



**Looking at Fairview  
through Jean Antone's eyes:  
Three important resources for the village in her perspective**



I decided to talk about natural medicines in my three pictures, because I think healing plants are very important for our community.



**Helitrop**

Helitrop is a rare medical plant that you find around the river banks. It is used to cure grand itch. There is only one way of preparing a medicine out of helitrop: you peel the bark, then you boil the bark with some water, salt and lime. The more salt and the more lime you add the more effective it is. You use this medicine when the water is warm and you put it on the affected area. You do it three times a day. It is my old brother in law who came from the Rupununi who taught us to use it, 40 years ago. Everyone in the village uses it, it works very well and we don't need to go to the hospital.

**Helitrop**

**Cassava root**

Cassava root is one plant from which you can get different things for survival. Out of the root you can produce cassava bread, tapioca, farine, casrip, drinks including paiwari, parakari, cassiri. once you have cassava you can leave on the forest for a long time without buying food from the shop. Without cassava you cannot enjoy your tumapot. Cassava is used for healing bushas (leshmanases) . You grate the fresh cassava and mix it with kunami leaf.



**Cassava root**



**Arasaro bark**

Peel the bark then scraped. Take the juice and apply it on a wound or itches. The seed is grated and the powder is used for itches. It is poisonous and gloves need to be used when you apply it. Only apply during the night as there is no food handling and wash yourself very well.

**Arasaro bark**