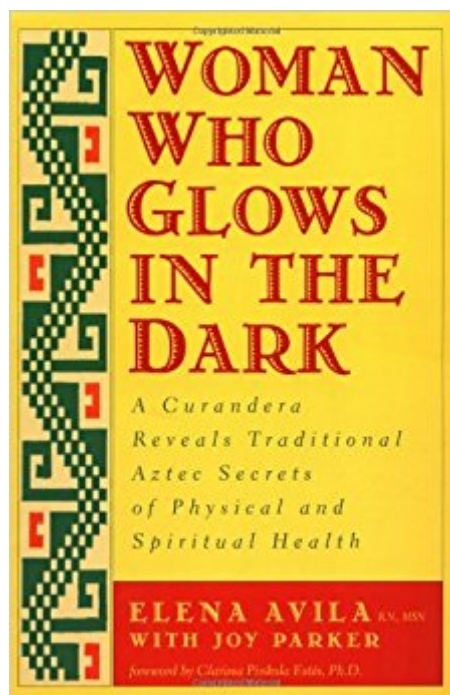




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# Woman Who Glows In The Dark: A Curandera Reveals Traditional Aztec Secrets Of Physical And Spiritual Health



## Synopsis

"An autobiographical account of how a psychiatric nurse specialist became a folk medicine healer; this also explains the origins and practice of one of the oldest forms of medicine in the New World."&#151;Kirkus.

## Book Information

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## Customer Reviews

In the border towns of south Texas, the Mexican "folk" medicine called curanderismo is often regarded as witchcraftAa means for hex removals and love divinations. Avila was therefore surprised to learn in her masters program in psychiatric nursing at the University of Texas that curanderismo is a broad-based fusion of Aztec, Spanish and African traditional medicines with hundreds of useful applications. This discovery, coupled with her dissatisfaction with the limitations of conventional mental health practices, motivated Avila, who grew up in a first-generation Chicano family in El Paso, Tex., to apprentice with an Aztec master and eventually to become a full-time curandera. Her first book, co-written with Parker (coauthor of *Maya Cosmos*), is a clear-sighted introduction to the fundamentals of this alternative healing practice. It describes the healers, who range from spiritual counselors to general practitioners and massage therapists; their counseling techniques, ritual purifications and soul retrievals; characteristics of common diseases; and formulas for achieving a balanced lifestyle, a rich spiritual life and good nutrition. The down-to-earth explanations of such afflictions as envidia (envy), susto (fright or loss of soul) and mal puesto (bad luck) will help dispel misconceptions about these "folk" ailments that, in curandero terms, are

common to all people. Particularly thought-provoking is Avila's perspective on mainstream mental health and her preference for the holistic curandero approach to treating mental diseases, including psychosis and imbalances induced by severe trauma. "A good curandera," she writes, "can help us find the middle ground in a culture where balance, reality, and enlightened compromise are not always part of our support system." Agent, Elaine Markson; author tour. Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Curanderismo is a kind of integrated medicine, an amalgam of African, Spanish, and Native American medical systems. Avila is a registered nurse who apprenticed herself to an Aztec teacher to learn this form of folk healing, and here she relates her journey toward becoming a curandera, a spiritual healer. Like other New Age medical practitioners, Avila believes that Western medicine is not responding adequately to the deeper needs of sick people, treating only the biological symptoms and neglecting the spiritual ones. Avila describes her training through a series of case studies recounting different healing experiences. The book is somewhat simplistic and uncritical, but as a study of a different medical belief system, it may be of interest to many public library readers. Helaine Selin, Hampshire Coll. Lib., Amherst, MA Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

This is an assigned book for my college class. Since I lean this way in health care I enjoyed reading how health care is handle from a different angle. We are finishing this book up soon and we are holding discussion groups in class so we all are digging deep into the book and Ideas.Great reading to get a different point of view.

This book enlightened me on "folk diseases" in a way that made so much more sense that information gleaned from nursing classes given by clueless "experts". Of course envy is a disease that many suffer from! Of course kids are overwhelmed with pent-up emotions after they've been the center of attention all day, and energy can be looped back to adults with a simple touch. There was nothing on fallen fontanel, however, something I've encountered with my own clients, so the book is by no means complete. Also, I was hoping for a spiritual perspective on my son's schizophrenia, I know it's a chemical imbalance, but I bought the book because Ms. Avila has worked as a psychiatric nurse and I hoped she would have refreshing insight. Unfortunately, she is quick to extoll mainstream medicine when it comes to this disorder, which has not helped my son. I love Ms. Avila's courage and dedication and her honesty in sharing her most humble moments with her

readers. I hope she will write another book when she has more learning to share!

A wonderful story which confirms the information I received from a real curandera in Mexico. An guide to those who are just beginning their journey into the healing arts, especially if your Don has recently made her final journey into the spirit world. Though she will live in my heart always Don Elena has stepped into guide me, though she can not replace Don Antoina; till a new Don presents themselves too me.

I wanted an intro to curanderismo and this part memoir/intro book did it well. I wish there were more remedies included, but being that this was written 30 years ago, I'm not sure if it'll be updated.

This book was so wonderful I read it in two days and will savor it forever. I did not want to put it down it is filled with enlightening information for your knowledge, spirit and soul. I only wish I had read it sooner and could have met her.

I really enjoyed reading this book. It is an easy read that explains a lot about Mexican-American culture. I highly recommend it.

This book is very interesting and it has helped me a lot in understanding spiritual matters from a Native American point of view and I highly recommend it if your into such topics.

Great buy, good condition.

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