

critical anatomies lab

★ RESOURCES PAGE ★

Below is a collection of resources developed in our lab that focus on health equity, community-based healing, self-regulation practices, and more. Print and disseminate! Email cata@illinois.edu if you run into printing or folding issues.

Printing zines? Zines can be printed in letter or tabloid size paper. They need to be printed on both sides. This video explains how to fold them:



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Conventions:

[EN] Resource in English

[SP] Resource in Spanish

Resources:

1. Care work

- **Zine: What Doulas Know Vol. 01:** An introduction to the care work performed by Doulas:

- [Reading view](#)
- [Printing view](#)
- **Zine: What Doulas Know Vol. 02:** A zine about obstetric violence and forced sterilizations
 - [Reading view](#)
 - [Printing view](#)

2. Well-being practices / Prácticas para el bienestar

- **[EN] Zine:** Corporeal practices for self-knowledge and relaxation
 - [Printing view](#)
- **[SP] Zine:** Prácticas corporales de relajación y autoconocimiento
 - [Printing view](#)
- **[EN] Instructions for using ear seeds for** (auricular acupressure)
 - [Reading/Printing view](#)
 - [Cover page \(4 copies per sheet\)](#)
- **[SP] Instrucciones para usar semillas para la oreja** (estimulación auricular)
 - [Reading/Printing View](#)
 - [Cover page \(2 copies per sheet\)](#)

3. Community acupuncture

- **Zine:** Introduction to Community Acupuncture
 - [Printing view](#)
- **Zine:** 5 Needle Acupuncture Protocol (5NP)
 - [Printing view](#)
- **Set of 6 posters on community acupuncture** (designed based on patients' experiences)
 - [View](#)

- **Miro Board:** Research documentation on community acupuncture
 - [Explore resource](#)