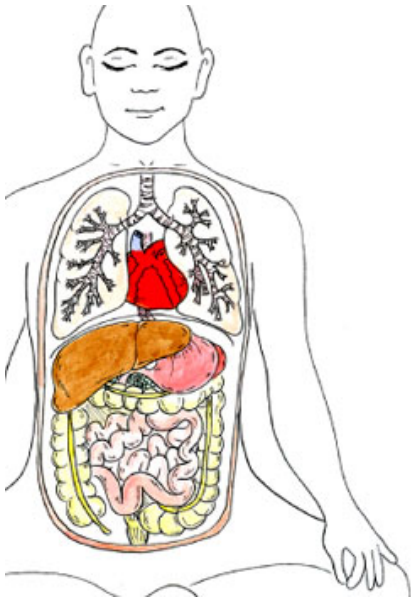


Holistic Anatomy + Physiology



Holistic anatomy and physiology teach that the body is a whole living, evolving + sacred organism connected to all organisms. The health of the being is comprised of includes the emotional, mental, and subtle body as well as the physical body. Native communities have organized our beliefs and observations into an array of systems of understanding. The body is represented as a machine, ever-evolving, linear, something to be fixed, an ally, an intuitive generative force, depending on what system of understanding you move from. Systems of understanding of the body include indigenous perspectives, Ayurvedic, Reiki, Chinese Traditional Medicine, Mexican Traditional Medicine, Yogic Traditions (includes the chakras) to name a few. They are all systems of understanding the body and the healing process.

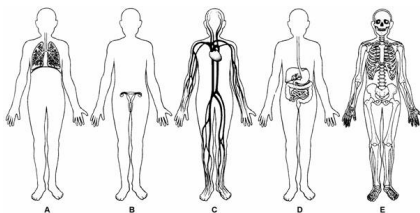
Traditions of Healing

Scientific Tradition

- Defines truth as measureable
- Healing is fixing
- Linear thought, linear time
- Good and bad
- Body is machine
- Health + sickness are at war

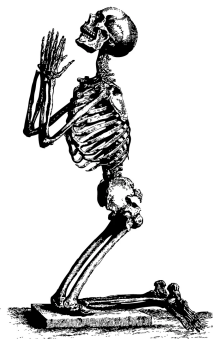
11 Body Systems

- Immune System
- Digestive System
- Excretory System
- Genitourinary System*
- Circulatory System
- Muscular System
- Skeletal System
- Respiratory System
- Integumentary System
- Nervous System
- Endocrine System



Heroic Tradition

- Many collected traditions
- The whole is made up of many parts: body, mind, spirit
- -Sickness is a result of pollution
- -Healing is detoxifying, making everything light
- -We are sinners
- Must control our thoughts, desires
- If sick, we are to blame



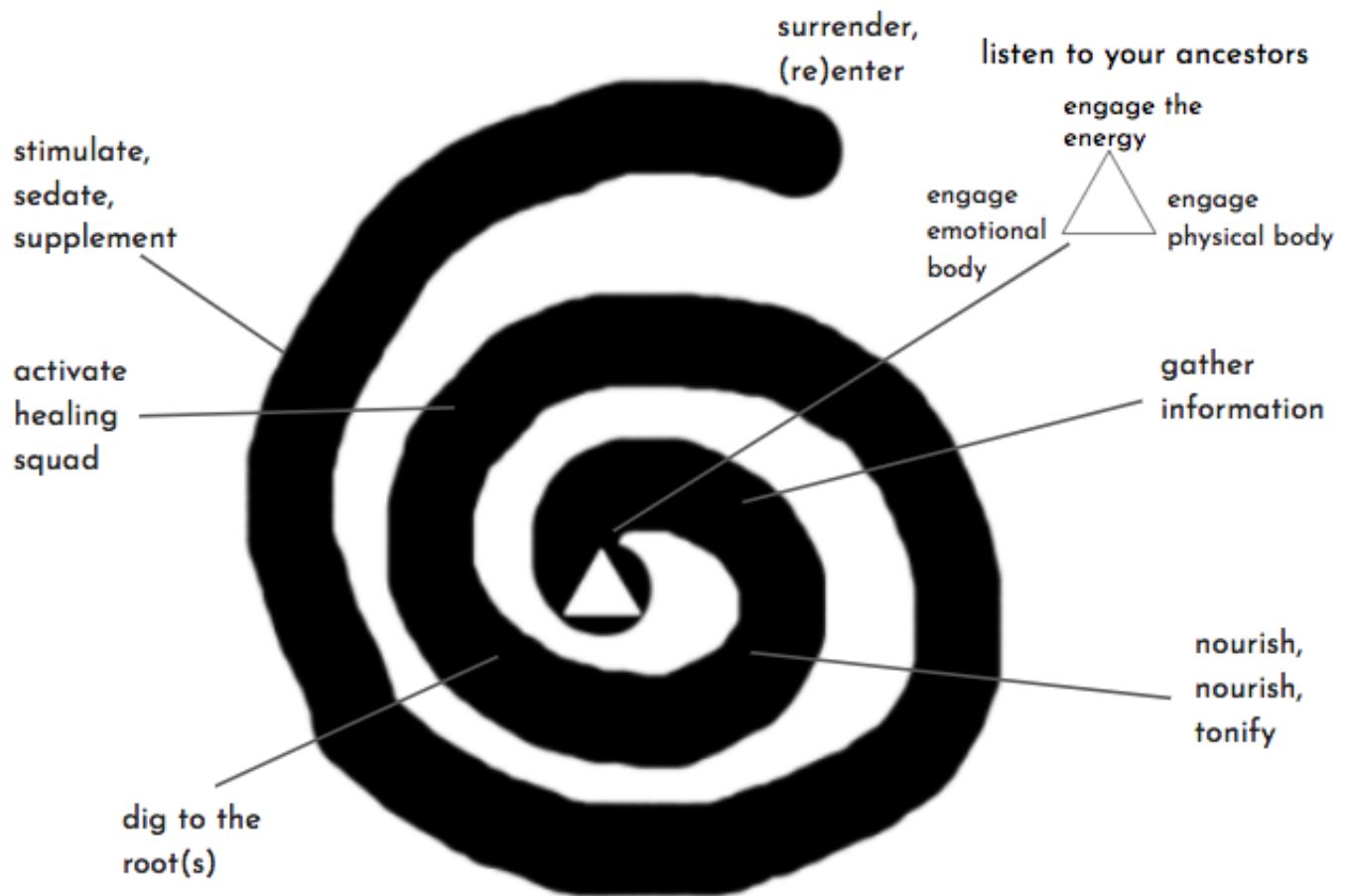
Abuelitx Knowledge

- Oldest healing tradition
- The whole is greater than the sum of the parts
- Life is ever-changing
- Disease/illness is a gateway to transformation
- Substance, thought, feeling, and spirit inseparable, intertwined
- Uniqueness of experience
- Nourishment is invisible, simple, grounded, creation-centered
- Embrace all possibilities
- "The body can be a self-healing organism."



Holistic Anatomy + Physiology

Healing in the spiral



Listen to your ancestors

Our bodies are all knowing forms created by ancestor, their wisdom hugs every contour that is us. Ask ancestor to guide you to the area(s) needing support. Take a few deep breaths. Listen in.

Engage physical body: What is your body saying? Where is it saying it? Introduce gentle and restorative movement. Did the message shift?

Engage emotional body: How are you generally feeling? Where are you holding your emotions?

Engage the energy: Begin prayer, ritual, + visualizations of more balanced health

Gather information

Record the information your ancestors are sending you. Add any noticings about your mood, shifts, interpersonal/familial/work relationships, foods, and lifestyle choice.



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2021

Holistic Anatomy + Physiology

Nourish, Nourish Tonify

Nourishment is vital. Nourish your emotional, spiritual, physical form and spaces. Come to plant ancestors (herbal infusions, wild foods), nutritive foods (broths, stews, ancestor grains etc) and freshen your lifestyle.

Dig to the root(s)

We remember the information transmitted by ancestor, bare witness of our life experiences, and work in companionship with our plant, animal, spirit, and human comrades to unearth the root cause(s) of our physical, emotional, and spiritual imbalance(s).

Activate healing squad

Invite healing practitioners to honor + feed your journey from multiple modalities, such as folk herbalism, homeopathic medicine, energy work, reiki, touch, bodywork, massage, dance, music, the abundance is limitless. Let your community give to you, let them be guides, friends, and advocates.

Stimulate, Sedate, Supplement

Welcome stronger, deeper, and body system specific herbal remedies, therapies, and consider Western medicine. Create a medicine and observation rhythm: develop + monitor the frequency (how often), dosage (how much), and duration (how long). Observe, and make changes to your next cycle. Connect with your healing squad every step of the way, and reassess when intuition calls you to it or you are physical symptoms are more imbalanced.

Surrender, (re)enter

Healing is never complete, it is an ever-changing spiral. Surrender. Surrender any desired outcome. Surrender linear thought. Say yes to the spiral of your healing journeys. Breathe deep. Re-engage the spiral on a different rhythm.

