



Green Medicine: Traditional Mexican-American Herbal Remedies

Eliseo Torres

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Traditional Mexican American herbal potions and remedies and their history are explained in an introductory book for the general reader. The importance of curanderismo, or green medicine, in Mexican and Mexican American cultures is explored. A brief history traces the herbal aspects of curanderismo through Mayan and Aztec cultures, the Spanish conquest, and Hippocrates' theory of humors, and finds contributions from many cultures intermixed with native lore. Other chapters discuss where to obtain herbs, preparation methods, and hazards of herb use. A glossary defines 33 substance effect terms. The largest part of the book contains information about 99 of the most widely used herbs arranged alphabetically by their English common name, with their Spanish name and cross-references provided. Entries include history of the herbs, medicinal uses, and preparation methods. A brief, annotated bibliography lists nine books about herbal medicine, Mexican remedies, and curanderismo.

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