

**NATIONAL
ENDOWMENT
FOR THE ARTS**



**THE BIG
READ**

Healing with Herbs & Rituals: A Mexican Tradition

by Eliseo “Cheo” Torres
(part of the Big Read series)

National Hispanic Cultural Center

September 12th 6pm - 8pm

call 246-2261 x 148 to register

One of the great traditions of folk medicine and healing in the Southwest is Mexican Folk Healing, and the fact that this is a tradition that has largely been transmitted as oral history makes it all the more remarkable. Knowledge of plants, many of them indigenous to the Southwest, and their uses, can help one better understand how folk remedies may or may not work, and how the combination of rituals and folk medicine can have implications for modern medicine.

The presentation will include a brief description of the “hot” popular herbs and other traditional herbs and their usage for illnesses such as hypertension, stress, arthritis, etc.

A central element in Rudolfof Anaya’s novel Bless Me Ultima is the healing and protective work done by the curandera, “Ultima.”

“There was a bitter taste in my mouth. I remembered the remedy Ultima had given me after my frightful flight from the river. I looked at my arms and I felt my face. I had received cuts from tree branches before and I knew that the next day the cuts were red with dry blood and that the welts were sore. But last night’s cuts were only thin pink lines on my flesh, and there was no pain. There was a strange power in Ultima’s medicine.”

- Bless Me Ultima. page 25



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