

JUNGLE MEDICINE

By Willard Robinson



You are trying to prepare yourself for the move to Ecuador. You are reading everything you can find concerning Ecuador. You are studying Spanish and the culture, and are vacationing here to see first hand if this really is the new life you are looking for.

Keep doing all the above. In spite of how well you prepare yourself, life here is different, more tranquil, and FUN.

Medical practices are good...sometimes different than you expect. Doctors and Nurses are well trained, and prices for their treatment and medicines are affordable.

Here are three medical experiences I've shared or been told while living here:

Yesterday I piddled around our beach home a good portion of the day and did not wear a shirt. By nightfall I had received too much sun.

After supper my wife, Isabelita, and I rode our trusty bicycles into town...about a 10 minute ride.

We went to the pharmacy and Isabelita told the pharmacist she needed a bottle of Milk of Magnesia. I pulled her aside clarifying that I did not have a stomachache, I had sunburn.

“I know, trust me”, she said, and bought a 75cent blue bottle of *Phillips Milk of Magnesia*.

We got home and she applied the chalky liquid to my back and arms... “Yeow, that’s cold!”

When done I look like a character from a *Zombie* movie, but the pain was already subsiding.

After a sound night’s sleep and a shower this morning I had no pain, no blistering, and a healthy pink patina. The Milk of Magnesia did not flake off and make a mess of the bed sheets either.

What a great cure for **sunburn!** I did apply moisturizer this morning, and am avoiding the tropical sun, but I feel fine.

WARTS: A natural alternative to those \$35.00 bottles of wart remover is the good old common banana peel...people here swear that if you want to kill a wart, take a piece of banana skin and place it on the wart, with the yellow side out, and tie it in place with a piece of ribbon or secure it with a piece of surgical tape!

Spring arrives this month. Lots of yard work. Lots of outdoor activities. And if you are allergic to the hazards of **poison ivy, oak, or sumac**, then give this **JUNGLE MEDICINE** a try: Immediately pour vodka over an area that has contacted poison ivy, the alcohol will wash away the culprit, urushiol oil, and you should not experience an uncomfortable reaction. I am told the vodka needs to be at least 100 proof to work.

Another doctor told me that straight rubbing alcohol works better. Neither liquid will leave the white blotches of the conventional lotions for poison oak.

LIFE IS DIFFERENT IN ECUADOR. I still get “blind-sided” from time to time by some of the customs, and this lead me to encourage you to study the photos on this web page. Dream about your view from your front porch in Cotacachi, the subtropical vegetation and birds in Mindo, the pristine ocean water and deserted beaches waiting for you in San Clemente.

These wonderful communities are made for you, and you will have North Americans who speak English. Who will laugh with you when you share your day’s experiences? Who can help you find good buys on furniture and food?

Call or e-mail the contacts on this web page and make arrangements to come to Ecuador and choose your new home!

Hope to see you soon!