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:


