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 of 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
“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
Ayurvedic 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
Curanderismo
Influencias culturales y globales de la medicina tradicional

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

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.”