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World Medicine Series
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NEW

WORLD MEDICINE

AUTHORS
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DIRECTORS
Laurent SARDI, Olivier LEMAIRE, David PERRIER

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TERRITORY(IES)
Worldwide.

A world tour of ancestral medicinal practices, among majestic landscapes.

Bernard Fontanille is an emergency doctor used to operations in difficult conditions. During his various missions he travelled all over the planet to cure, shield, heal, take care of people and to ease pain. Led by his strong sense of humanity and his curiosity, he makes us discover and shares with us the live of women and men caring for others, saving lives, and sometimes inventing new ways of treatment.

He also shows us traditional forms of medicine deeply rooted in the local culture. Through his various encounters and by presented methods he shows us the different realities of a country and also the universal link that unites a patient and his doctor: humanity and confidence.

HD



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NEW

AUSTRALIA: THE FLYING DOCTORS

AUTHORS
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TERRITORY(IES)
Worldwide.

Australia, a country the size of a continent, is 14 times larger than France and yet has nearly 3 times fewer inhabitants. Given the great distances that need to be covered in the country, how can everybody be given medical care and treatment in the event of an emergency?

The answer to this question has been evolving up in the skies for nearly a century now. Today, the flying doctor plays a leading role in Australia. Bernard sets out to discover one of these organisations, Careflight, which has no equivalent in Europe. Bernard gets to know the vast contrasts in Australia, through the farmers, surfers and fishermen of the wonderful Sunshine Coast, and through rural hospitals that look as though they are straight out of a Western. He attends training sessions, witnesses operations in the vast Bush, and shares a few very intense days with Mike the doctor, Paul the pilot and Anthony the paramedic - a profession that, as a Frenchman, Bernard is not familiar with.

HD

**BOLIVIA - THE KALLAWAYA: HEALER PEOPLE**

DIRECTORS
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TERRITORY(IES)
Worldwide.

The Kallawaya, itinerant healers of the Andes, live in the mountains of Apolobamba, one of the country's remotest areas.

As well as being doctors, pharmacists, traders and gatherers, the Kallawaya know how to concoct remedies, and have an unequalled knowledge of Andean plants. They are also said to have supernatural powers. Emergency doctor Bernard Fontanille has an appointment in the village of Chari, one of the strongholds of this culture, with Aurelio, who has an in-depth knowledge of the characteristics of one thousand species. He gets this knowledge from his father, and is teaching it to his son Emilio - a transmission that is carried out in juyai, the secret language of the Kallawaya.

HD



BRAZIL - THE DOCTORS OF XINGU

DIRECTORS

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TERRITORY(IES)

Worldwide.

Dr Douglas Rodrigues set up Projeto Xingu, a training course given by the Federal University of São Paulo to provide those in the field with the tools to understand Indian customs and beliefs.

Emergency doctor Bernard Fontanille sets out to meet one of his former students, Vânia Rabelo, a 32-year-old nurse. For three years, she has been living among the Kaiabis, in the Xingu river basin, gathering experiences linked to culture shock. "Kaiabis women, for example, do not like the umbilical cord to be cut when a child is born. They think it can damage the child's health", she recounts.



CAMBODIA I - THE TÔNLÉ SAP CLINIC

DIRECTOR

Laurent SARDI

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TERRITORY(IES)

Worldwide.

Not far from the temples of Angkor, the inhabitants of the Tonlé Sap Lake have adapted their lifestyles to the vagaries of the waters - floods and droughts follow on from each other, as the Mekong River swells.

Gliding along the water are a church, a police station, and a Buddhist temple but also a medical team, which has been operating for four years now. Emergency doctor Bernard Fontanille joins them for a medical round like no other.



CAMBODIA II - THE LAST OF THE KRU

DIRECTORS
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TERRITORY(IES)

Worldwide.

HD

In North West Cambodia, in the villages on the high plains on the Vietnamese border, lives the Bunong ethnic group.

Cambodian medicine, marked by the influence of various doctrines borrowed from Buddhist, Ayurvedic and Chinese medicines, varies according to the region. The Bunongs have developed ancestral medicinal expertise that is based on plants and is practiced by secret caregivers who are respected by all - the Krus.



NEW

CAMEROON: THE PAIN KILLING TREE

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TERRITORY(IES)

Worldwide.

HD

In late 2013, a Franco-Cameroonian team made an incredible discovery. A painkiller, which man has systematically claimed to have invented himself, exists in its natural state in a common African tree, the African peach.

Ethnic groups in North Cameroon have always known about the remedy, among many others. A day's road trip from Yaounde, Bernard travels to a village of the Tikar people, an ethnic group that were formerly highly influential conquerors, and who today seem to have been forgotten by all. Traditional healer Gaston Amoa knows the African peach very well, and calls it the "Ntwo'o". For the Tikars and their neighbours the Pygmies, use of the plant is absolutely critical, and its numerous properties help them get through their difficult day-to-day lives.



NEW

CANADA & HAIDA GWAI, ISLAND OF THE PEOPLE

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TERRITORY(IES)

Worldwide.

Bernard travels to the archipelago of Haida Gwaii, located on the western point of Canada, off the British Columbia coast. Formerly known as the Queen Charlotte Islands, the territory proudly acquired its new name Haida Gwaii in 2010, in reference to the people that have lived there for thousands of years.

Despite their distance from the mainland, the Haida have not been spared by history. The population was even decimated by diseases brought by the Whites. These "First Nation People" account for 4% of Canadians, in other words 1.5 million people, and face the challenge of reviving vast swathes of memory. This veritable reconstruction of identity also includes medicine.

HD



NEW

CHILE: THE MAPUCHE HEALERS

AUTHORS

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TERRITORY(IES)

Worldwide.

The Mapuche are the largest native minority within the Chilean State, and account for 9% of the population. In towns and villages, the Mapuche communities can still count on the presence of the Machis, healers that treat both body and spirit.

Bernard travels to the region of Araucania, the Mapuche cultural cradle, to discover the ways in which traditional Mapuche medicine is still practiced today, in relation not only to its traditions and environment, but also in relation to the country's modern health system. With Rosa Barbosa, a Machi, he immerses himself in a medicine whose curative energy comes from the elements such as the earth, the sea and the mountains.

HD



CHINA I - THE MEDICAL ARTS OF THE WARRIOR MONKS

DIRECTORS

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TERRITORY(IES)

Worldwide.

HD

A journey into a forgotten China, in search of the secrets of kung-fu and the medicine of these warrior monks.

The Shaolin monks may have become world famous for their spectacular practice of Kung-fu but they are equally respected in China for their teachings of traditional medicine, which combines knowledge of the body with that of medicinal plants and massages.

A few old masters - the guardians of this ancestral knowledge - still live in the remote mountains of Shaolin. Master Xingzhen is one of them.



CHINA II - ONE-HUNDRED-PLANT MEDICINE

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TERRITORY(IES)

Worldwide.

HD

In China, one of the cradles of medicine, caregivers have always turned to nature as a source of remedies.

Emergency doctor Bernard Fontanille travels to Baisha, in the province of Yunnan, where Doctor Ho lives. This practitioner of repute opened a clinic that attracts patients from all over China and even from the rest of the world.



NEW

COLOMBIA, THE SACRED PLANT OF THE AMAZON

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TERRITORY(IES)

Worldwide.

Ayahuasca may be a famous plant, but rather little is known about it. Shamanic tourism aside, what are the real reasons that this creeper - or *Banisteriopsis caapi* to botanists - is considered sacred, and has been used by 72 different tribes for centuries, almost throughout the entire Amazon region?

In Columbia, at the foot of the Andes, on the Amazon plain of Mocoa, Bernard sets out to gain a better understanding of the traditional uses of ayahuasca, known locally as "Yagé". The shaman, or "Taïta" Aureliano Chindoy, a representative of the Inga ethnic group, leads him into ancestral territories. For Aureliano, Yagé transforms human beings, and is the source of all medicinal knowledge.



HD

NEW

ICELAND, DEEP IN THE POLAR NIGHT

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TERRITORY(IES)

Worldwide.

Located in close proximity to the Polar Circle, Iceland experiences extreme winters. Cold weather and, above all, darkness invade the daily lives of the 300,000 Icelanders, whose organisms must adapt to these conditions. They appear, however, to have an excellent resistance to them, given that the rates of Seasonal Affective Disorder are lower than those in the other countries on the same latitudes.

Bernard travels to the Island of Fire and Ice to understand how its inhabitants have adapted to their extreme environment. Remedies to weather the long polar night include hydrotherapy, light therapy, social connection, and the consumption of cod liver oil.



HD

INDIA I - THE HEALERS WARRIORS

DIRECTORS

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TERRITORY(IES)

Worldwide.

HD

The varma kalai or the art of vital points: a Tamil martial arts discipline, drawing on Siddha science and medicines.

In the small village of Kovalam, between rice paddies and dirt tracks, emergency doctor Bernard Fontanille meets a master of this unique form of combat. The particularity of the practice involves an in-depth knowledge of the vulnerable parts of the body, from the joints to the vital organs. Young disciples learn to detect and manipulate these body parts, for both fighting and healing purposes. In India, the varma kalai siddhars have the reputation of being able to prolong life or end it, as they please.



INDIA II - THE ANGELS OF MAHARASHTRA

DIRECTORS

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TERRITORY(IES)

Worldwide.

HD

Like everywhere in India, in the village of Jawalke, in the province of Maharashtra, overpopulation and the caste system make access to care very difficult.

Recently, a few untouchable women who didn't know how to read or write have been trained. Emergency doctor Bernard Fontanille followed one of them on her daily round.



INDONESIA II - BALI - THE ISLAND OF THE BALIANS

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TERRITORY(IES)
Worldwide.

HD

In Bali, every gesture is imbued with the sacred. Bernard Fontanille meets Mangku Tambun, one of the guardians of the Gunung Agung, the "House of the Gods".

He is one of the last Balinese to have received the title of "Balian" (healer). This priest-doctor plays the role of intermediary between man and the Hindu gods.



JAPAN - OKINAWA'S LAST HUNDRED-YEAR-OLDS

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TERRITORY(IES)
Worldwide.

HD

Bernard Fontanille, an emergency doctor, travels to Okinawa, a Japanese island that cultivates the art of ageing, via social bonds, physical activity and personal fulfilment.

He talks with Mrs. Toyama - 91 years-old and fighting fit - in order to understand the secrets of her longevity. For her, it is very important to have Ikigai: "the belief that life is worth living".



NEW**JAPAN: SUMO SECRETS****AUTHORS**

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TERRITORY(IES)

Worldwide.

Sumo wrestlers have a proverb: "Wounds sustained on the dohyô (the ring) are cured on the dohyô".

Sumo is a sport of self-sacrifice in which, from the very youngest age, wrestlers learn to be master of their own bodies, and to put up with pain. Medicine occupies a highly ambivalent position in their world, and few practitioners manage to earn the wrestlers' trust. Bernard is given special permission to penetrate daily life in a "heya" (a sumo training stable), where he meets Inui Tomoyuki, a man who has followed an atypical path, and has in-depth knowledge of their environment. He uses his knowledge of Chinese medicine and osteopathy to treat Sumos in a unique way.

**HD****KENYA - OF MEN AND VOLCANOES****DIRECTOR**

David PERRIER

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TERRITORY(IES)

Worldwide.

Two thirds of the daily calories ingested by the Massaï come from animal fat.

Yet they do not have health problems. The knowledge of the Massaï herbalists enables these nomadic tribes to take advantage of the surrounding nature.

**HD****LADAKH - THE LAST NOMADS****DIRECTOR**

Stephane CORREA

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TERRITORY(IES)

Worldwide.

On the roof of the world, at the very confines of habitable areas, the nomadic livestock farmers did not used to benefit from any form of assistance.

But in 2002, a Tibetan medical team was established by Dr Dekue, an extraordinary woman with a background in traditional medicine. Emergency doctor Bernard Fontanille is taken, by ambulance, to accompany the team as they administer treatment at an altitude of over 5,000 metres.

**HD**

NEW

MADAGASCAR: THE SPIRIT OF PLANTS

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TERRITORY(IES)

Worldwide.

Madagascar is a natural paradise. The variety of its climate and relief has given the "Red Island" one of the world's richest floras. The island's healers possess precious knowledge, can identify hundreds of plants, and also contribute to scientific research.

In the town of Anantsono, in the south west of the island, Bernard meets Folo Boataky. Everybody knows Folo, who describes herself as a *Mpitaha*, a therapist. With help from the spirits of ancestors, Folo Boataky uses precious trees, as well as her hands and her mastery of the state of trance, which can produce miracles.



HD

NEW

MALAWI: HEALERS OF THE HILLS

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TERRITORY(IES)

Worldwide.

Nicknamed the "Warm Heart of Africa", Malawi has a reputation for its inhabitants' smiles and for its mystery.

Nestled between Zambia, Tanzania and Mozambique, Malawi is one of the smallest States of the African continent. Throughout the country, the various Bantu people, descended from the former Maravi Empire, still practice ancestral rites, within secret societies called "Nyau". Bernard travels to this little known country, to meet its healers. Far from the myths of witchcraft, their approach to care is guided by a concern for adaptation and integration. An increasing number of traditional doctors are becoming intermediaries between the gradually emerging modern system of treatment, and the general, impoverished population. Bernard discovers the complex role of traditional doctors, alongside Bulumeni, nicknamed "Blueman", and his assistant Martha.



HD

NEW**MEXICO: THE MAYA HEALERS****AUTHORS**Olivier LEMAIRE, Laurent SARDI, David
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TERRITORY(IES)

Worldwide.

The Yucatán Peninsula in South East Mexico is the cradle of the three thousand year old Maya civilisation. Here, Bernard meets Don Galo, a traditional doctor who belongs to the highest category of healers - the H'men.

The H'men are Mayan sages, who play the role of both healer and priest, and call upon the Mayan Gods. They are in charge of the wellbeing of the Earth and of the people that cultivate it. With Don Galo, Bernard discovers a medicine in which body and environment are closely linked. In their practice the H'men use plants, energy massages, and even a local form of acupuncture.

**HD****MONGOLIA - BEYOND THE STEPPES****DIRECTOR**

David PERRIER

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TERRITORY(IES)

Worldwide.

What does one do for healthcare when living in a vast territory consisting of mountains and steppes, hundreds of kilometres from the nearest city?

To find out, emergency doctor Bernard Fontanille meets Pujii. This traditional Mongol doctor, who is also a livestock breeder, practices massages influenced by Tibetan techniques.

**HD**

NEW

MYANMAR: THE TATTOO DOCTORS

AUTHORS

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TERRITORY(IES)

Worldwide.

Almost everybody in Myanmar believes in Theravada Buddhism, an ancient doctrine incorporating occult beliefs, which are omnipresent in Burmese culture.

The Congregations of the Superior Way originated from this blend. In these Buddhist societies, disciples acquire esoteric powers, which help them heal and combat spirits. Their therapeutic arsenal consists of religious incantations, plants, tattoos and alchemy. Bernard meets Aung Myo Hein, one of the Masters of the Superior Way. The symbols on his skin are a mark of his rank, and give him his power. Bernard accompanies Aung to the monastery of a neighbouring village, where he regularly provides health care.



HD

NEPAL - MEDECINE OF THE SUMMITS

DIRECTORS

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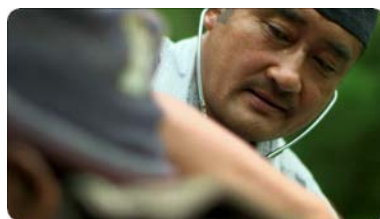
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TERRITORY(IES)

Worldwide.

To discover the secrets of traditional Tibetan medicine, emergency doctor Bernard Fontanille travels to the village of Pokhara, to the school of brothers Tenzing and Gyasto Bista, the two last guardians of amchi.

Among twenty children ranging in age from 6 to 15, he discovers a well-structured institution: dormitories, a kitchen, classrooms, acupuncture rooms, laboratories and a biomedical garden to harvest the basic ingredients for the various remedies.



HD

PERU - HEALING ON WATER

DIRECTORS

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TERRITORY(IES)

Worldwide.

HD

In Peru, emergency doctor Bernard Fontanille boards the Selva viva, a boat like something out of a Gabriel García Márquez novel.

In under 10 days, the medical brigade of the Selva viva visits 20 Indian communities, carrying out free consultations among one thousand people. In each village, the team must first meet the elders and the healers before carrying out any interventions.



NEW

REUNION ISLAND: CREOLE HERBAL TEAS

AUTHORS

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TERRITORY(IES)

Worldwide.

HD

Reunion Island is home to a multitude of cultures, and has witnessed the birth of a unique Creole medicine, combining the theory of Humours with a sacred knowledge of botany.

Bernard travels to this French territory, situated nearly 10,000 km from mainland France, to meet the island's "herbal tea makers". These herbalist healers practice a Creole medicine that stems from multiple legacies, imbued with an omnipresent link to the earth and nature. Judith and Daniel Tibère are the worthy representatives of this Creole identity. This couple of herbal tea makers, aged 65 and 67, have Chinese, Madagascan and African origins. As healers, they combine vast botanical knowledge with a great deal of sensitivity.



NEW

ROMANIA: THE MIRACLE OF THE BEES

AUTHORS
Olivier LEMAIRE, David PERRIER
DIRECTOR
Aurélien BONNET
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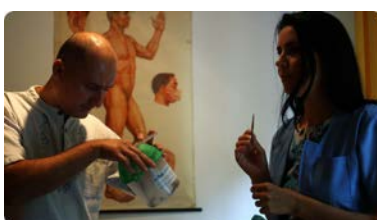
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VERSIONS
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TERRITORY(IES)
Worldwide.

Like the practice of using plants for medicine, using bees - or apitherapy - also appears to be universal. As referred to on Egyptian papyrus, and by Hippocrates and Avicenna, the medicinal properties of the produce of the hive have been known about for a long time.

But in Europe, one country is leading a trend that is extolling its virtues - Romania. Bernard sets out to meet a passionate doctor and beekeeper, Doctor Eugen Stefan, in the magnificent region of Vrancea. In his surgery in town, he treats his patients by stinging them with stings from live bees that have come from his hives. In an attempt to discover the traditional sources of this knowledge, Bernard also visits Illinca, a healer, who inherited her knowledge of the benefits of honey, propolis and venom from her family.

HD



NEW

RUSSIA: THE CRADLE OF SHAMANISM

AUTHORS
Olivier LEMAIRE, Laurent SARDI, David PERRIER
DIRECTORS
Olivier LEMAIRE, Laurent SARDI, David PERRIER

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VERSIONS
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TERRITORY(IES)
Worldwide.

The Tyva Republic of Russia is located deep in the original cradle of Shamanism, in the south of Eastern Siberia. The practice, which dates back to Neolithic times, has undergone a remarkable revival since the fall of the USSR.

Shamanism is a system of ritual thoughts, a social regulator, and a set of therapeutic techniques. It is the oldest of medicines. Bernard meets one of the most well known Shamans but also one of the youngest in Tuva. 22-year-old Buyan is the heir of age-old traditions but also embodies a modernised form of shamanism. Between the capital Kyzyl and the endless landscapes of the Steppe, Bernard explores the revival of shamanism, in the very land it was born.

HD



NEW**SENEGAL, WHERE MEDECINES MEET****AUTHORS**

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DIRECTORS

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TERRITORY(IES)

Worldwide.

At the gates of Dakar, where the chaotic traffic exits the city centre, the pretty blue and white buildings of the Keur Massar Hospital of Traditional Medicine stretch out peacefully. When it was founded in 1980, the city was still some distance away. Keur Massar was built in an isolated zone, 30 kilometres from the centre, to treat people with leprosy, away from the rest of the population.

Today, patients come from all over the capital, and even from the surrounding regions, to consult the hospital's healers and to visit its pharmacy. Bernard is welcomed by Aliou Ngom, a traditional practitioner who has worked at Keur Massar since it opened. He explains the hospital's strength - a place where its healers collaborate and preserve the heritage of treatments they have built up over 30 years. Aliou also takes Bernard to his home in the Sereer region to explain the roots of his practice to him.

HD**SOUTH AFRICA - THE ZULUS HEALERS****DIRECTOR**

David PERRIER

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TERRITORY(IES)

Worldwide.

Located between the wild shores of the Indian Ocean and the mountains of Drakensber, the province of KwaZulu-Natal - home to the Zulu nation - is one of the poorest in the country.

To stem the AIDS epidemic, notably, the World Health Organisation integrates traditional healers into their prevention and care campaigns. Emergency doctor Bernard Fontanille meets one of these healers

HD

SOUTH KOREA - THE RETURN OF THE SPIRITS

DIRECTORS

Stephane CORREA, Bernard FONTANILLE

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VERSIONS

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TERRITORY(IES)

Worldwide.



To appease the growing tensions and malaise in a country in the midst of an economic boom, the Koreans continue to have recourse to shamanism.

To discover the culture of spirits and the secular power of the mudangs - the Korean shamans - emergency doctor Bernard Fontanille travels to the island of Jeju.



SPAIN - HOSPITAL ON THE HIGH SEAS

DIRECTORS

Bernard FONTANILLE, Jacques OFFRE

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TERRITORY(IES)

Worldwide.



Bernard Fontanille, an emergency doctor, travels to the port of Santander to board the Juan de la Cosa.

Every year in June, the Spanish floating hospital accompanies an armada of over 600 tuna-fishing boats off the Gulf of Gascony, bring aid to fishermen in the event of an accident.



NEW**THE PHILIPPINES: HILOT MASSAGE****AUTHORS**
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PERRIER**DIRECTORS**
Olivier LEMAIRE, Laurent SARDI, David
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Worldwide.

In the Philippines - a constellation of 7,000 islands in the Pacific Ocean - it is often said that the sea links the people. But something else also links the inhabitants of this gigantic "Tower of Babel" archipelago - Hilot, an ancient art of healing performed through touch.

Its practitioners, the *manghihilot*, use nothing but their hands and coconut oil. In a village not far from Manila, Bernard goes to meet Angelita Calderon, a cheerful woman, and a prominent figure in her village. She earns her living as a seamstress, and does not charge for any of her Hilot treatments. Alongside Angelita, Bernard discovers a medical tradition based on pressure points and manual manipulation.

**HD****NEW****THE PHILIPPINES: SIQUIJOR, THE HEALING ISLAND****AUTHORS**
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PERRIER**DIRECTORS**
Olivier LEMAIRE, Laurent SARDI, David
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Worldwide.

Siquijor is a small island located in the heart of the Visayan Islands. It is one of some 2,000 inhabited islands of the Philippines, and yet, throughout the scattered archipelago, everybody knows about it and is fascinated by it.

For a long time Siquijor was feared on account of its witches, but today, the island is famous for its healers. But where did the island's white magic and black magic come from? Why did so many rites and secrets develop there? The power in Siquijor is intrinsically linked to its earth. The island's limestone, non-volcanic soil is unlike others in the archipelago. Bernard meets Noel Terremocha, a well known healer. Bernard follows him on a mysterious quest for ingredients that leads them into the depths of the island.

**HD**

UGANDA - LIFE AT THE FINGERTIPS

DIRECTOR

Timothee JANSSEN

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TERRITORY(IES)

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Esther Madudu is a 33-year-old midwife at the Katine health centre, which is located about two hundred kilometres from the Ugandan capital. Here, there is no electricity and the solar panels are no longer working. There are only two midwives at the dispensary, and on average they assist five women a day giving birth.

In antenatal care, they look after about forty women a day, from Monday to Friday. They are also in charge of psychological monitoring, the prevention and treatment of malaria, and vaccinations. Even though Esther sometimes finds it hard to balance her family life with her work, there is no question of her stopping! She leads her life at the bedside of others, which today has earned her a nomination for the Nobel Peace Prize 2015.

HD



NEW

UNITED STATES : ARIZONA, MEDICINE MAN COUNTRY

AUTHORS

Olivier LEMAIRE, Laurent SARDI, David

PERRIER

DIRECTORS

Olivier LEMAIRE, Laurent SARDI, David

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TERRITORY(IES)

Worldwide.

Navajo territory is located among the sacred canyons of Arizona, and is home to the United State's largest Native American tribe - the Diné. Among them, "medicine-men" carry out highly sophisticated practices, in which health and beauty are inseparable.

In Navajo language, they are called the "hatali", meaning the "singers". In the company of a respected 70-year-old medicine-man, Albert Laughter, Bernard discovers this art of healing, in which the usual medical equipment is replaced by coloured powder, prayer sticks and corn pollen.

HD



NEW**VIETNAM: THE MEDICINE MASTER****AUTHORS**Olivier LEMAIRE, Laurent SARDI, David
PERRIER**DIRECTORS**Olivier LEMAIRE, Laurent SARDI, David
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TERRITORY(IES)

Worldwide.

Today, traditional Vietnamese medicine is undergoing constant evolution. Heavily influenced by Chinese doctrine, and having incorporated Western medicine, it is changing constantly.

Within these dynamics of innovation, the older doctors often appear to be the most cutting edge. They are experts on traditional Eastern techniques, and received training in Western medicine at the scientific institutes set up during the colonial period. Dividing his practice between his native village and his own clinic in Hanoi, 74-year old Doctor Dao Kim Long embodies the future of traditional Vietnamese medicine. Bernard sets out to meet the Master himself. Dr. Long explains to Bernard his practice, which is based on modernised acupuncture and complex herbal medicine, as well as the practice of meditation and martial arts.

**HD**

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