



Traditional Food Practices for Native American Elder Care

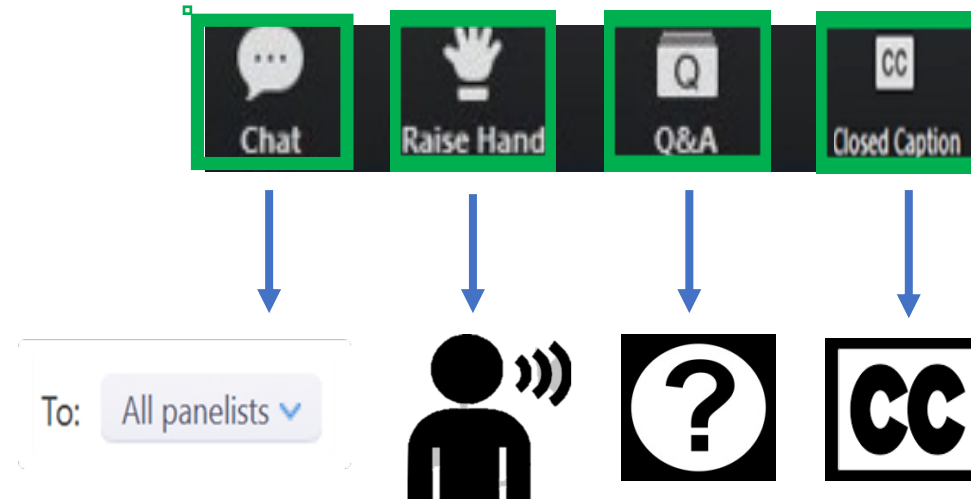
December 15, 2021

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Enjoy the session!





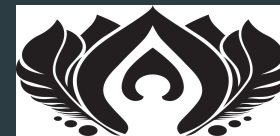
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Traditional Food Practices for Native American Elder Care



Presented By



DONELL BARLOW
HEALTH & WELLNESS COACH

Fry Bread

White flour, oil, powdered milk, and lard

The key elements of a recipe that became
a symbol of colonization

Ingredients chosen strategically to weaken

Indigenous populations for generations to come

Embraced by what was available at the time
with little resources to depend on

While being appealing and hearty this food of
oppression comes at a cost

Having the highest diabetes in the Nation

Perpetuating the genocide of more Indigenous
relatives

-Donell Barlow

Eating Like Our Ancestors



Benefits of Indigenous Diets

- ▶ Indigenous diets had 10 times more fat-soluble vitamins A and D, which support proper absorption of other vital nutrients
- ▶ Eating in season and in harmony with Mother Nature
- ▶ Low/no sugar; no processed food
- ▶ Utilizing every part of the animal
- ▶ Growing, foraging, and preparing traditional foods (relationships) with intention
- ▶ Utilizing plant medicine as preventive medicine



Prevalence of Chronic Disease in Indian Country and U.S. Population

American and Alaskan Native Elders Age 55 and Older

- ▶ Diabetes: 54%
- ▶ Arthritis: 47%
- ▶ High blood pressure: 59%
- ▶ 88% of Native American elder men are diagnosed with at least 1 chronic disease
- ▶ 91% of Native American elder women are diagnosed with at least 1 chronic disease

U.S. Population Age 65 and Older

- ▶ Diabetes: 27%
- ▶ Arthritis: 31%
- ▶ High blood pressure: 58%
- ▶ 80% suffer from at least 1 chronic disease

Your Overall
HEALTH Is
IMPACTED
BY Your
GUT Health



pH CHART

<p>Consume Freely Raw is Best</p> <p>Alkaline pH</p> <p>Most foods get more acidic when cooked</p>	<p>10</p> <p>High Alkaline Ionized Water</p> <p>Raw Spinach Brussel Sprouts Cauliflower Alfalfa Grass Seaweeds</p> <p>Raw Broccoli Red Cabbage Carrots Cucumbers Asparagus</p> <p>Artichokes Raw Celiery Potato Skins Collards Lemons & Limes</p>
	<p>9.0</p> <p>Olive Oil Raw Zucchini Sprouted Grains Raw Green Beans Mangoes Tangerines Grapes</p> <p>Most Lettuce Sweet Potato Raw Eggplant Blueberries Papayas Melons</p> <p>Sorage Oil Raw Peas Alfalfa Sprouts Pears Figs & Dates Kiwi</p>
	<p>8.0</p> <p>Apples Tomatoes Turnip Bell Peppers Pineapple Wild Rice Canteloupe Oranges</p> <p>Almonds Fresh Corn Olives Radish Cherries Strawberries Honeydew Grapefruit</p> <p>Avocados Mushrooms Soybeans Rhubarb Millet Apricots Peaches Bananas</p>
<p>Neutral pH</p> <p>Optimum pH for HUMAN BLOOD</p> <p>It takes 20 parts of ALKALINITY to neutralize 1 part ACIDITY in the body</p> <p>Acidic pH</p> <p>Consume sparingly or never</p>	<p>7.0</p> <p>Most Tap Water</p> <p>Municipalities adjust tap water to be +/- 7.0 Optimum pH for HUMAN BLOOD is 7.365</p> <p>Butter, fresh, unsalt Cream, fresh, raw Milk, raw cow's Margarine Oils, except Olive</p>
	<p>6.0</p> <p>Milk, Yogurt Most Grains Eggs Kidney Beans Processed Juices Brown Rice Sprouted Wheat Bread Oysters</p> <p>Fruit Juices Soy Milk, Goat's Milk Fish Lima Beans Rye Bread Cocoa Oats Cold Water Fish</p> <p>Cooked Spinach Coconut Tea Plums Spelt Rice & Almond Mill Liver Salmon, Tuna</p>
	<p>5.0</p> <p>Cooked Beans Sugar Potatoes w/o Skins Garbanzos Butter, salted Wheat Bran</p> <p>Chicken & Turkey Canned Fruit Pinto Beans Lentils Rice Cakes Rhubarb</p> <p>Beer White Rice Navy Beans Black Beans Cooked Corn Molasses</p>
	<p>4.0</p> <p>Reverse Osmosis Water Coffee Pistachios Cranberries Wheat Popcorn</p> <p>Distilled & Purified Water White Bread Beef Prunes Most Nuts Peanuts</p> <p>Most Bottled Water & Sports Drinks Blackberries Sweetened Fruit Juices Tomato Sauce</p>
	<p>3.0</p> <p>Lamb Shellfish Goat Cheese Pasta Worry Tobacco Smoke Sweet 'N Low NutraSweet</p> <p>Pork Pastries Soda Pickles Lack of Sleep Chocolate Equal Processed Food</p> <p>Wine Cheese Black Tea Stress Overwork Vinegar Aspartame Microwaved Foods</p>
<p>2.3</p> <p>Colas! (Off the Chart)</p>	



Health Benefits of **BONE BROTH**

- Heals a leaky gut
- Helps your liver detox
- Reduces inflammation
- Helps joint and muscle pain
- Fights infections
- Increases mineral consumption
- Helps digestion
- Smooths skin
- Helps repair and grow bones
- Promotes good sleep

Elderberries



Hawthorn Berries



Lamb's Quarters



Stinging Nettles



Horsetail

- ▶ Promotes wound healing and nail health
- ▶ Improves joint diseases
- ▶ Treats edema
- ▶ Strengthens bones
- ▶ Treats urinary tract infections
- ▶ Supports respiratory function



Purslane

- ▶ Stimulates blood circulation in the body
- ▶ Helps prevent macular degeneration and cataracts
- ▶ Helps prevent heart attacks and strokes
- ▶ Lowers bad cholesterol levels
- ▶ Protects bones against osteoporosis
- ▶ Contains vitamin C, vitamin A, magnesium, and potassium



St. John's Wort



Dandelion Tea Recipes



Health Benefits

- Extremely Healthy
- Natural Diuretic
- Lowers Blood Pressure
- Contains Insulin & Levulin
- Reduces Blood Sugar
- Reduces Choline
- Stimulates the Liver
- Rich in Vitamin C, K, B2, A

Dandelion Flower Tea

- 8 Dandelion Flowers
- 12 oz. Boiling Water
- Honey (for taste)

Pour boiling water over flowers
Let Steep for 5 minutes
Add honey

Dandelion Root Tea

- 1 tbsp. Roasted Dandelion Root
- ½ tsp. Minced, Fresh Ginger
- 1 Cardamom Seed
- 12 oz. Water
- Honey

Combine all the ingredients
Bring to a boil
Boil for 5-10 minutes
Strain
Add honey

Dandelion & Lime Tea

- 1 quart Dandelion Flowers
- 3 quarts Cold Water
- 1 cup Hot Water
- Juice of 3-4 Limes
- 2-3 tbsp. Sweetner (your choice)

Rinse flowers with cold water
Mix sweetner & warm water
Add lime juice
Add cool water
Stir well
Add dandelion flowers
Mix well
Refrigerate for at least 3-4 hrs
Strain out the flowers

*Make use of those flowers that
pop up in your yard and enjoy
these Dandelion Tea Recipes*

medicinalplantszone.com

theherbgardener.blogspot.com/2009/06/dandelion-tea-recipes.html
wellnessmama.com/4505/iced-lime-dandelion-tea/

Camas



Sunchokes



20 WILD PLANTS YOU CAN EAT IN THE WILDERNESS

1. ASPARAGUS



THE WILD VARIETY OF ASPARAGUS IS THINNER THAN ITS GARDEN AVAILABLE COUNTERPART & IT TENDS TO GROW ON DAMP SOIL WITH DIRECT SUNLIGHT.

2. LAMBSQUARTERS



THE LAMBSQUARTERS ARE RICH IN VITAMIN A, VITAMIN C, CALCIUM, IRON AND PROTEIN.

3. BURDOCK



THE BURDOCK IS CONSIST OF BIG LEAVES & PURPLISH FLOWER HEADS THAT ARE THRU-LINE IN NATURE.

4. CHICORY



THE CHICORY IS A BUSHY PLANT THAT HAS SMALL LAMINAER, WHITE & BLUE FLOWERS.

5. RED CLOVER



THE RED CLOVER CONSISTS OF TRIFOLIOL LEAVES & RED, ROUNDED FLOWER HEADS.

6. WILD GINGER



THE WILD GINGER IS USED TODAY AS A SPICE SUBSTITUTE & ITS ROOTSTOCKS CAN BE TRANSFORMED INTO WILD GINGER CANDY WHEN ITS BOILED DOWN IN RICH SWEET SYRUP.

7. DANDELION



THE DANDELION IS ENTIRELY EDIBLE FROM ITS ROOTS TO ITS LEAVES.

8. GREEN SEAWEED



THE GREEN SEAWEED CAN BE EATEN RAW AFTER RINSING WITH FRESH WATER TO REMOVE ITS SALINITY.

9. KELP



KELP IS A FORM OF SEAWEED AND IS RICH IN POLYURE, IODINE AND VITAMIN K.

10. AMERICAN ELDERBERRY



THE AMERICAN ELDERBERRY'S FRUIT IS PURPLISH-BLACK BERRIES & CAN BE USED IN CRYSTALS, SYRUP & JELLIES.

11. CATTAIL



THE CATTAIL IS MOSTLY FOUND NEAR THE EDGES OF FRESHWATER WETLANDS.

12. WHITE MUSTARD



THE WHITE MUSTARD IS ABUNDANT IN MOST PART OF THE WORLD.

13. PRICKLY PEAR CACTUS



THE PRICKLY PEAR CACTUS IS VERY TASTY & NUTRITIONAL.

14. CHICKWEED



THE CHICKWEEDS LEAVES ARE SHEETLY GROWING WITH SMALL WHITE FLOWERS IN THE PLANT.

15. MINER'S LETTUCE



THE MINER'S LETTUCE IS USUALLY USED AS A SALAD CRISP.

16. WILD ROSE



THE WILD ROSE CAN GROW ANYWHERE.

17. PINE NUTS



PINE NUTS ARE STICKS THAT ARE EDIBLE, STRAIGHT FROM THE PINE CONES.

18. PURSLANE



THE PURSLANE IS CONSIDERED OK AND ANOMALOUS WILD BUT CAN PROVIDE MORE BLENDED VITAMINS AND MINERALS IN THE WILD.

19. BAMBOO



THE EDIBLE PART OF THE BAMBOO ARE THE SHOOTS & FRESH ROOTS WHICH HAVE HIGH SUGAR LEVELS THAN THE LEAVES.

20. FIREWEED



THE FIREWEED ARE RED-STEMMED FLOWERS THAT USUALLY POP UP IN WILDS THAT FREQUENTLY BURNED WILDFIRES, MAKE ITS HOME.

SURVIVAL LIFE

For more survival life skills, visit <https://survivalife.com/>

Sugar Shock



- ▶ Is leading cause of inflammation in the body
- ▶ Is the most addictive substance in the world
- ▶ Accelerates aging
- ▶ Increases risk for obesity, diabetes, and heart disease
- ▶ Can cause gum disease, which is linked to heart disease
- ▶ Unstable blood sugar level can cause mood swings, fatigue, and headaches

Unpacking Elders' Relationships with Food

- ▶ What kinds of foods did they eat growing up?
- ▶ How did colonization impact their parents' relationships with food that was passed on to them?
- ▶ What kinds of foods do they crave when feeling certain emotions?
- ▶ When did they feel their best regarding overall health?
- ▶ What are their tribe's traditional foods?



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CENTERS FOR MEDICARE & MEDICAID SERVICES

The logo is centered on a yellow background. On either side of the logo are large, stylized geometric patterns in a lighter yellow color, resembling traditional designs. The text 'CMS' is in a large, bold, blue font, with a blue swoosh above it. Below it, 'CENTERS FOR MEDICARE & MEDICAID SERVICES' is written in a smaller, blue, sans-serif font.