Mexican Tradition*

*Entering the Circle*

A hands-on approach to working with the healing powers of plant spirits • Explores the scientific basis underlying the practices of indigenous healers and shamans • Illuminates the matrix where plant intelligence and human intelligence join • Reveals that partnering with plants is an evolutionary imperative Indigenous healers and shamans have known since antiquity that plants possess a spirit essence that can communicate through light, sound, and vibration. Now scientific studies are verifying this understanding. Plant Spirit Healing reveals the power of plant spirits to join with human intelligence to bring about profound healing. These spirits take us beyond mere symptomatic treatment to aligning us with the vast web of nature. Plants are more than their chemical constituents. They are intelligent beings that have the capacity to raise consciousness to a level where true healing can take place. In this book, herbalist Pam Montgomery offers an understanding of the origins of disease and the therapeutic use of plant spirits to bring balance and healing. She offers a process engaging heart, soul, and spirit that she calls the triple spiral path. In our modern existence, we are increasingly challenged with broken hearts, souls in exile, and malnourished spirits. By working through the heart, we connect with the soul and gain access to spirit. She explains that the evolution of plants has always preceded their animal counterparts and that plant spirits offer a guide to our spiritual evolution--a stage of growth imperative not only for the healing of humans but also the healing of the earth.

The remarkable arts and culture of the Kuna of Panama are accessible in this comprehensive, illustrated volume. From the familiar reverse appliqued molas to music, dance, and verbal arts, the Kuna live their values and bind their people together. This focus and strength has helped them to resist outside forces and maintain their culture and self-determination in the face of peoples and governments far more powerful.

Olga Kharitidi's debut book is a remarkable account of her spiritual adventure in snowbound Siberia. Joining an ailing friend on a spontaneous trip to the Atai Mountains, Dr. Kharitidi is taken into apprenticeship by a native Shaman who guides her through bizarre, magical, and often terrifying experiences that open her eyes to a wellspring of deeper learning. On the road to Belovedia, a fabled civilization of highly evolved beings, she encounters revolutionary mystical teachings while discovering ancient secrets of magic and healing. At once a modern odyssey and a timeless dreamscape, *Entering the Circle* is an inspiring story of personal growth and an insightful work about the limitless potential of human spirit.

Despite its small size, Belize is one of the most ecologically and culturally diverse nations in Central America. Over 3,400 species of plants can be found here, within a diversity of ecological habitats. Because of this, Belize is paradise for ecotourists, hosting over 900,000 visitors annually, who enjoy the natural habitat and friendly people of this nation. Many of the plants of Belize have a long history of being "useful," with properties that have served traditional herbal healers of the region as well as those who use plants as food, forage, fiber, ornament, in construction and ritual, along with many other purposes. With *Messages from the Gods: A Guide to the Useful Plants of Belize*, Drs. Michael Balick and Rosita Arvigo give us the definitive resource on the many species of plants in Belize and their folklore, as well as the natural history of the region and a detailed discussion of "bush" uses of plants, including for traditional healing and life in the forest, past and present. Both Balick and Arvigo bring important perspectives to the project, Balick as ethnobotanical scientist from The New York Botanical Garden, and Arvigo as a former apprentice to a Belizean healer and an

experienced physician. The book has been decades in the making, a culmination of a biodiversity research project that The New York Botanical Garden and international and local collaborators have had in motion since 1987. Drs. Balick, Arvigo and their colleagues have collected and identified thousands of plants from the region, and have worked extensively with hundreds of Belizean people, many of them herbal healers and bushmasters, to record uses for many of the species. This collaboration with local plant experts has produced a fascinating discussion of the intersection of herbal medicine and spiritual belief in the area, and these interviews are used to compliment and contextualize the numerous species accounts presented. The book is both a cultural study and a specialized field guide; information is provided on many different native and introduced plants in Belize and their traditional and contemporary uses including as food, medicine, fiber, in spiritual practices and many other purposes. Richly illustrated with over 600 images and photographs, Messages from the Gods: A Guide to The Useful Plants of Belize will serve as the primary reference and guide to the ethnobotany of Belize for many years to come.

Northern Gods in a Southern Land

Monumental Ambivalence

Mayan Healing and Chinese Medicine

Anthropology and Religion

Limpas Espirituales of Ancient Mesoamerican Shamans

American Indian Healing Arts

What We Know, Think, and Question

The All of It

A guide to Mexican herbal healing, offers treatments for common ailments, using teas, liniments, compresses, and soothing baths

Alice Hoffman is at her magical best in a new novel about loss and healing. When her family is lost in a terrible disaster, 15-yr-old Green is haunted by loss and by the past. Struggling to survive physically and emotionally in a place where nothing seems to grow and ashes are everywhere, Green retreats into the ruined realm of her garden. But in destroying her feelings, she also begins to destroy herself, erasing the girl she'd once been as she inks ravens into her skin. It is only through a series of mysterious encounters -- with a ghostly white dog and a mute boy -- that Green relearns the lessons of love and begins to heal as she tells her own story.

Healing with Herbs and Rituals is an herbal remedy-based understanding of curanderismo and the practice of yerberas, or herbalists, as found in the American Southwest and northern Mexico. Part One, "Folk Healers and Folk Healing," focuses on individual healers and their procedures. Part Two, "Green Medicine: Traditional Mexican-American Herbs and Remedies," details traditional Mexican-American herbs and cures. These remedies are the product of centuries of experience in Mexico, heavily influenced by the Moors, Judeo-Christians, and Aztecs, and include everyday items such as lemon, egg, fire, aromatic oil, and prepared water. Symbolic objects such as keys, candles, brooms, and Trouble Dolls are also used. Dedicated, in part, to curanderos throughout Mexico and the American Southwest, Healing with Herbs and Rituals shows us these practitioners are humble, sincere people who have given themselves to improving lives for many decades. Today's holistic health movement has rediscovered the timeless merits of the curanderos' uses of medicinal plants, rituals, and practical advice.

Plants provide the food, shelter, medicines, and biomass that underlie sustainable life. One of the earliest and often overlooked uses of plants is the production of smoke, dating to the time of early hominid species. Plant-derived smoke has had an enormous socio-economic impact throughout human history, being burned for medicinal and recreational purposes, magico-religious ceremonies, pest control, food preservation, and flavoring, perfumes, and incense. This illustrated global compendium documents and describes approximately 2,000 global uses for over 1,400 plant species. The Uses and Abuses of Plant-Derived Smoke is accessibly written and provides a wealth of information on human uses for smoke. Divided into nine main categories of use, the compendium lists plant-derived smoke's medicinal, historical, ceremonial, ritual and recreational uses. Plant use in the production of incense and to preserve and flavor foods and beverages is also included. Each entry includes full binomial names and family, an identification of the person who named the plant, as well as numerous references to other scholarly texts. Of particular interest will be plants such as Tobacco (*Nicotiana tabacum*), *Boswellia* spp (frankincense), and *Datura stramonium* (smoked as a treatment for asthma all over the world), all of which are described in great detail.

Policing the World on Screen

A Tale of Reptiles, Smugglers, and Skulduggery

A Novel

A Life in Mexican Folk Healing

The Shamanism Bible

Ancient Secrets of Siberian Wisdom Discovered by a Russian Psychiatrist

Flying Without Wings

One Woman's Apprenticeship with a Maya Healer and Their Efforts to Save the Vani

***Ivan Dixon's 1973 film, The Spook Who Sat by the Door, captures the intensity of social and political upheaval during a volatile period in American history. Based on Sam Greenlee's novel by the same name, the film is a searing portrayal of an American Black underclass brought to the brink of revolution. This series of critical essays situates the film in its social, political, and cinematic contexts and presents a wealth of related materials, including an extensive interview with Sam Greenlee, the original United Artists' press kit, numerous stills from the film, and the original screenplay. This fascinating examination of a revolutionary work foregrounds issues of race, class, and social inequality that continue to incite protests and drive political debate.***

***While fishing in an Irish salmon stream one rainy morning, Father Declan de Loughry ponders the recent deathbed confession of his parishioner Kevin Dennehy. It seems Dennehy and his wife, Enda, had been quietly living a lie for fifty years. Yet the gravity of their deception doesn't become clear to the good father until Enda shares the full tale of her suffering, finally confiding "the all of it." Jeannette Haien's exquisite, awardwinning first novel is a deceptively simple story that resonates with the power of a modern-day myth—an unforgettable narrative of transgression, empathy, and, ultimately, absolution.***

***Eliseo Torres, known as "Cheo," grew up in the Corpus Christi area of Texas and knew, firsthand, the Mexican folk healing practiced in his home and neighborhood. Later in life, he wanted to know more about the plants and rituals of curanderismo. Torres's story begins with his experiences in the Mexican town of Espinazo, the home of the great curandero El Niño Fidencio (1899-1939), where Torres underwent life-changing spiritual experiences.***

*He introduces us to some of the major figures in the tradition, discusses some of the pitfalls of teaching curanderismo, and concludes with an account of a class he taught in which curanderos from Cuernavaca, Mexico, shared their knowledge with students. Part personal pilgrimage, part compendium of medical knowledge, this moving book reveals curanderismo as both a contemplative and a medical practice that can offer new approaches to ancient problems. From Curandero ". . . for centuries, rattlesnakes were eaten to prevent any number of conditions and illnesses, including arthritis and rheumatism. In Mexico and in other Latin American countries, rattlesnake meat is actually sold in capsule form to treat impotence and even to treat cancer. Rattlesnake meat is also dried and ground and sprinkled into open wounds and body sores to heal them, and a rattlesnake ointment is made that is applied to aches and pains as well."*

*Meet Inspector Singh: a fat, slightly bumbling, but truly lovable detective sure to charm readers of The No.1 Ladies Detective Agency Inspector Singh is in a bad mood. He's been sent from his home in Singapore to Kuala Lumpur to solve a murder that has him stumped. Chelsea Liew—the famous Singaporean model—is on death row for the murder of her ex-husband. She swears she didn't do it, he thinks she didn't do it, but no matter how hard he tries to get to the bottom of things, he still arrives back at the same place—that Chelsea's husband was shot at point blank range, and that Chelsea had the best motivation to pull the trigger: he was taking her kids away from her. Now Inspector Singh must pull out all the stops to crack a crime that could potentially free a beautiful and innocent woman and reunite a mother with her children. There's just one problem—the Malaysian police refuse to play ball.*

*Inspector Singh Investigates: A Most Peculiar Malaysian Murder*

*An Ancient Healing System for Contemporary Women*

*Plant Spirit Healing*

*Messages from the Gods*

*Personal Reflections on Loss, Disability, and Healing*

*Spiritual Bathing*

*Layers of Meaning Among the Kuna of Panama*

*Rainforest Remedies*

*This evocative guide to Shamanism takes you on a journey from its origins in Europe, North America, Siberia and the Arctic Circle through to contemporary rituals to try today. Illustrated with cultural images, totems and people, shaman John Matthews reveals the rich animistic traditions of this ancient spirituality and reveals how it can empower your life. Discover: The significance of power animals Shapeshifting - moving into different states of being Healing with spirit guides Vision questing - finding guidance in meditation and dream experiences Working with totems Shamanic drumming and trance*

*For centuries, people have used a combination of water, prayer, meditation and herbs to rejuvenate the mind, body and soul. In Spiritual Bathing, Rosita Arvigo and Nadine Epstein explore traditions—many lost or forgotten—that have been intertwined with religion, spirituality and culture since ancient and medieval times. From baptism to mikvahs to charity baths, these traditions can serve as a way to reconnect with nature or God; rejuvenate the mind, body and soul; and help relieve anxiety, insomnia and depression. Encompassing knowledge from 15 world traditions, this beautifully illustrated guide features detailed instructions to create nurturing and restorative spiritual bathing rituals both at home and elsewhere.*

*This book analyzes Hollywood storytelling that features an American crimefighter—whether cop, detective, or agent—who must safeguard society and the nation by any means necessary. That often means going “rogue” and breaking the rules, even deploying ugly violence, but excused as self-defense or to serve the greater good. This ends-justifies-means approach dates back to gunfighters taming the western frontier to urban cowboy cops battling urban savagery—first personified by “Dirty” Harry Callahan—and later dispatched in global interventions to vanquish threats to national security. America as the world’s “policeman often means controlling the Other at home and abroad, which also extends American hegemony from the Cold War through the War on Terror. This book also examines pioneering portrayals by males of color and female crimefighters to embody such a social or national defender, which are frustrated by their existence as threats the white knight exists to defeat.*

*Sexuality and Its Disorders explores sexuality from an evolutionary perspective using powerful, real-life case studies to help readers provide effective guidance around issues relating to sexuality.*

*Drawing on his 30 years of clinical experience and research, author Mike Abrams provides a comprehensive, evidence-based, and clinically-oriented text with cutting-edge coverage throughout. Discussions include the physical and psychological development of sexual identity; the social aspects of sexual behavior; the many expressions of sexuality; cognitive behavior treatment of sexual problems; and more. The many perspectives of sexuality are examined with interviews and commentaries from major figures in the field—including David M. Buss, Helen Fisher, C. Sue Carter of Kinsey, Todd K. Shackelford, Ken Zucker, and Gordon Gallup—who discuss such topics as the origins of sexuality, the nature of love, the role of attachment, and the treatment of sexual problems.*

*RBG's Brave and Brilliant Women*

*Healing Rituals and Traditions from Around the World*

*WOMEN'S TRANSFORMATIONS IN THE UNIVERSITY*

*Sexuality and Its Disorders*

**Cleansing Rites of Curanderismo**

**Rainforest Home Remedies**

**Saving the Samoan Rain Forest**

**Race and the Revolutionary Impulse in *The Spook Who Sat by the Door***

Tortoises disappear from a Madagascar reserve and reappear in the Bronx Zoo. A dead iguana floats in a jar, awaiting in a Florida court. A viper causes mayhem from Ethiopia to Virginia. In *Stolen World*, Jennie Erin Smith takes the reader on an unforgettable journey, a dark adventure over five decades and six continents. In 1965, Hank Molt, a young cheese salesman in Philadelphia, reinvented himself as a "specialist dealer in rare fauna," traveling the world to collect exquisite reptiles for museums. By the end of the decade that followed, new endangered species laws had turned Molt into a convicted and unrepentant one, who went on to provide many of the same rare reptiles to many of the same institutions, covertly. Molt found a rival in Tommy Crutchfield, a Florida carpet salesman with every intention of usurping Molt as the most accomplished reptile smuggler in the country. Like Molt, Crutchfield had modeled himself after an earlier generation of natural-historians celebrated for their service to science, an ideal that, for Molt and Crutchfield, eclipsed the realities of the new wildlife laws. Zoo curators, caught between a desire for rare animals and the conservation-minded focus of their institutions, were smugglers' antagonists in court but also their best customers, sometimes simultaneously. Crutchfield forged ties with an inclined Malaysian wildlife trader and emerged a millionaire, beloved by some of the finest zoos in the world. Molt, frustrated by a string of inventive but disastrous smuggling schemes in New Guinea, was reduced to hanging around Crutchfield's Florida compound, plotting Crutchfield's demise. The fallout from their feud would result in a major federal investigation with stops in Germany, Madagascar, Holland, and Malaysia. And yet even after prison, personal ruin, and the depredations of age, Crutchfield never stopped scheming, never stopped longing for the snake or lizard that would earn each his rightful share that had forgotten them—or rather, had never recognized them to begin with.

Increased concern for patient safety has put the issue at the top of the agenda of practitioners, hospitals, and even regulators. The risks to patients are many and diverse, and the complexity of the healthcare system that delivers them is huge. Yet the current approach is often oversimplified and underdeveloped. Written from a scientific, human factors perspective, *Patient Safety: A Human Factors Approach* delineates a method that can enlighten and clarify this discourse as well as put us on a better path to controlling risk. People often think, understandably, that safety lies mainly in the hands through which care ultimately flows to the patient. Those closest to the patient, whose decisions can mean the difference between life and death, between health and mortality, are the human factors approach refuses to lay the responsibility for safety and risk solely at the feet of people at the sharp end. The approach should intervene to make things safer, to tighten practice, to focus attention, to remind people to be careful, to improve standards, and to develop guidelines. The book defines an approach that looks relentlessly for sources of safety and risk everywhere in the system: the design of devices; the teamwork and coordination between different practitioners; their communication across hierarchical boundaries; the cognitive processes of individuals; the organization that surrounds, constrains, and empowers them; the training and human resources offered; the technology available; the political landscape; and even the culture of the place. The human factors approach is itself testimony to the realization that there are no easy answers or silver bullets for reducing risk in patient safety. A user-friendly introduction to the approach, this book takes the complexity of health care seriously and does not over simplify the problem. It demonstrates what the approach does do, that is offer the substance and guidance to practitioners in all their nuance and complexity.

After three women trained in the mystical arts unite to take a 5,000-year Patriarchy apart, they are catapulted into a new era of power, the recesses of their own minds, and the expanding consciousness of a new age.

Based on the wisdom of ancient teachings, this book introduces a practical system for modern day life that aims to help women regulate their menstrual cycles and take control of their bodies.

**A Guide to Working with Plant Consciousness**

**The Adventures of Ickle and Lardee**

**The Oracle of Ix Chel**

**Sastun**

**Herbs, Rituals, and Remedies for Every Season of Life**

**The Maya Way to Heal you Body and Replenish Your Soul**

**A Mystical Journey Into the Heart of a New Age**

**Its Ethnobotany as Hallucinogen, Perfume, Incense, and Medicine**

Drawing from ethnographic examples found throughout the world, this revised and updated text, hailed as the "best general text on religion in anthropology available," offers an introduction to what anthropologists know or think about religion, how they have studied it, and how they interpret or explain it since the late 19th century.

People throughout time and place, no matter their belief system, have sought to discover causes and cures for illness and disease.

Among Westerners is a groundswell to augment biomedicine with holistic practices inherent in ethnomedicines of non-Western traditions. Yet missing are awareness and knowledge of the foundations and outgrowth of these alternative concepts. Erickson fills this gap by clearly explaining the basic organizing principles that underlie all medical systems, the full range of theories of disease causation, the geographical distribution of medical practices, and the historical trends that led to biomedical dominance. Her efficient, balanced approach highlights commonalities among the world's vast and diverse medical systems, making ethnomedicine easier to internalize and to apply in clinical settings.

Paul Cox describes his research and adventures in Samoa, work that led to him being hailed by TIME magazine as a hero of medicine and awarded the Goldman Environmental Prize. Working closely with the native healers, Cox studied traditional rainforest remedies and is credited with finding natural drugs that can be used in treating AIDS, discovering a rare species of flying fox, launching an international campaign to save a 30,000-acre rainforest and helping to rebuild a village destroyed by a hurricane. Cox's respect for the traditional villagers and his excitement and perseverance make *Nafunua* a story of scientific and personal discovery.

From ancient Maya cities in Mexico and Central America to the Taj Mahal in India, cultural heritage sites around the world are being drawn into the wave of privatization that has already swept through such economic sectors as telecommunications, transportation, and utilities. As nation-states decide they can no longer afford to maintain cultural properties—or find it economically advantageous not to do so in the globalizing economy—private actors are stepping in to excavate, conserve, interpret, and represent archaeological and historical sites. But what are the ramifications when a multinational corporation, or even an indigenous village, owns a piece of national patrimony which holds cultural and perhaps sacred meaning for all the country's people, as well as for visitors from the rest of the world? In this ambitious book, Lisa Breglia investigates "heritage" as an arena in which a variety of private and public actors compete for the right to benefit, economically and otherwise, from controlling cultural patrimony. She presents ethnographic case studies of two archaeological sites in the Yucatán Peninsula—Chichén Itzá and Chunchucmil and their surrounding modern communities—to demonstrate how indigenous landholders, foreign archaeologists, and the Mexican state use heritage properties to position themselves as legitimate "heirs" and beneficiaries of Mexican national patrimony. Breglia's research masterfully describes the "monumental ambivalence" that results when local residents, excavation laborers, site managers, and state agencies all enact their claims to cultural patrimony. Her findings make it clear that informal and partial privatizations—which go on quietly and continually—are as real a threat to a nation's heritage as the prospect of fast-food restaurants and shopping centers in the ruins of a sacred site.

Nafanua

My Apprenticeship with a Maya Healer

Infusions of Healing

Development, Cases, and Treatment

My Milk Toof

The Art of Being Kuna

Patient Safety

A Treasury of Mexican-American Herbal Remedies

A tutorial on the ancient practice of limpieas to heal the mind, body, and soul • Offers step-by-step instructions for the practice of limpieas, shamanic cleansing rituals to heal, purify, and revitalize people as well as physical spaces • Examines different types of limpia ceremonies, such as fire rites for transformation, water rites for cleansing and influencing, and sweeping rites for divination • Explores the sacred stories behind limpia rituals and traces these curanderismo practices to their indigenous roots Exploring the essential tools and practices of Mesoamerican shamans and curanderos, specifically the ancient Yukatek Maya and Mexica (Aztec), Erika Buenaflor, M.A., J.D., provides a step-by-step guide for conducting the most common practice within curanderismo: limpieas. These practical and incredibly effective shamanic cleanses heal, purify, and revitalize people and spaces with herbs, flowers, eggs, feathers, fire, and water. They are also powerful tools for self-empowerment, spiritual growth, soul retrieval, rebirth, and gracefully opening up pathways for new beginnings. Drawing on her 20 years' experience as a curandera and her graduate studies focused on Mesoamerican shamanism, the author traces modern curanderismo practices to their indigenous roots. She explores the sacred stories behind limpia rituals and examines different types of limpia ceremonies in depth, such as fire rites for transformation, water rites for cleansing and influencing, and sweeping rites for divination. She outlines how limpieas work holistically to enable one to let go and cleanse the body, mind, and spirit of limiting beliefs, traumas, and broken stories; heal acute and chronic illnesses such as depression, insomnia, and anxiety; and revitalize and activate sacred spaces by renewing their essence and clearing negative energies. She explains the healing properties of the plants used in limpia rites and how to perform the medicinal chants used by the curanderos. In addition, the author details how the practice of platicas, heart-straightening talks, supports limpia rites by encouraging one to vocalize their needs as they eject traumas and unwanted energies from the body, setting the stage for self-awareness and healing. Sharing the story of her own complete healing from a catastrophic injury with limpieas as well as inspirational testimonies from others who have experienced limpieas, the author provides a personal and thoroughly practical guide to the ancient shamanic method of limpieas to promote healing and personal transformation in our times.

When two baby teeth came knocking at her door, artist Inhae Lee did what anyone would do: she invited them to live with her and started photographing their hilarious, miniature antics. The resulting blog phenomenon has captivated legions of devoted fans with its refreshingly sweet sentiment and hip appeal. Featuring brand-new stories alongside classic adventures, My Milk Toof follows two baby teeth named ickle and Lardee as they navigate the pleasures and perils of being very small in a very big world. With perfect comedic timing, the photographic tales in this book explore the world from the tiny perspective of a baby tooth (or milk toof), from taking a bath to exploring the outside world. Showcasing the intricate handcrafted universe that Lee has created, My Milk Toof has a quirky appeal that speaks to all ages. Whether they're baking a cake or spending a day at the pool, these two little guys are achingly sweet—but without the cavities.