

In this culture, illnesses are considered either 'hot' or 'cold.' Curanderos/as, or folk healers, rely on this classification of illnesses to choose the appropriate treatment that will restore balance to the affected person.

## **Abdominal Binder after Pregnancy**

### **Abdominal Binder after giving Birth**

Mexican American women may use a 'faja,' or girdle, after giving birth. This device is believed to bring the muscles of the abdomen back together after pregnancy while also aiding in postpartum weight loss.