

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

A lot of people in Latin America tend to use natural remedies for sickness more times than not for reasons unknown. It could be because of lack of medical resources available or because of a belief that these are better or cheaper. Although many times natural remedies are used people still go to the doctor when the natural remedy does not work. It is important as a health professional to discuss these potential treatments with the patient to ensure there is no adverse effect because of the natural remedy. Most people chose to disregard this and still not say if he or she has taken/used natural remedies. It is important to remember to say relaxed and polite so the patient will feel more at ease and more likely to open up about the use of natural remedies.

There are also numerous natural remedies that people use. The most common ones are herbal teas that are made from a variety of herbs such as mint and chamomile or using natural oils to help with upset stomachs. To treat headaches or other sinus related issues some remedies include making a “fog” out herbs which can also help to open the lungs. In addition to these, one of the most common home remedy techniques is massage. Typically, this medical massage therapist is called a “sobador/a” and they think of the body as a tube and when something gets stuck it back up everything in the body. Therefore, they massage different parts of the body to help break up or move this blockage in order to regain fluidity. Lastly, there is also a common practice called “cartucho” which is like a rolled-up newspaper that is placed in one’s ear and lit on fire to get air out of the ear. If newspaper is not available, then they will also use cigarettes or garlic.

In essence, there are many different home remedies but the important thing to remember is to maintain a relaxed and polite persona in order to get people to discuss these remedies, especially when they are being treated by a medical doctor.