

Caribbean Women Healers Decolonizing Knowledge Within Afro-Indigenous Traditions

Clip of Interview with Lydia, History (Translation)

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

00:00:01

Lydia: [Unintelligible] can be handled and the stick that they were knocking down [unintelligible]. Here, they would knock down the stick and before that, they would knock the vera down.

00:00:15

I don't know if you know the vera. It's a precious wood [unintelligible] over there. Uhm, the vera and it was because it was the best coal and everybody wanted their aloe vera because

00:00:30

the coal doesn't – [unintelligible], as it's said, it heats up a lot, you don't need to throw a lot of coal for that, doesn't scratch, nothing like that, it's the best coal, the vera coal then – [unintelligible]

00:00:45

from the vera from here forward –

Alai Reyes-Santos: [Unintelligible] Reforest to plant again.

Lydia: Yes. We plant trees and – and

00:01:00

we try to plant trees and things such.

[END]

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

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