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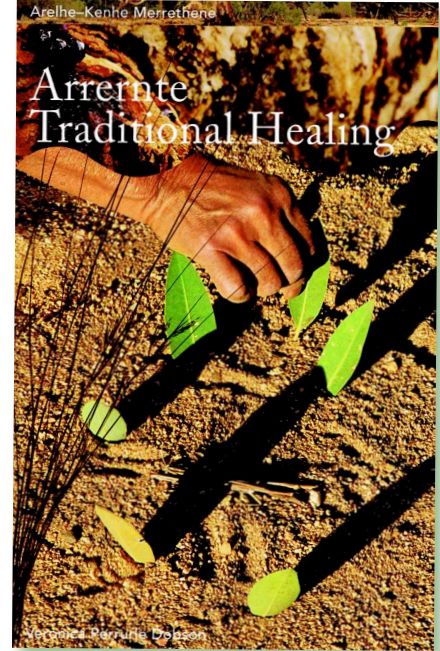
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Arelhe-Kenhe Merrethene – Arrernte Traditional Healing Veronica Dobson

is a comprehensive overview of the different methods of healing used by the Arrernte people of Central Australia.

Previously titled and promoted as *Bush Medicines*, the scope of this book has broadened to include other forms of healing and, importantly, the spiritual aspect of Arrernte healing and its integral connection to the land.

The author, Veronica Dobson, is a widely respected elder who is also a noted translator, interpreter and teacher of the Arrernte language. She has drawn on her own cultural knowledge and supplemented it by interviewing other elders and senior healers in the Arrernte community.



*The power of the healer comes from the country where they originated. Just like when people go back to country they feel better, the country has the power to heal and cleanse. The traditional healers get their power to cure sick people from the Land and its spirits. Power was given to them from our Ancestor spirits to cure illnesses... Only certain people can become traditional healers. The chosen person is put into a deep sleep, and then his or her mind and spirit travel with the little spirit people and with our Ancestor spirits, through the country. They learn about healing songs, and how to heal by touch, and about the **awelye** for the country.*



The author shares the various medicinal plants and how they are processed into washes and ointments; the use of hot earth and ashes, and the treatments for various conditions such as toothache, snakebite and 'flu:

***Pintye-pintye** is a favoured medicine for people with very bad 'flu. This medicine is made into a Vicks-like ointment. You collect the leaves, grind them and add fat, then rub it into the body, chest, back and on aching bones.*

Apple bush, *Pterocaulon serrulatum*, pintye-pintye

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