

Hot Topics:

Traditional Healing

What is traditional healing?

Traditional healing practices—healing touch, talking circles, song, dance, prayer, counseling, foods and plants—come from our ancestors. They realized that we are all part of nature and it is important to take care of the mind, body and spirit.⁽¹⁾

We need to keep our tradition strong!

Traditional healing respects the land and all of her offerings...

A diet focused on traditional Alaska Native foods may be associated with better cardiovascular health.⁽⁵⁾

Seal oil and salmon, when eaten at least five times per week, can be linked to a lower risk in diabetes-related health issues and prostate cancer.^(2,3,4)





Why is traditional healing important?

It can help keep you healthy. And when you have a physical, mental, or spiritual ailment, it can help you to heal.

Where can I receive traditional healing?

Ask your health care provider where you can find more information on traditional healing in your area.

The Alaska Native Medical Center has a Traditional Healing Clinic on the campus which offers traditional healing practices side-by-side with Western medicine.

For more information, call (907) 729-4955 or 1-800-478-3343. Visit Southcentral Foundation's website at <http://www.scf.cc/services/traditionalHealing.ak>.

Sources:

- ⁽¹⁾ First Nations Health Council. Traditional Models of Wellness Report 2010. <http://www.fnhc.ca/index.php/initiatives/community-health/traditional-medicine>. Accessed 10/07/2010.
- ⁽²⁾ Adler AI, Boyko EJ, Schraer CD, Murphy NJ. 1994. Lower prevalence of impaired glucose tolerance and diabetes associated with daily seal oil or salmon consumption among Alaska Natives. *Diabetes Care*. 1994;17(12):1498-1501.
- ⁽³⁾ Johnson JS, Nobmann ED, Asay E, Lanier AP. Dietary intake of Alaska native people in two regions and implications for health: the Alaska native dietary and subsistence food assessment project. *Int J of Circumpolar Health* 2009;68(2):109-122.
- ⁽⁴⁾ Dewailly E, et al. Inuit are protected against prostate cancer. *Cancer Epidemiol, Biomarkers & Prev*. 2003;12:926-927.
- ⁽⁵⁾ Nobmann ED, et al. Dietary intakes vary with age among Eskimo adults of Northwest Alaska in the GOCADAN study, 2000-2003. *J Nutr*. 2005;135:856-862.

