

In 2012 in the United States, approximately \$12.8 billion was spent on integrative health and medicine with as much as 33% of the general adult population utilizing these remedies. Traditional Mexican Medicine is a historically significant piece of Mexican culture with herbal medicine and alternative practices very popular today. It is concerning that 72% of the Mexican American group is not reporting complementary and alternative therapy usage to their health care provider. In support of patient-centered care and as recommended by the National Center for Complementary and Integrative Health (NCCIH), this article seeks to understand the cultural significance of herbal medicines in this population and review 10 common herbals that are used especially within the Mexican and Mexican American population. The information is organized as a guide of herbals that may be safe and effective as well as others that are unsafe or ineffective, such that these herbals may alter recommendations in patient care. To identify the herbals, multiple interviews were completed in Mexico City and Denver with a variety of health care providers. This included an evaluation of availability of the products. To further investigate the information, a literature review and review of multiple herbal databases both in English and Spanish was completed. The herbals presented are: Toloache (*Datura stramonium*), Arnica (*Heterotheca inuloides*), Hierbabuena (*Mentha piperita*), Manzanilla (*Matricaria recutita*), Sabila (*Aloe vera*), Anis Estrella (*Illicium verum*), Passiflora (*Passiflora mexicana*), Valeriana (*Valeriana edulis*), Gordolobo (*Verbascum densiflorum*), and Tila (*Tilia americana*). For additional historical context, visits to the Mexico City Museum of Medicine were completed which houses an Aztec herbal medicine manuscript from 1552. The primary beneficiary of this information is intended for improved future patient interactions among this population.