

Chapter 1 : Results for Mary-Katherine-MacDougall | Book Depository

*SE Sano Ahora/Healing Now!* by Mary Katherine MacDougall, , available at Book Depository with free delivery worldwide.

Even when my siblings and I did get sick, my mother knew exactly what to do to heal us. They are ancestral traditions passed from generation to generation. Before the advent of modern medicine, indigenous and Afro-descendant people were familiar with the knowledge of plant medicine. We have always known how to heal ourselves, and it was usually the women who had this information. Never formally written down, mothers, daughters, grandmothers and women in their daily lives would cook and concoct together remedies for the common cold, flu, stomach aches, migraines, muscle pains and more. Parteras traditionally use herbs for the childbearing year and the reproductive system in general. The story of the loss of this information is one of destruction and subjugation. In the Americas, that legacy came down on the medicine-women, curanderas and herbalistas. This destruction and then later denial of ancestral wisdom gave rise to Western medicine and the overdependence on allopathic medicine and doctors. She acknowledges that I have inherited some of her wisdom. Coming to this country with her family, homegrown experiences from the Dominican Republic, and learning an entire new culture, she like many immigrant Dominican mothers had to figure out how to keep her children well. Y ustedes se murieron? Echoing the article by my paisana Mechi from Una Vaina Bien , my mother knows basic but effective ways to take care of an upset stomach. If I have a sore throat, a jarabe of honey and lemon will soothe it. Ajo garlic , apio celery , and cilantro can be made into broth to warm up the body and heal a cold, along with ginger tea. If you let red onions sit in honey overnight in the fridge, it becomes a homemade cough syrup jarabe that reduces congestion. These are basic elements in our kitchen and cooking that become medicine without much thought. Yet, our mothers and grandmothers as well as fathers, grandfathers and gender nonconforming people throughout history never cracked open a book nor consulted with doctors to cure themselves. As Dominican Americans and other immigrant groups assimilate into this culture, we will find that nuestros remedios caseros are being repackaged and sold to us as new discoveries in the current holistic health trend. Our parents are not new to this. I listened to the library security guard who told me about using cayenne pepper in my food to keep myself warm in the winter and that it can heal my arthritis if I should ever have it. I know now that I should have always listened to most of this advice before ever trusting a doctor in this country. In the United States, the medical industrial complex makes a profit off of keeping people sick. It is the reason preventative medicine is not promoted and instead medication is constantly pushed on us. As a result, our remedios caseros are threatened with the fate of dying with the last remaining people here who still remember. One good thing about the resurgence of plant-based medicine is that some of us have gone back to our roots to protect and document this knowledge, hungrily searching and asking for it so that we may share it amongst each other. I know I will keep my children and clients well with the basics that I have retained. Being a daughter of an immigrant whose knowledge is often undocumentable, it is my duty to remember. It is my duty to heal. It is extremely risky and can be fatal; the baby can develop botulism. The information shared in this article is completely anecdotal and should NOT be taken as medical advice or a recommendation in regards to babies and honey.

**Chapter 2 : 33 best SÃ© sano images on Pinterest | Food, Health and Health and wellness**

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En ellas, el amor puede dar paso en un abrir y cerrar de ojos a una agresividad salvaje, a sentimientos de hostilidad o a la total ausencia del afecto. Esto se considera normal. El verdadero amor no tiene opuesto. Esto significa que los proyectas fuera de ti y atacas al otro con toda la violencia salvaje de tu dolor. Todas las adicciones surgen de una negativa inconsciente a encarar y traspasar el propio dolor. Todas las adicciones empiezan con dolor y terminan con dolor. Todas las adicciones lo hacen. Eludir las relaciones en un intento de evitar el dolor tampoco soluciona nada. Si quieres que florezca el amor, la luz de tu presencia debe ser lo suficientemente intensa como para no verte arrollada por el pensador o por el cuerpo-dolor, ni los confundas con quien eres. Desidentificarse del pensamiento es poder ser el observador silencioso de tus pensamientos y de tu conducta, especialmente de los patrones repetitivos de tu mente y de los roles que representa tu ego. De hecho, en el momento en que dejas de juzgar y aceptas lo que es, eres libre de la mente. A partir de entonces todos los juegos mentales y el apego adictivo se acaban. El amor es un estado de Ser. Nunca puedes perderlo, no puede dejarte. No depende de otro cuerpo, de otra forma externa. Esto es alcanzar la unidad. No puedes transformarte a ti misma y, ciertamente, no puedes transformar a tu pareja ni a ninguna otra persona. Como tal vez hayas percibido, su finalidad no es hacerte feliz o satisfacerte. No te preocupes si tu pareja no quiere cooperar. No tienes que esperar a que el mundo se vuelva cuerdo, o a que otra persona se vuelva consciente, para iluminarte. No se acusen mutuamente de ser inconscientes. Entonces el ego se pone al mando. En lugar de luchar en la oscuridad, pones luz. Ser el conocimiento crea un espacio claro de presencia amorosa que permite a todas las personas y cosas ser como son. Aprende a escuchar a tu pareja de manera abierta, sin ponerte a la defensiva. Dale espacio para expresarse. El amor no puede florecer sin espacio. Eres la mitad de un todo. En el Ser, hombre y mujer son uno. Puede que tu forma siga teniendo ciertas necesidades, pero el Ser no tiene ninguna. Ya es completo y total. Si esas necesidades se satisfacen, es muy hermoso, pero no supone ninguna diferencia para tu estado interno profundo. Esta dualidad mental es la causa fundamental de toda la complejidad innecesaria, de todos los problemas y conflictos de tu vida. No te juzgas, ni sientes pena por ti, ni te sientes orgullosa de ti, ni te quieres, ni te odias, etc. Efrain Hoffmann Ser triunfadores A traves del Reiki se le recuerda al alma su verdadera esencia, produciendo cambios en la estructura quimica del cuerpo, en la regeneracion, de huesos, organos y tejidos y elimina del campo energetico los pensamientos y sentimientos que han originado el desequilibrio, restituyendo la fuerza autocurativa del cuerpo, la confianza en la vida y la alegria. Por favor, visita mi otro blog de Salud y BienEstar: Reiki is a subtle energy, often perceived differently even by one person at different times. There is no such thing as a "normal" or "standard" or "typical" Reiki experience.

**Chapter 3 : Mary Katherine MacDougall | Open Library**

*Se Sano Ahora/Healing Now! by MacDougall, Mary Katherine. Unity School of Christianity. Used - Good. Shows some signs of wear, and may have some markings on the inside.*

**Chapter 4 : Back To The Game by Tempo on Spotify**

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**Chapter 5 : Iglesia Jornada Al Cielo**

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**Chapter 6 : Lyrics ahora de sano te pido songs about ahora de sano te pido lyrics | Lyrics Land**

*Books by Mary Katherine MacDougall, Making Love Happen, Prosperity now, Lo que un "Mapa del Tesoro" puede hacer por usted, Se Sano Ahora/Healing Now!, Dear friend I love you, Healing now, Happiness now, Black Jupiter.*

**Chapter 7 : - Se Sano Ahora/Healing Now! by Mary Katherine. MacDougall**

*Carmen Mojica is an Afro-Dominicana born and raised in the Bronx. She is a midwife, reproductive health activist and writer. She is the co-founder and associate editor of La Galería Magazine.*

**Chapter 8 : Aloe " Tío Doctor Milagroso**

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**Chapter 9 : SE Sano Ahora/Healing Now! : Mary Katherine MacDougall :**

*Buenas Hermanos en Cristo!, agradezco a Dios por la vida, salud y por haber salido a mi encuentro un día, hoy comparto esta hermosa alabanza clasica entonada por The Cathedrals; y ahora.*