

First Nations Traditional Medicine Diet. By Georgina Hnatiuk

Food was medicine

High in Omegas 3's: Nuts and meats were mostly anti-inflammatory

Lots of Rhizomes, roots, bulbs, sedges, and greens.

Seaweeds, Sea vegetables and algaeas

Berries/ fruits were main source of sweetening dishes.

Many herbals teas for wellness, prevention and healing

Foods offered connection with creator.

Traditional diet was less acidic, more balancing for PH levels in the body, preventing illness. A disease cannot exist in a PH balanced cell.

Mitochondria Balancing ie: Cell Balancing Diet.

Preventative and Curative Diet.

TRADITIONAL INDIGENOUS DIET

Traditional Diet did not include:

Chemical Drugs: Counterfit to the creators design. Whole plant energies were used.

Pesticide Marijuana: Our ancestors smoked but mostly ate pesticide free Marijuana with 3% THC. Modern fertilized Marijuana has a content of 24% THC and causes mental illness _David Suzuki. Even if you don't support...this is being regulated and important to know.

Alcohols: Unlike Europeans, we did not produce alcohol. Hence, our bodies are more allergic to it. Excess also causes excessive heat to hit the head and violence issues arise and also causes heart imbalances etc. Many native leaders did not want Alcohol to be distributed by the settlers for this reason.

GMO's and Pesticides: ex: Canadian wheat and much produce is outlawed for importing into Europe. Mutates our DNA, liver and brain toxins

Aspartame: Out-lawed in Europe. Causes mood-swings, mood disorders, vertigo, depression and learning disorders

Food Colouring/Flavours: Artificial Food Colouring is out-lawed in Europe. Caused hyper-activity in children, learning disorders and autism.

Sugars: Inflammatory, Hyper-acidic, causes excess negative bacteria, causes insulin dependency on high- sugar/starch foods leading to diabetes and heart-disease and other immune system challenges.

Excessive Wheats, Starches and Yeasts(including beer): Causes Abdominal imbalances, candidiasis, Chronic Fatigue, Colitis, Allergies, illness, etc

Excessive Fruit: causes acidity of body and imbalances.

Mineral-Free Water: Lacks rare colloidal minerals for the body's immune system.

Main staples of Traditional Diet:

Grasses/Rhizomes/Greens :Rhubarb, Wheat Grasses, Horsetail, Plantain, Buckwheat grass, Plantain, Lily Flower and leaves, Cat Tails bamboo, Ferns, Grasses, Burdock, Mustards, Sorells, Dandelions, Rose bushes, Clover, Dicious Tree Leaves.

All of these ingredients are detoxifying, tonifying and strengthening and tonifying. Many are Anti-Cancer and preventative.

Loaded with Vitamins and minerals; Calcium, Magnesium, Earth Salts, Vit k, Vit A, C, E, D, Selenium, Silaca, Potassium.

Anti-inflammatory, prevents strokes, balancing for nerves, balances PH, nutrient rich.

Breads: Cottonwood Bark, Sedges, Oat Straw, Wild Rice, Barley, Wild Buckwheat, Wild Canadian Amaranth, Nut grinds, etc

None of these ingredients promote diabetes unlike modern breads and pasta's.

Nuts: Walnut, Oak Acorns, Chestnut, etc.

Excellent Source Omega 3's. Balancing blood sugar, high in protein, lowers cholesterol, prevents rheumatism and arthritis, etc.

***** Average traditional First Nations families stored 500 lbs of nuts for winter as staple.

Roots: Turnips, Wild Carrots, Rose, Burdock, Tiger Lily, Burdock, Wild Onion, Wild Ginger, Sasparilla Roots, Devils Club Roots, Tiger and Water Lily Roots, etc.

Berries: Less sweet than other fruits. High in Vit A, and C. Potassium. Balances blood sugar.

Pond Algae Micro-Algae: Anti-inflammatory, rare micro minerals, amino acids, superfoods.

Lichens: Staple and curative and preventative food for most Cancers, Asthma's, diabetes.

Fungus and mushrooms Preventative, Anti-Mutagenic, Anti-Carcinogenic

Seaweeds and Sea Vegetables: Iodine, brain and gland function, endocrine, lymphatic,etc ex: Sea Cucumber, Sea Asparagus etc.

Birch, Maple,Burdock syrups: Balancing blood-sugars

Fresh Spring Water Colloidal Gold and Minerals Rheumatism, Arthritis, Fibromyalgia, Anti-inflammatory

Seal MS, anti-spasmodic, epilepsy, brain function, heart-tonic, lowers cholesterol, heart disease, fibromyalgia.

Wild Birds: Non-Inflammatory like red meats.

Bones: Bone Marrow, Strengthening of Blood.

Organs: Organ function, adaptogenic, mitochondria cell balancing, glands, endocrine system, organ repair.

Bear Gallbladder Curing Cancer and infections

Skunk Musk Cured Colds

Bison: Warming for the body, treats weakness

Buffalo: Warming, Vigorous, treats weakness

Whale: Extremely warming for long winters

Seafoods Omega 3's, Prevents Heart Disease, Anti-inflammatory, preventative/cooling, Fibromyalgia, anti-inflammatory, zinc/sex-drive.

Ex: Salmon, Herring, Oolichans, Sea Urchin, etc

Fish Eggs Kidneys and Sex Drive

Eggs: Wild Turkey, Eagle, Heron, Duck, Pigeon, Seagull, Bluebird Brain Function, Warming

Deer Mildly Warming, Energy.

West Coast Traditional Plants (Too many to name. Brief Overview).

Huckleberry

Anything to do with brain or cerebral function including scitzophrenia, paranoia, nervousness and anxiety. Used for scurvy.

Whole plant.

Cow parsnip; not to be confused with Hog Weed, yarrow, water parsnip or water hemlock.

Rheumatism, cramping, tuberculosis, bruises, fever, infection, coughing.

Roots, leaves, stems, branches.

Crab Apple Bark, Cherry Bark * use with caution. contains cyanide

Diabetes. Cancer, Tuberculosis. Reduces fever, atherosclerosis or an aneurysms of heart and brain. Anti-poison.

The bark contains phlorizin, which is used in its pure form in modern medicine which lowers glucose in blood.

Taxus Brevifolia Pacific Yew Whole plant except seeds

CANCERS, INFECTIONS, AIDS, TURBURCULOSIS, ENERGY CLEANSING, SPIRIT SORCERY, Malaria, Hepatitis, Lyme Disease, STD's, infections and auto-immune diseases, kills negative bacteria, etc.

Only 300 left in BC. Over 750,000 tonnes of Bark was harvested by NCI.

Origin of Paxitaxol Cancer Treatment . Proven 10% of effective as our traditional formula.

NCI claims it takes 200 trees to treat one person with Cancer with a 30% success rate with ovarian, cervical or prostate cancers. Also claims that bark is lethal. NCI hid results of tests with Professor who claims he discovered the bark. When data was released stating the faulty statistics; this inaccurate information was re-circulated by all chemists and bio-engineers and scientists. Hence, trying to immobilize traditional medicine.

Reality: One tree can cure 20 people of any type of Cancer if made naturally using traditional methods and amounts in combinations with other plant synergistically. We also mix them with anti-poison remedies.

Taxus Brevifolia Yew Needles.

Sustainable Harvesting.

Taxus Baccato INDIGNEOUS TO CANADA, DOCUMENTED BY ENTHOGRAPHERS...PROVEN BY CHINESE AS TREATMENT FOR NERVOUSNESS, EPILEPSY. NERVIE AND ANTI-SPASMATIC.

Gandoderma Fungus

Adaptogenic, natural anti-biotic, reverses diabetes in 4 months when taken in tribal dosages, Cancer, Allergies, excema, psoriasis, skin infections, infections, balances all organs and brain function, liver cleaning, kidney strengthening, energy boosting, spirit medicine, digestive stimulant, etc. Used often synergistically with other plants. Anti-histmine. Anti-biotic.

Original of some Anti-biotic in Allopathic and Indigenous Culture.

Chaga Fungus: Birch Fungus: Purifies blood, stops Cancer Tumors from growing, and fights Infections Diseases.

Wild Rose Heart toning, scurvy, colds, anti-inflammatory, blood deficiency, anxiety, vertigo, vit c, dislocations, bruising. Joy Promoting.

Kinnickinick Infections, rashes, bladder infections, intestinal bacteria, inflammation, anti-bacterial. Also known as Bear Beary and used as tobacco.

Everygreen Huckleberry Infections, bladder infections, intestinal bacteria, inflammation, anti-bacterial.

Oregon Grape Blood Tonic, Bone Marrow Tonic, Generates Red Cell Tissues, Ligaments, Tendons. Produces natural gelatin, increases red blood cell count.

Lichen Usnea: Anti-biotic, Anti-fungal, coughs, lung and throat conditions, pleghms, colds, Tuberculosis, cancer, infections, uninary tract infections, etc.

Origin of Usnic Acid: anti-fungal, anti-biotic in preservative, deodorant in pharmacology.

Uk Ethnobotanist Claims that Usnea is toxic although it was a staple of most Indigneous Cultures without side-effects. Monies are not being invested into this research. Used in Chinese Medicine for all the above ailments.

Tree Saps Pain Killers stops bleeding, pain killers, anti-fungal, gum.

Willow Bark Natural painkiller, Aspirin, Blood-thinner, prevents strokes. Source of Aspirin. Wintergreen made with bark.

Seneca Constipation.

Cascara Hemmroids, Constipation, Indigestion, rhuemastism, etc.

Labrador tea Constipation, Fertility, TB, chest wheezing, headaches, stomache sickness, rheumatism, bronchitis, bruising, deafness, itching, skin disease, fever.

Milk Weed Emetic for vomiting, Cooling, Cleansing, Anot-inflammatory. Blood-Cleanser.

Plantain Whole Body Cleanser, Detoxing, Skin and rashes

Wild Blueberry Eye-sight, Fever, Influenza, diabetes.

Wild Raspberry Strengthening bladder and kidneys, toning female reproductive organs, soften cervix, anti-spasmodic, bed-wetting.

Salal Berry Bush Cold, Influenza, Scurvy.

Milk Thistle Liver Cleanser, Blood purifier, anti-inflammatory.

Hawthorn Heart-tonic, Cell reproduction in heart, Oxygen to heart, palpitations, nerve tonic, anxiety.

Sumac, Bark and Berries: AIDS, Chronic Diarrhea, Cancer, Diabetes, Heart-disease, Asthma, Infectins diseases, Hemmorages, Post Birthing, Malaria, Headaches.

Mountain Ash: Speeds perspiration, Diarreaha, Hemmroids, Infections, STD's.

Solomons Seal, Roots: heals broken bones fast, bruising, wounds, etc.

Spruce Heart-disease, alleviating cholesterol buildup in heart, colds

Birch: Kindney Stones, Cancer, psoriasis skin infections, infections diseases. Bark Makes wintergreen, too.

Alder Skin Conditions, Ulcers, Boils, etc.

Cottonwood. Bread.

Poplar/Aspen Leaves, Buds, Bark: Diabetes, gangrene, ulcers, fever, cholera, digestion, prostate and urine infections, Slows perspiration.

Fir: Asthma, Streams

Rhododendrum Ashes Stop bleeding

Lily of the Valley Skin Conditions, Rashes, Cooling.

Hemlock Cancer, auto-immune diseases

Burdock Cleansing, Detoxing, Balances Liver function. Staple Root Vegetable.* Contains 20-40% Inulin.

Red Clover: Ulcers, whooping cough, Cancer, Auto-Immune diseases, infections, cleansing metals brain and body, preventing dementia and senility, constipation, mumps, anemia.

Sheep Sorrel Cancer Cure. Grows readily all over North America as a weed. Unavailable to buy in Garden Centers.

* Tell Essiac Story and share why store brand is less effective.

Horsetail Worms, Intestinal Bleeding, excessive female bleeding, Hemorrhages, Cleaning Leads and Wastes from Body. Nutrient Rich, Silica, etc. Benefits all organs, glands, lymph, blood, etc. Cooling

Dandelion: Detoxing, Cooling. Balances and restores glands and organ function, digestion. One oz has 5 times more vit A than Carrot.

Juniper Anti-bacterial, Anti-Fungal, Prevents illness when around sick people, digestion, colds.

Ferns Whole plant; Hepatitis, Heart Problems, Colds, Flu, Fever, Worms,

Wild Licorice Anti-plegm , cleans lymph.

Wild Ginseng

Adaptogenic, Aphrodesiac, Energy boosting, sexual dysfunction, type 2 diabetes, diabetes, Weak heart, anti-spasmodic, glandular, lymph functions, brain function, etc

**Father Jartoux in 1679 noticed North American First Nations administering Ginseng as medicine and started exporting it to England down the St. Lawrence River. In England the East India Company sent it to Cape Hop and into the Orient from Blue Ridge Country and the Ozarks.

** Tell Medicine Hunter Story

Wild Mustard Colds, Flu, Rheumatism, Pain relief, Coughs.

Used in Chinese medicine use seeds for Asthma.

Researchers from the Department of Cancer Prevention and Control, Roswell Park Cancer Institute in America have discovered a possible anti cancer compound called allyl isothiocyanate (AITC).

Wild Ginger Roots: Tuberculosis, Fever, Mushroom poisoning, mothers milk, alcoholism, headache.

Oyster Fungus Anti-Carcinogenic, Food.

Chantrelle Anti-Carcinogenic

Devils Club Related to Ginseng Adaptogen, whole body tonic, Pain Relief, Heart Disease, Nerve Tonic, Cancer, Infections, TB, Diabetes.

Dogwood: Malaria, removes pain from diseases, increases circulation, cleans blood and tissues.

Cedar: Chronic Coughs, Shortness of breath, aches pains.

Maple: post-partum muscle toner, relieves pain in liver and spleen, strengthens liver spleen.

Long needle Pine: Tb, Bronchitis, Rheumatism, Chronic Indigestion, scurvy, colds.

Wild Carrot: Kidney and Bladder Stones, Scabies.

Stimulants, Transpersonal Mental Wellnes, Shamanism & Healing:

Holly Leaves and Buds.

Leaves have highest known caffeine amount in any plant. Contains theobromine and caffeine like Cocoa and Coffee. Theobromine is used to lower blood pressure in allopathic medicine. Marketed as Yerba Mate, South American name. Used as stimulant with ayahuasca. Oil used in Holistic Field, Produces high Vit E Non-staining oil.

Wild Tobacco: The tobacco could also be mixed with sweet smelling herbs, barks and roots such as bayberry, bearberry, mugwort, lovage, red will inner bark, wild cherry bark and many others indigenous to a local area.

Ayahuasca Divination, Communiation with plants, animals, creator, ancestors and highest self, spontanous healing of addictions and mental disorders.

Wild Hemp Traditional, Parts of plant Mental Anxiety, Nervine, Heart stimulant, treats Cancers, hypnotic, Kidney complaints, worms, nervous depression, Asthma, TB, Malaria, Headaches, cardiac, sclerosis, rhematism, etc.

Magic Mushrooms Shamanism, Phychic DNA repair, anxiety attacks, transpersonal healing, alleviate headaches, merges sub-conscious mind with conscious mind, connection with ancestors, earth, intuitive awareness and psychic wisdom.

***Share my personal story of curing anxiety attacks.

* Harvard studies for curing chronic cluster headaches and mental disorders.

* Discuss First Nations Studies Phychedelic Studies in BC.

Our medicines produce the same results as some of the most popular plants from South American/Hawaii and Asia

Pau D'arco

Quinine Peruvian

Soursop

Magnolia

Reishi ,

etc.

West Coast Midwifery:

Labrador Tea Fertility

Horsetail Hemorages, Internal Bleeding

Maple Post-pardum Muscle toning.

Walnut Colic, Gas, Pregnancy Vomiting

Sumac Hemorrhages Internal Bleeding

Raspberry Delivery, Strengthens Uterus

Ginger Breast Milk

Yams Prevents Premature Delivery, Hormone Balancing

Fern Hemorrhages Bleeding.

Borage Hormone Balancing

Black & blue Cohosh Increases contractions, reduces pain.

Evening Primrose Hormone Balancing

Blue Iris Teething Babies

Saps Pain relief: Teething

Angelica Hormone Balancing, Energy

Abundant Proteins, Nuts and Algeas Low Birth Weight

Canada First Nations Band Self-Governance Agreements:

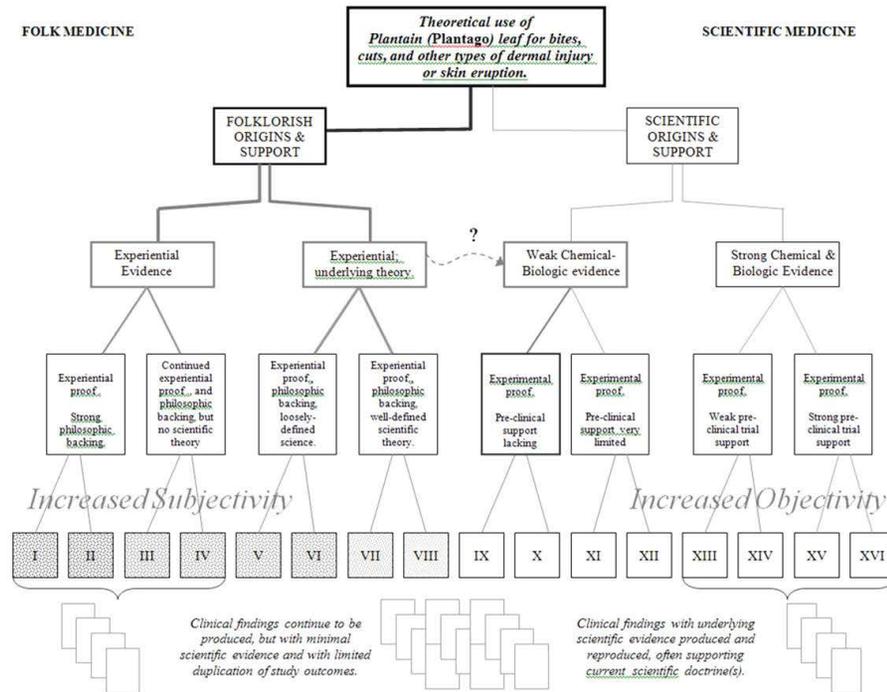
Sioux Valley: Includes right to regulation of practices and practitioners of Traditional Medicine
<http://www.aadnc-aandc.gc.ca/eng/1100100032143/1100100032145#chp2501>

Se Shelt BC: No mention of right to practice traditional medicine.

Yukon Territory: No mention of right to practice traditional medicine. http://www.aadnc-aandc.gc.ca/DAM/DAM-INTER-YT/STAGING/texte-text/pubs-btf-PDF_1316213023092_eng.pdf

Westbank Kelowna: Includes right to regulation of practices and practitioners of Traditional Medicine on their Land. Building Integrative accredited Hospital with accredited practitioners. <http://www.aadnc-aandc.gc.ca/eng/1100100031766/1100100031768>

Examples of Research Objectives and Accreditation Obstacles:



* This outlines the framework structure of Allopathic Medicine Objectives which regulatory institutions use when researching Indigenous Medicines. When Traditional Medicines are not bio-engineered through chemical extraction; they will always fall in the category of subjective, unproven science. This perpetuates research, advances bio-pirating and continues exploitation of Indigenous resources and knowledge. This information has been pirated and stored. Information has not been openly shared back with us via Ethnologists. This module displays why we need to move to Self-Regulation of our Own Medicines and include that in our Self-Governance Plans.

FUNDING

It is important to be Self-Funded without sponsorship from Research Institutes who have different objectives and goals. This is always a dead end for First Nations.

We must generate research money from public interest and donations ourselves.

We cannot be naive thinking we are safeguarding knowledge. It is already out there and we are disconnected from our ancient ways.

Chiefs must voice and endorse a movement and support the Elders in working to restore our Traditional Medicine Way.

We must honor traditions while being progressive. We must enable Elders to understand policy, history and relationship with research organizations.

* Tell Story of Shamans pharmaceutical.

* Tell Story of UK woman who won award/doctorate by writing about Covert Ethnobotany as a Social Problem.

* Tell story of Doctor in Kelowna recommending Natural Alternatives when orthodox medicine was not working and he recently got fired.

POLICY: Indigenous First Nations Traditional Medicine

Universal Declaration of Human Rights, Indigenous Peoples, Health Rights: We have the right to access health care but not does not list the right to practice our traditional medicines as trade.

<http://www.ohchr.org/EN/UDHR/Pages/Introduction.aspx>

Convention of Biological Diversity: Objectives are Conservation, Sustainability and Benefit Sharing by Developing the Nagoya Protocol. <http://www.cbd.int/>

Nagoya Protocol: Accepted in Canada 2010. Discussions on bio-diversity and bio-pirating. Addressing the fair and equitable sharing of benefits arising from the use of genetic resources found in plants, animals and microorganisms <http://www.cbd.int/abs/about/>

BC Transformative Change Accord 2005. 10 yr plan.

http://www.gov.bc.ca/arr/social/down/transformative_change_accord.pdf

BC Tri-Partate Framework Agreement Strategy

<http://www.hc-sc.gc.ca/ahc-asc/media/nr-cp/2011/2011-133bk-eng.php>

First Nations Health Authority

First Nations Health Council

Provincial/Federal Health Canada Ministries

***** All of the above Agreements focus on integrational approaches to First Nations health care which is good! However, the above agreement list the need for accredited practitioners based on Health Canada Allopathic structures only .

Idle No More: Land,Water,Bio-diversity Plan to protect future generations.

***** Focused on fair Treaty Rights, Indian Act and First Nations Rights. The focus is on land, water, bio-diversity.

CIHR Canadian Institute Health Research:

* Tell Story of James Bay Studies and Chief Matthew Coon Come conducted by Montreal University Professor who is also a board member of CIHR.

Cancer, Diabetes, Glucoma, Heart Disease Rearch Institutes: do not fund research to market unpatonable natural medicines.

***However, GOOD NEWS! **Canadian Diabetes Research Instituate** will pay for client to see Traditional Doctor by funding all travel expenses. Resource: 2001 Canadian Dr. O book for World Health Org.

<http://www.scribd.com/doc/49757159/Traditional-Medicine-for-Canada-s-First-Peoples>

WHO Traditional Medicine Strategy: World Health Organization:

<http://www.who.int/medicines/publications/traditionalpolicy/en/index.html>

*****WHO is the only one of these organizations who have a solid mandate to enable Traditional Medicine Practices in a fair and equitable way.

Good news! CIHR/ Health Canada is signed on with WHO! Currently CIHR is doing a good job with their progressive plan. We are doing a good job working with them! However, CIHR currently does not have an objective to enable practitioners of Traditional Medicine Practice, yet, like some other countries.

How do we fit in and integrate? We invest in our own self-regulation, self-fund and work togther!

Some Current Positive Initiatives:

Self Governance of Health Care

Tripartate Framework Agreement.

Education of Cultural Beliefs/Traditions

Chiefs and Leaders are working Together

Bio-Diversity, Conservation, Sustainability

Protection of Land/Water

Cultural Inclusionism.

More Ownership of Decisions

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Some Traditional Medicine Obstacles:

There is no Traditional or Modern Plant Medicine Economy.

Self-Governance does not include Self-Regulation

Healers cannot sustain themselves by working for free within the confines of the law.

There is a disconnect of knowledge and practice.

Plant Accessibility is difficult to sustain due to lack of First Nations cultivation and limited Forestry Canada Reforestation Requirements to plant wild medicine plants.

Endangered Species and Rare Plants are hard to locate, often small in numbers or bio-regional

Most of our Wild Rare Fungus are exported to China and Japan by Mushroom Pickers for Chinese Medicine.

Most of our Yew Trees have been cut down by Brysol Myers and the NSI.

First Nations do not wish to culturally modify/harvest in wild very much so we can preserve our sacred trees and lands that have been impacted by deforestation.

Many of our curative medicine plants are not sold at grocery stores, seed stores or nurseries and hard to find.

Opportunities

Find opportunities for healers to exchange knowledge and time in a fair and equitable way.

Work together to maintain basic traditions while being progressive.

Repair Disconnect of healers with communities.

Connect Healers in various Nations together for collective wellness optimization.

Support Local Medicine Trades between Nations.

Support our own economies by producing our own ingredients/formula's/products.

Invest heavily in First Nations ethno-agriculture which did exist in highly populated ancient First Nations communities.

Educate all First Nations on Traditional Food Medicines on a wider scale and incorporate into education system.

Enable access to foods and medicines.

Enable easy harvest/ safe plant identification by creating First Nations Medicine and Food Farms. Similar to Wineries or Berry-Picking Farms.

Heal our own. Treat whole persons wellness not just disease.

Save Money.

Balance the Economic Paradigm:

*Canadians makes average 39,000.00/year. Average amount per capita to health is 4500.00).

*Change those stats in our nations so we are more preventative, self-reliant and focused on integrative First Nations affordable health Care.

* Redirect some of those monies back into our own First Nations communities through healing centers, internal research centers, education, agriculture, treatment centers, manufacturing, exporting, philanthropy, etc.

Self-Regulation of First Nations Traditional Medicines

Examples of other regulated professions: Optometry, Chiropractics, Traditional Chinese Medicine, Naturopathy..

Why we can do it! The legal how to list:

1. Must be able to prove effectiveness through antidotal evidence.
2. Must prove that we have tried through to be included through other systems which will not acknowledge or enable our medicines.
3. Must prove that there is a risk of health risk when we practice
4. Must prove that Alternative Healers Insurance may be necessary.
5. Must have a collective body of wisdom that we are the source of this traditional approach.
6. May draw statistics from other cultures. May include conventional research groups studies, and alternative health care studies, etc.
7. Must prove high ratio of results even if not proven through science.
8. Must prove there is a health risk to people if they do not have access to this modality of practice.
9. Must prove that the wellness of public is the main concern over the objectives of the governing bodies.

VALUES

VISION

VOLITION