

# Caribbean Women Healers Decolonizing Knowledge Within Afro-Indigenous Traditions

## Clip of Interview with Adela, Cure for Help (Translation)

Recorded by Dr. Ana-Maurine Lara and Dr. Aláí Reyes-Santos

00:00:06

Well, my love, healing herbs. Those are God's destinies.

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First of all, you have a person who suffers from hepatitis. Do you know what hepatitis is? He comes here, and I put him in god's hands. And god heals him.

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But, there's a little herb, which is difficult, and you're not going to know it unless I find a friend to show you if I don't find a friend to show [a little piece].

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That's what they call polipol - that's for hepatitis. You take the polipol, you grate it, while you grate it you add a little malagueta, not cinnamon.

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Sugar. Listen, hepatitis doesn't like sugar at all. And that's what heals it. You put it on the fogon, or on the stove, prepare candy, If you wants to have it so you can cut it do that, and if you want to have it soft, leave it like that.

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You eat it with a spoon. But it goes with a botella. That bottle has Indian coconut root.

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Riaz de maraveli. Leaf of ripe yaugrumo. It carries tamarind peel.

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It carries sour lemon root. It carries sour orange root. It carries periquito root. And then when you have all that root.

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You put it to boil. And you do all that. So that it fits in one botella. That's going to be like a red wine, yes. Then you do it like that,

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when it is all ready and you are left with only what will fit in the botella, you take it off the flame. Whoever you're going to give it to, you give the botella with the polipol candy. Whoever you're going to give it to, you give the botella with the polipol candy.

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And goodbye hepatitis.

[ END ]

You can find this healer interview and others on the [Caribbean Women Healers Website](#).

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