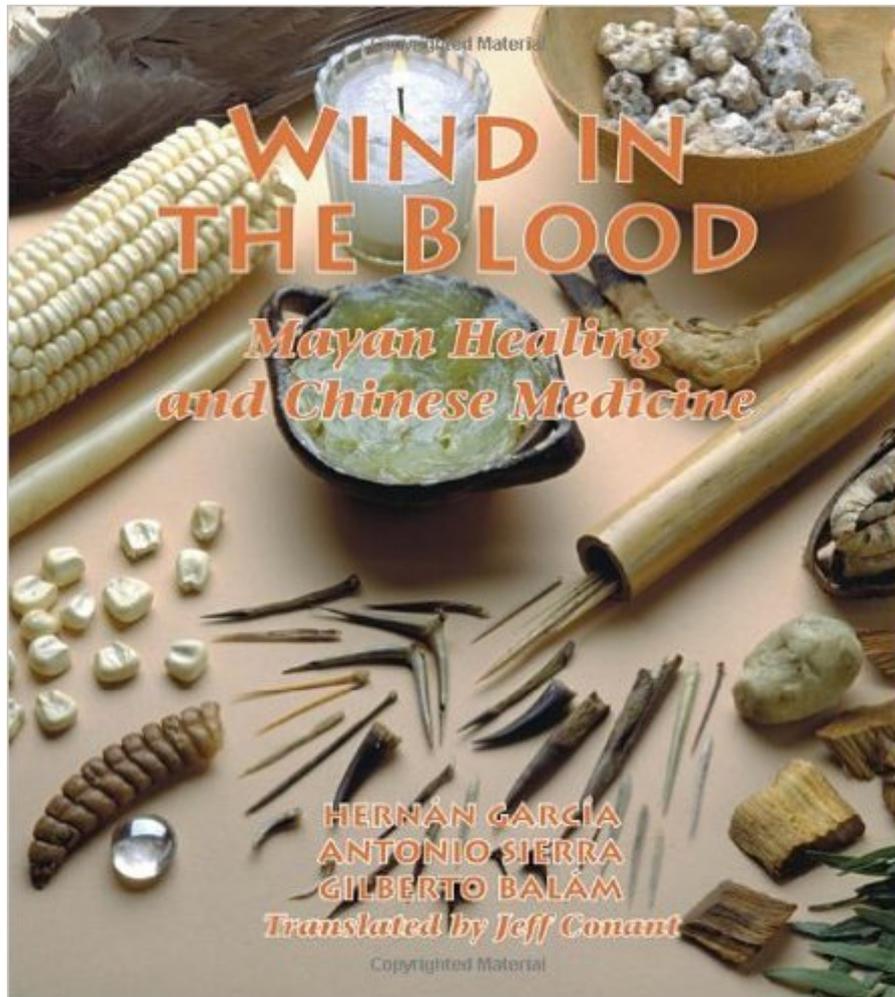


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# Wind In The Blood: Mayan Healing & Chinese Medicine



## Synopsis

Wind in the Blood is a detailed look at Mayan medicine on Mexico's Yucatan peninsula and its similarities to Chinese traditional medicine. It was originally published in Spanish as a manual for health workers in Mayan areas to bridge the gulf between Western medical technique and Mayan medical knowledge. Mexican physicians Hernan Garcia, Antonio Sierra, and Hiberto Balam discovered that the similarities between Mayan medicine and traditional Chinese medicine were profound and helpful in their medical work.

## Book Information

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## Customer Reviews

Having studied both Chinese Medicine and Maya Medicine, I was excited to find this book. I appreciate the context within which the authors offer the work, and the detailed information they have found and shared. It is fascinating to find common methods of healing between two distant cultures. Reading this book has helped me appreciate cupping and moxa in a more immediate way than how I learned it in my academic acupuncture training. This is a book I return to over time- looking up certain acupuncture points to learn about them from Maya point of view. I pick it up every now and then to be re-inspired by traditional healers who were observing the same human anatomy and physiology that I do today, but from a different perspective. There is always more to learn, and this book is written in service to our continued learning.

I truly enjoyed reading this book due to many reasons especially the fact that it highlights the fact that my ancestors had a wide array of medicinal knowledge that has survived to this day and is

being practiced by traditional healers. I truly commend the authors for overtaking this endeavour and would love it if they wrote a book and expanded more on mayan acupuncture. I was fortunate to grow up with many of the concepts presented in this book and labeled as "mayan medicine" I am safe to say that these healing practices exist in all of mesoamerica and both the nahuan and mayan peoples use them. furthermore having studied TCM in school allowed me to further appreciate the commonalities between two healing systems from literally two different corners of the world. I often times direct fellow medical students to this book when they wish to learn more about the rich mesoamerican healing traditions because many are familiar with TCM.

A better way to health.

So interesting!

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