

*My
Apprenticeship
with a
Maya Healer*

SASTUN

ROSITA ARVIGO
with Nadine Epstein



The compelling drama of American herbologist Rosita Arvigo's quest to preserve the knowledge of Don Elijo Panti, one of the last surviving and most respected traditional healers in the rainforest of Belize.

"Arvigo presents an engaging account of her five-year association with Panti and his patients."—*Publishers Weekly*

"None of the characters in *Sastun* is drawn simply. . . . [Arvigo's] quest is gripping, and all the more poignant for being carried out within the disappearing rainforest and a pervasive loss of faith in the mystic world of the spirits."—*San Francisco Chronicle*

"[Arvigo makes] clear that as the West slashes and burns its way through rainforests and tribal lands . . . we destroy not only others, but ultimately ourselves."—*Washington Post Book World*

"While apprenticing with the respected shaman . . . [Arvigo] unearthed her life's work: the quest to study and sustain rainforest plants and to bridge the gap between traditional healers' wisdom and modern medical techniques."—*Chicago Tribune*

"The rainforests of the world are an enormous repository of valuable medical knowledge—knowledge that is often overlooked by Western medicine. This book is an important attempt at trying to preserve some of that knowledge."—HOWARD RHEINGOLD, *Whole Earth Review*

ROSITA ARVIGO was born in Chicago and trained in the United States as a doctor of naturopathy. In addition to her natural healing practice in Belize, Arvigo is the founder of Belize's six-thousand-acre Terra Nova Medicinal Plant Reserve, the founder of Ix Chel Tropical Research Foundation, the cofounder of Rainforest Remedies, and the creator of the Panti Mayan Medicine Trail, a popular and educational tribute to Don Elijo.

NADINE EPSTEIN is a writer and artist whose articles have appeared in the *New York Times*, *Smithsonian*, and *Ms.*

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