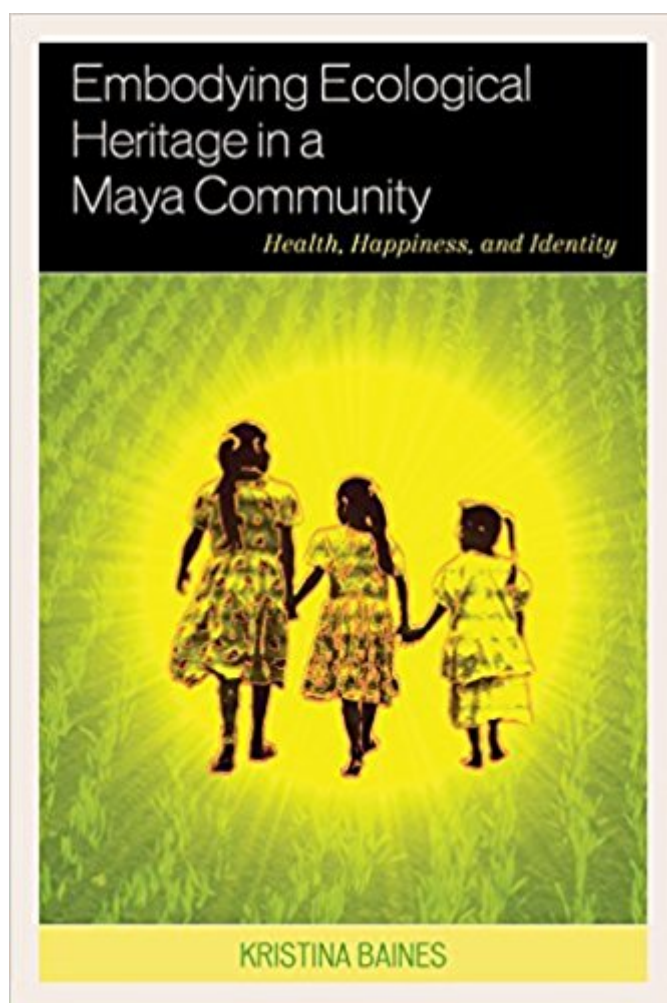


The book was found

# Embodying Ecological Heritage In A Maya Community: Health, Happiness, And Identity



## Synopsis

*Embodying Ecological Heritage in a Maya Community: Health, Happiness, and Identity* provides an ethnographic account of life in a rural farming village in southern Belize, focusing on the connections between traditional ecological practices and the health and wellness of the Maya community living there. It discusses how complex histories, ecologies, and development practices are negotiated by individuals of all ages, and the community at large, detailing how they interact with their changing environments. The study has wide applicability for indigenous communities fighting for rights to manage their lands across the globe, as well as for considering how health is connected to heritage practices in communities worldwide.

## Book Information

Hardcover: 160 pages

Publisher: Lexington Books (December 29, 2015)

Language: English

ISBN-10: 1498512828

ISBN-13: 978-1498512824

Product Dimensions: 6.4 x 0.6 x 9.3 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #4,813,221 in Books (See Top 100 in Books) #79 in [Books > History >](#)

[Americas > Central America > Belize](#) #874 in [Books > History > Ancient Civilizations > Mayan](#)

[#3343 in Books > Textbooks > Humanities > History > Latin America](#)

## Customer Reviews

This short book describes concepts of health, wellness, and illness among the Mopan Maya of Belize and their behavior in response to health challenges. They are in transition from a local, tradition-based society to a world of international biomedicine, Evangelical churches, public schools (which do not teach necessary farming and forest skills), wage work, chemical fertilizers, and too much sugar and white flour. Diabetes and other illnesses come with new lifeways, but infectious disease and accidents can now be treated at modern clinics. Bush medicine is still practiced. Beliefs that illness comes from sudden cold (especially cold water), 'bad winds,' fright, and similar causes are still universal. Local foods are known to be more healthful than purchased ones, with tortillas best. Agriculture, especially growing maize, is the proper activity; men raise it, and women process it into tortillas. Anthropologist Baines's theoretical perspective combines

phenomenology, cognitive anthropology, and ethnography of practice to focus on embodied environmental knowledge, especially knowledge of environmental effects on health and how to eat right and act right to maintain health in a changing world. For anyone interested in Native American medical knowledge or in health and development in rural areas. Summing Up: Recommended. Upper-division undergraduates and above. (CHOICE) In this highly original ethnography of the Mopan Maya, Baines shows us how the health of the body is deeply and strongly connected to the health of the environment. This book is a solid bridge between the traditions of ecological anthropology, and the anthropology of the senses and the encultured body. The writing is fluid and evocative, rich in ethnographic details of daily life. (Richard Wilk, Indiana University)

Kristina Baines is assistant professor at Guttman Community College, CUNY and an applied social anthropologist.

[Download to continue reading...](#)

Embodying Ecological Heritage in a Maya Community: Health, Happiness, and Identity Maya  
Python for Games and Film: A Complete Reference for Maya Python and the Maya Python API  
Public Health Nursing - Revised Reprint: Population-Centered Health Care in the Community, 8e  
(Public Health Nursing: Population-Centered Health Care in the Community) Community/Public  
Health Nursing - E-Book: Promoting the Health of Populations (Community/Public Health Nursing:  
Promoting the Health of Populations) Chan: An Ancient Maya Farming Community (Maya Studies)  
Community/Public Health Nursing Practice: Health for Families and Populations, 5e (Maurer,  
Community/ Public Health Nursing Practice) Community/Public Health Nursing Practice - E-Book:  
Health for Families and Populations (Maurer, Community/ Public Health Nursing Practice)  
Ecological and Environmental Physiology of Mammals (Ecological and Environmental Physiology  
Series) Long-Term Dynamics of Lakes in the Landscape: Long-Term Ecological Research on North  
Temperate Lakes (Long-Term Ecological Research Network Series) Jong's Community Dental  
Health, 5e (Community Dental Health ( Jong's)) Community Assessment Reference Guide for  
Community Health Nursing: Advocacy for Population Health Health Communication: From Theory to  
Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health,  
health behavior, behavior change communications Pretty Panty Flash: Obscene miniskirt, and her  
thighs! It is a CG photograph collection of embodying the panty love delusion. (Mini-Ska FX BEST)  
Aleph-Bet Yoga: Embodying the Hebrew Letters for Physical and Spiritual Well-Being The Model as  
Muse: Embodying Fashion (Metropolitan Museum of Art) Sensational Knowledge: Embodying  
Culture through Japanese Dance (Music/Culture) T'ai Chi According to the I Ching: Embodying the

Principles of the Book of Changes The Habsburgs: Embodying Empire Autodesk Maya 138

Tutorials and Tips by Antonio Bosi: 138 useful Maya tutorials (tips & tricks) for experts and

beginners Loco Adventures - From Sea to Cenotes on Mexico's Caribbean Coast: Diving and Snorkeling in the Riviera Maya and Costa Maya

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)