Lorraine Cordova has been in the healing profession for thirty-five years, initially as a Registered Nurse, and in 1996 completed a Masters Degree as a Family Nurse Practitioner. She is also certified in Acudetox, a Chinese method that is used to help those with addictions, and Reiki I, a Japanese energy healing method. In the early 1990’s she began studying under Elena Avila, Curandera from NM, She was first introduced to the traditional ways of Curanderismo during her childhood. Her mother used various remedios with Lorraine and her eight siblings, and would often share stories about her mother, Lorraine’s grandmother, Emilia Sanchez Trujillo, a Curandera in the small town of Watrous, NM.

She has spent most of her career delivering healthcare to the underserved and uninsured, In the last four and a half years she coordinated and worked alongside with her comadres Paula Terrero, Gloria Crawley, and Eva Vasquez combining Curanderismo, Accu-detox, Reiki and Yoga, to assist those attempting to recover from the devastating effects of drug addiction. The program, *Freedom to Heal* addresses the physical, emotional, mental and spiritual needs of participants and ultimately stimulates them to reconnect with the true essence of who they are. Lorraine believes that when patients encompass these holistic attributes they are more apt to become empowered by participating in their own health care to make significant healthy life style changes.