



Down To Earth Media

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New DVD-CDROM Toolkit
Exploring Integrative Medicine: A Cultural Health Video Series
Educational instructional materials on the medicinal herb
"OSHA"

Available on

www.downtoearthmedia.org



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Culturally competent health care is a complex process that includes not just understanding the health practices of others, but also honoring them so that they may be discussed in conjunction with the Western approach to medicine. Respecting the health practices of others is vital for an open, honest dialogue between client and practitioner.

This video series offers short documentary vignettes about cultural health issues and provides a teaching tool kit to create lively discussions within the classroom. The tool kit includes a PowerPoint presentation, list of works cited for further

research, discussion questions and group projects.

For this video the herb **OSHA** was specifically chosen because it has not been discussed at length in the media, but is widely used in the western United States and has a great deal of cultural significance. Information from herbalist Teresa Vigil of the San Luis Valley of Colorado is included along with historical and cultural uses of the herb, as well as the scientific knowledge about the herb.

Exploring Integrative Medicine: A Cultural Health Video Series is one of a series of educational instructional material being produced by Down To Earth Media. To see a short film on "OSHA" go to www.downtoearthmedia.org or purchase DVD/CDROM package.