



The Scalpel and the Silver Bear: The First Navajo Woman Surgeon Combines Western Medicine and Traditional Healing

Lori Alvord, Elizabeth Cohen Van Pelt

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The first Navajo woman surgeon combines western medicine and traditional healing.

A spellbinding journey between two worlds, this remarkable book describes surgeon Lori Arviso Alvord's struggles to bring modern medicine to the Navajo reservation in Gallup, New Mexico—and to bring the values of her people to a medical care system in danger of losing its heart.

Dr. Alvord left a dusty reservation in New Mexico for Stanford University Medical School, becoming the first Navajo woman surgeon. Rising above the odds presented by her own culture and the male-dominated world of surgeons, she returned to the reservation to find a new challenge. In dramatic encounters, Dr. Alvord witnessed the power of belief to influence health, for good or for ill. She came to merge the latest breakthroughs of medical science with the ancient tribal paths to recovery and wellness, following the Navajo philosophy of a balanced and harmonious life, called Walking in Beauty. And now, in bringing these principles to the world of medicine, **The Scalpel and the Silver Bear** joins those few rare works, such as **Healing and the Mind**, whose ideas have changed medical practices—and our understanding of the world.

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