

## **Aztecas Medicine, Health and Nutrition**

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### **Abstract**

It is known that in pre-Hispanic America many of the vegetable and animal foods that make up our daily diet were not produced. However, the Aztecs had a broad, nutritious and well-balanced diet. Ortiz de Montellano explains it with documentary evidence and exposes the diseases they suffered and the medicine they practiced.

### **References**

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