



Green Medicine: Traditional Mexican-American Herbal Remedies

Eliseo Torres

Download now

Read Online 

Green Medicine: Traditional Mexican-American Herbal Remedies

Eliseo Torres

Green Medicine: Traditional Mexican-American Herbal Remedies Eliseo Torres

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.

 [Download Green Medicine: Traditional Mexican-American Herbal Rem ...pdf](#)

 [Read Online Green Medicine: Traditional Mexican-American Herbal R ...pdf](#)

Download and Read Free Online Green Medicine: Traditional Mexican-American Herbal Remedies
Eliseo Torres

Download and Read Free Online Green Medicine: Traditional Mexican-American Herbal Remedies

Eliseo Torres

From reader reviews:

Abel Graham:

Do you have favorite book? If you have, what is your favorite's book? Book is very important thing for us to learn everything in the world. Each reserve has different aim as well as goal; it means that book has different type. Some people really feel enjoy to spend their a chance to read a book. These are reading whatever they acquire because their hobby is usually reading a book. Why not the person who don't like studying a book? Sometime, particular person feel need book whenever they found difficult problem as well as exercise. Well, probably you should have this Green Medicine: Traditional Mexican-American Herbal Remedies.

Clifford Walsh:

The book Green Medicine: Traditional Mexican-American Herbal Remedies make you feel enjoy for your spare time. You need to use to make your capable considerably more increase. Book can to be your best friend when you getting tension or having big problem using your subject. If you can make reading through a book Green Medicine: Traditional Mexican-American Herbal Remedies to become your habit, you can get a lot more advantages, like add your own capable, increase your knowledge about some or all subjects. It is possible to know everything if you like available and read a guide Green Medicine: Traditional Mexican-American Herbal Remedies. Kinds of book are a lot of. It means that, science book or encyclopedia or others. So , how do you think about this publication?

Marcus Huskins:

Information is provisions for folks to get better life, information presently can get by anyone on everywhere. The information can be a understanding or any news even restricted. What people must be consider when those information which is in the former life are difficult to be find than now's taking seriously which one would work to believe or which one typically the resource are convinced. If you receive the unstable resource then you get it as your main information it will have huge disadvantage for you. All of those possibilities will not happen with you if you take Green Medicine: Traditional Mexican-American Herbal Remedies as your daily resource information.

Arthur Faust:

Reading can called mind hangout, why? Because when you are reading a book particularly book entitled Green Medicine: Traditional Mexican-American Herbal Remedies your head will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each and every word written in a e-book then become one contact form conclusion and explanation that maybe you never get ahead of. The Green Medicine: Traditional Mexican-American Herbal Remedies giving you one more experience more than blown away your head but also giving you useful information for your better life within this era. So now let us explain to you the relaxing pattern here is your body and mind is going to be pleased when you are finished reading through it, like winning a sport. Do you want to try this

extraordinary paying spare time activity?

Download and Read Online Green Medicine: Traditional Mexican-American Herbal Remedies Eliseo Torres #HO17YAMVU2C

Read Green Medicine: Traditional Mexican-American Herbal Remedies by Eliseo Torres for online ebook

Green Medicine: Traditional Mexican-American Herbal Remedies by Eliseo Torres Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Green Medicine: Traditional Mexican-American Herbal Remedies by Eliseo Torres books to read online.

Online Green Medicine: Traditional Mexican-American Herbal Remedies by Eliseo Torres ebook PDF download

Green Medicine: Traditional Mexican-American Herbal Remedies by Eliseo Torres Doc

Green Medicine: Traditional Mexican-American Herbal Remedies by Eliseo Torres Mobipocket

Green Medicine: Traditional Mexican-American Herbal Remedies by Eliseo Torres EPub

Green Medicine: Traditional Mexican-American Herbal Remedies by Eliseo Torres Ebook online

Green Medicine: Traditional Mexican-American Herbal Remedies by Eliseo Torres Ebook PDF