



Keeping the Family Healthy...The Levite Perspective

What is the importance placed on health in Haiti?

It is important to stay healthy in Haiti because most people cannot afford to go to the hospital. So, to alleviate some financial issues they used the herbs around them to help them heal. The people normally drink different teas and incorporate a variety of vegetables in the food to keep up our health.

What remedies do you remember your elders using for different sicknesses?

Some remedies I remember are Cerasee Tea when I had fevers, headaches, and stomach pain. Mint Tea for the common cold. For gas I was given a crushed Garlic Tea with lemon and lime peels and cloves.

What American foods do you avoid and why?

I avoid fast food because of the many preservatives that are in the food. It is not good for the body.

Some may say that the reason Levites in Haiti are less obese than Americans is due to the lack of food. Is this true?

That is not necessarily true. There are other factors due to metabolism, genetics, etc. If you are lacking food, you will be skinnier, but I don't think that is the reason some Levi people are smaller. It depends on your eating habits and the food is healthier in most countries outside of the U.S. Most Levi only eat 2-3 times a day. And usually don't snack as much as Americans do. We do not portion our food, but vegetables are always present in our food. Onions, peppers, beans, and the meat is usually stewed or baked. If the meat is fried, and it is not breaded and that contributes to why many Levi are not as big. They are eating healthier. Another reason that keeps Levi fit is the fact that most Levi are living in poverty, so they have to walk for miles to get from point A to point B.



What would you say is the best way to keep your family healthy during this pandemic?

Take your vitamins and daily supplements. Vitamin D, C, and Zinc. (You can get Zinc from meats and poultry.) Drinking hot tea in the morning and night, wearing our masks in public, frequent hand washing, sanitizing items that we use constantly (ex: phone), and taking showers after going to high-risk places (ex: school, work shopping). Limited travel, and keeping your immune system up if you are going to travel.

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