

Wellbeing Waterloo Region

Wellbeing Waterloo Region has made a commitment to develop meaningful relationships and work toward reconciliation with local Indigenous communities. In turn, Wellbeing Waterloo Region is developing resources and tools to support education with our community partners to support the full inclusion of Indigenous people. Indigenous people in the region are not from a single location or territory; they are a larger community that includes members from the First Nations, Métis and Inuit heritage and cultural teachings may vary from Nation to Nation. Please seek input of a community Elder if you have further questions.

Traditional Medicines

There are many traditional medicines used in Indigenous cultures and they may vary from Nation to Nation. Traditional medicine can integrate mental, physical, spiritual and emotional well being.

Tobacco – Wild tobacco, sacred tobacco, or *Nicotiana rustica* is an ancient medicine that has been widely grown by First Peoples throughout North America for many centuries. Some believe it is the first plant that Creator brought to the Native People. Many traditional people believe that tobacco is always first to be offered. It opens a space for communication.

Sage – is often used to release and cleanse physical spaces or for the mind and body.

Cedar – is used for protection, purification and restorative purposes.

Sweetgrass – the sacred hair of Mother Earth. It reminds us to be kind and gentle and has calming effects.

Traditional Medicines including tobacco, sweetgrass and sage are grown at the Ken Seiling Waterloo Region Museum in Kitchener.

For further information please consider reviewing the following documents:

<http://www.trc.ca/>, WWR Smudging Resource, WWR Land Acknowledgements, WWR Museum Indigenous Medicines and <http://www.aht.ca/images/stories/TEACHINGS/FourSacredMedicines.pdf>