

NATIVE AMERICAN TRADITIONAL HEALING SYSTEMS



01

STORIES & LEGENDS

Stories and legends are often used to teach positive behaviors as well as the consequences of failing to observe the laws of nature



02

DIET

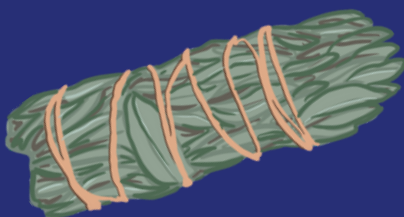
Native American diets emphasize eating with the seasons and harvests. They include a high intake of natural, unprocessed foods such as lean meats, fish, fruits, vegetables, and whole grains, which are rich in essential nutrients like fiber, vitamins, minerals, and antioxidants. This type of diet has been linked to lower rates of chronic diseases.



03

CEREMONIES

Ceremonies often involve the patient, the family, and the community in the healing process. The gatherings may last for days or weeks; and the more people that are present, the greater the healing energy. Through their participation in songs, prayer, music, and dance, the family and community contribute healing energy to the patient.



04

NATIVE PLANTS

Plants and herbs have been used for traditional Native American medicine for generations. Native Americans believed in using natural remedies such as sage, cedar, and tobacco in healing practices to promote physical and spiritual well-being.