

Latino Culture & Healthcare: Natural Medicines, Home Remedies & Alternative Treatments

Reading this selection I learned about the many different ways latinos cure their illnesses or ailments. When speaking with my TalkAbroad partner from Nicaragua she mentioned many people in her country do not go to the doctor, unless it is a last resort. Until reading that article I was not aware of the many different treatments and home remedies that were used in Latino culture. It incited a sense of culture shock.

I also learned how to approach asking a patient if they have taken natural medicines, done home remedies, or alternative treatments. It is a sensitive topic to touch on seeing as the Latino community does not favor going to the doctor. I would like to be at least one doctor to change the minds of some of the community.

The natural medicines and treatments used seem to be harmless and may actually work since they are teas. The “sobador” or “sobadora” does not seem like it is a help. Although in some cases massaging certain areas does relieve pain or pressure it may not always help. I believe with the training the “sobador” or “sobadora” go through they may know how to relieve that discomfort, but I do not believe that the creams help.