



# Remedios: Stories of Earth and Iron from the History of Puertorriquenos

*Aurora Levins Morales*

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## **Remedios: Stories of Earth and Iron from the History of Puertorriquenos** Aurora Levins Morales

Replete with herbal lore and tales of heroines whose work and words have sustained generations, Remedios offers the curative history of the many women - and cultures - who have met at the crossroads of the island of Puerto Rico. Beginning with the First Mother in sub-Saharan Africa more than 200,000 years ago, Aurora Levins Morales takes us on a journey through time and around the globe. Yet the nature of the healing narrative is not limited to the lives of others. Bearing witness to a much larger history of abuse and resistance by women and men, Levins Morales weaves in her own story of pain and healing, the horror of abuse, ameliorated through the restorative power of memory. Enriched with explanations of the medicinal properties of herbs and foods such as rosemary, ginkgo, and banana, Remedios revives our connection to the forgotten lore of our grandmothers.

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