

# Gix chu'nn minn rmed

Plantas curativas

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Di'tsë gu'n xne' minn

San Francisco Ozolotepec

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**Resumen:** En este libro se mencionan algunas de las plantas medicinales que se usan con más frecuencia para tratar dolores de cabeza, vómito y fiebre.

Las fotos fueron tomadas por Rosa Estela Juárez y son usadas con el permiso correspondiente.

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Lën libr che'n zi'd balal gix gu'n chu'nn  
minn giedz rmed, gix zi'dzë ne'g mer ichë  
minn giedz chu'nnbeyu gana mer ichë minn  
nan ba xki'nu.

Gununa yu minn xki'ndacha chu lo  
inabdi'dz or xki'nu lo.

## Yës

Yës nak gix gu'n wen cha minn or lë' minn xian. Yu minn cha yës yë gana yu minn cha yës gu'n xbidz. Nonga chey tib yag win yës loxna stsa'n minnu xialu, ga dzekna lë' minn chawu. Yu minn xne' wen giama yës tson sil, ota yu minn chawu nter dze xi'k nak nis yë.

Lë' yës yu di't yu nis, xi'k nak Xandën.

Lë' lo yës nak xi'k duch, lë' xiyagu nad ge'ch ldo'.



## Ption ngon

Ption ngon cha minn or lë' yo'b xkë ldo' minn, gana lë'kga cha minn ption ngon or lë' ldo' minn chak në. Më'dna, minngolna cha ption ngon lo gidz ldo'.

Yu minn cha ption ngon yë gana yu minn cha ption ngon bidz.

Yu minn nonga chey ption ngon cha. Yuga or lë' ldo' minn xlo'b xgwi'y minn ption ngon xiu dia kafe lo ichop limun ga dzekna lë' minn chawu, sinda xne' minn nlë'wu xka. Loxna gunu xne' minn dela giama ption ngon tsu dia kafe ichop limun lo gakda giama nis.



## Berben

Berben nak gix cha minn or lë' minn dzak gilnë. Yu minn xgë'b berben yë cha, gana yuga minn xkwi'dzu loxna cheyu cha.

Yu minn xgë'b berben yë xkë gik or lë' gik xkë yo'b, gana yu minn xgwi'yu chas, lo xne' minn rmedchowa. Yu minn xgë'b berben yë xkë ldo' or xlan xlë'.

Lë' lo berben xial gia' xna nkits.



## Rud

Rud cha minn or xkë yo'b ldo' minn.

Yu minn xgë'b rud yë cha yuga minn  
xgwi'yu cha.

Xne' minn ñan rud cha minn, loxna  
gunu xne' minn wen xiysa rud gia minn.

Lë' lo rud xial gia' xna' yë'ts.





## Ption wëts

Ption wëts chey cha minn or xkë yan minn gana yu minn xde'du cha më'd or xkë yan më'd. Gana or lë' minndo' win nëd gow, lë' minn sdzu'w ption wëts sdza'l tib tiend midzangngid xkë lëd nkob lox xkë giat chow më'd. Xne' minn gunu chu'nn lë' minndo' win xnab gow.





## Lxech

Xne' minn wen lxech giama or këñama mkal.

Nonga xgè'b yè minn lxech lox xkwi'b lxech ga dzekna lè' minn chawu.

Lè' minn cha lxech or sil, or bët zëxda gow minn gana or bët zëxda gia minn xka dzekna lè'wu chu'nn xirmed.

Xne' minn wen giama lxech tson bueld ota gadz bueld.



## Santamariy

Santamariy cha minn chap më'd, nonga chey santamariy cha minn dzekna gahnëda ldo' minn gana lë'kga chak cheyu chas minn. Dela gas minn santamariy, nki'nda icha' minn lo me tseloga lë' minn ilan xlë', lo xne' minn nlë'cho santamariy. Yu minn cha santamariy tson bueld gana lë'kga yu minn chasu tson.



## Gi'bxen

Gi'bxen cha minn or lè' minn dzak gilnè.

Yu minn xgè'b yè gi'bxen cha, yuga minn xkwi'dzu lox lè'wu chey cha.

Xne' minn dela xla'nma gu'nnu rmed nki'n giamu or sil, or bèt zèxda gowma gana or bèt zèxda giana. Gana nki'n giamu tson bueld ota gadz bueld.



## Gix gox

Gix gox xne' minn rmed lo gidz chen. Or læ' minn dzak gidz chen, nonga chey gix gox cha minn.

Gana lækga rmed gix gox xkë dela ba xchug niy ña minn, yu minn xgë'b gix gox yë loxna stsu'n nis ngë knu dil uchug. Gana yu minn xgwi'y gix gox loxna nis knu xgë minn di't xchug. Xne' minn xnusa chobias chen dil xkë gix gox gana xnusa xgidu.

Lë' gix gox xlan di't nak lo nkop.



## Blag ndzuw

Blag ndzuw cha minn lo gidz ldo' gana cha minnu or xkë minn chu. Nonga chey blag ndzuw cha minn.

Lë' minn cha blag ndzuw tson bueld.

Gana yu minn chu'nn rmed blag ndzuw lo gëdz. Or ba xcha' gëdz lëd, lë' minn xgwi'y blag ndzuw chas minn.





## Blag naranj

Blag naranj cha minn chap më'd ye'n lo xne' minn nlë' blag naranj, loxna nonga chey blag naranj cha minn.

Yu minn chawu xkisa xiu zukr lowa, chaku te, sa'nda lë' minn chap më'd chawu xiuda zukr lowa sinda nonda lë'wu chey.



## Chamiz

Chamiz chu'nn minn rmed lo xlë'. Yu minn nonga xcho'w chamiz yë xkë ldo' gana yu minn sdzi'b alkol lëdu, cheku loxna lë'wu xkë ldo' minn.

Nak lis lo chamiz gana yu lo chamiz xial gia' nkits gana yu lowa xial gia' yë'ts.





## Blag gias

Blag gias rmed xkë di't yu gi. Yu minn nonga xcho'w blag gias xkë' dela ba yu gi, yu minn xgë'b blag gias nup loxna lë'wu sdzë' lo gi axta ga dzekna lë'wu xkë dela ba yu gi.

Boka dela yucho mgid lidz minn, lë' minn xgix blag gias lyu dzekna or lë' mgid xias lë' xkenë'dla mgid lo blag gias ga. Xka dzekna chu'nn minn dzekna xiablo man.



## Gix kanel

Gix kanel nak gu'n chu'nn minn rmed or ba nē xits minn, xik minn gana dela ba nē lēd minn.

Nonga chey gix kanel chas minn. Gana xne' minn dela gas minn gix kanel nki'nda su minn lo me lo nlē' gix knu. Dela lē'ma ulox uyasma gix kanel loxna zuma lo me, lē' gunu mascha gu'nn ikē yo'b dela ba nē lēdma.



## Blag yex

Blag yex rmed lo golp. Chey blag yex cha minn lo golp, gana yu minn chas blag yex chey.

Yuga minn xgwiy nonda medid di't nē.

Yu minn chas blag yex nonda ndzē' yu'l gana yu minn chas lē' blag yex. Minn chas lē'wu, gakda su lo me xne' minn nlē' blag yex. Dela lē' minn su lo me, lē'wu gu'nn xlē'.

Yuga minn chasdu nter sinda lē' xgwi'y medid di't nē; lē'kga ndzē' ndzē' blag yex chey di't nē.





## Malb

Malb rmed lo  
xlè'. Chey malb  
chas minn, gana  
lè'kga chak xkè  
malb yè ldo' minn.  
Lè' lo malb xial  
gia' xna morad.

## Ngilgëts

Ngilgëts rmed lo  
xkap gana lè' minn  
chawu dela yu gi niy  
minn, xne' minn gunu  
xgolia' gi nonga chey  
ngilgëts cha minn or  
xiu gi niy minn gana or  
lè' minn xiuxkap,  
xiobiche ldo'.



## Belwiy

Belwiy rmed xkë dela ba xkë yo'b gana xkë di't chey golp.

Yu minn nonga xgë'b belwiy yë xkë di't në, yuga minn xgë'b belwiy loxna stsë'wu lo gi ga lë'wu xkë di't në.

Xne' minn or lë' belwiy chu'nn xirmed xgo'b che'nu.

Lë' lo xiblag belwiy xna ngë, lë' xits xiblagu xna nkits.





## Mansaniy

Mansaniy cha minn lo gidz ldo' gana  
chey mansaniy xdë' lo minn-na lo mē'dna  
or chaknë.

Lë' lo xigia' mansaniy xna nkits lë' ldo'  
xigia' mansaniy xna yë'ts.



## Gia' yux

Gia' yux chu'nn minn rmed lo minn or chaknë, nonga xgë'b minn blag gia' yux loxna xcha' nis knu xiu lo minn.

Lë' gia' yux xiu giy gana nonga më' disiembr xiu gia' yux.

Lë' lo blagna gia' yux xna ngë' lë' gia' xial lowa xna yë'ts.

Nën xbidz gia' yux lo ncha'ycho gia' yux.





## Sabila

Sabila chu'nn minn rmed xiu di't chaknë.

Yu minn xkë' sabila yë di't në yuga minn stsë' sabila lo gi loxna xchal minn ldo'wa ga dzekna lë'wa xgi'ts di't në. Xne' minn xnusa xki'd sabila dela ba xchug.



## Blag nsët

Blag nsët xkë gik minn or xkë yo'b gana xkë ldo' minn or xlan minn xlë'. Nonga xcho'w minn blag nsët xkë gik minn, xkë ldo' minn.



Lën libr che'n zi'd balal gix gu'n chu'nn minn rmed, gana xku'n chu'nn minn rmedu. Lë' libr che'n uya' dzekna lë' minn zak gu'nn rmed gix gu'n chu'nnbey.