

This article is a discussion by a woman named Sandra, who leads the reader through home remedies in natural medicines in Latino culture. The first major topic is a rule of thumb for practitioners in the community. This rule of thumb states that healthcare professionals should respect the usage of home and natural remedies in the community and evaluate whether these remedies have any adverse effects due to other medications or if the remedy is harmful to the patient by itself. Sandra added that natural remedies are common in latino communities, in fact, many members of the community will try a natural remedy recommended by someone else in the community before seeking treatment from a physician. Following the rule of thumb according to Sandra are a few useful phrases such as ¿Tomó medicina natural? ¿Qué tomó? These translate to did you take any natural medications? Which ones did you take? Following these common phrases to address these topics with your patients, Sandra leads into nonverbal communication. You should be relaxed and polite when addressing these topics so as to not offend your patient, allowing them to trust you more easily. There are a number of these natural remedies for maladies in latino culture. A few examples that Sandra mentions are cold linseed tea and hibiscus flower tea for diabetes. Along with these natural medications there are also non-traditional healers. One of these is a sobador, or a masseur. To help treat stomach problems, someone would call the village sobador and the sobador would give the patient an arm massage, helping alleviate that pressure in the stomach. There are also non-edible remedies such as a cartucho and butter. A cartucho is a cone placed in the ear with a match lit near the ear to help draw air that may be causing an earache out of the ear. Butter or margarine can be placed on a bruise to help alleviate some inflammation and swelling.

The take away from this article for a future healthcare professional should be to respect your patients culture and traditions of natural remedies all while evaluating their potential drug interactions to keep those under your care safe.