

# jamaican folk medicine a source of healing

## Jamaican Folk Medicine: A Source of Healing Rooted in Tradition and Nature

jamaican folk medicine a source of healing that has been cherished and practiced for centuries, representing a rich tapestry of cultural heritage and natural wisdom. This traditional form of healing taps into the abundant flora of the island and the ancestral knowledge passed down through generations, blending spirituality, herbal remedies, and holistic care. In a world increasingly leaning towards synthetic drugs and high-tech treatments, Jamaican folk medicine remains a vibrant, accessible, and effective option for many seeking natural healing methods.

Exploring the depth of Jamaican folk medicine offers insight not only into alternative healthcare but also into the island's history, culture, and relationship with nature. This article delves into how Jamaican folk medicine serves as a source of healing, the key ingredients involved, and the philosophies that continue to keep this tradition alive.

## The Roots of Jamaican Folk Medicine

Jamaican folk medicine traces its origins to a blend of African, Indigenous, and European influences. When enslaved Africans were brought to Jamaica, they carried with them a profound understanding of natural remedies and healing practices. Over time, these traditions merged with the local Taino knowledge and European herbalism, creating a unique medicinal system deeply connected to the island's environment.

This medicine is not just about curing physical ailments but also about maintaining balance and harmony within the body, mind, and spirit. The role of spiritual healing is often intertwined with physical treatment, reflecting a holistic approach that recognizes the interconnectedness of all aspects of health.

# Spirituality and Healing in Jamaican Folk Medicine

In Jamaican folk healing, remedies often go hand-in-hand with prayers, rituals, and spiritual cleansing. Practices such as “bush baths” — where herbs are boiled and used in cleansing baths — are believed to rid the body of negative energies and promote overall wellbeing. Some healers, known as “bush doctors,” incorporate elements of Christianity alongside African spiritual traditions, invoking divine intervention to support the healing process.

This spiritual dimension is a critical aspect, as many ailments are considered to have both physical and metaphysical roots. By addressing both, Jamaican folk medicine provides a comprehensive path to healing.

## Key Herbs and Plants in Jamaican Folk Medicine

One of the most fascinating aspects of Jamaican folk medicine is its reliance on the island’s rich botanical resources. The warm climate and fertile soil have blessed Jamaica with a vast array of medicinal plants, each with unique properties that have been harnessed for health purposes.

### Commonly Used Medicinal Plants

- **Bitterwood (*Simarouba glauca*):** Often used to treat fevers, digestive issues, and as a general tonic for improving health.
- **Guinea Hen Weed (*Petiveria alliacea*):** Known for its anti-inflammatory and analgesic effects, this plant is traditionally used for pain relief and to boost immunity.
- **Cerasee (*Momordica charantia*):** A bitter herb frequently used to cleanse the blood, treat

diabetes, and support liver health.

- **Neem (*Azadirachta indica*):** Renowned for its antiseptic and anti-parasitic properties, neem leaves are used in teas or topical applications.
- **Soursop (*Annona muricata*):** The leaves and fruit are believed to have cancer-fighting properties and are used to promote overall health.

These plants are often prepared as teas, poultices, or infusions, depending on the ailment. The knowledge of how to properly harvest, prepare, and administer these herbs is carefully preserved and passed down.

## Preparation Methods and Traditional Remedies

The preparation of herbal remedies in Jamaican folk medicine is both an art and a science. For example, making a tea might involve boiling specific combinations of leaves and roots for a set amount of time to extract the medicinal compounds. Some treatments require fresh herbs, while others rely on dried parts stored for use throughout the year.

Apart from teas and baths, poultices made by mashing herbs into pastes can be applied to wounds or inflamed areas. In some cases, herbal smoke or steam inhalation is used to treat respiratory issues. The versatility of preparation methods reflects the adaptability and depth of this healing tradition.

## The Role of Healers and Community in Jamaican Folk Medicine

Jamaican folk medicine thrives within communities where knowledge is shared openly among families, friends, and trusted healers. Unlike modern medicine, which often involves clinical settings, folk healing

is deeply personal and communal.

## **Bush Doctors and Herbalists**

“Bush doctors” or traditional healers hold a revered position in many Jamaican communities. These practitioners are often self-taught or have learned through apprenticeships with elders. Their expertise extends beyond herbal knowledge to include spiritual practices and counseling.

These healers not only treat illnesses but also guide patients in lifestyle changes, dietary adjustments, and spiritual practices to prevent future ailments. Their personalized approach builds trust and fosters a strong patient-practitioner relationship.

## **Community Knowledge Sharing**

Passing down knowledge from one generation to another is vital for the survival of Jamaican folk medicine. Families often cultivate medicinal plants at home and share remedies for common ailments, maintaining a living tradition. Festivals, markets, and community gatherings serve as venues for exchanging healing wisdom and plants.

This grassroots approach ensures that healing remains accessible, especially in rural areas where modern medical facilities may be limited.

## **Modern Relevance of Jamaican Folk Medicine**

In recent years, there has been growing interest in natural and holistic health globally, putting Jamaican folk medicine in the spotlight. Researchers and wellness enthusiasts alike are recognizing the value of its plant-based remedies and holistic philosophy.

## **Integrating Traditional and Modern Medicine**

Efforts are underway to bridge the gap between traditional folk medicine and contemporary healthcare. Some Jamaican hospitals and clinics have started collaborating with herbalists to provide complementary therapies. This integration helps validate folk practices and offers patients a broader range of treatment options.

Moreover, the rise of natural health products inspired by Jamaican herbs has introduced elements of folk medicine to international markets, further spreading its healing benefits.

## **Preserving and Protecting Herbal Knowledge**

As the world modernizes, there is a risk that valuable traditional knowledge might be lost. Many Jamaican cultural organizations and researchers are actively documenting and preserving folk medicine practices. Encouraging younger generations to learn about their heritage is crucial for keeping this tradition alive.

Sustainable harvesting of medicinal plants is another priority, ensuring that the natural environment continues to support healing for years to come.

## **Embracing Jamaican Folk Medicine as a Complementary Healer**

For those curious about natural healing, Jamaican folk medicine offers a compelling alternative or complement to conventional treatments. Whether it's using cerasee tea to aid digestion or seeking a spiritual cleansing bath, these practices highlight the power of nature and tradition in promoting health.

Before trying any herbal remedy, however, it's essential to consult healthcare professionals, especially for chronic conditions or when combining treatments. Understanding both the strengths and limitations of Jamaican folk medicine can help individuals make informed choices about their wellness journey.

The story of Jamaican folk medicine is one of resilience, wisdom, and harmony with nature—a testament to the island's rich cultural fabric and its enduring role as a source of healing.

## **Frequently Asked Questions**

### **What is Jamaican folk medicine and how is it used as a source of healing?**

Jamaican folk medicine refers to the traditional healing practices and remedies passed down through generations in Jamaica, often utilizing local herbs, plants, and spiritual rituals to treat various ailments and promote overall health.

### **Which common Jamaican herbs are used in folk medicine for healing purposes?**

Common herbs used in Jamaican folk medicine include cerasee (bitter melon) for detoxification, guinea hen weed for pain relief, and soursop leaves for their anti-inflammatory properties.

### **How does Jamaican folk medicine incorporate cultural and spiritual elements into healing?**

Jamaican folk medicine often blends herbal treatments with spiritual practices such as prayer, rituals, and the use of charms or amulets, reflecting the island's rich cultural heritage and belief in holistic healing.

## **Is Jamaican folk medicine supported by scientific research as an effective source of healing?**

While many Jamaican folk remedies have shown promising medicinal properties, scientific research is ongoing to validate their efficacy and safety; some herbs have been found to contain bioactive compounds beneficial for health.

## **Can Jamaican folk medicine be integrated with modern medical treatments?**

Yes, Jamaican folk medicine can complement modern medical treatments when used responsibly, but it is important to consult healthcare professionals to avoid potential interactions and ensure safe and effective care.

## **Additional Resources**

Jamaican Folk Medicine: A Source of Healing Rooted in Tradition and Nature

Jamaican folk medicine a source of healing that has been utilized for centuries, blending indigenous knowledge, African heritage, and natural resources uniquely abundant in the Caribbean island. This traditional system of healing relies extensively on herbal remedies, spiritual practices, and holistic approaches to health, offering a complementary alternative to conventional Western medicine. Despite the rise of modern healthcare, Jamaican folk medicine remains an integral part of the culture and continues to provide valuable insights into natural healing methods.

## **The Historical and Cultural Context of Jamaican Folk Medicine**

Jamaican folk medicine is deeply intertwined with the island's history, shaped by the convergence of African, European, and indigenous Taino influences. Enslaved Africans brought with them extensive

botanical knowledge and healing rituals, which merged with local practices over time. This fusion created a resilient healthcare tradition that addressed the physical, emotional, and spiritual well-being of communities, especially during times when access to formal medical care was limited.

Historically, Jamaican folk healers—often referred to as herbalists or “root doctors”—played a critical role in maintaining community health. Their expertise extended beyond simple herbal cures to include spiritual cleansing, divination, and the use of charms or rituals to combat illness believed to have supernatural causes. Although modern healthcare infrastructure has expanded, many Jamaicans still turn to these traditional methods, particularly in rural areas where accessibility to clinics can be challenging.

## Core Principles and Practices in Jamaican Folk Medicine

The foundation of Jamaican folk medicine lies in its holistic approach, where healing is not limited to addressing physical symptoms but also encompasses mental and spiritual dimensions. At its core, this system is characterized by:

### Herbal Remedies and Botanical Knowledge

Plants and herbs constitute the primary resources for treatment within Jamaican folk medicine. The island’s rich biodiversity offers an abundance of medicinal plants, such as:

- **Guinea Hen Weed (*Petiveria alliacea*):** Used for pain relief and to boost the immune system.
- **Bitterwood (*Simarouba amara*):** Traditionally employed to treat digestive issues and fevers.
- **Soursop (*Annona muricata*):** Valued for its purported anti-cancer and anti-inflammatory properties.

- **Fever Grass (*Cymbopogon citratus*):** Utilized as a natural remedy for colds, flu, and stress.

These herbs are often prepared as teas, poultices, or tinctures, with dosage and combinations passed down orally through generations. The empirical knowledge accumulated over centuries underscores the efficacy of these plants, many of which are currently under scientific investigation for their pharmacological properties.

## **Spiritual and Ritualistic Healing**

Beyond physical treatment, Jamaican folk medicine incorporates spiritual healing practices that address the metaphysical causes of illness. Rituals may involve prayer, singing, and the use of holy water or blessed objects. The belief in “obias” (spiritual afflictions caused by curses or negative energy) necessitates cleansing ceremonies performed by trained practitioners to restore balance and health.

This spiritual dimension reflects the syncretism of African traditional religions and Christianity, which often coexist in Jamaican cultural expressions. Consequently, healing is perceived as a process that requires harmony between the body, mind, and spirit.

## **Modern Relevance and Integration of Jamaican Folk Medicine**

In recent decades, there has been renewed interest in Jamaican folk medicine both locally and internationally. This resurgence is fueled by a broader global trend towards natural and holistic health solutions, as well as scientific validation of traditional remedies.

## Scientific Research and Validation

Several studies have explored the bioactive compounds found in Jamaican medicinal plants, affirming their potential health benefits. For example, research on soursop has revealed antioxidant and antimicrobial effects, while fever grass has been analyzed for its calming properties. These findings have prompted pharmaceutical interest, leading to the development of herbal supplements and natural health products.

However, challenges remain. Standardization of dosages and rigorous clinical trials are necessary to fully integrate these remedies into mainstream medical practice. There is also a need to preserve indigenous knowledge responsibly, avoiding exploitation and ensuring that benefits return to the communities that have safeguarded these traditions.

## Healthcare Accessibility and Complementary Use

In Jamaica, the continued reliance on folk medicine can be partly attributed to healthcare accessibility issues. Rural populations often face barriers such as cost, transportation, and understaffed clinics. Folk medicine provides an affordable and culturally familiar alternative.

Moreover, many Jamaicans adopt a complementary approach, combining traditional remedies with conventional treatments to enhance overall wellness. This integration requires open communication between patients and healthcare providers to avoid contraindications and maximize safety.

## Challenges and Critiques of Jamaican Folk Medicine

Despite its merits, Jamaican folk medicine is not without criticism. Skeptics point to the lack of standardized protocols and scientific oversight as potential risks. Misdiagnosis or delayed treatment of serious conditions due to overreliance on folk remedies can have adverse outcomes.

Additionally, the commercialization of traditional knowledge raises ethical concerns. Ensuring intellectual property rights and equitable benefit-sharing is crucial to protect the cultural heritage of Jamaican communities.

## Balancing Tradition and Modernity

The future of Jamaican folk medicine lies in balancing respect for tradition with evidence-based practices. Educational initiatives that train herbalists in basic medical principles and encourage collaboration with healthcare professionals can bridge gaps. Furthermore, government support for research and regulation can enhance safety, efficacy, and public trust.

## Jamaican Folk Medicine in the Global Context

Globally, there is a growing appreciation for traditional healing systems as valuable complements to modern medicine. Jamaican folk medicine contributes to this diverse tapestry by offering unique botanical insights and culturally rooted healing philosophies. Its emphasis on natural remedies aligns with increasing consumer demand for organic and sustainable health products.

Furthermore, Jamaican folk medicine enriches cultural tourism, attracting visitors interested in experiential learning about indigenous practices. This presents economic opportunities while fostering cultural exchange and preservation.

As awareness expands, Jamaican folk medicine a source of healing that transcends geographical boundaries, inviting further research and integration into holistic health paradigms.

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Jamaica's rich tradition of folk medicine continues to thrive, serving as a testament to the enduring power of nature and ancestral wisdom in promoting health. While challenges exist, the ongoing

dialogue between traditional practitioners and modern healthcare systems holds promise for more inclusive and effective approaches to healing in the future.

## **Jamaican Folk Medicine A Source Of Healing**

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**jamaican folk medicine a source of healing:** Jamaican Folk Medicine Arvilla Payne-Jackson, Mervyn C. Alleyne, 2004 This pioneering work is multi-disciplinary in approach as it examines the rich folk medicine of Jamaica. Payne-Jackson and Alleyne analyse the historical and linguistic aspects of folk medicine, based on their research, which included extensive fieldwork and interviews. They explore the sociological and ethnological dimensions of common healing and health-preserving practices which rely on Jamaica's rich biodiversity in medicinal and nutritional flora. As is the case with other aspects of Jamaican traditional culture, Jamaican folk medicine is largely misunderstood and subject to negative pejorative attitudes. This comprehensively study challenges some of the myths and misinformation. Particular attention is paid to cultural transference from Africa and the use of herbs in African-Jamaican religions. The work has an appendix and a glossary as well as a detailed bibliography.

**jamaican folk medicine a source of healing: The Healing Tree** Stephanie Rose Bird, 2025-09-12 A beautiful blend of folklore, botanical science, acquired wisdom, and spiritual guidance. —from the foreword by Luisah Teish If you want to learn about the reciprocal spiritual connection between humans and trees, you're going to love this beautiful book. —Tess Whitehurst, author of *The Magic of Trees* Reclaiming traditional botanical and herbal practices has never been more important than it is today. So much of our future depends on our ability to use ancient earth knowledge. In this crucially important book, author Stephanie Rose Bird recounts the story of the sacred wood: how to live in it, learn from it, and derive spiritual enrichment from it, as well as how to preserve and protect it. *The Healing Tree* offers functional, accessible recipes, remedies, and rituals derived from a variety of African and African American traditions to serve mind, body, soul, and spirit. *The Healing Tree* celebrates the forest: its powers, spirits, magic, medicine, and mysteries. Bird shares how trees have provided her with personal healing, then allows us to share in that process for our own benefit. Bird's book follows her own personal journey, but Africa is always her touchstone—the persistent and tenacious ancestral mother wisdom and spiritual foundation that refuses to fade away. *The Healing Tree* preserves this knowledge, presenting it as relevant and viable and demonstrating in intimate detail how vestiges of that knowledge took root in the Western Hemisphere, in African American culture, and more broadly in American culture in general. Previously published as *A Healing Grove*, this updated edition includes a new preface by the author and a source guide for the botanicals discussed within.

**jamaican folk medicine a source of healing: Sufism as Lorna Goodison's Alternative Poetic Path to Hope and Healing** Brenda Domínguez-Rosado, 2018-10-15 Jamaican Poet Laureate Lorna Goodison searches for answers for herself and other Caribbean-based descendants of enslaved Africans by examining and presenting different spiritualities in her poetry in the hope of providing alternatives to the psyche in need of healing after the traumatic events of the infamous

transatlantic Middle Passage. The inclusion of Sufism in her poetry seems to have a dual purpose, in that it offers a “new” creative angle and a sincere belief in its power to provide relief from personal anguish. The fact that Sufism is similar to Jamaican-based religions works in its favor. Can Jamaicans, who are Goodison’s primary subject, really relate to its message? She does not underestimate her audience’s capacity for change or their willingness to accept the ideas of Sufism. Her role as facilitator is not a secret; she is openly promoting her ideas and her belief that healing is possible. This book is divided into three chapters. In Chapter One, a brief history of slavery in the Caribbean region with a focus on Jamaica is presented. The second chapter explicitly focuses on Lorna Goodison and her use of the written word to reveal her feelings about her ancestors’ (and her own) traumatic past. It also defines Sufism, includes some examples of Sufi poems, and shows what aspects of Sufism resonate with Jamaican Revivalism and Rastafarianism. The final chapter first makes reference to how Sufi elements have been used by other writers such as Alfred, Lord Tennyson, Walt Whitman, Thomas Merton, and Doris Lessing, and then illustrates how, contrary to these others, Goodison is the only one to apply Sufi ideals to a Caribbean context, thus falling into her own creative category, that of a new Caribbean literary canon.

**jamaican folk medicine a source of healing: Traditional Food Knowledge: New Wine Into Old Wineskins?** Andrea Pieroni, Michele Filippo Fontefrancesco, Ina Vandebroek, 2021-11-22

**jamaican folk medicine a source of healing: Traditional and Indigenous Knowledge for the Modern Era** David R. Katerere, Wendy Applequist, Oluwaseyi M. Aboyade, Chamunorwa Togo, 2019-09-05 While there is talk of the Fourth Industrial Revolution, old and new challenges bedevil the world – climate change, nutrition, and health poverty being at the top of the list. In seeking solutions to these and other problems which afflict the modern era, it is worthwhile to look into our collective past, to the traditions and knowledges of our ancestors. Such knowledge continues to exist in many parts of the world, though now marginalized by homogenous, Eurocentric ontology and epistemology. This book presents a compilation of reviews, case studies, and primary research attempting to locate the utility of traditional and Indigenous Knowledges in an increasingly complex world. It assembles chapter authors from across the world to tackle topics ranging from traditional knowledge-based innovations and commercialization, traditional medicine systems as practiced around the world, ethnoveterinary practices, and food innovation to traditional governance and leadership systems, among others. This book is an important resource for policymakers; scholars and researchers of cultural studies, leadership, governance, ethnobotany, anthropology, plant genetic resources and technology innovation; and readers interested in the history of knowledge and culture, as well as cultural activists and political scientists. Features: Unique combination of social science and anthropological aspects with natural science perspectives Includes summaries aimed at policymakers to immediately see what would be relevant to their work Combines case studies illuminating important lessons learned with reviews and primary data Multidisciplinary in the scope of the topics tackled and assemblage of contributors Global footprint with contributions from Africa, Europe, North America, Asia, and the West Indies David R. Katerere, Department of Pharmaceutical Sciences, Tshwane University of Technology, South Africa Wendy Applequist, William L. Brown Center, Missouri Botanical Garden, St Louis, Missouri Oluwaseyi M. Aboyade, Department of Pharmaceutical Sciences, Tshwane University of Technology, South Africa and Nutritica SA, The Innovation Hub, Pretoria, South Africa Chamunorwa Togo, The Innovation Hub, Pretoria, South Africa

**jamaican folk medicine a source of healing: Food Mobilities** Daniel E. Bender, Simone Cinotto, 2023-11-30 Bringing together multidisciplinary scholars from the growing discipline of food studies, Food Mobilities examines food provisioning and the food cultures of the world, historically and in contemporary times. The collection offers a range of fascinating case studies, including explorations of Italian food in colonial Ethiopia, traditional Cornish pasties in Mexico, migrant community gardeners in Toronto, and beer all around the world. In exploring the origins of the contemporary global food system and how we cook and eat today, Food Mobilities uncovers the local and global circulation of food, ingredients, cooks, commodities, labour, and knowledge.

**jamaican folk medicine a source of healing:** Motherland Herbal Stephanie Rose Bird, 2024-06-11 In this powerful and comprehensive guide in the spirit of Jambalaya and Sacred Woman, an herbalist celebrates ancient and modern African holistic healing. "The message of this book is: hold onto your yams, your collards, watermelon, and roots. There is magic, mystery, connection, and healing stored within them."—Stephanie Rose Bird Stephanie Rose Bird grew up surrounded by forests, listening to the stories of her ancestors and learning African healing ways. From an early age, she dedicated herself to herbalism and living a spiritually fulfilled life in harmony with nature. Now, the wisdom she has accrued is gathered in this impressive encyclopedic work of African Healing and herbal medicine. Stephanie teaches you how to garden and harvest in unison with the seasons, and how to use herbalism and magic—derived from ancestral and spiritual helpers—to heal. A treasure trove of knowledge, Motherland Herbal showcases an array of recipes and rituals that nourish every facet of life: Seasonal recipes to support overall well-being Tinctures for common ailments such as headaches, flu, or heartburn Remedies for improving mental health, lessening symptoms of anxiety, stress, or depression Natural body and home care products, from facials to cleaning solutions Herbal Baths for relaxation, sexual wellness, and good luck Rituals and Altars for universal experiences, such as learning to letting go after loss and improving creativity and fertility Love Potions, Sleep Potions, Protective Amulets, and more Written in Stephanie's warm and authoritative voice, Motherland Herbal seamlessly blends activism and ancestral folklore with the realms of spirituality, gardening, and holistic wellness. Her deep reverence for the wisdom of her ancestors infuses every page of this guide, which is a foundational resource that will shape the landscape of African healing and folk medicine for generations to come. Motherland Herbal includes 54 original pieces of art, including maps and artwork created by the author.

**jamaican folk medicine a source of healing:** Transoceanic America Michelle Burnham, 2019-05-23 Transoceanic America offers a new approach to American literature by emphasizing the material and conceptual interconnectedness of the Atlantic and Pacific worlds. These oceans were tied together economically, textually, and politically, through such genres as maritime travel writing, mathematical and navigational schoolbooks, and the relatively new genre of the novel. Especially during the age of revolutions in the late eighteenth and early nineteenth centuries, long-distance transoceanic travel required calculating and managing risk in the interest of profit. The result was the emergence of a newly suspenseful form of narrative that came to characterize capitalist investment, political revolution, and novelistic plot. The calculus of risk that drove this expectationist narrative also concealed violence against vulnerable bodies on ships and shorelines around the world. A transoceanic American literary and cultural history requires new non-linear narratives to tell the story of this global context and to recognize its often forgotten textual archive.

**jamaican folk medicine a source of healing:** Field Hollers And Freedom Songs: The Anthology C. Sade Turnipseed, 2022 Taking place annually in "the most southern place on earth," aka, the "Cotton Kingdom," the Sweat Equity Investment in the Cotton Kingdom Symposium offers a platform to honor, celebrate, and recognize the legacy of the African Americans who labored in the cotton fields of the Mississippi Delta. The symposium intends to trigger discussions and provide a space where the histories and contributions of those Americans can be heard and learned from. Born in the antebellum south, the "soul of America" came to be through the tearful occupation of planting, chopping, picking and ginning cotton, where it was then brined within a system of enslavement, sharecropping and international trade that in so many ways provided America its "greatness." Carefully compiled from works presented at the symposia, this anthology looks to expose the tortured "cotton-pickin' spirit" embedded in America's soul. A spirit that is rendered in song, chants, spoken word and field hollers, and revealed in this volume through the selected articles, lyric poetry, proverbs, speeches, slave narratives and workshop proposals. The rich and varied content of this book reflects the uniqueness of not only the Mississippi Delta but also the histories of those who lived and worked there.

**jamaican folk medicine a source of healing:** The Devil is Disorder Rebecca Lynch, 2020-01-10 What role might the Devil have in health and illness? The Devil is Disorder explores

constructions of the body, health, illness and wider misfortune in a Trinidadian village where evangelical Christianity is growing in popularity. Based on long-term ethnography and locating the village in historical and global context, the book takes a nuanced cosmological approach to situate evangelical Christian understandings as shaping and being shaped by their context and, in the process, shaping individuals themselves. As people move from local to global subjects, health here stretches beyond being a matter of individual bodies and is connected to worldwide flows and networks, spirit entities, and expansive moral orders.

**jamaican folk medicine a source of healing:** African-Atlantic Cultures and the South Carolina Lowcountry Ras Michael Brown, 2012-08-27 African-Atlantic Cultures and the South Carolina Lowcountry examines perceptions of the natural world revealed by the religious ideas and practices of African-descended communities in South Carolina from the colonial period into the twentieth century. Focusing on Kongo nature spirits known as the simbi, Ras Michael Brown describes the essential role religion played in key historical processes, such as establishing new communities and incorporating American forms of Christianity into an African-based spirituality. This book illuminates how people of African descent engaged the spiritual landscape of the Lowcountry through their subsistence practices, religious experiences and political discourse.

**jamaican folk medicine a source of healing:** West Winds Riaz Phillips, 2022-08-16 A beautiful cookbook that celebrates the wonderfully diverse flavors in Caribbean cooking with over 100 riveting recipes to try. Introducing West Winds - a joyous celebration of Caribbean cooking, with a special focus on the sensational flavors of Jamaican cuisine. Winner of the Jane Grigson Trust Award 2022, the all-encompassing Caribbean cookbook West Winds introduces everyone, everywhere to the enriching and mouth-watering flavors that Jamaica has to offer. Growing up in London and now living in Berlin, food writer Riaz Phillips is passionate about celebrating the familiar Caribbean food of his childhood while also demystifying new and unknown ingredients for home cooks from around the globe. With 120 traditional and delicious dishes that draw on Riaz's personal memories, West Winds is so much more than a showcase of Jamaican cooking, it is also rooted in the exploration of the island's heritage and culture. Featuring colorful and sun-drenched imagery, and easy-to-follow instructions, the versatility of Jamaican cuisine is apparent. Riaz blends authentic Jamaican ingredients and dishes with popular trends - discover recipes for nose-to-tail and vegan cooking. Why not also recreate popular takeaway food, Oxtail and Butterbean, or feel as though you're on the beach with a Langoustine Soup. This cookbook has everything - main meals, sauces, soups, juices and preserves, bakes and desserts. Explore the riveting recipes of this colorful cookbook to find: - A varied collection of 100 Caribbean easy-to-follow recipes written by Riaz Phillips - Captivating recipe and travel photography - Feature essays which capture the history and culture of the food So whether you seek connection with your heritage, or you're simply looking to expand your culinary repertoire, take a trip to Jamaica with West Winds, proving the ideal cookbook for those with an interest in Caribbean flavors, cooking and culture, or doubling up as the perfect gift for chefs who are looking to experiment with new flavors. Read it, cook from it, immerse yourself in it and more!

**jamaican folk medicine a source of healing:** Launching Global Health Steven Paul Palmer, 2010 An in-depth look at the Rockefeller Foundation's earliest ventures in international health

**jamaican folk medicine a source of healing:** The Cultural Politics of Obeah Diana Paton, 2015-08-10 An innovative history of the politics and practice of the Caribbean spiritual healing techniques known as obeah and their place in everyday life in the region. Spanning two centuries, the book results from extensive research on the development and implementation of anti-obeah legislation. It includes analysis of hundreds of prosecutions for obeah, and an account of the complex and multiple political meanings of obeah in Caribbean societies. Diana Paton moves beyond attempts to define and describe what obeah was, instead showing the political imperatives that often drove interpretations and discussions of it. She shows that representations of obeah were entangled with key moments in Caribbean history, from eighteenth-century slave rebellions to the formation of new nations after independence. Obeah was at the same time a crucial symbol of the Caribbean's alleged

lack of modernity, a site of fear and anxiety, and a thoroughly modern and transnational practice of healing itself.

**jamaican folk medicine a source of healing: River Mumma** Zalika Reid-Benta, 2025-01-21  
“This quirky, fizzy, charming debut surprises and amuses. Reid-Benta writes beautifully, drawing on Caribbean mythologies to create a fast paced and entertaining tale. It's rare to find a novel written with such humour and heart.” —T. L. Huchu, USA Today Bestselling author of *The Library of the Dead*  
Issa Rae’s *Insecure* with a magical realist spin: *River Mumma* is an exhilarating contemporary fantasy novel about a young Black woman who navigates her quarter-life-crisis while embarking on a mythical quest through the streets of Toronto. Alicia has been out of grad school for months. She has no career prospects and lives with her mom, who won’t stop texting her macabre news stories and reminders to pick up items from the grocery store. Then, one evening, the Jamaican water deity, River Mumma, appears to Alicia, telling her that she has twenty-four hours to scour the city for her missing comb. Alicia doesn’t understand why River Mumma would choose her. She can’t remember all the legends her relatives told her, unlike her retail co-worker Heaven, who can reel off Jamaican folklore by heart. She doesn’t know if her childhood visions have returned, or why she feels a strange connection to her other co-worker Mars. But when the trio are chased down by malevolent spirits called duppies, they realize their tenuous bonds to each other may be their only lifelines. With the clock ticking, Alicia’s quest through the city broadens into a journey through time—to find herself and what the river carries. Energetic and invigorating, *River Mumma* is a vibrant exploration of diasporic community and ancestral ties, and a homage to Jamaican storytelling by one of the most invigorating voices in today’s literature.

**jamaican folk medicine a source of healing: Chosen People** Jacob S. Dorman, 2013 Named Outstanding Academic Title by CHOICE Winner of the Wesley-Logan Prize of the American Historical Association Winner of the Byron Caldwell Smith Book Prize Winner of the 2014 Albert J. Raboteau Book Prize for the Best Book in Africana Religions Jacob S. Dorman offers new insights into the rise of Black Israelite religions in America, faiths ranging from Judaism to Islam to Rastafarianism all of which believe that the ancient Hebrew Israelites were Black and that contemporary African Americans are their descendants. Dorman traces the influence of Israelite practices and philosophies in the Holiness Christianity movement of the 1890s and the emergence of the Pentecostal movement in 1906. An examination of Black interactions with white Jews under slavery shows that the original impetus for Christian Israelite movements was not a desire to practice Judaism but rather a studied attempt to recreate the early Christian church, following the strictures of the Hebrew Scriptures. A second wave of Black Israelite synagogues arose during the Great Migration of African Americans and West Indians to cities in the North. One of the most fascinating of the Black Israelite pioneers was Arnold Josiah Ford, a Barbadian musician who moved to Harlem, joined Marcus Garvey's Black Nationalist movement, started his own synagogue, and led African Americans to resettle in Ethiopia in 1930. The effort failed, but the Black Israelite theology had captured the imagination of settlers who returned to Jamaica and transmitted it to Leonard Howell, one of the founders of Rastafarianism and himself a member of Harlem's religious subculture. After Ford's resettlement effort, the Black Israelite movement was carried forward in the U.S. by several Harlem rabbis, including Wentworth Arthur Matthew, another West Indian, who creatively combined elements of Judaism, Pentecostalism, Freemasonry, the British Anglo-Israelite movement, Afro-Caribbean faiths, and occult kabbalah. Drawing on interviews, newspapers, and a wealth of hitherto untapped archival sources, Dorman provides a vivid portrait of Black Israelites, showing them to be a transnational movement that fought racism and its erasure of people of color from European-derived religions. *Chosen People* argues for a new way of understanding cultural formation, not in terms of genealogical metaphors of survivals, or syncretism, but rather as a polycultural cutting and pasting from a transnational array of ideas, books, rituals, and social networks.

**jamaican folk medicine a source of healing: Recovering the African Feminine Divine in Literature, the Arts, and Practice** LaJuan Simpson-Wilkey, Eric M. Bridges, Sheila Smith McKoy,

2020-12-04 Recovering the African Feminine Divine in Literature, the Arts, and Practice: Yemonja Awakening provides context to the myriad ways in which the African feminine divine is being reclaimed by scholars, practitioners, and cultural scholars worldwide. This volume addresses the complex ways in which the reclamation of and recognition of Yemonja, the African female deity who is the mother of the entire world of the Orisha, facilitates cultural survival and the formation of African-centric identity. Also known as Yemaya, Iemanya and Yemaya-Olokun, Yemonja is the deity whose province is the ocean and, given that the Middle Passage was the cultural and spatial crossroad to Africa's numerous diasporas, this deity links the shared histories of African and African descent cultural praxis worldwide. This work provides the context for understanding how the spiritual conceptualizations of the African feminine divine underpin critical cultural forms, even when it has been previously unacknowledged and despite the cultural encounters with European and Western models of being. Scholars of African diaspora studies and the arts will find this book particularly interesting.

**jamaican folk medicine a source of healing: Slavery, Childhood, and Abolition in Jamaica, 1788-1838** Colleen A. Vasconcellos, 2015 As Vasconcellos discusses the nature of child development in the plantation complex, she looks at how colonial Jamaican society and the slave community conceived childhood, and how those ideas changed as the abolitionist movement gained power, the fortunes of planters rose and fell, and the work evolved from slavery to apprenticeship to free labor.

**jamaican folk medicine a source of healing: Diasporic Women's Writing of the Black Atlantic** Emilia María Durán-Almarza, Esther Álvarez López, 2013-10-30 This book brings together a complete set of approaches to works by female authors that articulate the black Atlantic in relation to the interplay of race, class, and gender. The chapters provide the grounds to (en)gender a more complex understanding of the scattered geographies of the African diaspora in the Atlantic basin. The variety of approaches displayed bears witness to the vitality of a field that, over the years, has become a diasporic formation itself as it incorporates critical insights and theoretical frameworks from multiple disciplines in the social sciences and the humanities, thus exposing the manifold character of (black) diasporic interconnections within and beyond the Atlantic. Focusing on a wide array of contemporary literary and performance texts by women writers and performers from diverse locations including the Caribbean, Canada, Africa, the US, and the UK, chapters visit genres such as performance art, the novel, science fiction, short stories, and music. For these purposes, the volume is organized around two significant dimensions of diasporas: on the one hand, the material—corporeal and spatial—locations where those displacements associated with travel and exile occur, and, on the other, the fluid environments and networks that connect distant places, cultures, and times. This collection explores the ways in which women of African descent shape the cultures and histories in the modern, colonial, and postcolonial Atlantic worlds.

**jamaican folk medicine a source of healing: African Lace-bark in the Caribbean** Steeve O. Buckridge, 2016-07-14 In Caribbean history, the European colonial plantocracy created a cultural diaspora in which African slaves were torn from their ancestral homeland. In order to maintain vital links to their traditions and culture, slaves retained certain customs and nurtured them in the Caribbean. The creation of lace-bark cloth from the lagetta tree was a practice that enabled slave women to fashion their own clothing, an exercise that was both a necessity, as clothing provisions for slaves were poor, and empowering, as it allowed women who participated in the industry to achieve some financial independence. This is the first book on the subject and, through close collaboration with experts in the field including Maroon descendants, scientists and conservationists, it offers a pioneering perspective on the material culture of Caribbean slaves, bringing into focus the dynamics of race, class and gender. Focussing on the time period from the 1660s to the 1920s, it examines how the industry developed, the types of clothes made, and the people who wore them. The study asks crucial questions about the social roles that bark cloth production played in the plantation economy and colonial society, and in particular explores the relationship between bark cloth production and identity amongst slave women.

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