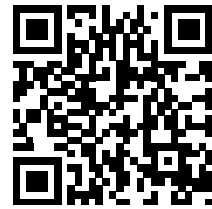


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Healing Practices of Ancient Americas



In ancient times, the _____ of the American continents possessed a vast knowledge of medicinal plants. They believed in the balance between the _____ and nature and used various herbs to treat illnesses. One famous plant was _____, used not just for pleasure but also for its healing properties. The _____, for example, created detailed texts describing the medicinal use of hundreds of plants. In addition to _____, they also performed surgical procedures, including dental work where they would insert _____ and turquoise into teeth. Another significant contribution was from the _____, who cataloged an impressive array of medicinal plants in the Badianus _____. This document is considered one of the earliest medical texts in the New World. The _____ empire, with its vast knowledge of high-altitude herbs, also played a crucial role in the development of traditional _____. They were known for their successful treatment of altitude sickness and the surgical technique of _____, which involved drilling holes into the skull to treat head injuries. The _____ American tribes of North America had their pharmacopeias, utilizing plants like willow bark, which contains salicin, a precursor to _____. This ancient wisdom was not only about curing diseases but also about preventing them through diet, exercise, and spiritual _____. Despite the lack of modern technology, these civilizations thrived and managed complex health issues with their _____ of the natural world. This deep-rooted knowledge laid the groundwork for many modern medicines and _____ still in use today.

native trepanation Inca body understanding aspirin Maya Manuscript
practices medicine treatments healers tobacco jade herbs Aztecs