

Sastun My Apprenticeship With A Maya Healer

SastunMy Apprenticeship with a Maya Healer Harper Collins

Using pictures and simple text, this book demonstrates various things in nature that are opposites.

Set in the ancient Maya city of Chichen, The Oracle of Ix Chel tells the story of Jade Skirt, Oracle and High Priestess of the Goddess Ix during a critical time in history when the Maya are turning away from peaceful worship of the goddess and embracing the brutal practice of human sacrifice. Jade Skirt must set herself against the bloodthirsty priests of the War God to save her beloved granddaughter, a young girl destined to continue the sacred lineage and one day rule Ix Chel's women's sanctuary, Cuzamil Island. With the help of her spirit guide, deep knowledge of rainforest plant lore and a staunch ally who is her forbidden love, Jade Skirt sets off on a tense adventure that will change the course of Maya history forever.

This collection of biographies of brave and brilliant Jewish female role models--selected in collaboration with Ruth Bader Ginsburg and including an introduction written by the iconic Supreme Court justice herself-- provides young people with a roster of inspirational role models, all of whom are Jewish women, who will appeal not only to young people but to people of all ages, and all faiths. The fascinating lives of the women in this collection--more than thirty exemplary female role models--were chosen by Ruth Bader Ginsburg, or RBG, as she was lovingly known to her many admirers. Working with her friend, journalist Nadine Epstein, RBG selected these trailblazers, all of whom are women and Jewish, who chose not to settle for the rules and beliefs of their time. They did not accept what the world told them they should be. Like RBG, they dreamed big, worked hard, and forged their own paths to become who they deserved to be. Future generations will benefit from each and every one of the courageous actions and triumphs of the women profiled here. Real Wonder Women, the passion project of Justice Ginsburg in the last year of her life, will inspire readers to think about who they want to become and to make it happen, just like RBG.

Herbalism in Real Life

Spiritual Bathing

Transform, Heal, and Remember with the Power of Plants and Ancestral Medicine

A Journey of Hope Through Healing the Planet: A Memoir

The Ultimate Micro-RPG Book

Speculations on Lost Time

Wind in the Blood

Inspirational, empowering and transformative, spell book focused on witchcraft, hoodoo and the occult geared towards Black women.

After three women trained in the mystical arts unite to take a 5,000-year Patriarchy apart, they are catapulted into the corridors of power, the recesses of their own minds, and the expanding consciousness of a new age.

For centuries, people have used a combination of water, prayer, meditation and herbs to rejuvenate the mind, body and soul. In Spiritual Bathing, Rosita Arvigo and Nadine Epstein explore traditions—many lost or forgotten—that have been intertwined with religion, spirituality and culture since ancient and medieval times. From baptism to mikvahs to charity baths, these traditions can serve as a way to reconnect with nature or God; rejuvenate the mind, body and soul; and help relieve anxiety, insomnia and depression. Encompassing knowledge from 15 world traditions, this beautifully illustrated guide features detailed instructions to create nurturing and restorative spiritual bathing rituals both at home and elsewhere.

A direct transmission from a traditional Yucateca Maya Healer sharing the magic of Maya culture and healing traditions.

My Apprenticeship with a Maya Healer

The Little Book of Bees

Mayan Healing and Chinese Medicine

Healing Rituals and Traditions from Around the World

One Woman's Apprenticeship with a Maya Healer and Their Efforts to Save the Vani

Unplugging the Patriarchy

Consciousness Medicine

Bees continue to fascinate and charm us all - from novice gardeners and nature-lovers to dedicated environmentalists - and today, bees need our help more than ever. Discover the story of these incredible creatures, with The Little Book of Bees. Bees first appeared on Earth an incredible 130 million years ago. Since the time of the dinosaurs, evolution has taken our beloved bees on an incredible journey - and today, there are 20,000 species on the planet. The Little Book of Bees is a lovely, informative book of all things bee - from evolution and communication, to honey, beekeeping, and saving the bees - all in a beautifully illustrated gift book. Contents Chapter One: The Story of Bees The Evolution of the Bee · The Bee Life Cycle · The Bee Family Tree · Bee Anatomy · Bee Nesting Behaviours · Bee Factoids Chapter Two: Superorganisms Sociality in Bees · Bumble Bees · Honey Bees · Stingless Bees Chapter Three: Honey What is Honey? · Types of Honey · Practical Uses for Honey · Honey Healthcare Chapter Four: Beekeeping Why Keep Bees? · An Introduction to Beekeeping · Keeping Stingless Bees Chapter Five: Protecting Our Bee Buddies Why Are Bees in Decline? · Supporting Our Bees in 10 Easy Steps · Providing a Home for Bees Chapter Two: Superorganisms Sociality in Bees · Bumble Bees · Honey Bees · Stingless Bees Chapter Three: Honey What is Honey? · Types of Honey · Practical Uses for Honey · Honey Healthcare Chapter Four: Beekeeping Why Keep Bees? · An Introduction to Beekeeping · Keeping Stingless Bees Chapter Five: Protecting Our Bee Buddies Why Are Bees in Decline? · Supporting Our Bees in 10 Easy Steps · Providing a Home for Bees

Timely book on rainforest herbology and traditional healing. Authors work with Central American healers to compile herbal lore.

Fur Crafting: A Forgotten Tradition - How to Sew Rabbit Fur Mittens takes you through all the steps of how to lay your pattern, cutting and sewing by hand, a warm pair of fur mittens that will last for years to come. Includes a FREE mitten pattern (\$12 value!).

This one-semester text is designed for an upper level botany course. Plants in our World emphasizes how people use plants; including fundamental information on morphology, anatomy, and taxonomy as a foundation of general botany. Now in full color, the fourth edition includes molecular data that has immensely altered the understanding

of relationships among flowering plants and recently pinpointed the origin of numerous crops. Taxonomy of species has been updated to discuss the system of the Angiosperm Phylogeny Group.

RBG's Brave & Brilliant Women

The Book of Unconformities

Applied Mathematics for Physical Chemistry

The Oracle of Ix Chel

Plant Magic

Guardians of the Trees

Sastun

Rainforest Healing from Your Home and Garden Find alternatives to chemical anti-depressants and painkillers in your spice rack. Learn about natural anti-itch salves for insect bites. Soothe and relieve envy, grief, sadness, and fear the Maya way. Rid your house of negative energy with a Maya cleansing ritual. Try the easy-to-make bronchitis remedy.

Rediscover the lost ancient mystery teachings of the Cosmic Womb • Explains how each of us has a holographic blueprint of the Womb of Creation, our spiritual Womb • Offers practices to help awaken your spiritual Womb, experience the Womb of God within, and activate the Womb's sacred magic of creation and manifestation • Looks at the power of the moon and its connection to sacred Womb Consciousness •

Explores how the lost Womb mystery teachings were encoded in folk and fairy tales, the legends of the Holy Grail, and the traditions of Mary Magdalene and Sophia • Includes access to three guided Womb Awakening audio journeys The Ancients lived by a feminine cosmology of creation, where everything was birthed and dissolved through a sacred universal Womb. Within each of us, whether female or male, lies a holographic blueprint of this Womb of Creation, connecting us to the Web of Life. By awakening your spiritual Womb, the holy of holies within the temple of your body, you can reconnect to the transformative energy of Womb Consciousness and reclaim your sacred powers of creation and love. Drawing on mythical and spiritual traditions from almost every culture, Dr. Azra and Seren Bertrand reconstruct the moon-based feminine mystery teachings of a lost global Womb religion, tracing the tradition all the way back to the Neanderthals and beyond. They explore how these teachings were encoded in the symbolism of folk and fairy tales; the legends of the Holy Grail; the traditions of Mary Magdalene and Sophia; the maiden, queen, and crone archetypes; and the teachings of alchemy and the chakras. They show how sages and shamans across the globe all secretly spoke of the Cosmic Womb and the sacred creative powers of Moon Blood. The authors look at the power of the Moon and its connection to sacred Womb Consciousness, offering meditations and practices to help awaken your spiritual Womb and activate its sacred magic of creation and manifestation. They explain how to activate the energetic gateways of the Womb and merge the heart and Womb to make sexual union the highest sacrament of love. Revealing how we must reconnect with the Divine Feminine to rebirth the Divine Masculine and restore balance to our world, they show how, as we reawaken the powerful ancient path of the Womb Mysteries, we help return our world to harmony with the wild, untamed creative flows and cyclical rhythms of the cosmos.

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.

A guide to Mexican herbal healing, offers treatments for common ailments, using teas, liniments, compresses, and soothing baths

Curanderas and Folk Healing

Crystals for Healing

Messages from the Gods

33 Jewish Women to Inspire Everyone

The Black Woman's Little Book of Spells

The Little Book of Crystals

The Maya Way to Heal your Body and Replenish Your Soul

Enjoy these 40 expertly crafted micro-RPGs that are fast, fun, easy to learn, and come in a variety of genres—from space exploration to jungle dungeon crawlers—everything you need to pick up and play today. Get gaming fast with The Ultimate Micro-RPG Book including brand-new micro-RPGs created by experts across the gaming world. From space exploration to jungle dungeon crawlers this book has everything you need to pick up and play today. With these quick-start games, you can create your own adventures, alone or with friends, without any prep, and with minimal set up and pieces. Whether you're new to RPGs or working towards your level 20 mage, this collection is a great way to try out different games and systems, and test your roleplay skills on different character types and situations.

A Doody's Core Title for 2019! The Web That Has No Weaver is the classic, comprehensive guide to the theory and practice of Chinese alternative medicine. This accessible and invaluable resource has earned its place as the foremost authority in synthesizing Western and Eastern healing practices. This revised edition is the product of years of further reflection on ancient Chinese sources and active involvement in cutting-edge scientific research.

Drawing from ethnographic examples found throughout the world, this revised and updated text, hailed as the "best general text on religion in anthropology available," offers an introduction to what anthropologists know or think about religion, how they have studied it, and how they interpret or explain it since the late 19th century.

Wherever you travel in the West Country of England you will encounter evidence of Witchcraft, past and present. Somerset, Devon and Cornwall each have their own essence and unique energy. As a whole this area has been a safe haven since the Ancient Celts and their magical beliefs, and home to many a witch. These witches have adopted many guises over the years. West Country Witchcraft looks at witchcraft in its many forms, both historical and contemporary. There are descriptions of the practitioners, their stories, tools and spells and the magical sites that are used.

Plants in our World: Economic Botany:

Rainforest Home Remedies

Reefs, Rain Forests, and Mayan Ruins

The Web That Has No Weaver

The Life and Teachings of Traditional Maya Healer of Belize Miss Beatrice Torres Waight

The Complete Reference Guide with Over 200 Remedies for Mind, Heart & Soul

Mindfulness for Kids

“[A] glorious guide to the miracle of life’s sound.” —The New York Times Book Review A lyrical exploration of the diverse sounds of our planet, the creative processes that produced these marvels, and the perils that sonic diversity now faces We live on a planet alive with song, music, and speech. David Haskell explores how these wonders came to be. In rain forests shimmering with insect sound and swamps pulsing with frog calls we learn about evolution’s creative powers. From birds in the Rocky Mountains and on the streets of Paris, we discover how animals learn their songs and adapt to new environments. Below the waves, we hear our kinship to beings as different as snapping shrimp, toadfish, and whales. In the startlingly divergent sonic vibes of the animals of different continents, we experience the legacies of plate tectonics, the deep history of animal groups and their movements around the world, and the quirks of aesthetic evolution. Starting with the origins of animal song and traversing the whole arc of Earth history, Haskell illuminates and celebrates the emergence of the varied sounds of our world. In mammoth ivory flutes from Paleolithic caves, violins in modern concert halls, and electronic music in earbuds, we learn that human music and language belong within this story of ecology and evolution. Yet we are also destroyers, now silencing or smothering many of the sounds of the living Earth. Haskell takes us to threatened forests, noise-filled oceans, and loud city streets, and shows that sonic crises are not mere losses of sensory ornament. Sound is a generative force, and so the erasure of sonic diversity makes the world less creative, just, and beautiful. The appreciation of the beauty and brokenness of sound is therefore an important guide in today’s convulsions and crises of change and inequity. Sounds Wild and Broken is an invitation to listen, wonder, belong, and act.

A comprehensive guide to the safe and ethical application of expanded states of consciousness for therapists, healing practitioners, and sincere explorers Psychedelic medicines also known as entheogens are entering the mainstream. And it’s no wonder: despite having access to the latest wellness trends and advances in technology, we’re no healthier, happier, or more meaningfully connected. Psilocybin mushrooms, ayahuasca, and LSD—as well as other time-tested techniques with the power to shift consciousness such as drumming, meditation, and vision quests—are now being recognized as potent catalysts for change and healing. But how do we ensure that we’re approaching them effectively? Françoise Bourzat—a counselor and experienced guide with sanctioned training in the Mazatec and other indigenous traditions—and healer Kristina Hunter introduce a holistic model focusing on the threefold process of preparation, journey, and integration. Drawing from more than thirty years of experience, Bourzat’s skillful and heartfelt approach presents the therapeutic application of expanded states, without divorcing them from their traditional contexts. Consciousness Medicine delivers a coherent map for navigating nonordinary states of consciousness, offering an invaluable contribution to the field of healing and transformation.

Based on the wisdom of ancient teachings, this book introduces a practical system for modern day life that aims to help women to regulate their menstrual cycles and take control of their bodies.

The Little Book of Crystals is an inspiring introduction to everything you need to know to enhance your life using crystals. Whether you are hoping to harness the healing power of crystals for the first time, or have been collecting crystals from your local practitioner for some time, this portable guide is the perfect reference for your next browse. The Little Book of Crystals offers guidance on how to use crystals for healing, emotional purposes and in a myriad of practical situations, including to help children and animals. The usage of crystals for magic and spell-casting is also included, as well as practical information on how to buy, store and use crystals in a safe and effective way.

One Hundred Healing Herbs of Belize

Sonic Marvels, Evolution's Creativity, and the Crisis of Sensory Extinction

Womb Awakening

Mountain Lion vs. Coyote

Woman Heal Thyself

Rainforest Remedies

Magical Keys to Transforming Your Life

Elizabeth de la Portilla writes of the world and practices of San Antonio curanderas. As a scholar, an ethnographer, and a curandera in training, her parallel perspectives uniquely aid readers in understanding this subordinated culture. Retelling the stories various healers have shared, interpreting their answers to her probing questions, and describing the herbs and recipes they use in their arts, the author vividly illuminates the borderland context of San Antonio.

A fun, modern, and irreverent introduction to healing herbs, this field guide to feeling good includes more than 20 plant profiles. Here is an invitation to the wild world of healing plants growing right outside your door. Highlighting herbs from catnip and plantain to nettles and rosemary, this book provides the information you need to assemble an herbal arsenal for combatting any ailment—everything from brewing up a slick lube tea for sexual health to fashioning a simple summer band-aid from backyard “weeds” to crafting an herbal smoking blend to quiet a busy mind. This accessible guide covers questions like: What is plant medicine? What can I put in my mouth and where do I find it? Can I still go to my doctor? We’ve got you covered.

People throughout time and place, no matter their belief system, have sought to discover causes and cures for illness and disease. Among Westerners is a groundswell to augment biomedicine with holistic practices inherent in ethnomedicines of non-Western traditions. Yet missing are awareness and knowledge of the foundations and outgrowth of these alternative concepts. Erickson fills this gap by clearly explaining the basic organizing principles that underlie all medical systems, the full range of theories of disease causation, the geographical distribution of medical practices, and the historical trends that led to biomedical dominance. Her efficient, balanced approach highlights commonalities among the worlds vast and diverse medical systems, making ethnomedicine easier to internalize and to apply in clinical settings.

Remains of Ritual, Steven M. Friedson ' s second book on musical experience in African ritual, focuses on the Brekete/Gorovodu religion of the Ewe people. Friedson presents a multifaceted understanding of religious practice through a historical and ethnographic study of one of the dominant ritual sites on the southern coast of Ghana: a medicine shrine whose origins lie in the northern region of the country. Each chapter of this fascinating book considers a different aspect of ritual life, demonstrating throughout that none of them can be conceived of separately from their musicality—in the Brekete world, music functions as ritual and ritual as music. Dance and possession, chanted calls to prayer, animal sacrifice, the sounds and movements of wake keeping, the play of the drums all come under Friedson ' s careful scrutiny, as does his own position and experience within this ritual-dominated society.

Northern Gods in a Southern Land

A Guide to the Useful Plants of Belize

What Are Opposites in Nature?

Monumental Ambivalence

Third Edition

Indigenous Wisdom, Entheogens, and Expanded States of Consciousness for Healing Healing and Growth

A Treasury of Mexican-American Herbal Remedies

Discover how to utilize the magic of plants and diasporic ancestral practices in remedies and ritual. What if plants could be used to guide the process of transformation? What if you knew which rituals and plants could be partnered to alleviate physical symptoms or heal emotional and spiritual imbalances? How can plants help you stand in your power, strengthen your intuition, and provide protection? In *The Art & Practice of Spiritual Herbalism*, leading Black herbalist Karen Rose provides the answers you seek. This guide to harnessing the power of plants is a practical tool for working through the symptoms of body disease and the underlying emotional and spiritual issues. Organized by major body systems such circulatory, digestive, and reproductive, *The Art & Practice of Spiritual Herbalism* gives a brief overview of the physical mechanisms of the system, the spiritual correspondences associated with that system, and the plants, remedies, and rituals that can be used to bring oneself back to healing and balance. Filled with stories, ancestral recipes, and accessible practices that anyone can use, *The Art & Practice of Spiritual Herbalism* shows you how to use the power of plants for spiritual and physical healing.

Despite its small size, Belize is one of the most ecologically and culturally diverse nations in Central America. Over 3,400 species of plants can be found here, within a diversity of ecological habitats. Because of this, Belize is paradise for ecotourists, hosting over 900,000 visitors annually, who enjoy the natural habitat and friendly people of this nation. Many of the plants of Belize have a long history of being "useful," with properties that have served traditional herbal healers of the region as well as those who use plants as food, forage, fiber, ornament, in construction and ritual, along with many other purposes. With *Messages from the Gods: A Guide to the Useful Plants of Belize*, Drs. Michael Balick and Rosita Arvigo give us the definitive resource on the many species of plants in Belize and their folklore, as well as the natural history of the region and a detailed discussion of "bush" uses of plants, including for traditional healing and life in the forest, past and present. Both Balick and Arvigo bring important perspectives to the project, Balick as ethnobotanical scientist from The New York Botanical Garden, and Arvigo as a former apprentice to a Belizean healer and an experienced physician. The book has been decades in the making, a culmination of a biodiversity research project that The New York Botanical Garden and international and local collaborators have had in motion since 1987. Drs. Balick, Arvigo and their colleagues have collected and identified thousands of plants from the region, and have worked extensively with hundreds of Belizean people, many of them herbal healers and bushmasters, to record uses for many of the species. This collaboration with local plant experts has produced a fascinating discussion of the intersection of herbal medicine and spiritual belief in the area, and these interviews are used to compliment and contextualize the numerous species accounts presented. The book is both a cultural study and a specialized field guide; information is provided on many different native and introduced plants in Belize and their traditional and contemporary uses including as food, medicine, fiber, in spiritual practices and many other purposes. Richly illustrated with over 600 images and photographs, *Messages from the Gods: A Guide to The Useful Plants of Belize* will serve as the primary reference and guide to the ethnobotany of Belize for many years to come.

From ancient Maya cities in Mexico and Central America to the Taj Mahal in India, cultural heritage sites around the world are being drawn into the wave of privatization that has already swept through such economic sectors as telecommunications, transportation, and utilities. As nation-states decide they can no longer afford to maintain cultural properties—or find it economically advantageous not to do so in the globalizing economy—private actors are stepping in to excavate, conserve, interpret, and represent archaeological and historical sites. But what are the ramifications when a multinational corporation, or even an indigenous village, owns a piece of national patrimony which holds cultural and perhaps sacred meaning for all the country's people, as well as for visitors from the rest of the world? In this ambitious book, Lisa Breglia investigates "heritage" as an arena in which a variety of private and public actors compete for the right to benefit, economically and otherwise, from controlling cultural patrimony. She presents ethnographic case studies of two archaeological sites in the Yucatán Peninsula—Chichén Itzá and Chunchucmil and their surrounding modern communities—to demonstrate how indigenous landholders, foreign archaeologists, and the Mexican state use heritage properties to position themselves as legitimate "heirs" and beneficiaries of Mexican national patrimony. Breglia's research masterfully describes the "monumental ambivalence" that results when local residents, excavation laborers, site managers, and state agencies all enact their claims to cultural patrimony. Her findings make it clear that informal and partial privatizations—which go on quietly and continually—are as real a threat to a nation's heritage as the prospect of fast-food restaurants and shopping centers in the ruins of a sacred site.

Ready to create positive change in your life? Discover the power of crystals to heal mind, body, and spirit. Whether you're working through grief or holding onto grudges, seeking love or increasing gratitude, *Crystals for Healing* offers the basics for beginners to explore the deep connection between mind, body, and spirit. Learn the fundamentals to clear emotional blockages, stimulate creativity, and elevate your mood through the vibrational power of healing crystals. Discover a more fulfilling life through the power of crystal healing as explained by ordained metaphysical minister, intuitive energy healer, and Usui Reiki practitioner Karen Frazier.

The Politics of Heritage

What We Know, Think, and Question

West Country Witchcraft

Belize

An Ancient Healing System for Contemporary Women

Sounds Wild and Broken

An Illustrated Guide to the Extraordinary Lives of Bees

Two predators challenge each other for dominance in North America. Who will come out on top? Mountain lions and coyotes face off in this high-interest title. Reluctant readers will learn basic information about mountain lions and coyotes, as well as how these animals do battle. Action-packed images highlight the strengths of these animals, while animal profiles and other features show off their battle tools. Let the fight begin!

From the author of *Insectopedia*, a powerful exploration of loss, grief, endurance, and the absences that permeate the present. Unconformities are gaps in the geological record, physical evidence of breaks in time. For Hugh Raffles, these holes in history are also fissures in feeling, knowledge, memory, and understanding. In this endlessly inventive, riveting book, Raffles enters these gaps, drawing together threads of geology, history, literature, philosophy, and ethnography to trace the intimate connections between personal loss and world historical events, and to reveal the force of absence at the core of contemporary life. Through deeply researched explorations of Neolithic stone circles, Icelandic lava, mica from a Nazi concentration camp, petrified whale blubber in Svalbard, the marble prized by Manhattan's Lenape, and a huge Greenlandic meteorite that arrived in New York City along with six Inuit adventurers in 1897, Raffles shows how unconformities unceasingly incite human imagination and investigation yet refuse to conform, heal, or disappear. A journey across eons and continents, *The Book of Unconformities* is also a journey through stone: this most solid, ancient, and enigmatic of materials, it turns out, is as lively, capricious, willful, and indifferent as time itself.

By the time chemistry students are ready to study physical chemistry, they've completed mathematics courses through calculus. But a strong background in mathematics doesn't necessarily equate to knowledge of how to apply that mathematics to solving physicochemical problems. In addition, in-depth understanding of modern concepts in physical chemistry requires knowledge of mathematical concepts and techniques beyond introductory calculus, such as differential equations, Fourier series, and Fourier transforms. This results in many physical chemistry instructors spending valuable lecture time teaching mathematics rather than chemistry. Barrante presents both basic and advanced mathematical techniques in the context of how they apply to physical chemistry. Many problems at the end of each chapter test students' mathematical knowledge. Designed and priced to accompany traditional core textbooks in physical chemistry, *Applied Mathematics for Physical Chemistry* provides students with the tools essential for answering questions in thermodynamics, atomic/molecular structure, spectroscopy, and statistical mechanics.

The compelling drama of American herbologist Rosita Arvigo's quest to preserve the knowledge of Don Elijio Panti, one of the last surviving and most respected traditional healers in the rainforest of Belize.

How to Sew Rabbit Fur Mittens

The Spiritual Herbalism Companion - FIVE BELOW

Infusions of Healing

Remains of Ritual

Initiatory Wisdom from the Creatrix of All Life

40 Fast, Easy, and Fun Tabletop Games

A Mystical Journey Into the Heart of a New Age

"EMPOWERING...KINARI WEBB IS AN INSPIRATION." --BILL MCKIBBEN "A WONDERFUL BOOK."

--JANE GOODALL A TIMELY, HOPEFUL MEMOIR ABOUT A WOMAN SPEARHEADING A GLOBAL INITIATIVE TO HEAL THE WORLD'S RAINFORESTS AND THE COMMUNITIES WHO DEPEND ON THEM Full of hope and optimism, Kinari Webb takes us on an exhilarating, galvanizing journey across the world, sharing her passion for the natural world and for humanity. In our current moment of crisis, *Guardians of the Trees* is an essential roadmap for moving forward and the inspiring story of one woman's quest to heal the world. When Webb first traveled to Indonesian Borneo at 21 to study orangutans, she was both awestruck by the beauty of her surroundings and heartbroken by the rainforest destruction she witnessed. As she got to know the local communities, she realized that their need to pay for expensive healthcare led directly to the rampant logging, which in turn imperiled their health and safety even further. Webb realized her true calling was at the intersection of medicine and conservation. After graduating with honors from the Yale School of Medicine, Webb returned to Borneo, listening to local communities about their solutions for how to both protect the rainforests and improve their lives. Founding two non-profits, *Health in Harmony in the U.S.* and *ASRI in Indonesia*, Webb and her local and international teams partnered with rainforest communities, building a clinic, developing regenerative economies, providing educational opportunities, and dramatically transforming the region. But just when everything was going right, Webb was stung by a deadly box jellyfish and would spend the next four years fighting for her life, a fight that would lead her to rethink everything. Was she ready to expand her work to a global scale and take climate change head on?

BELIZE contains a description of a tour followed by chapters on the reefs, rain forests, and Mayan culture. Info. on its history, government, people, and problems.

Understanding Chinese Medicine

Fire Heart

Ethnomedicine

They All Want Magic

Anthropology and Religion