

Walkin' Over Medicine: A Historical Exploration of African American Health and Healing Practices

The history of African American health and healing practices is a complex and fascinating one, marked by both resilience and struggle. From the days of slavery, when enslaved Africans were forced to rely on their own knowledge and traditions to heal themselves, to the present day, when African Americans continue to face disparities in healthcare access and outcomes, the story of African American health is one of perseverance and innovation.

This article will explore the rich history of African American health and healing practices, from traditional African beliefs to the development of modern medical institutions. We will highlight the contributions of African American doctors, nurses, and other healthcare professionals, and we will discuss the challenges that African Americans have faced in accessing quality healthcare.



Walkin' over Medicine (African American Life Series)

by Loudell F. Snow

★★★★★ 5 out of 5

Language : English
File size : 1317 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 328 pages



Traditional African Health and Healing Practices

Before the arrival of Europeans in Africa, Africans had developed a rich and sophisticated system of health and healing practices. These practices were based on the belief that health and illness were the result of a balance between physical, mental, and spiritual forces.

Traditional African healers used a variety of methods to treat illness, including herbal remedies, massage, and spiritual healing. They also believed in the importance of community and social support, and they often worked with families and friends to provide care for the sick.

African American Health and Healing Practices in the United States

When Africans were brought to the United States as slaves, they brought with them their own health and healing practices. However, these practices were often suppressed by slave owners, who feared that they would lead to rebellion. As a result, enslaved Africans were forced to rely on their own knowledge and traditions to heal themselves.

After the Civil War, African Americans began to establish their own healthcare institutions. In 1865, the first black hospital, Freedman's Hospital, was founded in Washington, D.C. This was followed by the establishment of other black hospitals and clinics across the country.

African American doctors, nurses, and other healthcare professionals played a vital role in the development of these institutions. They provided care to African Americans who were often denied access to white

healthcare providers. They also conducted research on diseases that disproportionately affected African Americans.

Challenges Faced by African Americans in Accessing Healthcare

Despite the progress that has been made in African American healthcare, African Americans continue to face disparities in access and outcomes. These disparities are due to a number of factors, including poverty, discrimination, and lack of access to insurance.

African Americans are more likely than whites to live in poverty, which makes it difficult for them to afford healthcare. They are also more likely to be uninsured, which means that they are less likely to seek care when they need it.

In addition, African Americans are often discriminated against by healthcare providers. This discrimination can take many forms, such as being treated with disrespect, being denied care, or being given inferior care.

The history of African American health and healing practices is one of resilience and innovation. Despite the challenges that they have faced, African Americans have developed a rich and diverse system of health and healing practices that have helped them to overcome adversity and thrive.

The story of African American health is a testament to the strength and resilience of the African American community. It is a story of perseverance and hope, and it is a story that continues to inspire us today.

- Jones, K. (2003). *Walkin' Over Medicine: Black Women and Self-Care*. New Brunswick, NJ: Rutgers University Press.

- White, J. (2009). *Healing the Heart of Black Women: A Historical and Spiritual Journey of Transforming Pain into Power*. New York, NY: Atria Books.
- Wynn, N. (2013). *Black Women's Health: A Historical Perspective*. West Sussex, UK: Wiley-Blackwell.

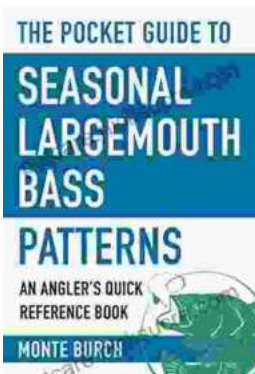


Walkin' over Medicine (African American Life Series)

by Loudell F. Snow

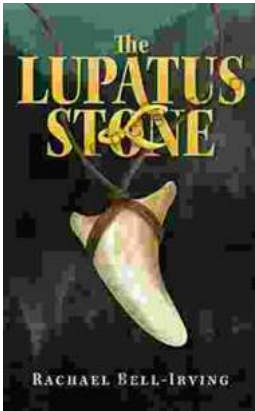
★★★★★ 5 out of 5

Language : English
 File size : 1317 KB
 Text-to-Speech : Enabled
 Screen Reader : Supported
 Enhanced typesetting : Enabled
 Word Wise : Enabled
 Print length : 328 pages



The Essential Guide to Angler Quick Reference: Your Comprehensive Pocket Companion to Fishing Success

Embark on an unforgettable fishing adventure with Angler Quick Reference, your indispensable pocket-sized guide to angling success. This comprehensive companion...



The Lupatus Stone: A Wicked Conjuring

The Lupatus Stone is a powerful artifact that has been used for centuries to perform dark and sinister rituals. It is said to be the key to unlocking...