

# Caribbean Women Healers Decolonizing Knowledge Within Afro-Indigenous Traditions

## Clip of Interview with Daniela, Plants and Healing (Translation)

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

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Daniela: I healed a woman, look, [unintelligible], deliver this [unintelligible], then I working on that, and then I wasn't, I am at my [unintelligible], entirely

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but if he sends me a person that I think is going to die, I look for one of those roots, I prepare a bottle, if they made it, they made it and if they haven't, at that point only God can remove it. Nothing.

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Nobody can mess with me. Not here, on this land. Well, I prepare the bottle and that man comes here, he was dying and he -- he was a truck driver, and if he hadn't come, I don't think we would have made it

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[unintelligible]. Bring me this and that [unintelligible] and I made a note. The boy says "don't make a note for anybody because they won't

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come to you anymore” [unintelligible] and now go and buy this at the pharmacy because I use things from the pharmacy as well, and he came back, he brought bread and wine and I said “find me another thing” and

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I brought bread and I prepared a small bottle with no sugar and without [unintelligible] now I have that and now go back to look for [unintelligible] and I already had it[unintelligible]. When he drank it, he told me: “I feel like

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things are getting better because yesterday [unintelligible]” and I said “oh well, bring the other one and don’t eat anything that might hurt you.” After a week he returned

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to the house. “Here’s a thousand pesos and make me another one” and the man was saved and the woman that was living with him and – and she took half of the bottle and drank it, and she was cured but at the time she got sick again,

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She was sick with tuberculosis and I say "not you", But this was difficult because it was lung tuberculosis and sometimes, you have to go see a doctor.

Daniela’s Son: But they heal.

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Daniela: They heal with bottles if you follow the rules.

Daniela’s Son: And with medication as well.

Daniela: And don't make mistakes, you don't get wet with rainwater, don't wash yourself with perfumed soap, don't wear perfume or things like that and if you smoke,

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you quit smoking, then, you heal.

Acetominefen. When kids have a cold and a fever, this diclofenac, this one works also for a fever, look, this one is good for baths, for [unintelligible]

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sources and it works for medicinal [unintelligible]. This doctor says everything –

Ana Maurine Lara: This one?

Daniela: And also the libertad. That was indeed a pretty plant, it had a, a, a crown, like a house. The one

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sources and it works for medicinal [unintelligible]. This doctor says everything –

Ana Maurine Lara: This one?

Daniela: you're looking at. That one came from a man from Puerto Rico and a lady, they came from there and took to their country and later, he came back and brought me a picture

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of the plant and then, he took it again [unintelligible] but one time, he came and he said: "Lady, look, this works. You have it there and you don't know what that's for and I'm waiting for you to tell me" and I said: "no, I don't have it planted there because everything gets planted

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no one knows what's planted in this place" He says: "that, that is a healing plant and it can be eaten with meat and egg"–

Ana Maurine Lara: Oh yeah?

Daniela: I said “I don’t know”. When he finished, I said, “look, that works for someone suffering from [unintelligible],

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that works for a man’s kidneys, prostate and for women, you can eat it and this one works for all kinds of pain you might have in your body and also to destroy [unintelligible], you know.

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And I say: “oh, you know that and that’s why you have it planted here”. She has everything tangled up there and, listen, [unintelligible]. This one is called salvia.

Ana Maurine Lara: Salvia?

Daniela: Yes. You put it in your hands and you can make good use out of it, you can use it in a bath or

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you can use it with a plant and try to use it immediately.

Daniela’s Son: And it also works for teeth and –

Daniela: That works exactly for the teeth –

Daniela’s Son: For the throat –

Daniela: For the throat also, for whoever suffers of tonsillitis [voices overlap].

Daniela’s Son: That too.

Daniela: And if you’re

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are hoarse because sometimes you can catch air and you get a small leaf of that one there and you add it to water.

Ana Maurine Lara: And this is taken like a syrup?

Daniela: Like a syrup.

[ END ]

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

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