



First Nations Approaches to Traditional Medicine



Treat the medicines and the healers with respect. The medicines are powerful and should be respected and honored at all times, from the time of harvest, through preparation, and during ingestion of the medicines.



Incorporate more traditional foods into the diet: a focus on whole foods and not processed foods. The sacredness of the land is important to respect as we rely on the land to provide nutrition through gardens, fishing, hunting, trapping and gathering.



Traditional healers aid the body in its own healing process by not just covering symptoms but getting to the cause of symptoms.



Language is integrally linked to indigenous knowledge and practices.



Traditional approaches to healing are a life long process as we learn how to take good care of our body, mind, heart, and spirit. Lifestyle changes are needed for personal, cultural, and spiritual healing.



The understanding that relationships with and connections between family members, within communities, and with the physical environment all affect health.



Renewal of spirituality.



Restoring the wisdom of traditional teachings, practices, and medicines that promote balanced health.



Despite the help and teachings we receive from traditional healers, the responsibility of our wellbeing is our own.



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