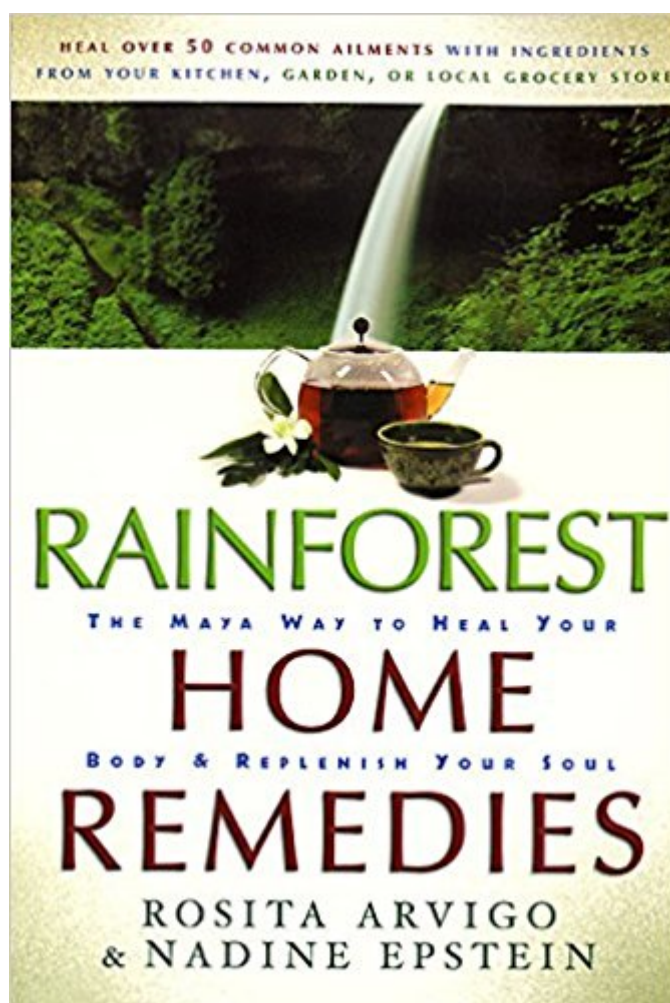


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# Rainforest Home Remedies: The Maya Way To Heal Your Body And Replenish Your Soul



## Synopsis

Rainforest Healing from Your Home and Garden Find alternatives to chemical anti-depressants and painkillers in your spice rack. Learn about natural anti-itch salves for insect bites. Soothe and relieve envy, grief, sadness, and fear the Maya way. Rid your house of negative energy with a Maya cleansing ritual. Try the easy-to-make bronchitis remedy.

## Book Information

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## Customer Reviews

??Dr. Arvigo has been a conscientious student of her Maya teachers for nearly two decades. This book is a magnificent tribute to her teachers, providing useful information for all of us. The remedies are explained in a simple but comprehensive fashion, using plants that can be easily found?A wonderful compilation of fascinating reading.?--Michael J. Balick, Ph.D. Director and Philecology Curator of Economic Botany, Institute of Economic Botany, The New York Botanical Garden?Our disconnection from nature is a serious cause of illness. Rosita Arvigo and Nadine Epstein help us to remember our connection with plants that can heal us as the authors bring us back home to a sacred way of life.?--Sandra Ingerman, author of "Soul Retrieval and "Medicine for the Earth?A stimulating, information-filled, and well-organized account of the main features of contemporary Maya folk medicine.?--Michael Harner, PhD., author of "The Way of the Shaman?Rosita, thank you for bringing these precious thoughts, so comprehensively done, to the healing world. Its banquet will feed our new hospital. If we are to survive as a species, it will be because ideas like these become important again.?--Patch Adams, MD"A practical guide to healthy living and traditional herbal wisdom, blended artfully with an insightful view of common modern ailments. Full of stories; a

refreshing view of wellness and sane living that is so needed today."--Christopher Hobbs, 4th generation herbalist, licensed acupuncturist and author of 20 books on health and herbs, including "Herbal Remedies for Dummies

Rosita Arvigo was born in Chicago and trained in the United States as a doctor of naprapathy. In addition to her natural healing practice in Belize, Arvigo is the founder of Belize's six-thousand-acre Terra Nova Medicinal Plant Reserve, the founder of Ix Chel Tropical Research Foundation, the cofounder of Rainforest Remedies, and the creator of the Panti Mayan Medicine Trail, a popular and educational tribute to Don Elijo. Nadine Epstein is a writer and illustrator. Their previous book together was *Sastun: My Apprenticeship with a Maya Healer*.

I bought this book because I have been looking for the abdominal massage technique from Arvigo for many years. It really was a shame that it took so long to find it. If you are concerned about the health of your uterus or prostate or just health in general, or if you or someone you know is thinking about a hysterectomy, you need this book. I won't go in to details because it might make some uncomfortable, just try it. I also deeply love the part that addresses spiritual causes for physical, mental, and emotional health and some things to do about that kind of problem. I highly recommend this book for the home library. A definite legacy item.

After spending some time in Belize as medical volunteer I started to learn about Mayan beliefs. This is a wonder resource as is her other basic text. I also enjoyed her novels about the culture. I hope to keep learning more about this traditional medicine.

Since my first copy of this somehow disappeared the first week I had it, this is the second copy I have bought in a little over a month. I had to have it for reference as I plan on using many of the remedies. It is the "how-to" companion to the 100 Healing Herbs of Belize by the same author.

Nicely written and comprehensive book. Lots of principles and very concise. Unlike many books of this nature Ms Arvigo did not mention too many herbs to make health out of reach and overwhelming. Very simplistic yet replete with the quintessential.

Used the flu-away remedy and it worked like a charm. Used several others too and they worked very well. I am of Mayan descent and was very happy to find a book holding so many of my family's

home-remedies.

Good book

If you are into spiritual/alternative healing, this is the book for you!!!! it is amazing and wonderful to read what we can do to heal ourselves without having side effects and putting toxins into our bodies. Highly recommend this book

Good transaction, satisfied

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