

Curanderismo



It is the art of Mexican Folk Healing from the word curar, meaning to heal



Uses a holistic approach to healing – mind, body, and spirit



Who is a curandero/a?

A traditional healer working in the material, spiritual, and mental levels

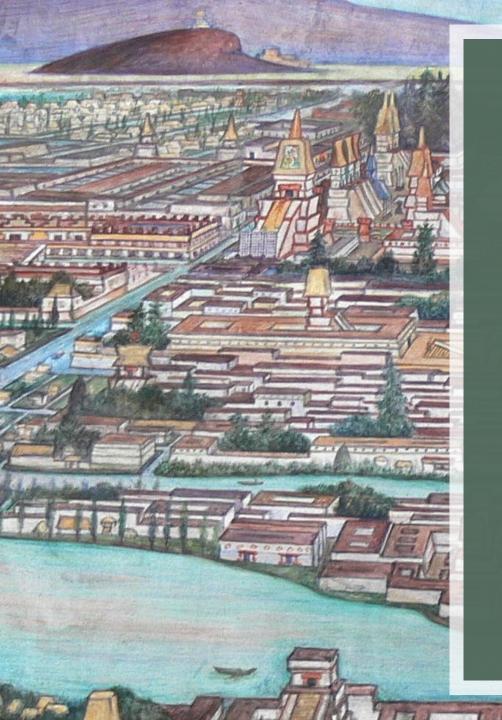
Someone with a don (a gift)

An apprentice

Attends specialized school – Centro de Desarollo Hacia La Comunidad (CEDEHC)

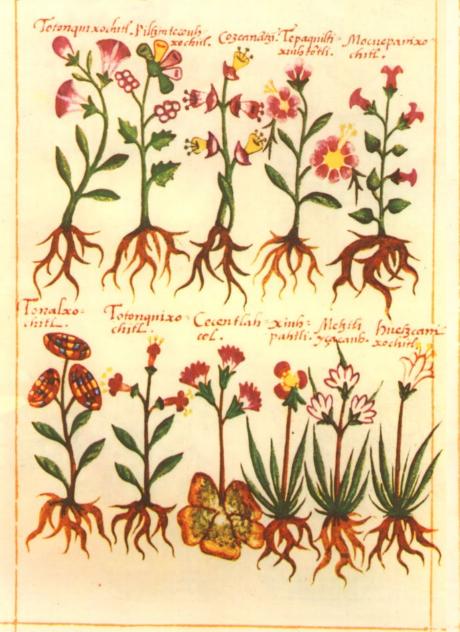


What is Curanderismo?



Brief History

- 1519 Spaniards arrived in Mexico
- 1521 Tenochitlan & 3,000 medicinal plants destroyed
- 1552 Martin de la Cruz, Aztec Indian doctor, wrote first book (listing 251 herbs) on medicinal plants at School of Santa Cruz de Tlaltelolco; written 31 years after conquest of Mexico
- 1554 Cervantes de Salazar described Montezuma II's gardens; physicians experimented with hundreds of medical herbs





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Influences of Curanderismo

A blend of **Native American** and **Spanish** Roots

<u>Judeo-Christian</u> – Gift from God and belief in God

Greek Humoral – Equilibrium of hot and cold

Arabic – Directing psychic energy

<u>African</u> – **Santeria** blend of Catholic saints and African *orichas*

Spiritualism and psychic – spiritual trances and communication with spirits

<u>Scientific</u> – Germ theory, psychology and biomedicine

Fusion of Traditional and Allopathic Medicine



Curanderismo has influenced the revival of alternative, contemporary, holistic, integrated medicine



\$21 billion in consumer spending



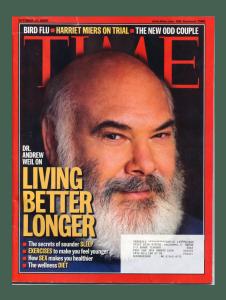
Andrew Weil, MD,'s Common Sense Approach

"Can't hurt, could help"
Less fat, animal food, stress
Eliminate of reduce intake of booze,
cigarettes, coffee

Common Goals: Modern & Traditional Medicine

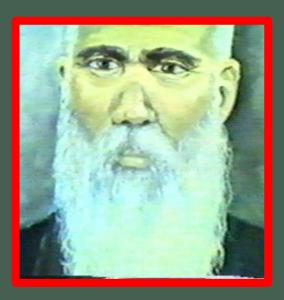
Andrew Weil, MD

Author



- Modern "Integrative Medicine" specialist
- Emphasizes holistic, common-sense approach to treatment and healing

Don Pedrito
<u>Traditional Healer, Los Olmos Ranch</u>



- Traditional 19th Century Mexican Folk Healer
- Emphasized holistic, common-sense approach to treatment and healing

Energetic/Spiritual Cleansings (Limpias) Laurencio López Núñez

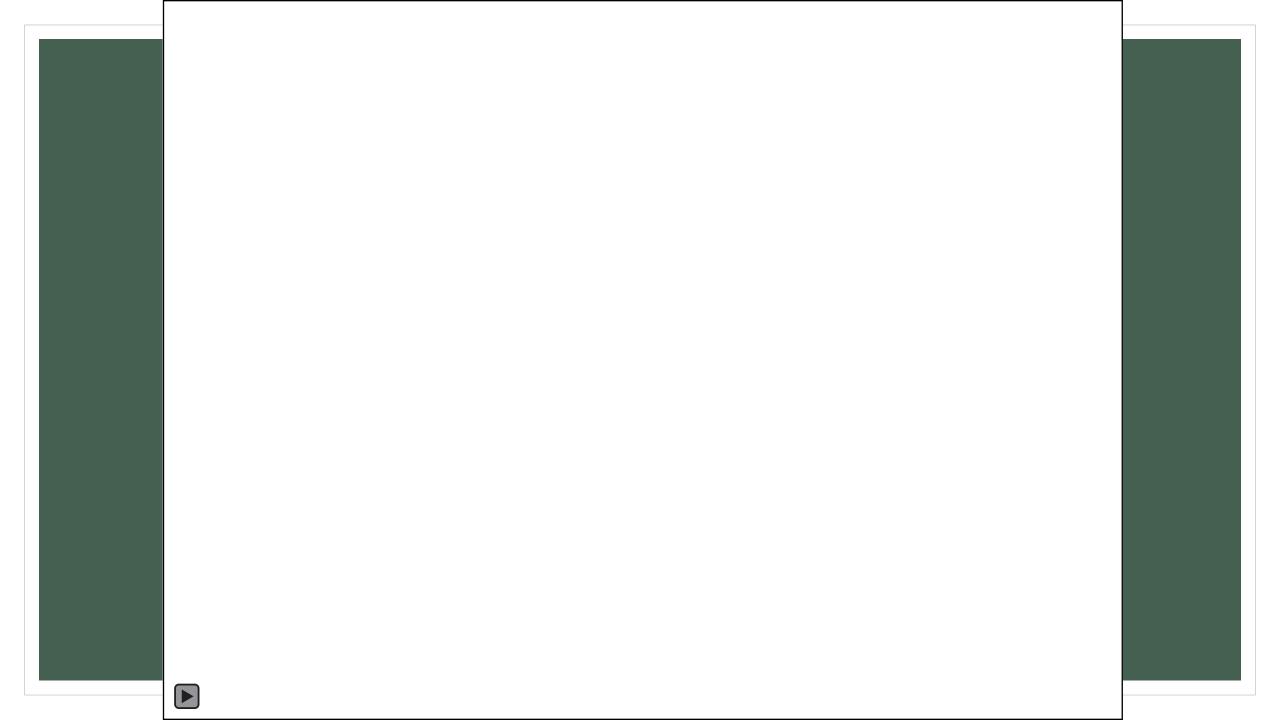
- Laurencio gets ready to perform an energetic/spiritual cleansings, or limpia, on Cheo during the online class.
- Benefits:

Elements such as an egg, herbs, copal, incense, candle, and water/mescal can be used to absorb and sweep negative vibration.

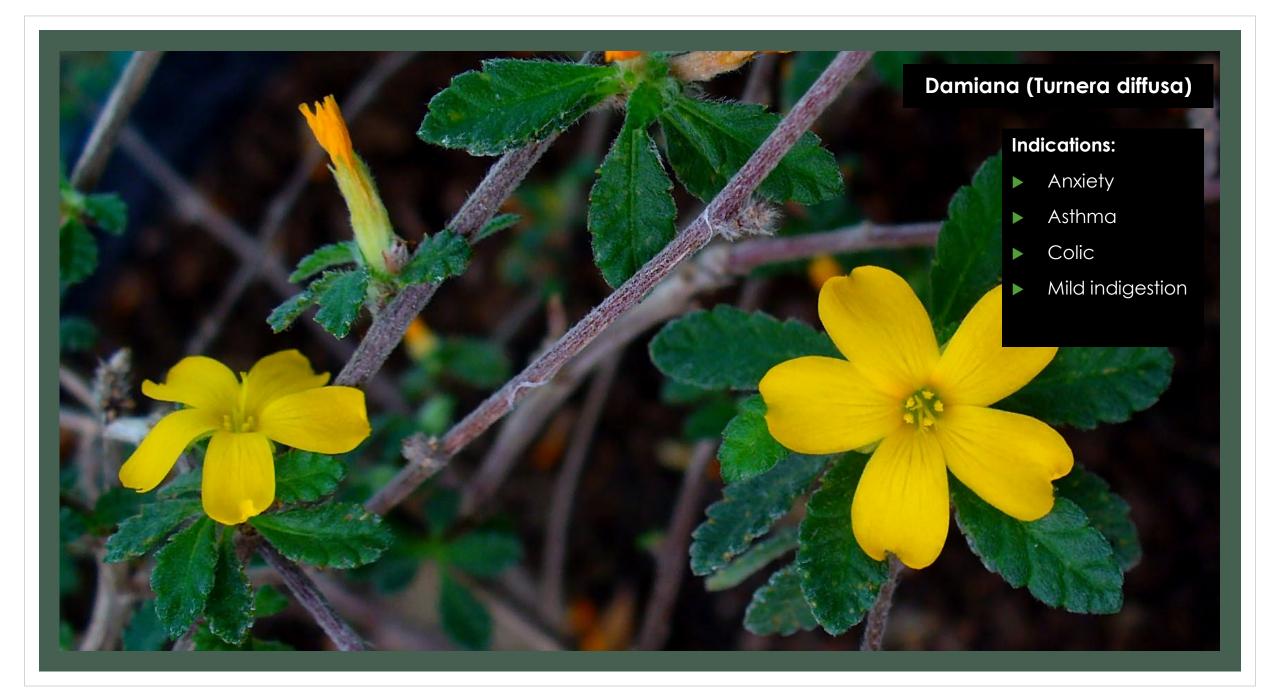


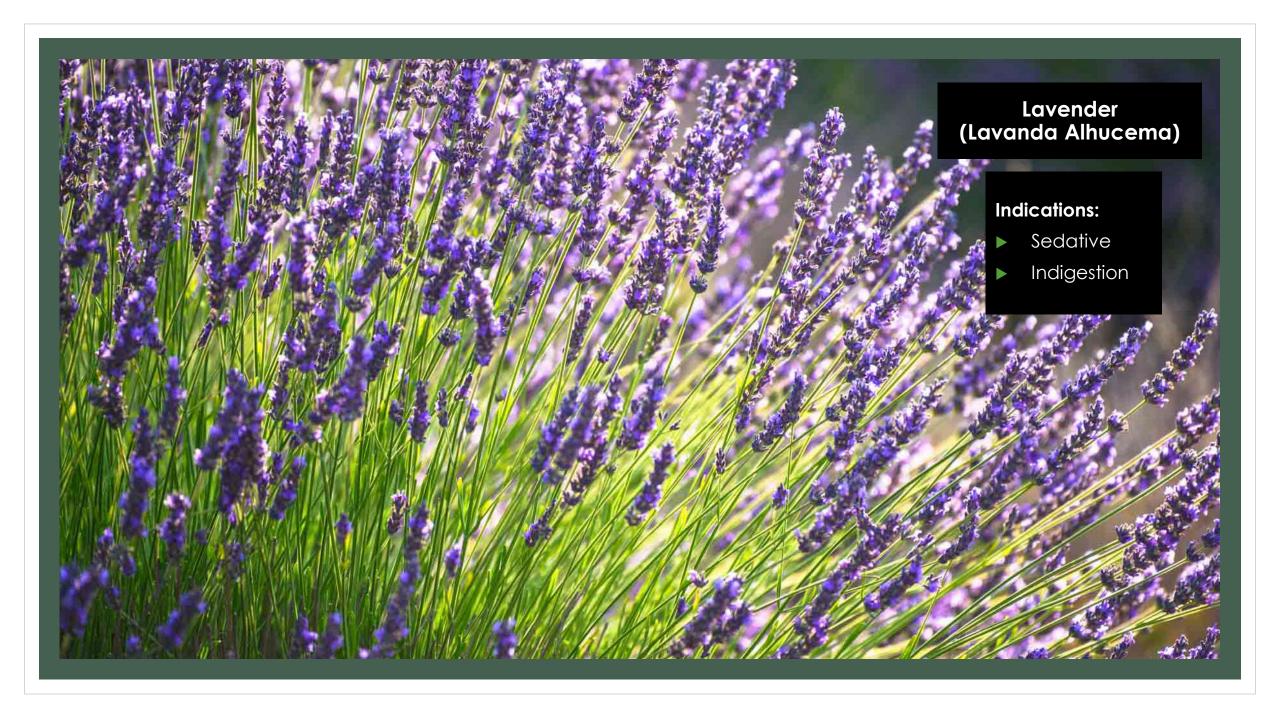
Medicinal Plants for Nervous System during covid times



















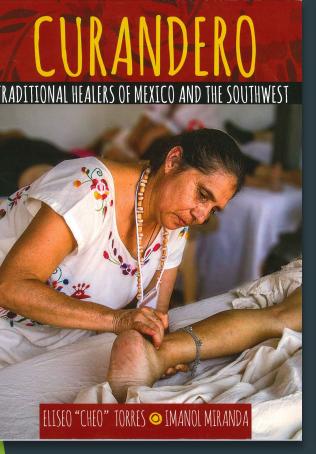


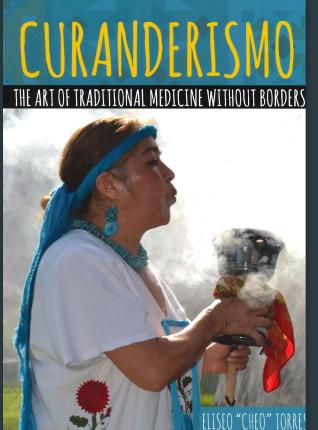


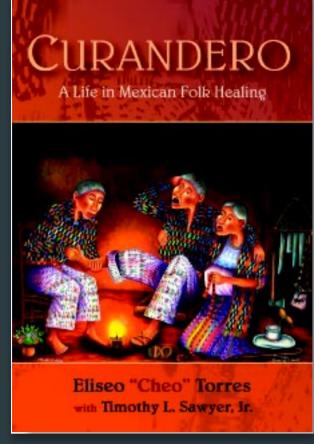
Curanderismo: Global and Cultural Influences of Traditional Healing

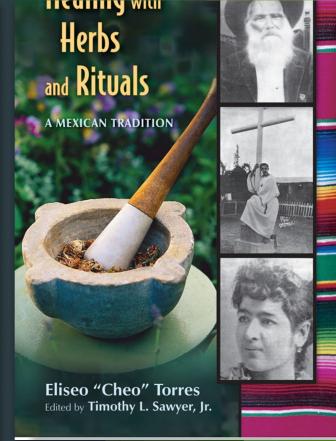
Curanderismo: Traditional Healing of the Mind, Energy and Spirit











Books on curanderismo

- https://he.kendallhunt.com/product/curanderismo-art-traditional-medicine-without-borders
- https://he.kendallhunt.com/product/curandero-traditional-healers-mexico-and-southwest



Curanderismo Traditional Medicine

2 - 13 June, 2025 Face-to-Face

1-18 July, 2025 Online

Enroll in a course on Traditional Medicine





Continuing Education Units Offered

4.5 in person, 1.8 online



Fully Bilingual

English and Spanish (no Spanish required)



International speakers

Learn from Professors and traditional healers from the U.S., Mexico and other countries



Details here

MORE Curanderismo@unm.edu | Curanderismo.unm.edu

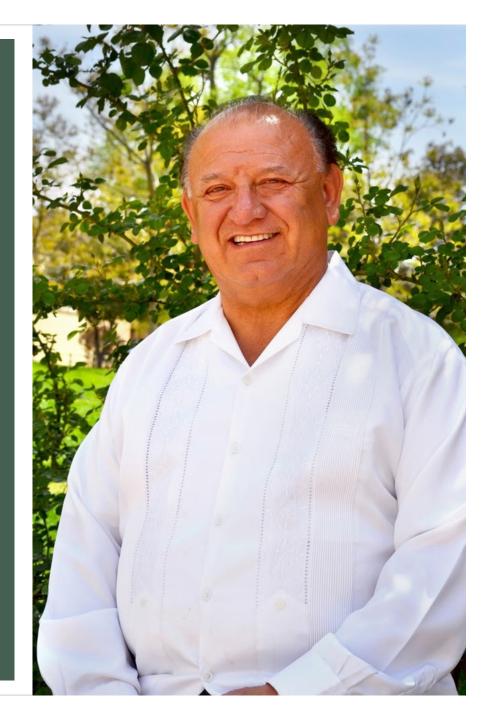
Summer Institute 2025

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Curanderismo

- Is not just a healing modality, but rather choosing a lifestyle of consciousness
- "To be healthy, we need to understand that we have to be balanced physically, mentally, emotionally, and spiritually."



Laugh Therapy



https://www.youtube.com/watch?v=KiqrtsN9xis