

apostouganhou

A family member or folk healer often treats susto using magico-religious techniques (Rubel 1960) in which the soul is returned to the body, or through ethnopharmacological techniques in which susto is cured by taking indigenous medications (Trotter 1982).

[The Role of Susto - University of Nevada, Las Vegas](#) : sites : default : files : SamplePoster-Wallace

Chamomile/manzanilla is one of the most common natural aids for anxiety and mild depression in the Mexican culture and is thought by many to be a great sleep aid.

[Survival Healing: Traditional Mexican remedies - South Side Weekly](#) : southsideweekly : survival-healing-traditional-mexican-remedies

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