

The Reverence of Nature



Health



- Prevent illness and to promote health
- Our health in some areas is not improving because we are not eating enough traditional foods
- As our people are healing from the disconnect of our traditions and culture – more are going back to learn this valuable knowledge
- First Nations people had their own doctors and pharmacists

Medicines - Healing



- **The Creator made everything for us to use. Everyone owns these teachings of the medicines. Remove the mysticism. The abandonment of our teachings because of the western world influence.**
- **In the eras where are people were forbidden to use medicines, speak language, teachings, ceremonies, dance**



- **Before modern day medicines there were plants that our people knew how to use to treat and prevent sicknesses**
- **Herbal medicine knowledge was passed from generation to generation**
- **WHO estimates 80% still use these ancient cures**
- **The majority of the modern day drugs are made from these plants**

Creation Stories



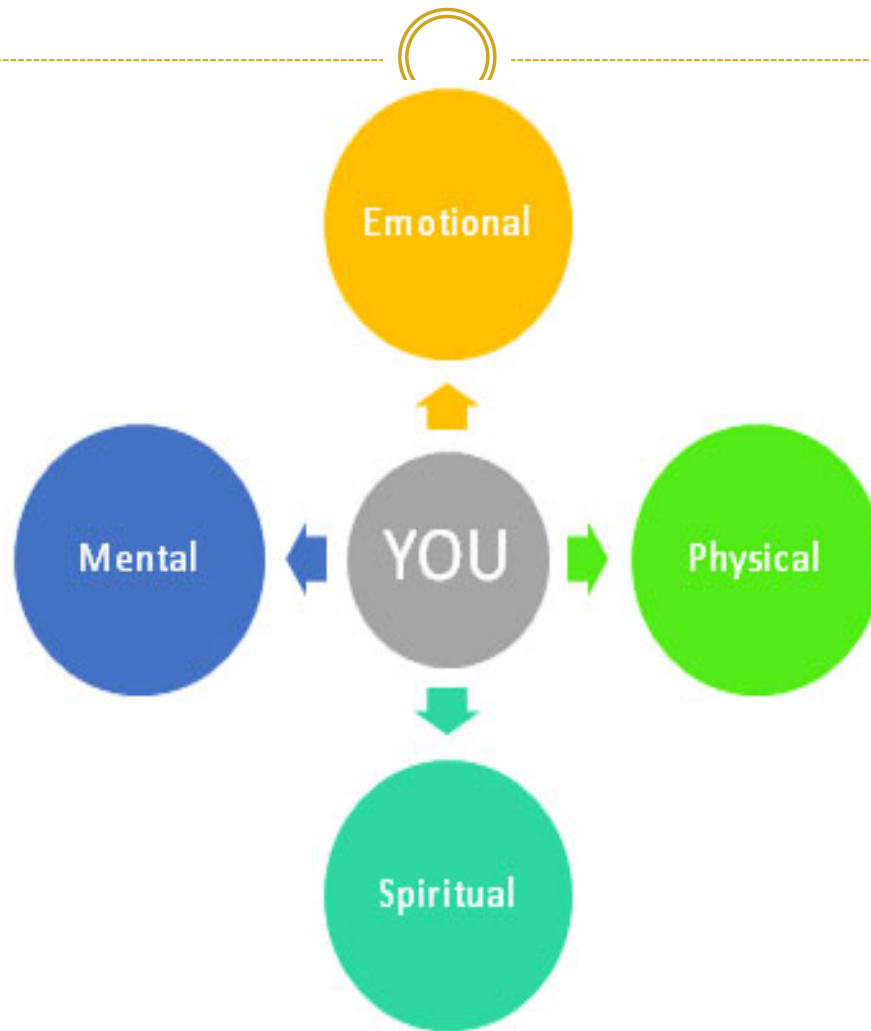
- The first time I heard of the Creation story
- In the order of Creation – tobacco was made first, then cedar, sage and sweet grass and other plants, animals and then people.
- Tobacco leads the way in everything that we do in ceremony, prayer, work, beading, etc.
- The smoke carries our prayers

Healing Our People



- The sacred medicines to be used again. Our people were given these teachings.
- The statistics of the health of First Nations is rising, diabetes, cancer and arthritis.
- Go back to learning the medicines - harvesting
- **Understanding the hormones in the foods**
- Teaching the youth holistically – statistics will change.
- If it can be predicted then we can prevent it
- **Body and Spirit must heal together**

Balance



Diabetes – Dr. Jay Wortman



- Alert Bay – First Nations community on Vancouver Island – My Big Fat Diet Documentary
- Introduced a low carb diet combined with a modified FN diet to address the growing epidemic
- His client was a diabetic for 17 years, overweight and took 4 shots of insulin a day
- Within 2 weeks of starting the diet he had normal blood sugar and was off insulin – lost 46 pounds
- Dr. Wortman was diagnosed but before he took medication he looked at other options

Canadian Diabetes Diet



- He stopped eating carbs and sugar contradicting the Canadian Diabetes Association – suggests a diet of 45 to 60% carbs
- A simple dietary intervention – cut out bannock, bread, sugar, pasta, potatoes, rice
- Eat more vegetables and wild meat, fish, wild plants, berries
- His colleagues said that we should of changed this diet a long time ago and we have been teaching since 1992

Dr. Jay Wortman



- He stopped eating the foods that turn to sugar in the body
- Dietary change
- Still free from diabetes today
- **Book – The Art and Science of Low Carbohydrate Living**

Question



- **Is the current diet effective?**
- **Can it be modified in our communities?**
- **Are the carbs too high in the current diet?**
- **Education – for next generation**

Water - Cleanser



- When we drink water it hits our organs, cells and then muscles.
- The cell part is where the toxins can get stuck and where diseases can start or harm our organ
- Our people only had tea – which is also a cleanser
- In our language tea means – medicine drink
- It flushes out toxins – any type of tea
- “All herb drink” – my grandparents
- Natural movement of our water - balance

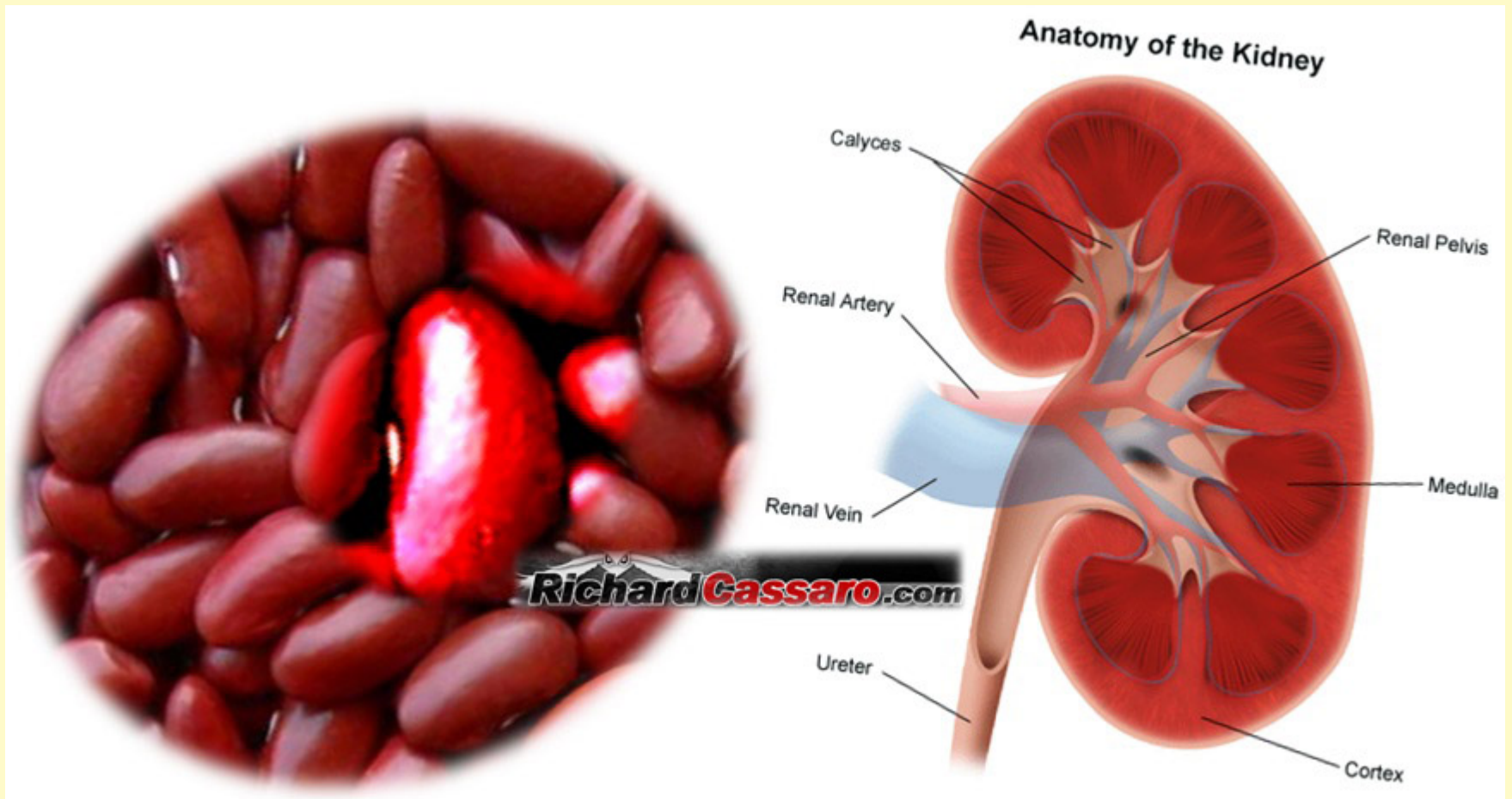
Chaga – King of herbs



- **Liver health**
- **Cancer**
- **Boosts the immune system**



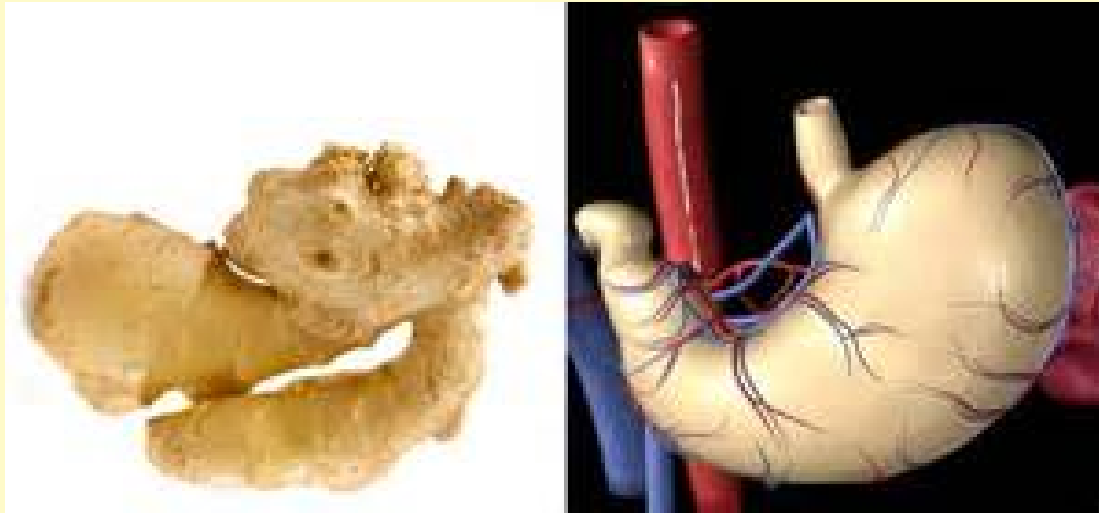
Doctrine of Signatures



Ginger



- **Stomach ailments**



Celery



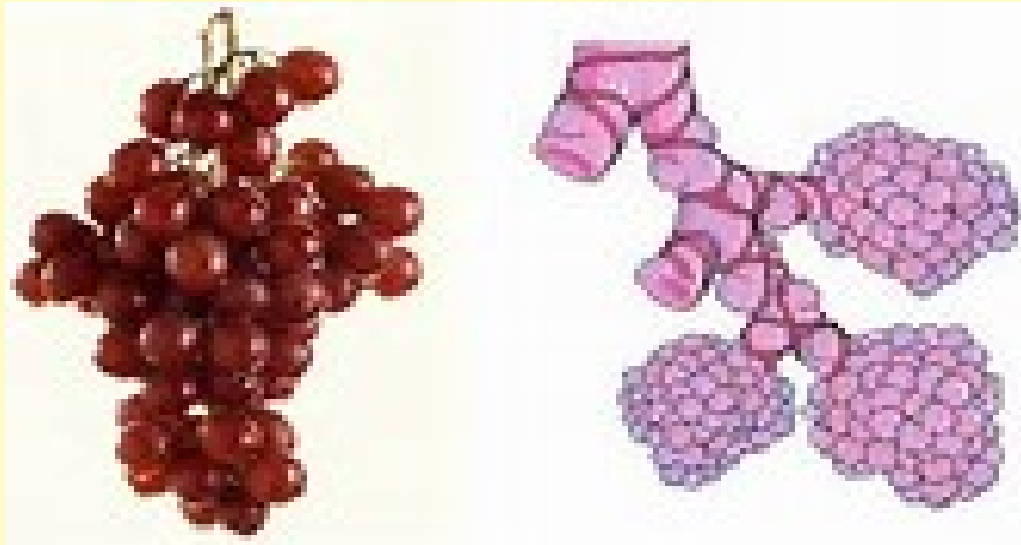
- **Bones**



Grapes



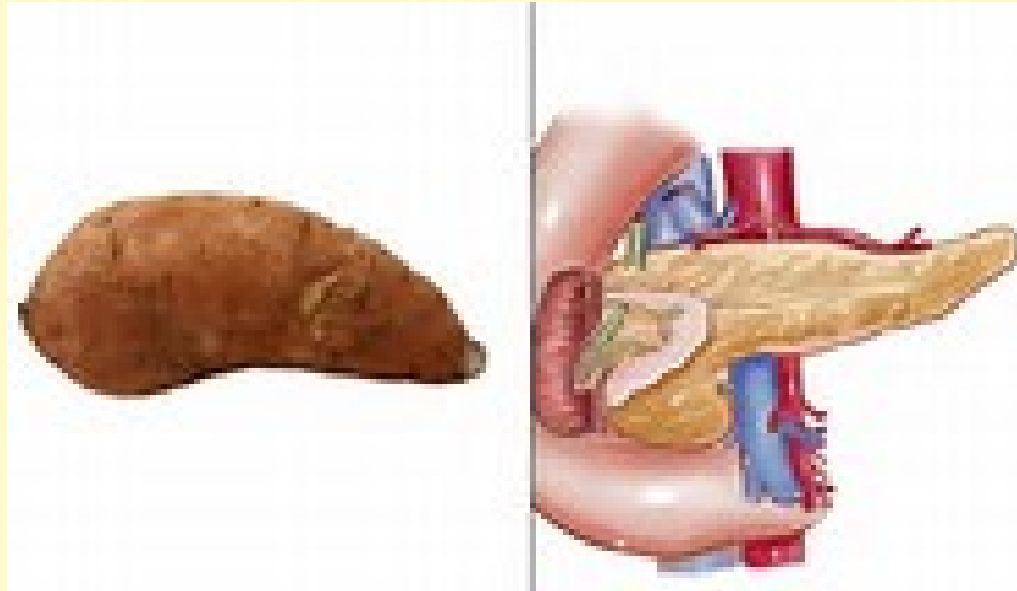
- Lungs



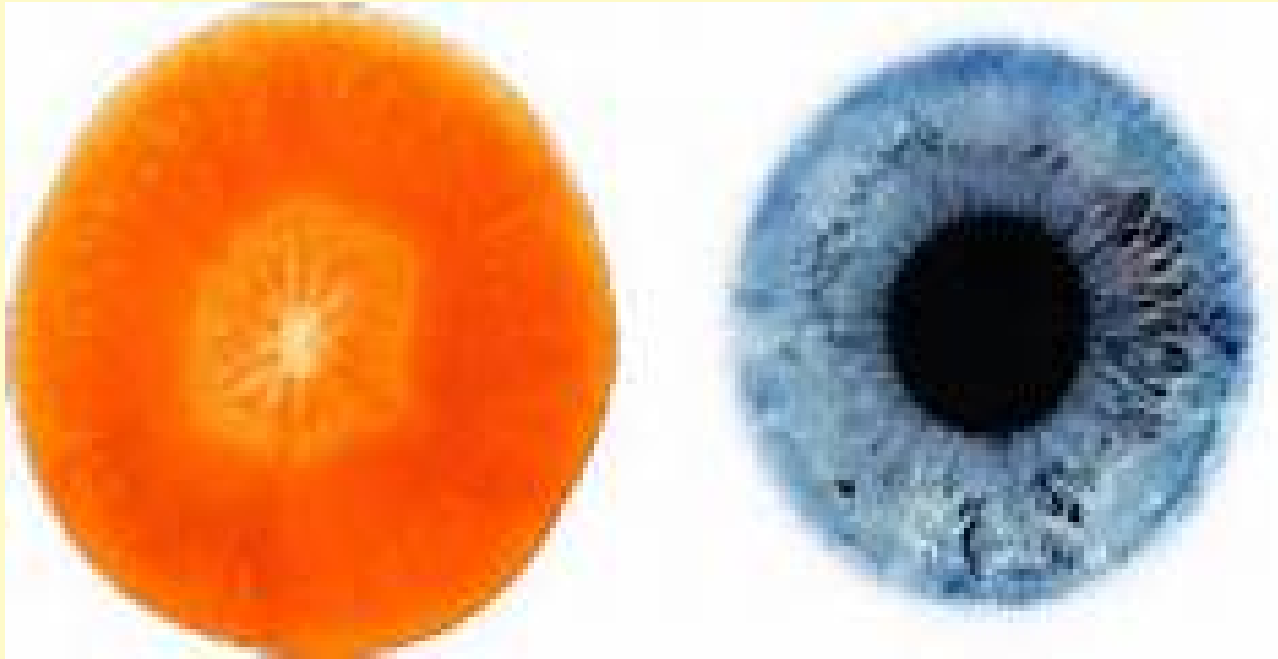
Sweet Potato



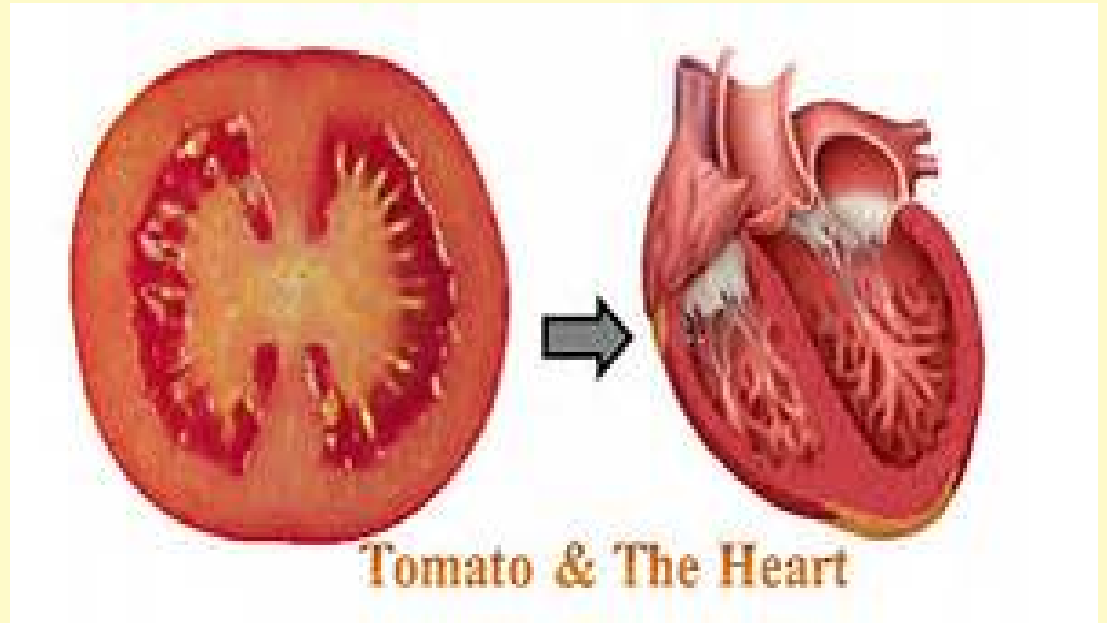
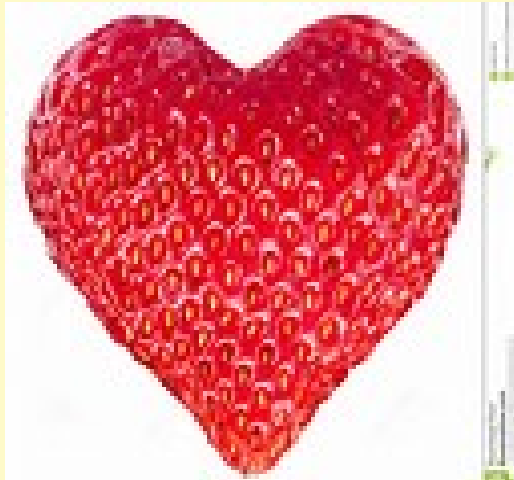
- **Pancreas**



Eat Your Carrots - Eyes



Strawberry - Tomatoes



Ears



Brain



Any fruit/vegetable with a pit - Fertility



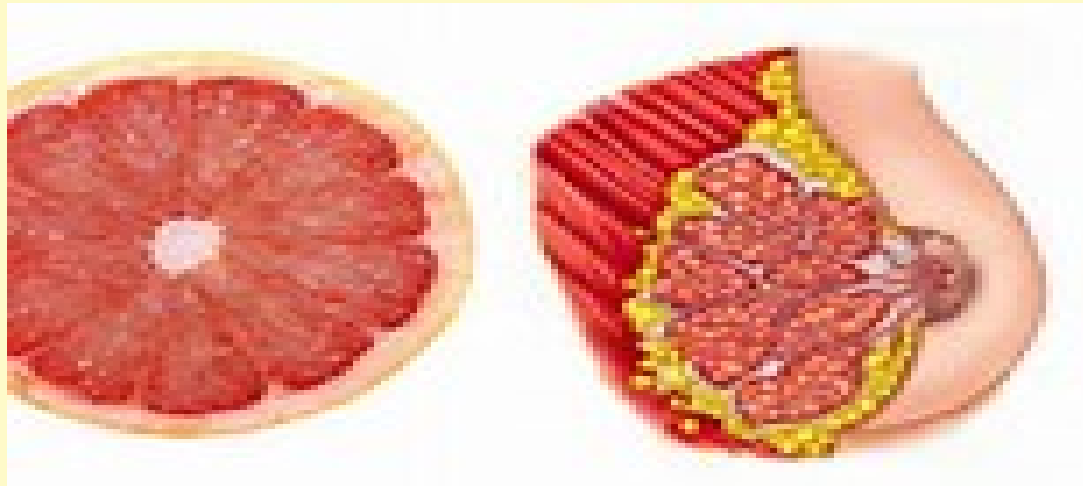
- Balance hormones and prevent cervical cancer
- It takes 9 months for an avocado to full growth



Grapefruit – Citrus Fruits



- **Inhibits breast cancer**



Willow



- Arthritis, pain relief
- Aspirin
- Children teething
- Necklace
- Child would suck on the willow



Berries



- Were a part of our natural substance to maintain health
- Balance in the 4 aspects
- Physical health is the most important



Crushed Chokecherries



Toishabui: Singluar
Toisabui: Plural

Question:
Does the traditional preparation of toishabui, which incorporates the entire berry, including the seed, inhibit the growth of cancer cells?

Hypothesis:
Although it is controversial, there are studies claiming that substances in chokecherry seeds inhibit the growth of cancer cells (Richardson). The Northern Paiute have traditionally dried the chokecherry with the seed. The dried chokecherries were later ground and made into a pudding. In modern times chokecherries are often frozen. The fruit is boiled, and only the juice and pulp are used. The seeds are removed. Without the seed, nutrients and potentially cancer inhibiting substances are no longer present. I hypothesize that the traditional method of preparing chokecherries will inhibit the growth of cancer cells.

Procedure:

Part I: Harvesting the fruit

- Chokecherries ripen and are harvested in September.
- Chokecherries including whole seed are ground into pulp mixture.
- Pulp mixture is pressed into patties.
- Patties are set outside to dry in sun.
 - The patties will not dry properly indoors.
- Once dried, the patties are stored for winter food to be used at a later day when fresh food is not readily available.

Part II: Making pudding

Traditional preparation

- Patties are soaked until mushy consistency.
- Soaked patties are mashed until seed is ground to a fine grain.
- Water is added until the mixture has the consistency of gravy.

Traditionally, chokecherries were processed into pudding, which are ground including seed put on a including stone.

Toishabui Medicine

"Chokecherry Medicine" - Paiute
Testing Traditional vs. Nontraditional Prepared Chokecherries Against MESSA Uterine Sarcoma Cancer Cells

Modern preparation

- The berries are put in jars and frozen instead of dried in the sun.
- The berries are put into a saucepan with water and brought to a boil.
- The seeds are separated from the pulp with a colander.
- Browned flour is added to the pulp and juice.
- The mixture is brought to a boil.
- Modern browned flour and sugar are added for taste.

Part III: Sterilizing the specimens:

Step 1. Add 2 mL of each substance into a 2 mL microfuge tube.

Step 2. Place microfuge tubes into centrifuge to clarify samples and create a supernatant at 15,000 g forces for 10 minutes.

Step 3. Draw up the supernatant into syringe and filter sterilize through 0.22 microbial filter.

Step 4. The supernatant was then made into a diluent by mixing ratios of 1:2, 1:4, 1:8, 1:16, and 1:32 with Dulbecco's Modified Eagle Medium (DMEM).

Step 5. Diluents are filtered into a sterile 24 well plate.

Part IV: Plating the cells

Plates are prepared with 200 mL of Dulbecco's Modified Eagle's Medium (DMEM), which is 1% pa streptomycin of Fetal Bovine Serum, a day before plating of cells with toishabui specimens are added.

Step 6. Media is changed and 180 mL of fresh DMEM is added into two 96 well plates, which already contain MESSA cancer cells.

Step 7. Ratios of 1:10, 1:20, 1:40, 1:80, 1:160, and 1:320 of the diluents are added into 96 well plates. Step 8: Plates are now placed into an incubator to sit for 24 hours.

• After 24 hours of incubation, resazurin was added.

Resazurin is used as an oxidation-reduction indicator that undergoes colorimetric change in response to cellular metabolic reduction.

The reduced form of resazurin is resorufin, which is pink and highly fluorescent. Fluorescence produced is proportional to the number of living cells remaining.

Through detecting the level of oxidation during respiration absorbance acts as a direct indicator to quantitatively measure cell viability and cytotoxicity.

Plate #1
Resazurin now used as a control. No killing occurred in this plate.

Results:

Orange- whole pudding (traditional)
Grey- chokecherry juice
Yellow- blended patties
Green- seed without pudding (nontraditional)
1-2,000 indicated anticancer properties
With 1-1800 indicated strong anticancer
2,000+ is no anticancer

There was no evidence of anticancer cell killing in columns 4-9 which were the chokecherry juice and blended patties. The table indicated that there was a small amount of killing in column 1A in plate 2 but it wasn't confirmed because no anticancer values were recorded in plate 1. The numbers were different on both plates.

Conclusion:

In conclusion, there was a slight amount of killing in column 1A of Plate 2 with a value of 14.151. This reading is not highly effective, if it were to be, it would need to be in the 800-900 range. It is possible that at a higher concentration the traditionally prepared pudding may exhibit more anticancer effectiveness. The cancer cells that were tested in this experiment were MESSA uterine sarcoma cells. It is possible that the medicine would be effective on another type of cancer.

There were no anticancer affects displayed in the wells treated with the nontraditional prepared chokecherries. This would indicate that the slight killing effect came from the seed. If I were to repeat this experiment, I would test against breast cancer cells, which laboratory tests suggest the lauricic vitamin D77 was effective in killing in mice. I would also focus on the contents of the seed because the juice was clearly ineffective. It may also be possible that the nutrients in chokecherries boost your immune system and make you less susceptible to diseases such as cancer.

Four specimens corresponding to chart colors

- Whole pudding (traditional)
- Blended patties
- Pudding without seed (modern)
- Seed without pudding (nontraditional)

Plate	1	2	3	4	5	6	7	8	9	10	11	12
A	18151	20396	20519	21077	22071	23092	24279	25096	24155	24272	26008	23833
B	27928	29171	29698	29414	35222	24819	24719	24094	29366	27733	27398	26247
C	24604	26070	27298	29670	26990	26930	26281	24843	27552	27302	24988	27423
D	24834	26490	27018	29967	25603	24908	23911	24298	23431	27008	27292	23988
E	25288	26303	29963	24909	22820	22133	23127	23329	24991	26903	28818	28170
F	25390	25398	26079	21380	21382	21543	22862	21992	23091	24882	23919	23443
G	15907	21615	22914	22781	24909	23478	23063	23814	23068	22394	21748	19813
H	865	875	832	969	798	963	805	806	806	806	806	806

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- **At the university, Pete tested four different specimens of chokecherries by combining them with uterine sarcoma cancer cells, then, allowed a 24-hour incubation period.**
- **Pete found that out of the four different specimens tested, the traditionally-prepared chokecherry pudding specimen had cancer inhibiting properties, while the specimens without the seed, or, with the chokecherry juice, alone, did not succeed at killing the uterine sarcoma cancer cells**

Cranberries



Bladder infections

Plaque buildup on teeth



Dandelion



- Blood cleanser
- Detoxify liver
- Postpartum milk flow



Cloud Berry



- Brain



Trailing Raspberry



- Eyes



Goose Berry



- Health throughout your whole system



Blueberries



- **Cleanser for the system**



Strawberries



- Heart medicine



Raspberries



- Bone growth



Rose Hip Berries - Okiniyak



- **Building your immune system**



Plantain



- Stings
- Burns
- Ulcers
- infections



Learn – Local Plants & Berries



- Teas – Labrador/Muskeg tea
- Mint - Antioxidant
- Our people used this for:
 - Vitamin C
 - Coughs
 - Colds



Muskeg Tea



- **Lowers blood sugar**
- **Lowers blood pressure**

Spruce Gum – Eczema



- Boiling spruce gum with lard or caribou grease
- The first chewing gum



Prevention



- **Demystifying – the medicines**
- **All plants and medicines belong to all of us**
- **The diseases that our people have: arthritis, cancer and diabetes**
- **Teaching youth holistically – creates awareness and also creates a culture of youth that use the heart and mind**
- **We all have a responsibility to improve the health of our people**

Group Work



- **What are some of the traditional medicines that you remember?**
- **What was the plant for?**
- **How was it made?**