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## Pieces of a Healthy Heart

Serena Young

Jasdeep Kaur

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# Pieces of a Healthy Heart

Serena Young and Jasdeep Kaur



This digital art composition showcases a diverse array of medical practices, weaving together alternative, allopathic, and Western approaches. Within the artwork, the healing traditions of herbal medicines reflect the rich tapestry of India and Africa, where healers harness the potency of various plants, roots, and herbs for therapeutic purposes. This piece also captures holistic healing, portraying Homeopathy alongside self-healing methodologies such as acupuncture, chiropractic, yoga, and sauna practices. Each element contributes to the narrative, which illustrates the global versatility of how different cultures choose to address health and well-being. In a contemporary twist to this, the artwork incorporates symbols of Western medicine, featuring depictions of pharmaceutical drugs and vaccines. Different doctors from all around the world utilize various methods to cure their patients, thus proposing the puzzle piece. These illustrations are depicted in each puzzle piece which are all connected, showcasing a fusion of traditional wisdom and cutting-edge advancements in the pursuit of wellbeing. This piece depicts the importance of cross-cultural medicines and how they can all be used to achieve this common goal.

