

Updated 4/27/18

Traditional Medicine without Borders: Curanderismo in the Southwest & Mexico

July 16 - 27, 2018 Monday – Friday 8:10 a.m. – 12:40 p.m.

Anthropology Bldg., Room 163, UNM Main Campus

Class website: curanderismo.unm.edu

Facebook: facebook.com/curanderismo

Instructor: Dr. Eliseo “Cheo” Torres, Contact Info: 229 Scholes Hall, (505) 277-4296, cheo@unm.edu

Class Coordinator: Deyanira Nunez, Email: deydeyez@unm.edu

Disclaimer: This course, and the material provided, is designed for information purposes only. This class is not meant to train, certify, and/or substitute the advice, diagnoses, and/or treatment of any medical condition. Please consider professional assistance for any personal needs.

UNM Course listings: (3 credit hours):

• Graduate: LLSS 593-010

• Undergraduate: LLSS 493-010/LTAM 400-010/SPAN 301-003/CCS 393-009/RELG 347-001/UHON 301-001/NATV 450-004

Note: A \$50 course fee is collected when you register in order to cover some materials/guest speakers' expenses.

Continuing Education Course #04351: (CEU information coming soon):

Through Continuing Education, you can take the course one of two ways:

1. **Non-credit option:** Individuals who choose this option are not required to submit assignments as listed in the syllabus. You can attend the class for personal enrichment.

Note: The \$50 materials fee will already be added to your registration fee when you sign up. This fee are utilized to cover materials/guest presenters' expenses.

Course Description:

This course will provide information on the history, traditions, rituals, herbs, and remedies of Curanderismo, a folk healing tradition of the Southwestern United States, Latin America, and Mexico, amongst other countries. The course takes an approach in exploring how our ancestors used traditional healing methods, how they have shaped our cultural diversity of yesterday and today, and what the future of this medicine might be. The course features teachings for a number of rituals, which include: intestinal blockage (*empacho*), spiritual cleansings (*limpias*), laugh therapy (*risa terapia*), shawl alignments (*manteadas*) and preparation of medicinal teas (*tes medicinales*).

Objectives:

- Discuss the anthropological influences of traditional medicine from Moorish to Middle-Eastern influences, to Asian hot/cold concepts, to indigenous beliefs, rituals & herbal medications, to contributions from the U.S. Southwest. The class will also discuss how Curanderismo has survived and merged throughout the years with Mexican, Native American and Spanish /Moorish cultures.
- Demonstrate a number of rituals used throughout the years in Curanderismo and discuss the comparisons of these rituals to modern allopathic medicine
- Understand how traditional medicine has been marginalized and misunderstood by the general population as folk medicine. Research and studies will prove that this medicine is effective and can be integrated into modern allopathic medicine.
- Address the diversity of traditional medicine and will allow students to write a term paper in either Spanish or English, outlining the diversity, inclusions and contributions of traditional medicine.

Course Materials:

You can visit the class website for information on where you may purchase these books. E-book texts for some of the textbooks are available for purchase. Please check the schedule for all suggested readings.

Required Texts:

1. *Curanderismo: The Art of Traditional Medicine without Borders*, Eliseo Torres
2. *Curandero Traditional Healers of Mexico & the Southwest*, Eliseo Torres w/Imanol Miranda
3. *Curandero: A Life in Mexican Folk Healing*, Eliseo Torres & Tim Sawyer

Optional texts:

1. *Healing with Herbs & Rituals: A Mexican Tradition*, Eliseo Torres, edited by Tim Sawyer
2. *Infusions of Healing*, Joie Davidow

Optional Class Supplies:

- Many portions of class will be outdoors. Please bring a yoga mat or beach towel during the second week.
- Amulets, sugar skulls and *papel picado* for the *Día de los Muertos* class are available at Masks y Más, 3021

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Central Ave. NE in Albuquerque.

- Herbs and tinctures can be found at:

The Herb Store
107 Carlisle SE
Albuquerque, NM 87106
Ph: 505-255-8878

Red Root Acupuncture and Herbs
2400 Rio Grande Blvd
Albuquerque, NM 87104
Ph: 505-242-2032

Yerbería Juarez
301 San Pedro Dr. SE,
Albuquerque, NM 87108
Ph: 505-268-0499

Milagro Herbs
1500 5th Street, Unit #6
Santa Fe, NM 87505
Ph: 505-820-6321

You can also find herbal tinctures at Sprouts and Whole Foods.

Class Requirements – For UNM Registered Students:

In order to receive a grade in the class, students will be responsible for the following:

1. Daily attendance, punctuality and participation are *mandatory*

It is imperative that each student attends each day of the course, unless some extraordinary circumstance arises, in which case you will need to speak to Dr. Torres as soon as possible. Failure to do so may result in a lowered grade. Please note that the instructor will give one to two breaks at various times during the class depending on the schedule of events.

2. Daily reflection papers

Completion and submission of daily reflection papers is required for all UNM students taking the class for UNM credit (forms are provided through UNM Learn). Every day, you will be asked to write a response to the lecture and/or demonstration(s) that you have observed. You must complete and submit the reflection papers each day through UNM Learn. Reflections for the previous day are due at the beginning of the following day's class, no later than 8 a.m. Papers **will not** be accepted after this deadline. As a student, it is your responsibility to make sure your grades are up to date and to communicate any discrepancies with plenty of time. Failure to submit the daily reflections could result in a zero.

3. Final paper:

Each student is required to write and submit a final paper through UNM Learn by the date outlined below and in the course schedule. You may submit your final paper before this date if you'd like. Your paper must include your own personal impressions on the class AND the course readings. This is the space to talk about how the class affected you, if/how it changed your life, outlook, philosophy, etc. Any citations must be in the correct APA format.

- **For Undergraduate Students:** a minimum of 5 pages, not including the cover and references pages
- **For Graduate Students:** a minimum of 6-7 pages, not including the cover and references pages. *Please note that Dr. Torres may also request that graduate students aid in other class projects.*
- Must be in 12 pt. font, Times New Roman, double spaced on 1-inch margin pages
- Must provide a **minimum of 3** specific examples from the course readings and/or the course activities and/or events. Be as specific as you can when you mention how the readings and/or the class have affected you by describing the course content, events, or specific readings from the book that you are discussing. Your personal narrative should relate the concepts from the class/daily reflection papers.
- Students enrolled in Spanish 301-010 may write their paper in Spanish.
- **Due Date:** July 29, 2018 no later than 11:59 p.m. through UNM Learn. The final paper is worth 20 points.

** **NOTE:** Papers received late will not be accepted and may result in an incomplete or no grade at all. **

4. Grades:

The total possible points for this class is **120 points**, broken down as follows:

1. 10 - Daily Reflection Papers worth 10 points each = **100 possible points**
2. 1 - Final Paper worth 20 points = **20 possible points**

Grading Scale:

120 – 116 = A+ 107 – 105 = B+ 95 – 93 = C+ 83 – 81 = D+ 71 or below = F

115 – 112 = A

104 – 100 = B

92 – 88 = C

80 – 76 = D

111 – 108 = A-

99 – 96 = B-

87 – 84 = C-

75 – 72 = D-

Class Related Events:

- **Class at the Albuquerque Botanical Gardens (Required)**

Date: Thursday, July 19, 2018

Time: 8:30 a.m. – 1:00 p.m.

Location: 2601 Central Ave NW, Albuquerque, NM 87104

Description: Please meet at the Botanical Gardens entrance at 8:30 a.m. Your lab fee covers your admission only. If you do not have transportation, please discuss carpooling with colleagues or use the Rapid Ride (Bus #766 or #66, either one will drop you off outside of the Aquarium and Garden). Bring water, lunch, hat, and sunscreen.

- **Día de los Muertos Altar and Ceremony (Required)**

Date & Time: Friday, July 20, 2018 at 11:00 a.m.

Location: Anthropology Classroom

Description: During the ceremony, the altar is used to show how Latinos/Hispanics (especially in Mexico), deal with grief and celebrate the lives of loved ones that have gone before us. *Items for the altar in relation to your loved ones include:* pictures, favorite foods/beverages, flowers, or sentimental items. Other items such as amulets, sugar skulls, and *papel picado* for the ceremony are available at Masks y Más (address on page 2 of syllabus).

Please note: All items you bring in for the altar must be removed and taken with you at the end of class that day. Any items left behind will be discarded.

- **Health Fair, Feria de Salud (Required)**

Date: Wednesday, July 25, 2018

Time:

• **For students from the course:** 11:30 a.m. – 12:30 p.m. • **For community members:** 12:30 p.m. – 4:00 p.m.

Location: UNM Campus – Tall Tree Grove (Grassy area between Zimmerman Library & Duck Pond)

Description: The health fair provides an opportunity for you, family, and friends to receive a demonstration of traditional medicine from a U.S. or Mexican Curandero/a. You will be able to observe how the curanderos/as practice their profession techniques and methods in a natural outdoor environment through the traditional demonstrations of *Sobadas*, *Limpias*, or *Tinctures/Microdosis*.

**Students may sign up to receive 1 traditional demonstration only, during the 11:30 a.m. – 12:30 p.m. dedicated time slot, if they wish. There is a suggested donation of \$15 for any demonstration that will be stationed. Please know that it is not a requirement of this course to receive a demonstration of traditional medicine.

You can view the New Mexico Act regarding state laws on traditional medicine practices below:

http://nmcaamp.org/downloads/3_HB664FINALhighlighted.pdf

- **Community Opening Ceremony (Optional)**

Please see course schedule for dates and times

Location: Outside of the Anthropology Building

Description: On July 16 and 23, all students, community members, and staff will be invited to participate in an opening ceremony. A ceremony will take place for the 4 Directions, the Heavens, and the Earth to share one's medicine. This is a community event where everyone is invited to attend. People are encouraged to bring offerings to the altar such as fruit, plants, and flowers. Often, community members place items on the altar for any personal reason, or community objects that are in the need of community prayer. During this ceremony, traditional healers will be using Copal or Sage to offer the smoke to the heavens. If you are uncomfortable with the use of the Copal/Sage smoke, you may participate at a distance from the ceremony. This is an optional event.

Other Important Information

Special Notes:

- Participation in all ceremonies and events is optional.
- Curanderos(as) use copal (an aromatic tree resin that has been used for ceremonies since the pre-Columbian

Mesoamerican times) during opening ceremonies outside. If you are sensitive to this incense, you can observe the ceremony from a distance.

- Portions of the class are photographed and/or videotaped for use by UNM in promotional materials. **Each student is asked to sign a waiver on the first day of class acknowledging awareness of the possibility of appearing in photos or videos of the class.** Those who do not wish to be photographed or videotaped, are responsible for removing themselves from the area being photographed and/or informing the photographer at the time the pictures are being taken.
- Each morning a food vendor will have food and drinks for sale outside of the classroom. Please purchase food and drink before the course, during breaks, or after the course to minimize any disruptions.

Good Citizenship

Respecting instructors, interpreters, and healers while being properly attentive in class is required. Students should respect the instructors and the healers by paying attention during lectures and demonstrations, refrain from socializing during lectures and demonstrations, and participating in a way that is conducive to helping lectures and demonstrations progress in a positive, helpful manner. ***Please note:** The interpreters who are working for your benefit during the class are listening and translating difficult material from one language to another. We ask that you please be quiet and respectful during the interpretation process.*

American Disabilities Act

“In accordance with University Policy 2310 and the American Disabilities Act (ADA), reasonable academic accommodations may be made for any qualified student who notifies the instructor of the need for an accommodation. It is imperative that you take the initiative to bring such needs to the instructor's attention, as the instructor is not legally permitted to inquire. The student is responsible for demonstrating the need for an academic adjustment by providing Student Services with complete and appropriate current documentation that establishes the disability, and the need for and appropriateness of the requested adjustment(s). However, students with disabilities are still required to adhere to all University policies, including policies concerning conduct and performance. Students who may require assistance in emergency evacuations should contact the instructor as to the most appropriate procedures to follow. Contact Accessibility Services at [505-661-4692](tel:505-661-4692) for additional information.” The UNM Accessibility Resource Center’s web site is at this link: <http://as2.unm.edu>. The UNM Online Accessibility Support policy statement is available here: <http://online.unm.edu/help/learn/students/accessibility-support.html>

UNM Policy on Student and Visitor Behavior

It is important for all students to be aware of conduct that will lead to disciplinary action by the University. In order to clarify the types of conduct which shall be considered to affect adversely the University’s educational function, to disrupt community living on campus, or to interfere with the rights of others to pursue their education, to conduct their University duties and responsibilities or to participate in University activities, the Board of Regents hereby adopts a Code of Conduct for students and visitors, the full text of which can be seen at:

<http://pathfinder.unm.edu/campus-policies/student-code-of-conduct.html>

<http://pathfinder.unm.edu/campus-policies/visitor-code-of-conduct.html>

Service Animals

Section 1.1 of Administrative Policies and Procedures Manual - Policy 2295 on Service Animals, states:

“To deem that a Service Animal is a reasonable accommodation, the following criteria must be met:

- The individual must have a disability as defined under federal law and request to have the animal must be reasonable.
- The animal must meet the definition of Service Animal under federal law & serve a function directly related to the disability.”

To view the full text of the policy, visit: <http://policy.unm.edu/university-policies/2000/2295.html>

Class Schedule – Week 1

Monday, July 16		
Course Readings:		
1.		
8:10 a.m.	Welcome & Introduction to Course	Dr. Eliseo “Cheo” Torres
8:30 a.m.	Explanation of the Four Directions & Creation of Sacred Space	Tonita Gonzales (ABQ)
*9:00 a.m.	Community Opening Ceremony (Outdoors)	
10:00 a.m.	Overview of Class and Curanderismo – Herbs, Rituals, & Curanderos(as)	Dr. Eliseo “Cheo” Torres
*10:45 a.m.	History, Therapeutic, & Ceremonial use of the Temazcal	Rita Navarrete (México)
11:45 a.m.	Discussion of Curanderismo Display	Dr. Eliseo “Cheo” Torres
Tuesday, July 17		
Course Readings:		
1.		
8:10 a.m.	Welcoming a New Day with Gratitude and Love	Dr. Anthony Fleg (UNM)
8:30 a.m.	Maria Sabina: Mexican Curandera of the “Sacred Children”	Laurencio Lopez Nunez (México)
*9:00 a.m.	Emotions: The Root of all Illness	Tonita Gonzales
10:00 a.m.	Juicing for Healing (<i>Jugoterapia</i>)	Rita Navarrete
10:45 a.m.	Firecupping (<i>Ventosas</i>)	Tonita Gonzales
*11:45 a.m.	The Medicine of the Drum (<i>Bring your own drum or rattle</i>)	Elisa Lucero & Kathy Vega (ABQ)
Wednesday, July 18		
Course Readings:		
1.		
8:10 a.m.	Oral Class Reflection of Previous Day’s Events	Dr. Eliseo “Cheo” Torres
8:30 a.m.	Language, Culture, and Mental Health	Dr. Arlo Starr
*9:00 a.m.	<i>Ikiamá Nukuri</i> : Experiences of Traditional Midwifery in the Ecuadorian Amazon **This presentation belongs to The Pachamama Alliance	Katia Salas (Ecuador)
9:45 a.m.	Healing Modalities with Traditional Moxa and Guasha	Dr. Monica Lucero (ABQ)
*10:45 a.m.	From Herb Walks to Tinctures – Preparation for Botanical Gardens	Tonita Gonzales & Antonia Montoya (ABQ)
11:30 a.m.	Treatments for <i>Susto</i> (Magical Fright)/Trauma	Ricardo Carrillo (California) & Laurencio Lopez Nunez (México)
12:00 p.m.	Outside Breakout Session: <i>Siembra de Nombre</i> – The Planting of the Name (?)	Rita Navarrete & Tonita Gonzales
Thursday, July 19		
Course Readings:		
1.		
Class held at Botanical Gardens Class will run until 1:00 p.m.		
Notes: Your lab fee covers your admission only . If you do not have transportation, please discuss carpooling with colleagues or use the Rapid Ride. Bring your lunch, water, hat/cap, and sunblock. You can purchase breakfast at site.		
8:30 a.m.	Meet at Botanical Gardens Entrance Gate	
9:00 a.m.	Guided Medicinal Plant Walks and creation of herbal resources: <i>Laurencio Lopez Nunez (Spanish speaking), Susan Feaveryear, Monica Lucero, Diane Rand, Arlo Starr, Kata Talavera, Kate Viers, Katherine White</i>	
TBA	Preparation of Plants for Energetic Cleansings	Rita Navarrete & Tonita Gonzales
TBA	New Mexico Healing with Food & Herbs	Margarita Garcia (NM)
Friday, July 20		
Course Readings:		

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1.		
8:10 a.m.	<i>Oral Class Reflection of Previous Day's Events</i>	Dr. Eliseo "Cheo" Torres
8:30 a.m.	Living in Two Worlds: A Physician & A Curandero	Dr. Joe Tafur (Arizona)
*9:30 a.m.	Curanderismo and the Use of The Sun Stone as a Guide to Healing	Dr. Jorge Partida (California)
10:45 a.m.	History of and Meaning behind <i>Día de los Muertos</i>	Anselmo Torres (Mexico)
*11:30 a.m.	Healing the Soul Spiritually: <i>Día de los Muertos</i> Ceremony & Class Altar	Rita Navarrete & Tonita Gonzales

Class Schedule – Week 2

Monday, July 23		
Course Readings:		
1.		
8:10 a.m.	<i>Oral Class Reflection of the Previous Day's Events</i>	Dr. Eliseo "Cheo" Torres
8:30 a.m.	Opening Ceremony	<i>Danzantes Concheros, Aztec Dancers</i>
*9:15 a.m.	Comparative Analysis of Curanderismo and Ayurveda from India	Dr. Eduardo Cardona – Sanclemente (California & United Kingdom)
10:30 a.m.	The Representation and Use of Cacao (Chocolate) in Ceremony	Mark Sciscenti (Santa Fe)
*11:15 a.m.	Healing the Human Organs Through Sound	Rita Navarrete & Tonita Gonzales
12:00 a.m.	Outside Breakout Session: Traditional Healing with Sound & Dance (<i>As One Group</i>)	
Tuesday, July 24		
Course Readings:		
1.		
8:10 a.m.	<i>Oral Class Reflection of the Previous Day's Events</i>	Dr. Eliseo "Cheo" Torres
8:30 a.m.	Plant Consciousness	<i>Davyd and Emma Farrell (England)</i>
*9:15 a.m.	Meso-American Tools for Spiritual Cleansings – Healing & Herbs	Rita Navarrete & Tonita Gonzales
10:00 a.m.	Oaxacan Traditional Energetic/Spiritual Cleansings (<i>Limpias</i>) – Demonstration	Laurencio Lopez Nunez (Mexico)
*10:45 a.m.	Native American Energetic Cleansings	Bob Vetter (New York)
11:45 a.m.	Outside Breakout Session: Practicing <i>Limpias</i>	
Wednesday, July 25		
Course Readings:		
1.		
8:10 a.m.	<i>Oral Class Reflection of the Previous Day's Events</i>	Dr. Eliseo "Cheo" Torres
8:30 a.m.	Using Mother Earth to Heal	Lorenzo Candelaria (ABQ)
*9:15 a.m.	Medicinal Plants of the Southwest	Dr. Tomas Enos (Santa Fe)
10:30 a.m.	Mayan Abdominal Massage: Winds Through the Abdomen to Create Health and Balance	<i>Alex Jackson (Missouri)</i>
11:30 a.m.	Health Fair @ UNM Campus	Everyone
Health Fair on UNM Campus		
Time: • For Students: 11:30 a.m. – 12:30 p.m. • Open to the public: 12:30 p.m. – 4:00 p.m.		
Location: Tall Tree Grove (area between Zimmerman Library & Duck Pond)		
Demonstrations include: <i>Sobadas, Limpias, Reiki, Acupuncture, AcuDetox, or Herbalism</i>		
Notes: Students may sign up to receive 1 demonstration of traditional medicine only during the allotted time. There is a minimum suggested donation of \$15. The demonstrations are optional and are not a requirement of the course.		
Thursday, July 26		

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Course Readings:

1.

8:10 a.m.	<i>Oral Class Reflection of the Previous Day's Events</i>	Dr. Eliseo "Cheo" Torres
8:30 a.m.	Ashéninka Traditional Healing with Sacred Sheri (natural tobacco) from the Peruvian Amazon	Sheripiari Ashéninka Mino (Peru)
9:00 a.m.	The Curative Power of the Oregano Herb – From the Desert of Chihuahua, Mexico	Maria Teresa Baeza Guevara (México)
*9:45 a.m.	Traditional Indigenous Healing in the Prison System	Rose Elizondo (California)
10:30 a.m.	Ceremonial use of Tobacco – The Diné Tradition	Shannon Fleg (NM)
*11:15 a.m.	Shawl Alignments (<i>Manteadas</i>) & Intestinal Blockage (<i>Empacho</i>)	Rita Navarrete & Tonita Gonzales
12:15 p.m.	Outside Breakout Session: Laugh Therapy (<i>Risaterapia</i>) – optional	

Friday, July 27

Course Readings:

1.

8:10 a.m.	<i>Oral Class Reflection of the Previous Day's Events</i>	Dr. Eliseo "Cheo" Torres
8:30 a.m.	Closing Ceremony	
9:15 a.m.	Traditional Healing without Borders: ➤ <i>Dr. Rod Garcia (Perú), Tonita Gonzales (México), Logan Sparks (Turkey), Harley-Quinn Alonzo (Guatemala)</i>	
*10:30 a.m.	Cultures of Medicine: Comparison of Modern and Traditional Medicine	Dr. Selma Sroka (Minnesota)
11:45 a.m.	Healing through Music	Mariachi Traditional
12:30 p.m.	Closing Comments	Dr. Eliseo "Cheo" Torres