

Marika Alvarado is a 4th generation Traditional Healer and an Indigenous Medicine Woman. She specializes in plant-based medicine in her practice, [Of the Earth Healing](#). Through this work, she addresses the health needs of a diverse set of community members, including low-income families.

As a medicine woman, she assists in diverse healing and ceremonies across the United States, including “Coming of Age” ceremonies for Lakota youth in South Dakota and caring for Navajo elders at the Pueblo Isleta, New Mexico. She also teaches plant medicine and traditional healing practices to Native People in California, Arizona, Alaska and New York. She practices Apache medicine and teaches Aztec, Toltec, and Mayan tribes their own medicines.

Marika is an active and dynamic member of our community. She teaches Curanderismo and traditional healing practice courses at Emma S. Barrientos Mexican American Cultural Center (ESB-MACC) as well as at PODER.

Marika and her students hold community-healing fairs at the ESB-MACC to share medicines, ceremonies, limpias, and other healing practices, putting their learned skills into practice. These healing fairs are free of charge and all people are welcome.

Marika is affiliated with the Indigenous Culture Institute, which preserves and promotes the cultures of Native Americans indigenous to Texas and northern Mexico. To further her commitment to the indigenous populations in Texas and throughout the Americas, Marika has created the non-profit, Of the Earth Institute of Indigenous Cultures and Teachings, which will encompass her healing practices, workshops, and classes.

She is a idea originator and is in collaboration with Dell Medical School and The University of Texas.