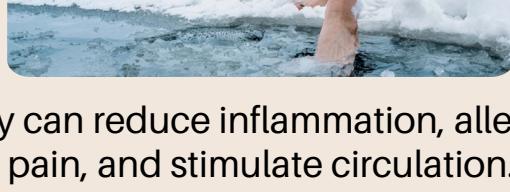


HEALTH BELIEFS, PRACTICES AND HEALING TRADITIONS

GREENLAND



Cold Plunges and Snow/Ice Therapy



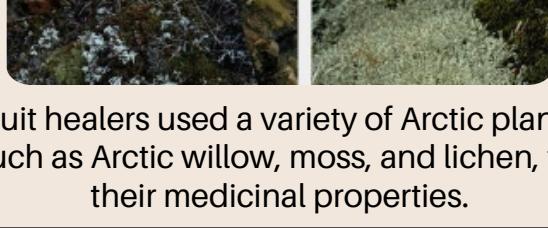
They can reduce inflammation, alleviate pain, and stimulate circulation.

Shamanism (Angakkuq)



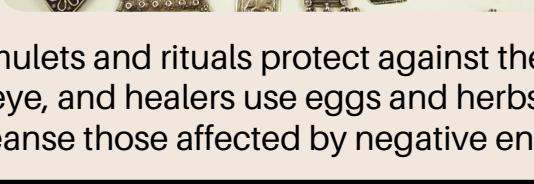
They are believed to have spiritual powers that allow them to interact with the spirit world and diagnose and treat illnesses.

Herbal Medicine



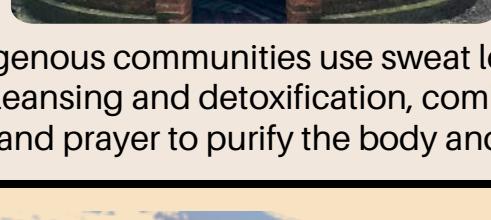
Inuit healers used a variety of Arctic plants, such as Arctic willow, moss, and lichen, for their medicinal properties.

Protection from the Evil Eye (Mal de Ojo)



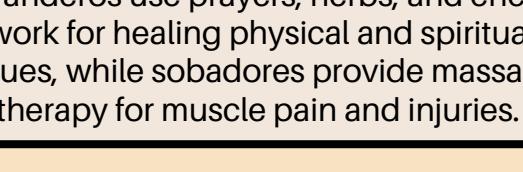
Amulets and rituals protect against the evil eye, and healers use eggs and herbs to cleanse those affected by negative energy.

Sweat Lodges (Temazcal)



Indigenous communities use sweat lodges for cleansing and detoxification, combining heat and prayer to purify the body and spirit.

Curanderos and Healers



Curanderos use prayers, herbs, and energy work for healing physical and spiritual issues, while sobadores provide massage therapy for muscle pain and injuries.

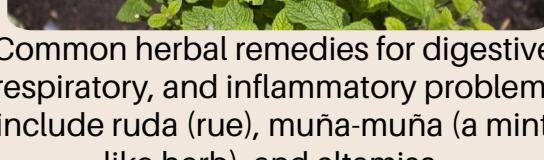
NICARAGUA

ARGENTINA & BRAZIL



These folk healers then utilize herbal medicines, prayer, massage, and, in some cases, spiritual purification (limpias).

Herbal Medicine



Common herbal remedies for digestive, respiratory, and inflammatory problems include ruda (rue), muña-muña (a mint-like herb), and altamisa.

Curanderos/ Rezadeiras



These folk healers then utilize herbal medicines, prayer, massage, and, in some cases, spiritual purification (limpias).

Candomblé



Afro-Brazilian religions like Candomblé, healing is associated with the worship of Orishas or deities