



From Traditional Healing Onward: Honoring Our Indigenous Roots

Dr. Gary Ferguson, BS, ND

Healthy Communities Consultant

natureway@mac.com

www.drgaryferguson.com

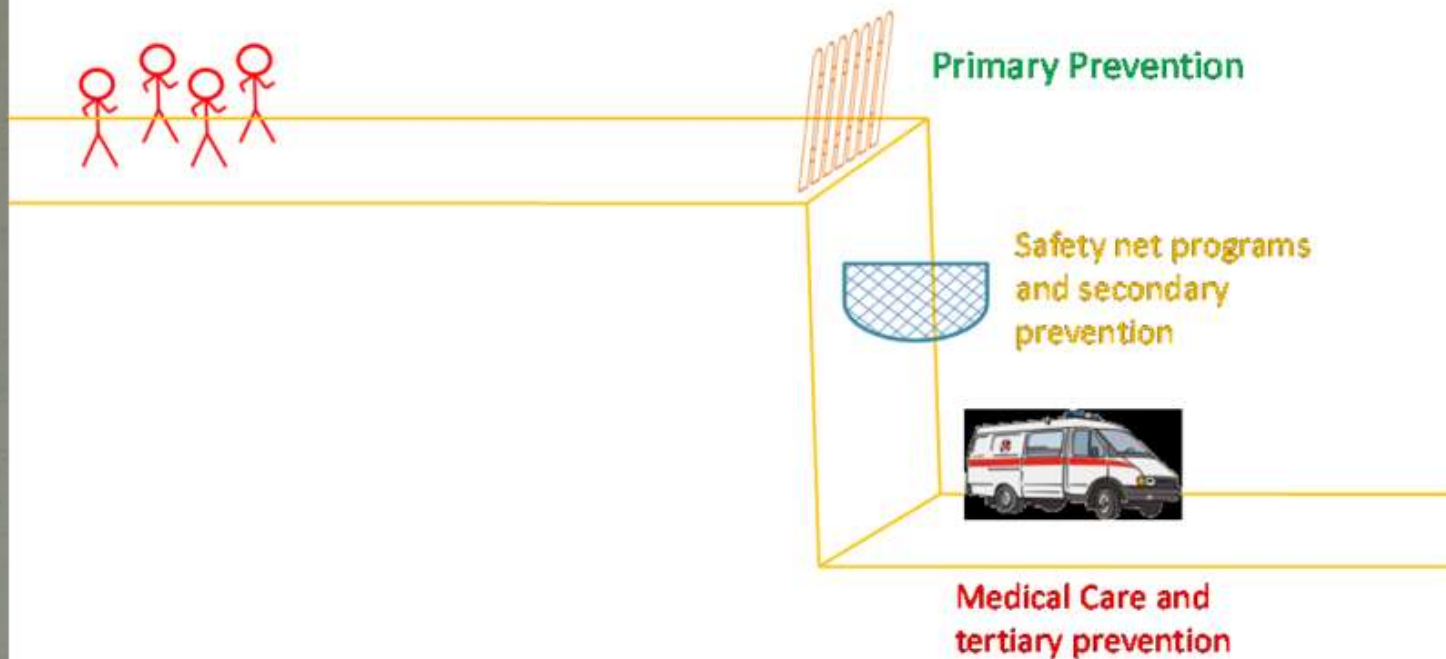
907-632-3624



Photo credit: National Geographic

Social determinants of health

Current medical model



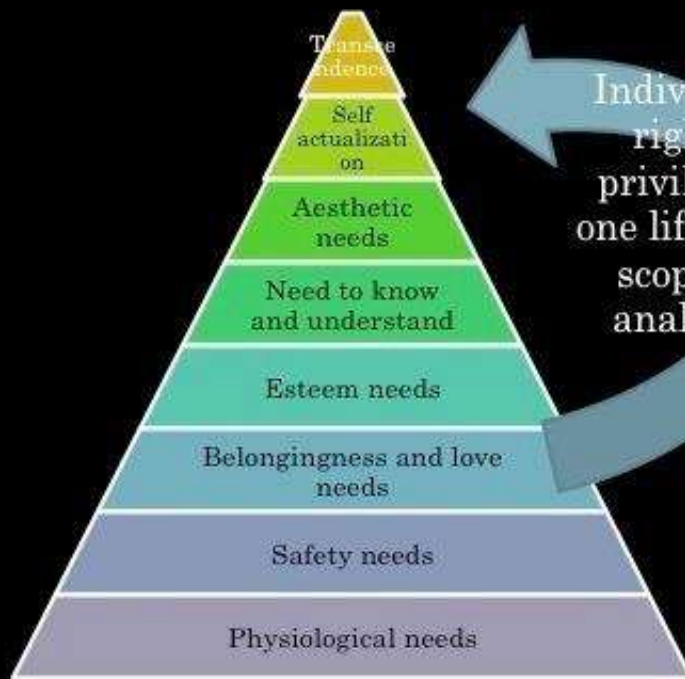
Domains of Health Influence



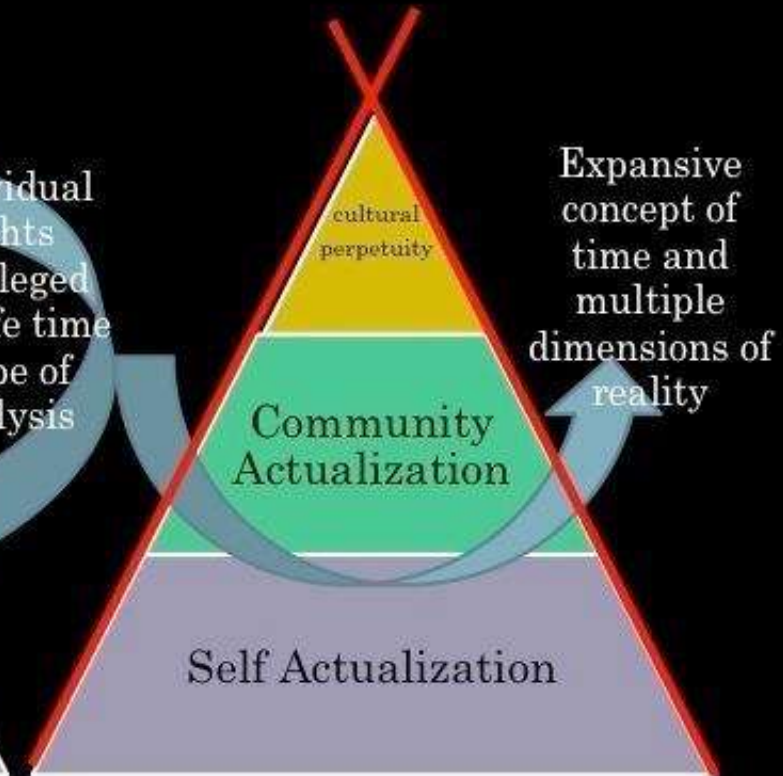
<http://www.countyhealthrankings.org>

MASLOW'S HIERARCHY OF NEEDS (INFORMED BY BLACKFOOT NATION (ALTA))

Western Perspective



First Nations Perspective



Individual rights
priviledged
one life time
scope of
analysis

Expansive
concept of
time and
multiple
dimensions of
reality

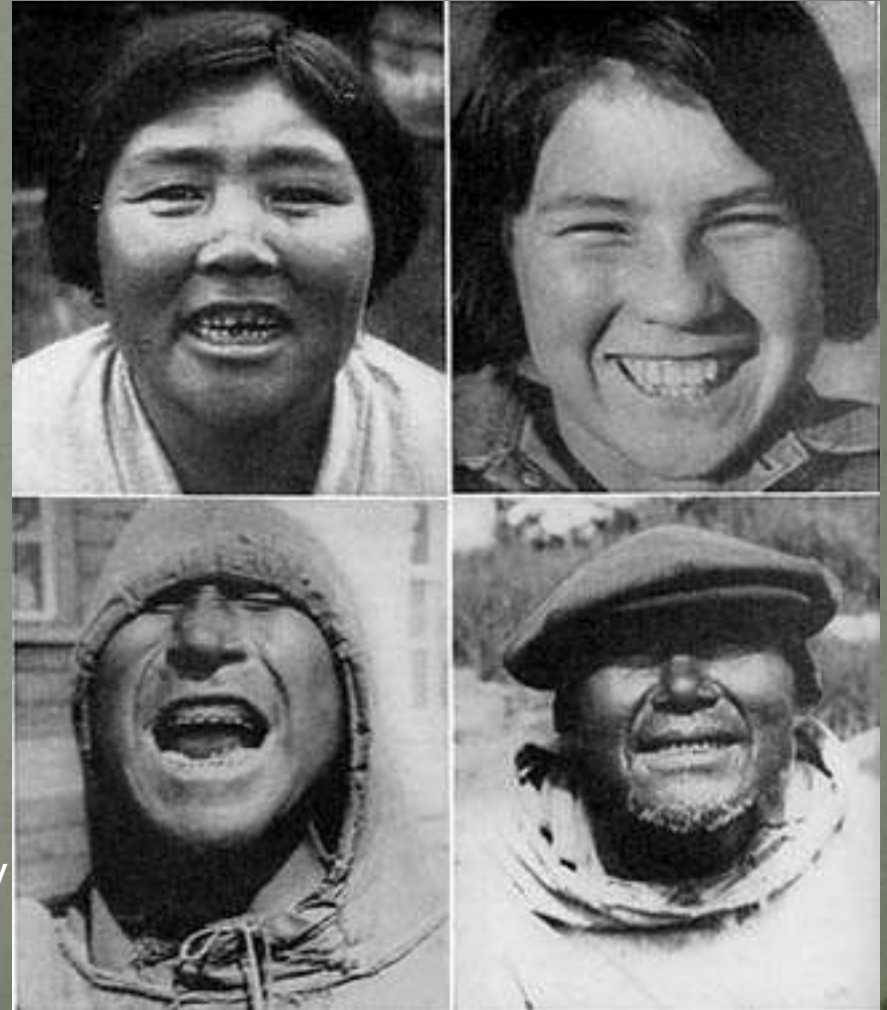
Huitt, 2004; Blackstock, 2008; Wadsworth,

Weston
Price



1933...travelled to remote Alaskan villages

- ...examples of physical excellence and dental perfection such as has seldom been excelled by any race in the past or present.



<https://price-pottenger.org/about-us/history>

“..strong rugged babies”



Virtually NO dental decay, until...



... villages with trading posts... "store grub" ...

"A typical effect of modernization on a growing girl was shown in a case in which the central incisors and 16 other teeth were attacked by dental caries. Sixty-four per cent of her teeth had tooth decay."

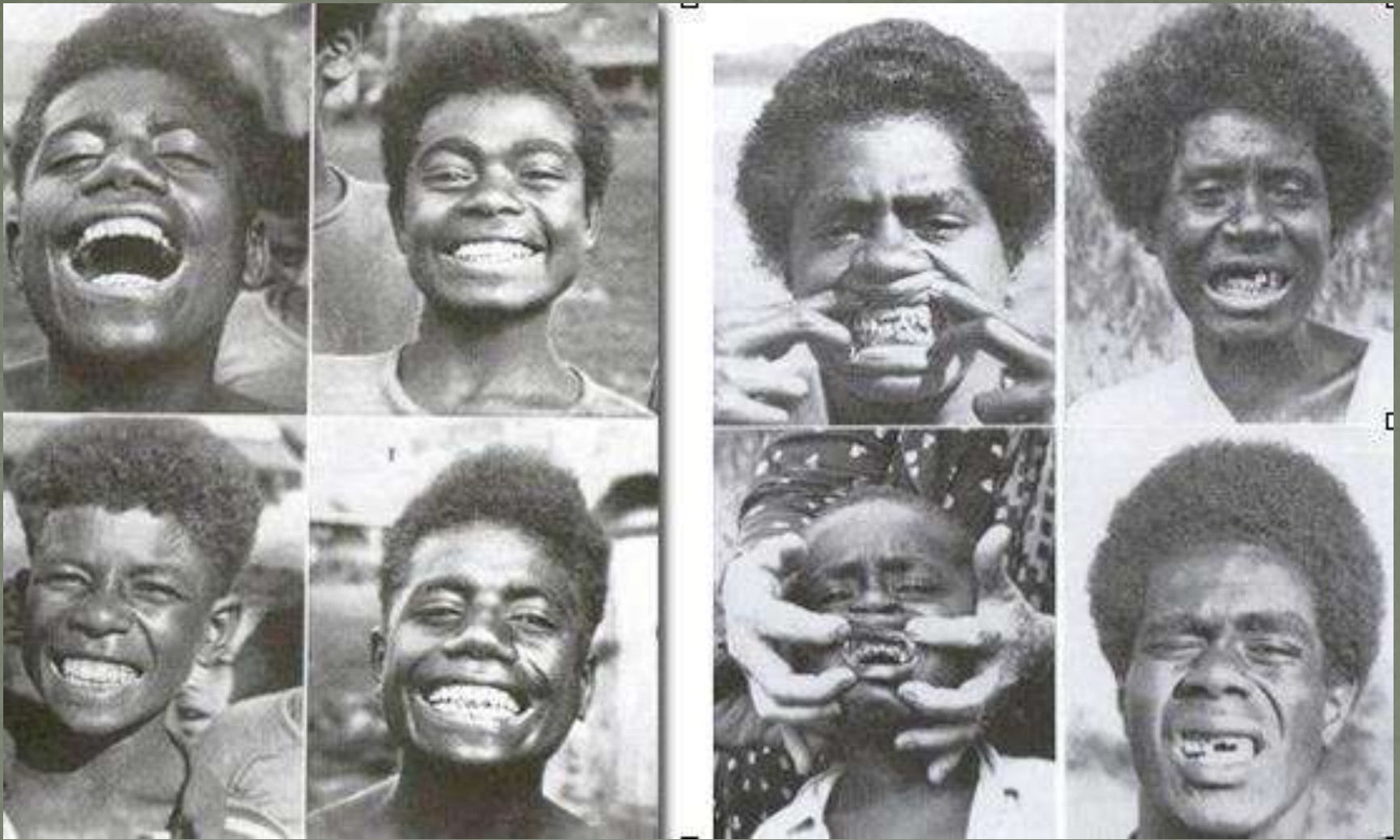
1st generation of children born after adoption of 'store grub'

- Dental arch deformities
- Crooked Teeth
- Changed facial form

**“We have few problems more urgent
or more challenging
than reversing these trends.”**

Weston A. Price, 1933





Loss of ancestral diet: dental health plummeted, with defects in next generation with switch to processed foods

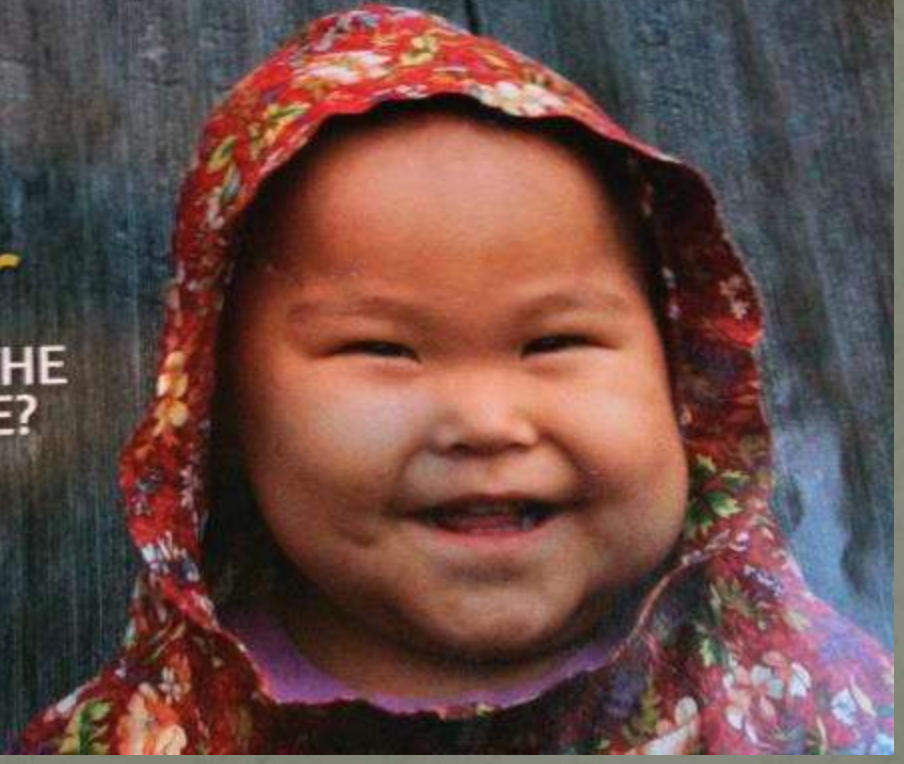
ALASKA SPORTSMAN: THE BEST HUNTING SPOTS

Alaska
INSIDE
SPECIAL SECTION
for Alaskans Only

Alaska

The Store
Outside
Their Door

CAN NATIVES SUSTAIN THE
SUBSISTENCE LIFESTYLE?



RANGER'S



Helping Ourselves to Health: Addressing Factors that Contribute to Obesity Among Alaska Native People

Tim Gilbert, MPH

Desiree Jackson RD, LD

Gary Ferguson BS, ND

This research was supported by the National Research Initiative of the USDA National Institute of Food and Agriculture, grant #2007-55215-17923

- **Dietary patterns and nutritional adequacy among rural Yup'ik women in western Alaska**
 - The majority of women (90-100%) fell below the recommendations for dietary fiber, vitamin D, vitamin E and calcium. More than 50% of women fell below the recommendations for vitamin A and more than one-third were below for zinc, and vitamins C and B-6
 - Store-bought foods, such as juices/pop and coffee, were the most frequently reported food items. Sweetened beverages and pop were the main contributors to energy, carbohydrate and sugar intake
 - Traditional foods provided 34% of protein, 27% of iron, 23% of vitamin A, 21% of zinc, 6% of carbohydrate intake and <5% of total energy intake

Dietary Adequacy among Rural Yup'ik Women in Western Alaska
Sangita Sharma, Erin Mead, Desiree Simeon, Gary Ferguson, and Fariba Kolahdooz

Journal Of The American College Of Nutrition Vol. 34 , Iss. 1,2015



Declines in traditional marine food intake and vitamin D levels from the 1960s to present in young Alaska Native women

Diane M O'Brien ^(a1) ^(a2), Kenneth E Thummel ^(a3), Lisa R Bulkow ^(a4), Zhican Wang ^(a3) ...

DOI: <https://doi.org/10.1017/S1368980016001853> Published online: 28 July 2016

Abstract

To measure the trends in traditional marine food intake and serum vitamin D levels in Alaska Native women of childbearing age (20–29 years old) from the 1960s to the present. We measured a biomarker of traditional food intake, the $\delta^{15}\text{N}$ value, and vitamin D level, as 25-hydroxycholecalciferol (25(OH)D₃) concentration, in 100 serum samples from 20–29-year-old women archived in the Alaska Area Specimen Bank, selecting twenty-five per decade from the 1960s to the 1990s. We compared these with measurements of red-blood-cell $\delta^{15}\text{N}$ values and serum 25(OH)D₃ concentrations from 20–29-year-old women from the same region collected during the 2000s and 2010s in a Center for Alaska Native Health Research study, The Yukon Kuskokwim Delta region of south-west Alaska. Alaska Native women (n 319) aged 20–29 years at the time of specimen collection. Intake of traditional marine foods, as measured by serum $\delta^{15}\text{N}$ values, decreased significantly each decade from the 1960s through the 1990s, then remained constant from the 1990s through the present ($F_{5,326}=77.4$, $P<0.0001$). Serum vitamin D concentrations also decreased from the 1960s to the present ($F_{4,162}=26.1$, $P<0.0001$). Consumption of traditional marine foods by young Alaska Native women dropped significantly between the 1960s and the 1990s and was associated with a significant decline in serum vitamin D concentrations. Studies are needed to evaluate the promotion of traditional marine foods and routine vitamin D supplementation during pregnancy for this population.

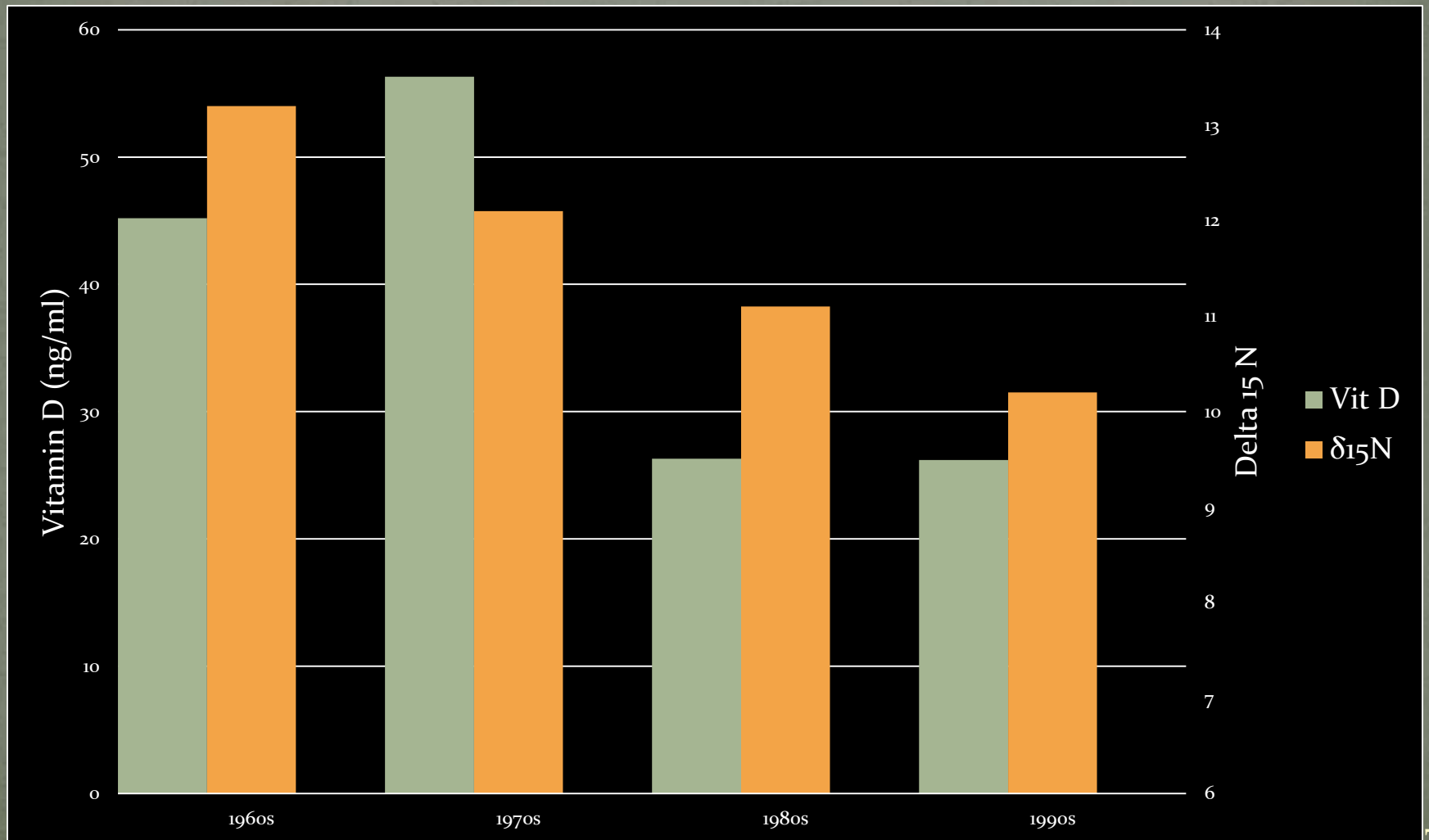
[Export citation](#)[Request permission](#)

Keywords:

[Nutrition transition](#) [Rickets](#)[25-Hydroxycholecalciferol concentration](#) [\$\delta^{15}\text{N}\$ value](#) [Stable isotope ratios](#)[Arctic health](#)[Circumpolar health](#)

O'Brien, D.M., Thummel, K.E., Bulkow, L.R., Wang, Z., Corbin, B., Klejka, J., Hopkins, S.E., Boyer, B.B., Hennessy, T.W. and Singleton, R. (2016) 'Declines in traditional marine food intake and vitamin D levels from the 1960s to present in young Alaska Native women', *Public Health Nutrition*, pp. 1–8. doi: 10.1017/S1368980016001853.

Serum Vitamin D and $\delta^{15}\text{N}$ values, YK Women, 1960s to 1990s



Study Results: Rickets and Vitamin D Deficiency in Alaska Native children

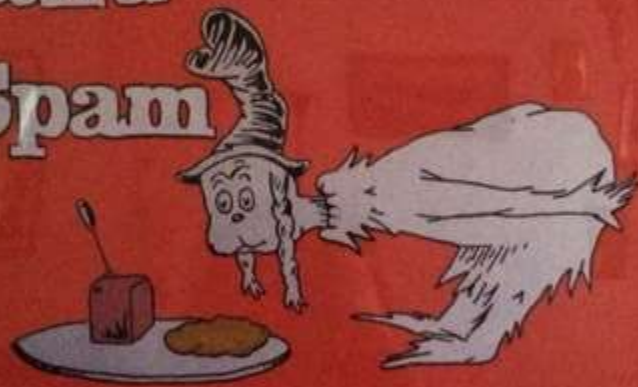
- Rickets inpatient and outpatient visits were more common in Alaska Native children than in the US or other IHS sites
- Rickets diagnosis increased with:
 - Increasing latitude
 - Diagnosis of malnutrition
- Rickets and vitamin D deficiency occurred in both breastfed and formula fed infants
- Rickets and vitamin D deficiency were more common in infants who did not receive vitamin D supplementation.
- Confirms importance of AAP recommended vitamin D supplementation of newborn infants to prevent vitamin D deficiency

Above 37 degrees latitude from Nov.–Feb.:
80-100% decrease in the number of ultraviolet
B photons reaching earth's surface

American Academy of Pediatric guidelines:

Regardless of sunlight and food intake, all breastfed infants/children and those receiving < 1 Liter per day of infant formula receive 400 IU/day of vitamin D supplementation

**Fry
Bread
and
Spam**



By Dr. Sioux

*Dr. Sioux
© 2011*



American
Diabetes
Association

Diabetes Care

[Home](#) | [Current Issue](#) | [Archive](#) | [Contact Us](#) | [Subscribe](#) | [Help](#) | [Ale](#)

Lower Prevalence of Impaired Glucose Tolerance and Diabetes Associated With Daily Seal Oil or Salmon Consumption among Alaska Natives

1. Amanda I Adler, MD, PHD,
2. Edward J Boyko, MD, MPH,
3. Cynthia D Schraer, MD and
4. Neil J Murphy, MD

Researchers identify cause of gastrointestinal disorder affecting Inuit

ANDRÉ PICARD - PUBLIC HEALTH REPORTER
THE GLOBE AND MAIL

Last updated Monday, Dec. 01 2014, 6:48 PM EST



Congenital Sucrase-isomaltase Deficiency (CSID)

<http://www.theglobeandmail.com/news/national/researchers-identify-cause-of-gastrointestinal-disorder-affecting-inuit/article21845977/>

Clues emerging about Arctic gene, diet and health

Yereth Rosen | Alaska Dispatch News | November 29, 2014

 Email  Print

 Like 918

 Tweet 17

 +1 1

  Text Size



Maternal insulin resistance changes pancreas development, increases risk of metabolic disorders in offspring

Date: December 2, 2014

Source: American Physiological Society (APS)

Summary: Changes to a mother's metabolism can lead to increased risk of insulin resistance, obesity and other problems in offspring. "Since insulin resistance alters the metabolic status in the affected individuals, its presence in women during pregnancy has the potential to be detrimental to growth and metabolism in the offspring. Thus, insulin resistance directly impacts pregnant women and also their offspring," researchers note.

Share This

- >  Email to a friend
- >  Facebook
- >  Twitter
- >  LinkedIn
- >  Google+
- >  Print this page

Related Topics

Health & Medicine

- > Diabetes
- > Hypertension
- > Hormone Disorders
- > Pregnancy and Childbirth
- > Diet and Weight Loss
- > Fitness



A growing proportion of women of childbearing age are among the estimated one in three Americans who have insulin resistance -- a metabolic disorder that can be a precursor to a number of health problems, including diabetes, heart disease and cancer. Metabolic changes in the mother during pregnancy have been linked to impaired fetal development and an increased risk of obesity, diabetes and cardiovascular problems as children reach adulthood, but the physiological origins of these changes in children are unknown.

According to researchers from the Joslin Diabetes Center and the Department of Medicine at Harvard Medical School, "Since insulin resistance alters the metabolic status in the affected individuals, its presence in women during pregnancy has the potential to be detrimental to growth and metabolism in the offspring. Thus, insulin resistance directly impacts

Related Articles

- > Diabetes
- > Insulin
- > Diabetes mellitus type 2
- > Low carb diets

“Let foods be your medicine”

-Hippocrates



STORE OUTSIDE YOUR DOOR

HUNT • FISH • GATHER • GROW



Subscribe to us on YouTube!
www.youtube.com/anthestoreoutside



Like us on Facebook!
www.facebook.com/storeoutside





Alaskan Plants as Food and Medicine Past, Present, Future



PRESERVING OUR BOUNTY

5TH ANNUAL ALASKAN PLANTS AS FOOD & MEDICINE SYMPOSIUM

Save the Dates: September 11-13, 2016

Alaskan Plants as Food & Medicine







PLANTS THAT WE EAT



*Nauriat
Nigiñaqtuat*



From the traditional
wisdom of the
Iñupiat Elders of
Northwest Alaska



Anore Jones



ABOUT US

HEALTH SERVICES

SOCIAL SERVICES

TRIBAL GOVERNMENT SERVICES

ADMINISTRATION

CAREERS

CONTACT US



www.manilaq.org

ELECTRONIC ARTICLE

Prenatal and Postnatal Flavor Learning by Human Infants

Julie A. Mennella, PhD, Coren P. Jagnow, MS, Gary K. Beauchamp,
PhD

+ Author Affiliations

ABSTRACT

Background. Flavors from the mother's diet during pregnancy are transmitted to amniotic fluid and swallowed by the fetus. Consequently, the types of food eaten by women during pregnancy and, hence, the flavor principles of their culture may be experienced by the infants before their first exposure to solid foods. Some of these same flavors will later be experienced by infants in breast milk, a liquid that, like amniotic fluid, comprises flavors that directly reflect the foods, spices, and beverages eaten by the mother. The present study tested the hypothesis that experience with a flavor in amniotic fluid or breast milk modifies the infants' acceptance and enjoyment of similarly flavored foods at weaning.

[◀ Previous](#) | [Next Article ▶](#)
[Table of Contents](#)

This Article

PEDIATRICS Vol. 107 No. 6 June 1,
2001
pp. e88
(doi: 10.1542/peds.107.6.e88)

- [▶ Abstract Free](#)
- [Full Text](#)
- [Full Text \(PDF\)](#)

- Article Type

- ELECTRONIC ARTICLE

- Services

- [Email this article to a friend](#)
- [Alert me when this article is cited](#)
- [Alert me if a correction is posted](#)
- [Alert me when eletters are published](#)
- [Similar articles in this journal](#)
- [Similar articles in PubMed](#)
- [Add to My File Cabinet](#)
- [Download to citation manager](#)
- [Request Permissions](#)

Traditional Foods Infant Feeding



Patti Kanayurak and her boy Connor (Barrow, Alaska). Photo used with permission.

Calcium and Vitamin D content of some traditional foods

- Chum Salmon, canned with bone (3 oz)
 - 212mg Calcium
 - 328 IU Vit D
- Sockeye Salmon, canned (3 oz)
 - 197 mg Calcium
 - 715 IU Vit D
- King Salmon, with skin, kippered (3oz)
 - 39mg Calcium
 - 44 IU Vit D
- Beluga Whale Oil
 - 51 IU Vit D
- Seal Flesh (100g)
 - 5mg Calcium
- Seal Oil (100g)
 - 1mg Calcium
 - 30 IU Vit D
- Caribou (3oz)
 - 19mg Calcium

• Nutrient Values of Alaska Native Foods, compiled by Elizabeth D. Nobmann, MPH, RD, Alaska Area Native Health Service, Revised December 11, 1992; October 1993.

Salmon has one of the highest vitamin D contents of any food. Southwest Alaska Native people <30 years eat less salmon than their elders.









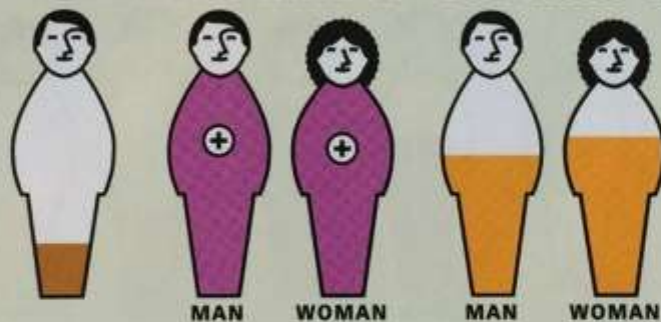


FIREWEED NUTRITION INFORMATION

Fireweed is an excellent source of Vitamins A & C, and a good source of fiber



FIBER VITAMIN A VITAMIN C



HEART FRIENDLY

- Fat free
- Very low in sodium

NUTRITION INFORMATION

Per serving - 1 cup: raw

Calories	24
Protein	2 g
Carbohydrate	3 g
Fat	0
Calories from fat	0 %
Saturated fat	NT*
Dietary Fiber	3 g
Cholesterol	NT*
Sodium	28 mg
Vitamin A	3146 IU
Vitamin C	55 mg
Iron	1 mg

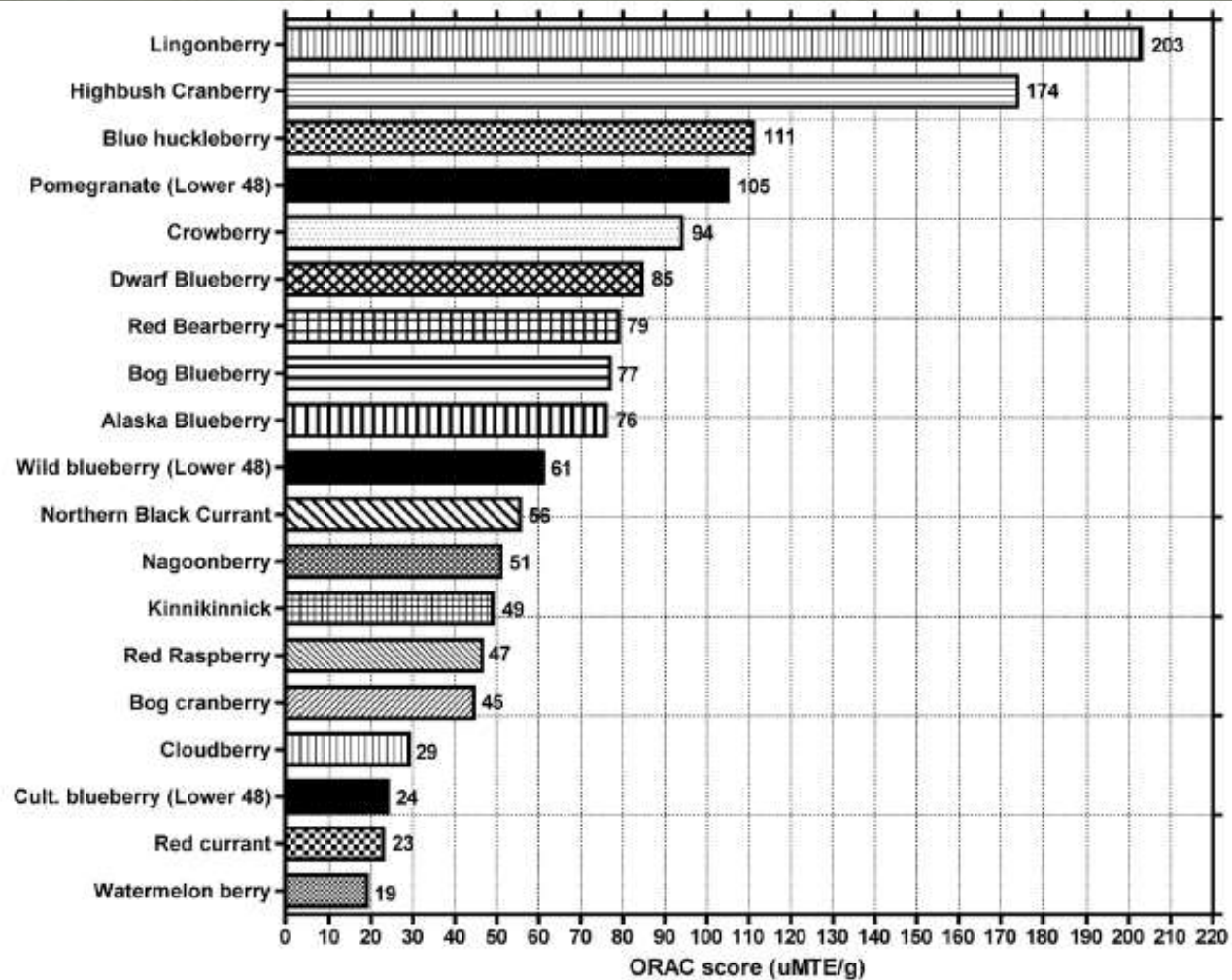
*Not Tested







Comparison of berries





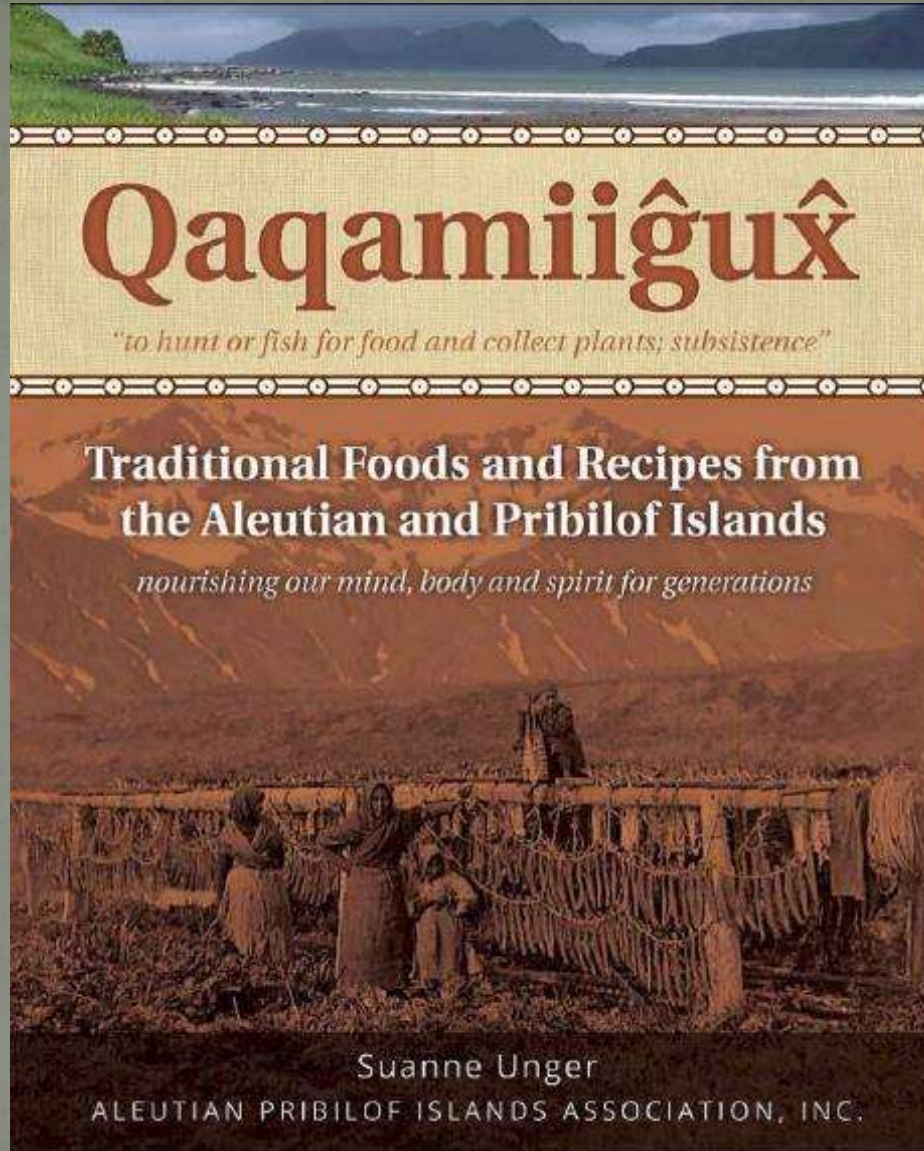
PART IV

TRADITIONAL FOODS IN NATIVE AMERICA

A compendium of traditional foods stories
from American Indian and Alaska Native communities



<https://www.cdc.gov/diabetes/ndwp/pdf/part-iv---traditional-foods-in-native-america.pdf>



Qaqamiigu

"to hunt or fish for food and collect plants; subsistence"

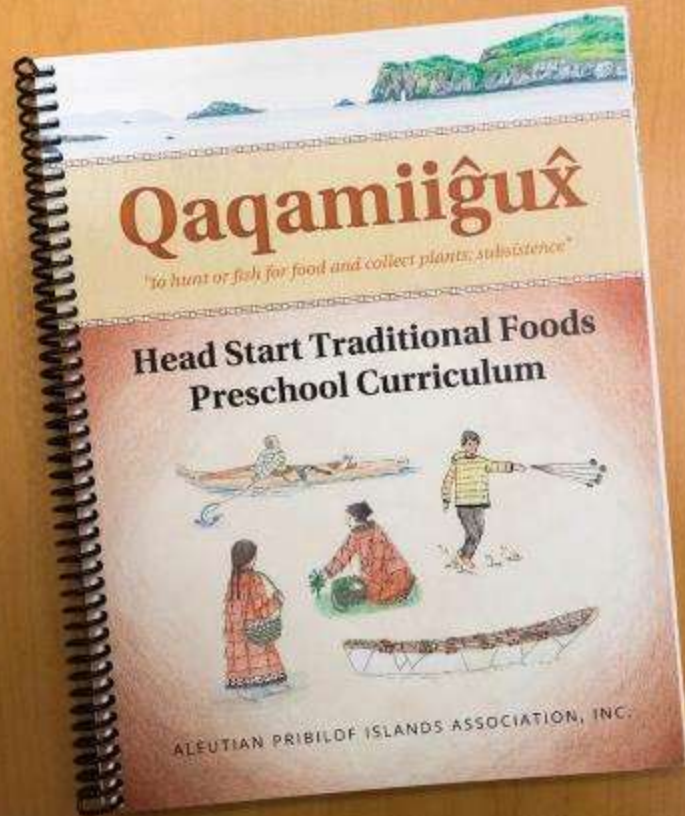
Traditional Foods and Recipes from the Aleutian and Pribilof Islands

nourishing our mind, body and spirit for generations

Suane Unger

ALEUTIAN PRIBILOF ISLANDS ASSOCIATION, INC.

<http://www.apiai.org/product/traditional-foods-recipes/>



The Head Start Traditional Foods Preschool Curriculum, prepared by the Aleutian Pribilof Islands Association, is being used starting this month in communities in the Unangax region from Sand Point to St. Paul. (Loren Holmes / Alaska Dispatch News)



Igiugig residents take on 6-week traditional food challenge as a health experiment

Every month in 2017 they have taken their weight, blood pressure, blood sugar and heart rate. They will compare the results from before and after the challenge.

ADN.COM



Live Science > Health

Yes, Your Diet Can Raise (or Lower) Your Risk of Colon Cancer

By Sara G. Miller, Staff Writer | April 5, 2017 03:25pm ET

f 928

t 31



MORE ▾

Health without the hype:
Subscribe now to stay in the know.

Subscribe to
LiveScience >





HHS Public Access

Author manuscript

Nat Commun. Author manuscript; available in PMC 2015 October 28.

Published in final edited form as:

Nat Commun. ; 6: 6342. doi:10.1038/ncomms7342.

Fat, Fiber and Cancer Risk in African Americans and Rural Africans

Stephen J.D. O'Keefe¹, Jia V. Li⁵, Leo Lahti⁶, Junhai Ou¹, Franck Carbonero⁷, Khaled Mohammed¹, Joram M Posma⁵, James Kinross⁵, Elaine Wahl¹, Elizabeth Ruder⁴, Kishore Vippera¹, Vasudevan Naidoo⁸, Lungile Mtshali⁸, Sebastian Tims⁶, Philippe G.B. Puylaert⁶, James DeLany³, Alyssa Krasinskas², Ann C. Benefiel⁷, Hatem O. Kaseb¹, Keith Newton⁸, Jeremy K. Nicholson⁵, Willem M. de Vos⁶, H. Rex Gaskins⁷, and Erwin G. Zoetendal⁶

¹Department of Medicine, Divisions of Gastroenterology, University of Pittsburgh, PA, USA

²Pathology, University of Pittsburgh, PA, USA ³Endocrinology, University of Pittsburgh, PA, USA

⁴Sports Medicine and Nutrition, School of Health and Rehabilitation Sciences, University of Pittsburgh, PA, USA ⁵Department of Surgery and Cancer, Imperial College London, UK

⁶Laboratory of Microbiology, Wageningen University, The Netherlands ⁷(LL and WMdV also affiliated with Department of Veterinary Bioscience, University of Helsinki, Finland; WMdV also with the Department of Bacteriology and Immunology, University of Helsinki, Finland); University of Illinois at Urbana-Champaign, USA ⁸University of KwaZulu-Natal, Durban, South Africa



NATIVE VOICES



EXHIBITION

INTERVIEWS

TIMELINE

RESOURCES

VISIT

Search...



Timeline / Renewing Native Ways / 1991: Waianae Diet promotes Native Hawaiian culture, well-being



Gathering taro and taro leaves in the Waipo Valley on the Big Island, Hawaii. Taro is a staple of the traditional Hawaiian diet.

Courtesy Karen Kasmauski/Science Faction/Corbis

1991: Waianae Diet promotes Native Hawaiian culture, well-being

The Waianae Diet is based on the traditional Hawaiian diet, which is high in complex carbohydrates and fiber and low in fat. A study published in the *American Journal of Clinical Nutrition* in 1991 involves 19 Native Hawaiians, who had an average weight loss of 17 pounds after three weeks on the diet. Other benefits noted in the study include decreases in cholesterol and blood sugar after using Native Hawaiian foods and ancient Hawaiian cooking methods. Participants are taught by Native Hawaiian healers about practices that promote well-being.

The principle foods in the diet are taro, poi, sweet potatoes, yams, breadfruit, greens, seaweed, fruit, and small amounts of fish cooked using ancient cooking methods. Cooking includes steaming, though most foods are served raw. A major motivation for people who use this diet is the revival of Native Hawaiian culture.



Emi-no-Mise's choju-zen (longevity dish) | STEPHEN MANSFIELD

LIFESTYLE

Food for thought: A traditional Okinawan diet may help prolong life

BY STEPHEN MANSFIELD

SPECIAL TO THE JAPAN TIMES

Decolonizing Healthcare



Inuvialuit elders with Robert W. Bandringa

Inuvialuit *Nautchiangit*

relationships between people and plants













**Artemisia Annua, Artemisinin & 2015 Nobel Prize in
Medicine – Cancer Treatments: from Research to
Application**

CANCERTREATMENTSRESEARCH.COM

Original article

Antiviral activities of aerial subsets of *Artemisia* species against Herpes Simplex virus type 1 (HSV1) *in vitro*

Mehrangiz Khajeh Karamoddini^a, Seyed Ahmad Emami^b, Masoud Sabouri Ghannad^c, Esmaeel Alizadeh Sanj^b, Amirhossein Sahebkar^d

^aDepartment of Microbiology, Qhaem Medical Center, ^bDepartment of Pharmacognosy, School of Pharmacy, Mashhad University of Medical Sciences, Mashhad 91775-1365; ^cDepartment of Microbiology, Faculty of Medicine, Hamadan University of Medical Sciences, Hamadan 65178-3-8736; ^dBiotechnology Research Center and School of Pharmacy, Mashhad University of Medical Sciences, Mashhad 91775-1365, Iran



JN THE JOURNAL OF NUTRITION

[Search](#) [Submit Manuscript](#) [Subscribe](#) [All Articles](#) [Published Version](#)

J Nutr. 2010 Oct; 140(10): 1764-1768.

PMCID: PMC3139238

Published online 2010 Aug 19. doi: [10.3945/jn.110.125336](https://doi.org/10.3945/jn.110.125336)

PMID: [20724407](https://pubmed.ncbi.nlm.nih.gov/20724407/)

Bioactives in Blueberries Improve Insulin Sensitivity in Obese, Insulin-Resistant Men and Women^{1,2,3,4}

April J. Stull, Katherine C. Cash, William D. Johnson, Catherine M. Champagne, and William T. Cefalu

[Author information](#) ▶ [Article notes](#) ▶ [Copyright and License information](#) ▶ [Disclaimer](#)

This article has been [cited by](#) other articles in PMC.

This article has been [cited by](#) systematic reviews in PubMed.

Abstract

Go to: 

Dietary supplementation with whole blueberries in a preclinical study resulted in a reduction in glucose concentrations over time. We sought to evaluate the effect of daily dietary supplementation with bioactives from blueberries on whole-body insulin sensitivity in men and women. A double-blinded, randomized, and placebo-controlled clinical study design was used. After screening to resolve study eligibility, baseline (wk 0) insulin sensitivity was measured on 32 obese, nondiabetic, and insulin-resistant subjects using a high-dose hyperinsulinemic-euglycemic clamp (insulin infusion of $120 \text{ mU}(861 \text{ pmol}) \cdot \text{m}^{-2} \cdot \text{min}^{-1}$). Serum inflammatory biomarkers and adiposity were measured at baseline. At the end of the

Formats:

[Article](#) | [PubReader](#) | [ePub \(beta\)](#) | [PDF \(494K\)](#)
| [Citation](#)

Share

 Facebook  Twitter  Google+

Save Items

★ Add to Favorites

Similar articles in PubMed

Blueberries improve endothelial function, but not blood pressure, in adults with metab [Nutrients. 2015]

Blueberry supplementation attenuates oxidative stress within monocytes and mod [Food Funct. 2017]

Blueberry intake alters skeletal muscle and adipose tissue peroxisome proliferator-act [J Med Food. 2011]

Blueberries' Impact on Insulin Resistance and Glucose Intolerance. [Antioxidants (Basel). 2016]

Bioactive Compounds of Blueberries: Post-Harvest Factors Influencing the Nutritiona [Int J Mol Sci. 2015]

[See reviews...](#)

[See all...](#)

Cited by other articles in PMC













Ulva lactuca (UL)
Sea lettuce



Saccharina latissima (SL)
Sugar wrack



Saccharina groenlandica (SG)
Kelp



Alaskan Seaweed



Pyropia fallax (PF)
False laver



Alaria marginata (AM)
Winged kelp



Fucus distichus (FD)
Bladderwrack



Kelp/Seaweed- a rich source of minerals

Antioxidant activity

- Oxidative damage related to a number of chronic diseases
 - Obesity
 - Diabetes
 - Arthritis
 - Cardiovascular disease
- Preventing oxidants can slow or reverse damage to tissue
- Treat macrophage cells to determine effects on blocking oxidants

Most active species:

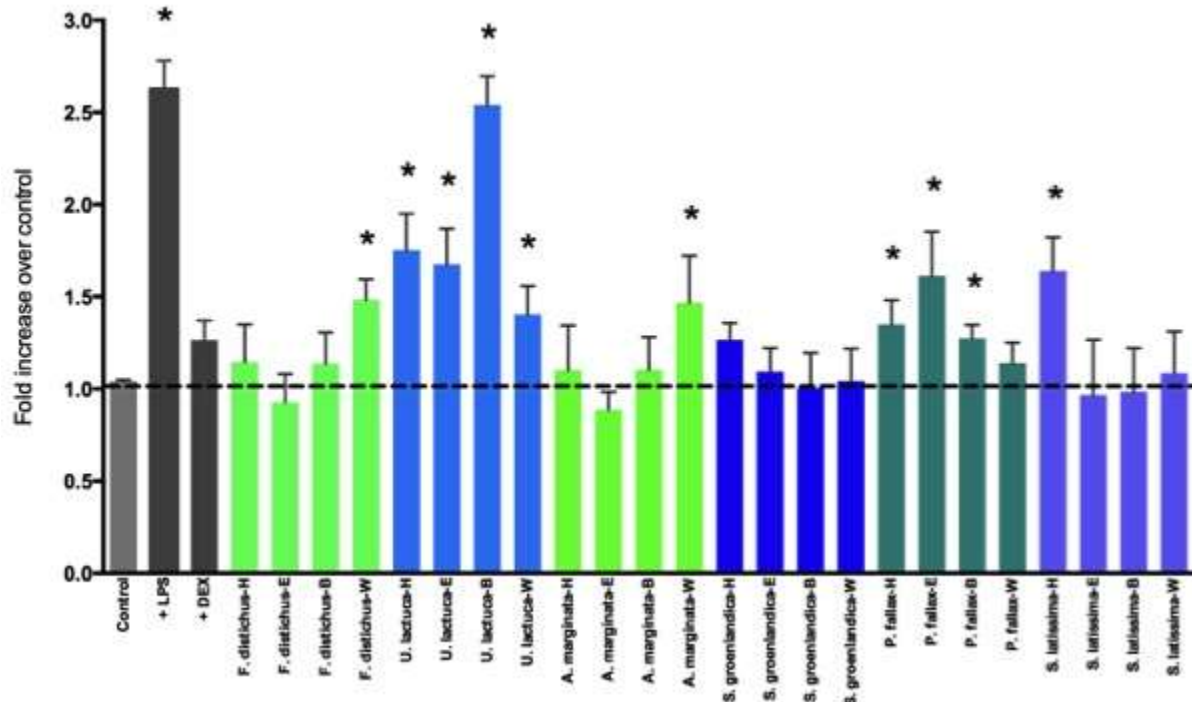
Brown kelps:

F. distichus – bladder wrack

A. Marginata – ribbon kelp

S. groenlandica – kelp

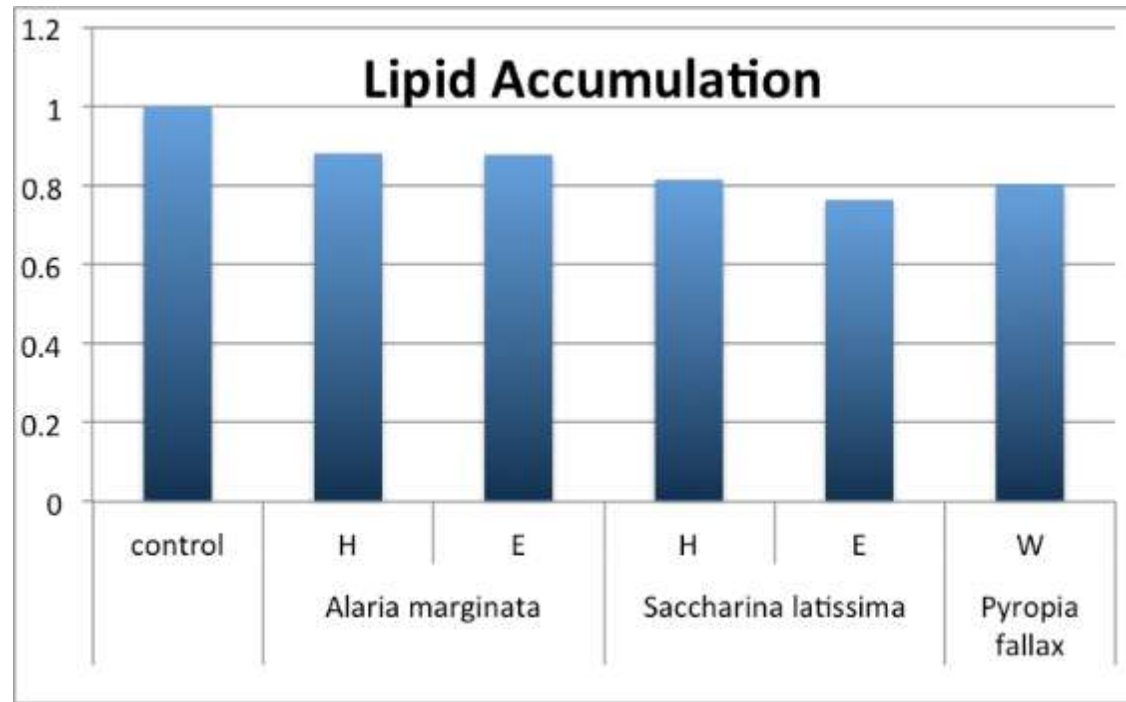
S. Latissima – sugar wrack



Decrease in lipid accumulation

- Fat cells synthesize and accumulate lipids from the bloodstream
 - Grow larger to accommodate all the lipids, leading to obesity
- High accumulation levels also increases inflammation, can lead to diabetes
- Lower levels can help lower obesity risk
 - Decrease lipids circulating in bloodstream
 - Lower inflammation and insulin resistance

Fractions from *A. marginata* (ribbon kelp) and *S. latissima* (sugar wrack) and *P. fallax* (false laver) all decreased fat accumulation in cells by as much as 24%





NCI-funded research delivers a breakthrough discovery with paclitaxel (Taxol), a cancer drug from the bark of the Pacific yew tree that expands treatment options for patients with breast and ovarian cancers.

[Home](#) > [Research](#) > [Progress](#) > [Stories of Discovery](#)

SECTION MENU 

A Story of Discovery: Natural Compound Helps Treat Breast and Ovarian Cancers



Key Points

- National Cancer Institute (NCI)-funded researchers unlocked the Pacific yew tree's potential to treat cancer and developed the lifesaving compound paclitaxel (Taxol).
- Taxol, an [antimitotic agent](#) used to treat cancer, blocks cancer cell growth by stopping cell division, resulting in cell death.
- An NCI-funded clinical trial found that 30 percent of patients with advanced ovarian cancer responded positively to Taxol treatment.
- Today, Taxol is on the [World Health Organization's Model List of Essential Medicines](#)  as a [cytotoxic drug](#) that kills cancer cells. It is used to treat [breast cancer](#), [ovarian cancer](#), [non-small cell lung cancer](#), [pancreatic cancer](#), and [AIDS-related Kaposi sarcoma](#).

Pathway to Discovery



AMERICAN
BOTANICAL
COUNCIL

NOW IN OUR
30th
YR

Advanced Search

JOIN

DONATE

**NEW TO
ABC?**

RESOURCES

How to Use ABC Site
ABC Clinical Guide
Adulterants Program
Commission E
Expanded E

AMERICAN BOTANICAL COUNCIL

Your source for reliable herbal medicine information

[News](#) | [Herbal Library](#) | [Programs & Services](#) | [Support](#) | [Related Links](#)



The Commission E Monographs

How to Use ABC's Commission E Page


Above is a video tutorial on how to use ABC's Commission E page. To begin, click on the start button . To expand the video, click the fullscreen icon at the lower right of the frame. Please note that when you expand the video to fullscreen, it may take a moment for the resolution to become clear.

Browse Monographs

Please choose a category below:

- [Approved Herbs](#)
- [Approved Component Characteristics](#)
- [Approved Fixed Combinations](#)
- [Unapproved Herbs](#)
- [Unapproved Component Characteristics](#)

EXPANDED FOURTH EDITION



Herbal
CONTRAINDICATIONS
and *Drug*
INTERACTIONS
plus HERBAL ADJUNCTS
WITH MEDICINES

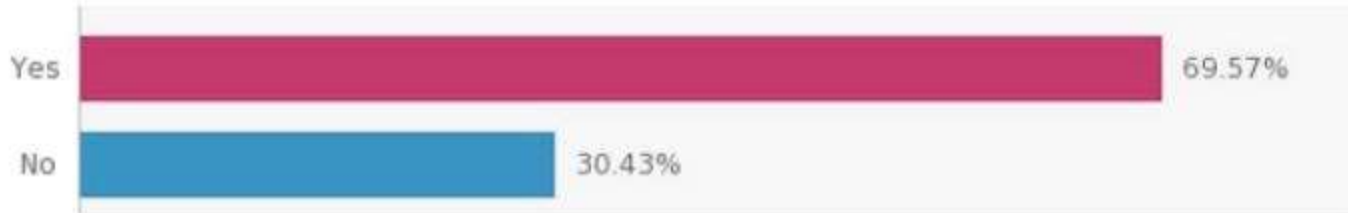
New Appendix: Herbs As Complementary Adjuncts With Medicines
Additional Extensive Appendices Address Common Conditions, Medications
and Nutritional Supplements, and Influences On Phase I, II & III Metabolism

FRANCIS BRINKER, N.D.

FROM TRADITIONAL HEALING ONWARD: HONORING OUR INDIGENOUS ROOTS
LIVE POLL

Q. Did you grow up using local/traditional medicines at home?

Top Response Options

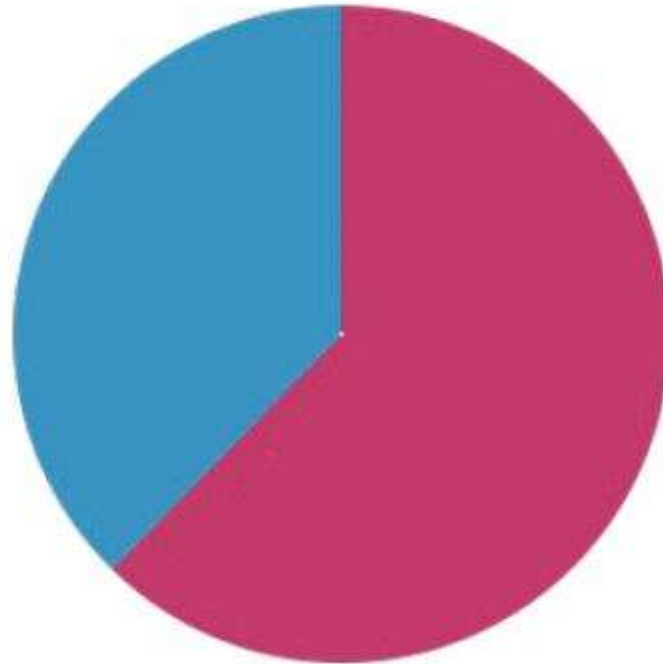


Answer Options	Responses	Percentage
Yes	48	69.57%
No	21	30.43%
Total	69	100.00%

FROM TRADITIONAL HEALING ONWARD: HONORING OUR INDIGENOUS ROOTS
LIVE POLL

Q. Do you, or your family, currently use local/traditional medicines at home?

Top Response Options



Yes
43 responses
62.32%

FROM TRADITIONAL HEALING ONWARD: HONORING OUR INDIGENOUS ROOTS
LIVE POLL

Q. If there was a specialty certificate for CHA/Ps in Traditional Healing/Integrative Medicine, would you be interested in taking a series of courses?

Top Response Options



Answer Options	Responses	Percentage
Yes	69	100.00%
No	0	0.00%
Total	69	100.00%

The graphic features a teal globe with a white arrow pointing right, overlaid on a dark teal background. The text is centered over the globe and arrow. The background of the entire image is a textured, light brown paper.

**WHO Traditional
Medicine Strategy**

2014-2023

The *WHO Traditional Medicine (TM) Strategy 2014–2023* was developed in response to the World Health Assembly resolution on traditional medicine (WHA62.13) (1). The goals of the strategy are to support Member States in:

- harnessing the potential contribution of TM to health, wellness and people-centred health care;
- promoting the safe and effective use of TM by regulating, researching and integrating TM products, practitioners and practice into health systems, where appropriate.

Culture is Medicine













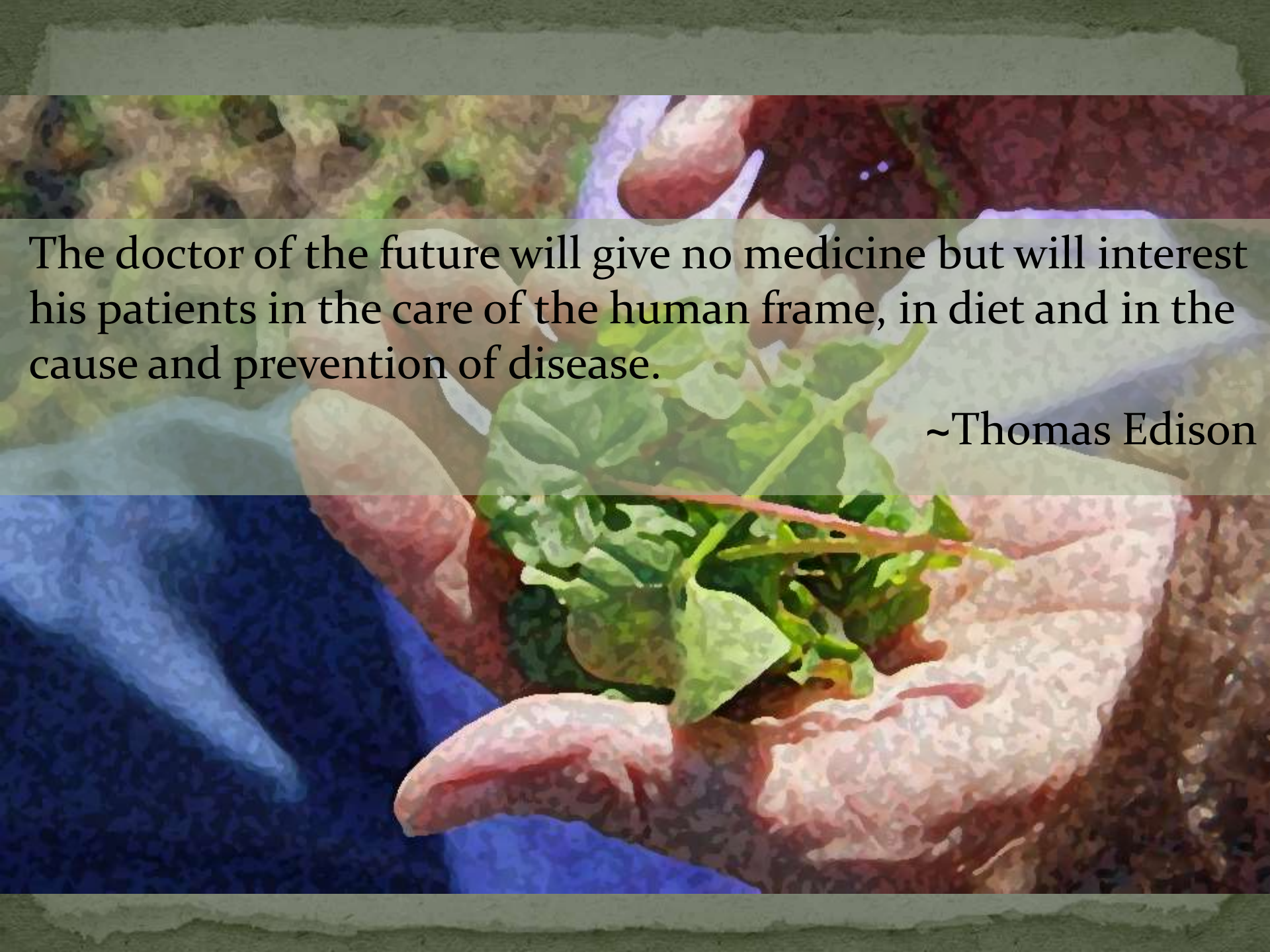






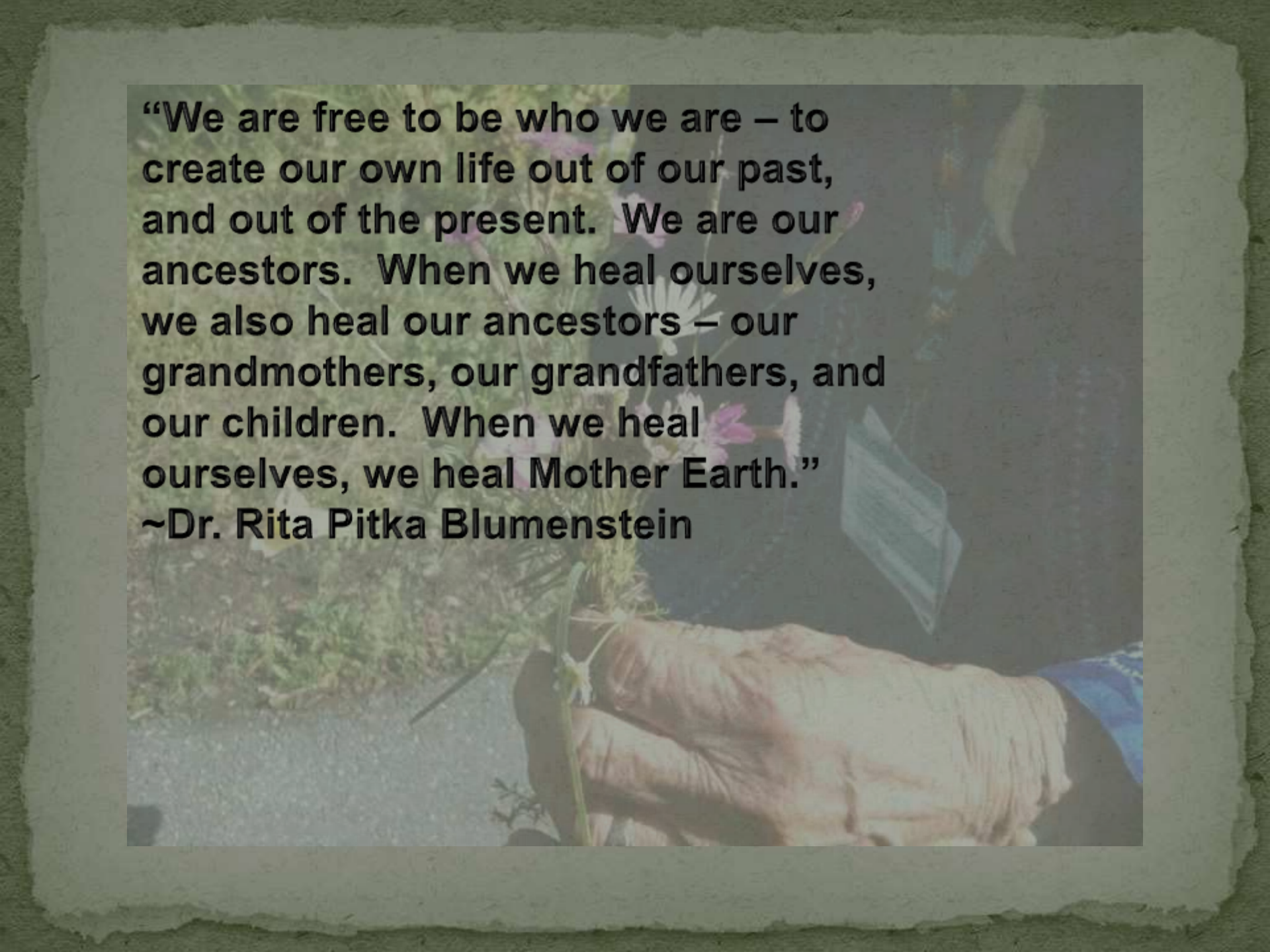


Kingujium
Tansyaa
2013
sable

A close-up photograph of a hand holding a bunch of fresh green leafy vegetables, possibly spinach or kale, against a background of a blue and white patterned cloth. The image is framed by a dark green border.

The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.

~Thomas Edison

A photograph of a person's hands, wrapped in white cloth, holding a bouquet of flowers. The background is a blurred outdoor setting with green grass and a blue sky. The text is overlaid on the left side of the image.

“We are free to be who we are – to create our own life out of our past, and out of the present. We are our ancestors. When we heal ourselves, we also heal our ancestors – our grandmothers, our grandfathers, and our children. When we heal ourselves, we heal Mother Earth.”

~Dr. Rita Pitka Blumenstein

