



Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico

Fructuoso Irigoyen-Rascón

Download now

[Click here](#) if your download doesn't start automatically

Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico

Fructuoso Irigoyen-Rascón

Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico Fructuoso Irigoyen-Rascón

The Tarahumara, one of North America's oldest surviving aboriginal groups, call themselves Rarámuri, meaning "nimble feet"—and though they live in relative isolation in Chihuahua, Mexico, their agility in long-distance running is famous worldwide. *Tarahumara Medicine* is the first in-depth look into the culture that sustains the "great runners." Having spent a decade in Tarahumara communities, initially as a medical student and eventually as a physician and cultural observer, author Fructuoso Irigoyen-Rascón is uniquely qualified as a guide to the Rarámuri's approach to medicine and healing.

In developing their healing practices, the Tarahumaras interlaced religious lore, magic, and careful observations of nature. Irigoyen-Rascón thoroughly situates readers in the Rarámuri's environment, describing not only their health and nutrition but also the mountains and rivers surrounding them and key aspects of their culture, from long-distance kick-ball races to corn beer celebrations and religious dances. He describes the Tarahumaras' curing ceremonies, including their ritual use of peyote, and provides a comprehensive description of Tarahumara traditional herbal remedies, including their botanical characteristics, attributed effects, and uses.

To show what these practices—and the underlying concepts of health and disease—might mean to the Rarámuri and to the observer, Irigoyen-Rascón explores his subject from both an outsider and an insider (indigenous) perspective. Through his balanced approach, Irigoyen-Rascón brings to light relationships between the Rarámuri healing system and conventional medicine, and adds significantly to our knowledge of indigenous American therapeutic practices.

As the most complete account of Tarahumara culture ever written, *Tarahumara Medicine* grants readers access to a world rarely seen—at once richly different from and inextricably connected with the ideas and practices of Western medicine.

 [Download Tarahumara Medicine: Ethnobotany and Healing among ...pdf](#)

 [Read Online Tarahumara Medicine: Ethnobotany and Healing amo ...pdf](#)

Download and Read Free Online Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico Fructuoso Irigoyen-Rascón

From reader reviews:

Christopher Crow:

A lot of people always spent their very own free time to vacation or maybe go to the outside with their family members or their friend. Are you aware? Many a lot of people spent their free time just watching TV, or even playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read any book. It is really fun in your case. If you enjoy the book that you just read you can spend the whole day to reading a guide. The book Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico it is rather good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. In case you did not have enough space bringing this book you can buy typically the e-book. You can more effortlessly to read this book from the smart phone. The price is not to fund but this book features high quality.

Mary Mohammad:

Reading can be called brain hangout, why? Because if you find yourself reading a book specifically book entitled Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico the mind will drift away through every dimension, wandering in every aspect that maybe unknown for but surely can become your mind friends. Imaging each word written in a reserve then become one form conclusion and explanation that will maybe you never get prior to. The Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico giving you yet another experience more than blown away your thoughts but also giving you useful information for your better life in this era. So now let us demonstrate the relaxing pattern is your body and mind will be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary spending spare time activity?

Sandra Conaway:

Do you have something that you prefer such as book? The e-book lovers usually prefer to opt for book like comic, short story and the biggest you are novel. Now, why not trying Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico that give your pleasure preference will be satisfied through reading this book. Reading addiction all over the world can be said as the opportunity for people to know world far better than how they react towards the world. It can't be stated constantly that reading addiction only for the geeky particular person but for all of you who wants to always be success person. So, for all of you who want to start studying as your good habit, you may pick Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico become your starter.

Blair Chappell:

Don't be worry when you are afraid that this book will probably filled the space in your house, you can have it in e-book approach, more simple and reachable. This particular Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico can give you a lot of buddies because by you investigating this one

book you have matter that they don't and make you actually more like an interesting person. This kind of book can be one of one step for you to get success. This e-book offer you information that perhaps your friend doesn't recognize, by knowing more than some other make you to be great men and women. So , why hesitate? We need to have Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico.

Download and Read Online Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico Fructuoso Irigoyen-Rascón #RSP5GNQX3JY

Read Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico by Fructuoso Irigoyen-Rascón for online ebook

Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico by Fructuoso Irigoyen-Rascón Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico by Fructuoso Irigoyen-Rascón books to read online.

Online Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico by Fructuoso Irigoyen-Rascón ebook PDF download

Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico by Fructuoso Irigoyen-Rascón Doc

Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico by Fructuoso Irigoyen-Rascón Mobipocket

Tarahumara Medicine: Ethnobotany and Healing among the Rarámuri of Mexico by Fructuoso Irigoyen-Rascón EPub