



# Homegrown Healing: Traditional Home Remedies From Mexico

*Annette Sandoval*

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## **Homegrown Healing: Traditional Home Remedies From Mexico** Annette Sandoval

For centuries, Mexicans have turned to local *curanderos* and *yerberos*--healers and herbalists--to cure ailments of the body as well as the soul. Now with this guide, anyone can learn these traditional methods, creating a "kitchen clinic" using herbal teas, poultices, tinctures, ointments, and more to find help for a wide range of conditions listed in alphabetized format for quick reference. Also included is fascinating information on the history and folklore behind Mexican home remedies, making Homegrown Healing as interesting as it is practical.

- \* Fits neatly into the current quest for alternative, natural treatments
- \* The author is a first-generation Mexican-American
- \* A-to-Z format for quick reference to specific ailments

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