



Hernán José García Ramírez, MD



La Dieta de la Milpa

Dr. García Ramírez is a physician trained at the Xochimilco Metropolitan Autonomous University (UAM-X), where he also trained in Social Medicine. From 1980 to 2000, he worked in research development projects and health strengthening in rural and indigenous areas; in the state of Hidalgo with an Otomi population; in Veracruz with mestizo, Nahuatl, Popoluca and Totonac peasants; and in Campeche with an indigenous Mayan population, with Fomento Cultural y Educativo, A.C. and with Education Culture and Ecology, A.C. Author several books, including: "Health, Awareness and Organization. Training Method for Health Promoters", "Participatory Rural Health Assessment Workshops", "Wind in the Blood: Mayan Healing and Chinese Medicine", and "Traditional Medicine and Herbalism in Campeche", as well as several articles, brochures, and manuals. He has served as Deputy Director of Complementary Health Care Systems at the Directorate of Traditional Medicine and Intercultural Development of the Mexican Ministry of Health since 2003, designing strategies and implementing innovative models of traditional medicine, complementary medicines, Intercultural health, and health care of indigenous and Afro-Mexican peoples. These strategies seek to strengthen health services with contributions from Mexican indigenous traditional medicine, complementary medicines, and the health strengthening models using the "food, exercise and good humor" triad. He Coordinates the Culturally Relevant Mexican National Healthy Eating Strategy: La Dieta de la Milpa, as well as the National Strategy for the Care of Women during Pregnancy, Childbirth, and Postpartum with a Humanized, Intercultural, and Safe Approach.