

Tonita

Antoinette Gonzales

Traditional Healer, Curandera

Sobadora, Yerbera, Temazcalera



Tonita received her Bachelor's of Science in Mathematics, and Bachelors of Arts in Graphic Design from The American University in Washington DC. She recently completed her studies of Traditional Medicine at the University of Mexico, Morelos, at Centro de Desarrollo Humano Hacia La Comunidad. She completed her diplomados in Acupuncture, Medicinal Plants, Massage (Sobadas), and Temazcal. In addition, Tonita worked side by side with several different Curanderos throughout Mexico. She was honored to be asked to be an apprentice for Rita Navarrete Perez. Rita Navarrete Perez is internationally known for her expertise in Temazcal, Medicinal Plants, Massage, Nutrition, and Counseling. Tonita worked in Rita's Clinic and Temazcal in Mexico City, and School/Clinic in Jilotepec Mexico, that focuses on women who are survivors of Domestic Violence. She continues to work with Rita, and is honored to have such an amazing Maestra in her life.

Tonita is a resident of Albuquerque's North Valley, and attended Valley High School. Her family is from Gonzales Ranch, NM south of Las Vegas NM. She attributes her curiosity about plants and alternative medicine to her mother. Her mother always used medicinal plants to heal different ailments. Tonita always had an inquisitive mind, and wanted to know why things did or did not work. So in 1994 when she began to have different illnesses and diagnosis, she wanted scientific answers, and turned to allopathic medicine. However it was only with traditional medicine that she was able to heal. She learned through life experiences that true healing comes from being balanced Physically, Mentally, Emotionally, and Spiritually. This is why she feels she is finally listening to her soul and practicing Traditional Medicine. Her goal is to teach others to heal themselves. She understands that everyone needs to be accountable for their own healing and happiness. People just need guidance, confidence, awareness and the tools to meet their goals. Her main goal is to work with the community providing treatments, and classes about traditional healing. Although, she is inspired by different aspects of traditional medicine, her true passion is for the Temazcal She believes the root of all imbalances start with emotions, and with the Temazcal you can begin to heal your emotions.

Tonita realizes that her road to healing began by first healing herself, and now she is committed to teach others. The path of being a Traditional Healer is a life long journey in which she is excited about the future knowledge and growth.

Contact Information:

Traditional Healing

Albuquerque: 505.681.5602

traditionhealing@aol.com