



Indigenous Approaches to Healing

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Disclosures

Disclosure: I have no financial relationships with any ineligible companies.

Learning Objectives

- Understand the basics of indigenous healing
- Learn the ways that indigenous healing can improve symptoms of Long Covid
- How to practice indigenous healing respectfully and aligned with indigenous community



Who am I?

Learning to trust

- ❖ Native American Boarding schools
- ❖ Small Pox Blankets
- ❖ Present Day Access to Health Care



The Environmentally Conscious Bro Starter Pack



Loves the messy man-bun with one of these on top



His go-to snack



Standard Issue Neckwear



His tanks always have some sort of Southwestern pattern on them



His Facebook Cover Photo



r/naturebros is his go-to meme source



Zip-pants. A must.



The only ways he drinks



For going out



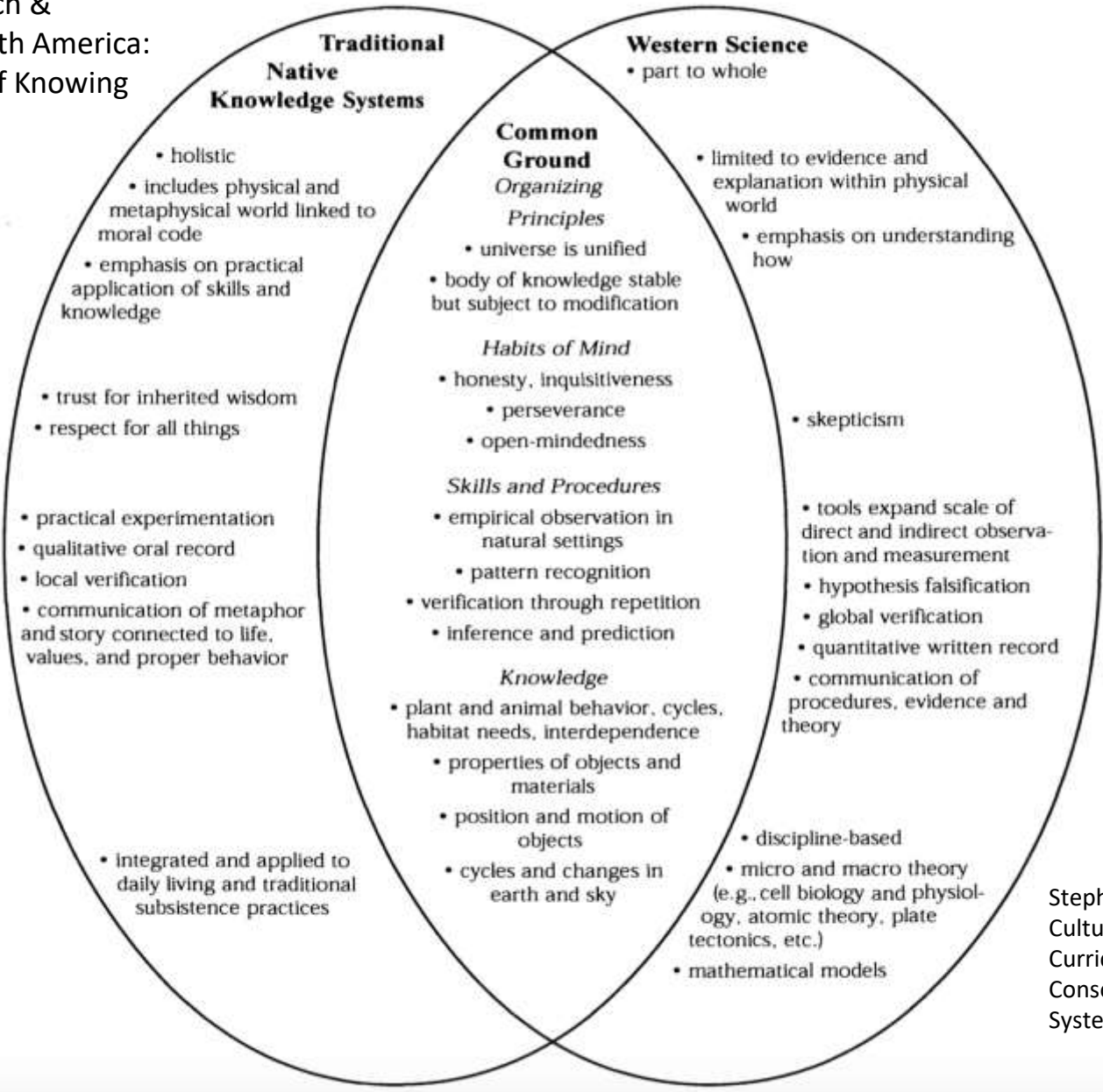
For staying in



His GF

Indigenous Research & Knowledges in North America: Indigenous Ways of Knowing

University of Colorado, Boulder



Stephens, Sidney. Handbook for Culturally Responsive Science Curriculum. Alaska Science Consortium and the Alaska Rural Systemic Initiative, 2000



Limpias: Mental Health and Wellness

Benefits of a Limpia:

Clears a foggy mind, helps center of focus, promotes better sleep, promotes positive outlook, lifts negative feelings, healing from emotional trauma and PTSD.

These treatments are cross cultural with origins from Africa, Mexico and Native America



Curandero starter kit





How to:

Ingredients:

- Estafiate (Mexican Wormwood): Anti microbial, anti-inflammatory, treats minor wounds, burns and bruises, relives muscle and joint pain, relives stomach pain and food poisoning, helps regulate menstrual cycle, good for people with diabetes,
- Ruda / Rue: Anti bacterial, great for indigestion, protects against athletes foot and dermatitis, effective against narcotics and snake poison, calms nerves and convulsions, relief to arthritis and rheumatism
- Rosemary: improves sleep quality, stimulates health growth, high in antioxidants, lifts mood and boost alertness, improves blood circulation, great relief from migraines, reduces anxiety
- Rose Water: fights acne, heals scars, soothes skin, reduces redness, improves sleep, improves mood, relieves headaches



Respiratory relief

Stinging Nettle

The use of stinging nettle as a decongestant is quite effective when it comes to improving any mild or temporary respiratory conditions, however the application of this ingredient when it is infused into steam, could even become something that would provide at least some symptom relief for anybody suffering from even the most severe of respiratory conditions, even something as serious as emphysema.

Nettle tea is another form of this medicine



Yerba Buena

Asthma Relief – This herb's minty scent can help calm the muscles in the respiratory system, which will help reduce asthma attacks. The best way to use yerba buena in these situations is by crushing the leaves and inhaling the scent.

Respiratory Help – Yerba Buena tea can help eliminate infections as well as reduce phlegm and mucus found in our respiratory tracts.

Heals Wounds – Crushing up yerba Buena stems into a powder and applying them to scrapes and wounds can help them heal faster.



Eucalyptus

Eucalyptus features in a range of preparations to relieve symptoms of the common cold, for example, cough lozenges and inhalants.

Herbal remedies recommend using fresh leaves in a gargle to relieve a sore throat, sinusitis, and bronchitis. Also, eucalyptus oil vapor appears to act as a decongestant when inhaled. It is a popular home remedy for colds and bronchitis.

It may act as an expectorant for loosening phlegm and easing congestion. A number of cough medications include eucalyptus oil, including Vicks VapoRub.

Researchers have called for further studies to clarify the possible therapeutic role of eucalyptus leaf extract in the treatment of respiratory tract infection.





Health Benefits of lighting a candle

Mental health benefits of lighting a candle and speaking your intentions (unscented):

Creates ambience and enhances the atmosphere, promotes mindfulness, good for stress relief, enhances memory and improves mood,

Low light source for reliving headaches. When used to speak intentions a candle lighting can have positive long term affects,

One can practice improving your mood daily and result in better mental wellness.



Spiritual Egg Cleansing:

A holistic method for center of focus, setting positive intentions, and help to relieve hidden burdens and negative thoughts. Reading the egg is like measuring body temperature to detect illness but this action focuses on mental health. I added the picture just for reference, but there are no instructions as this is an oral teaching.

Egg must be room temperature.
Same sweeping motion for the egg like the herb limpia including speaking intentions.

Crack the egg in a crystal-clear glass of water and observe how the bodies heat may have changed the color. Darker colors indicate the release of trauma and negativity. White means release of stresses and anxieties.

Sweat Lodge and the Willow

Willow bark, the bark of several varieties of willow tree, has been used for centuries as a pain reliever. The active ingredient in the medicine made from willow bark is called salicin.

Some people use willow bark as an alternative to aspirin, particularly those that experience chronic headaches or back pain. Willow bark is also used in some products to aid weight loss.

The sweat ceremony is intended as a spiritual reunion with the creator and a respectful connection to the earth itself as much as it is meant for purging toxins out of the physical body.

Mental Healing - it frees the mind of distractions, offering clarity.

Spiritual Healing - it allows for introspection and connection to the planet and the spirit world.

Physical Healing - it can potentially provide antibacterial and wound-healing benefits.



Questions?