



# My Tata's Remedies / Los remedios de mi Tata

*Roni Capin Rivera-Ashford*

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"This charming little book will introduce young readers to safe and effective natural remedies from the native traditions of the American Southwest. A good way to learn about the healing power of plants."—Andrew Weil, MD

Aaron has asked his grandfather Tata to teach him about the healing remedies he uses. Tata is a neighbor and family elder. People come to him all the time for his soothing solutions and for his compassionate touch and gentle wisdom. Tata knows how to use herbs, teas, and plants to help each one. His wife, Grandmother Nana, is there too, bringing delicious food and humor to help Tata's patients heal. An herbal remedies glossary at the end of the book includes useful information about each plant, plus botanically correct drawings.

**Roni Capin Rivera-Ashford** grew up in Nogales on the Arizona-Mexico border. Born into a pioneering Jewish family with roots in Eastern Europe, Roni embraced the languages, cultures, and people on both sides of the border. Now a retired bilingual educator, her first book, *My Nana's Remedies / Los Remedios de mi Nana*, is a classic, a parent's and teacher's friend for teaching children traditional values.

**Antonio Castro L.** is nationally recognized for his illustrations of books by Joe Hayes. Teaming up with his son, book designer Antonio Castro H., he uses his exacting illustrative skills to bring to life this story of family and plants. Born in Zacatecas, Mexico, Antonio has lived in the Juarez–El Paso area for most of his life.

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A lot of people always spent their very own free time to vacation or maybe go to the outside with them loved ones or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a book. It is really fun for yourself. If you enjoy the book which you read you can spent all day long to reading a reserve. The book My Tata's Remedies / Los remedios de mi Tata it is very good to read. There are a lot of people who recommended this book. These were enjoying reading this book. Should you did not have enough space bringing this book you can buy the particular e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not too expensive but this book offers high quality.

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