



Infusions of Healing: A Treasury of Mexican-American Herbal Remedies

Joie Davidow

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NATURAL REMEDIOS FOR EVERYDAY AILMENTS

When the Spaniards conquered the Aztecs, they stumbled upon a treasure trove ultimately more valuable and lasting than the glittering mounds of Moctezuma's gold -- the herbal remedies and medicines developed by the Indians, which in many ways surpassed the rudimentary medicine of the Old World. The remnants of these cures, potions, infusions, and tonics form the basis of the countless natural remedies still used in many Mexican-American households today. Now, these healing herbs and remedies are brought together in a volume that is as practical as it is fascinating. In *Infusions of Healing* you'll find:

- * The intriguing story of how this long-suppressed ancient knowledge was passed down over the course of five centuries.
- * Hundreds of safe, effective herbal treatments for everyday ailments -- teas, liniments, compresses, salves, and soothing baths for headaches, colds, fevers, digestive disorders, menstrual cramps, skin problems, aches and pains, and much more.
- * An alphabetical listing of more than 200 herbs and plants, from *abedul* (birch) to *zarsaparilla* (sasparilla), including their English, Spanish, Nahuatl (Aztec), and botanical names, with extensive notes on their histories and healing properties.
- * Expert advice from today's traditional healers and practitioners of Mexican-American herbal medicine, many of their remedies recorded in print for the first-time.

Thorough, well organized, and rich with history, *Infusions of Healing* is a practical handbook for anyone interested in natural remedies, as well as an invaluable contribution to the preservation of a tradition deeply embedded in Latino culture.

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