



Wind in the Blood: Mayan Healing & Chinese Medicine

Hernan Garcia, Antonio Sierra, Gilberto Balam

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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 Gilberto Balam discovered that the similarities between Mayan medicine and traditional Chinese medicine were profound and helpful in their medical work.

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