

## Traditional Knowledge for Maintaining Health

**Norman Meade, Métis Elder:** If you got hurt, I remember lots of times we would get injured, not broken bones so such, but just little cuts and bruises and that, you couldn't get to a doctor, you didn't have to go to a doctor. Mom or somebody would fix up your wounds using poultices and stuff. We had lots of little cuts and that, sometimes they would turn bad if you didn't look after them soon enough and they would tell us “go get some bark of that certain tree” or “go get that certain plant and bring and we'll fix up your leg.” And in a little bit, sometimes three weeks or a month we would be all healed get rid of the blood poison or whatever you might have. Fish oil, oh man I know fish oil. Grandma used to make us eat lots of fish and she would take the oil and make bannock out of the fish oil and I guess that kept us healthy. Now they talk about fish oil and they have it in capsule form pill form and so on. Back then we didn't know anything about capsules. The fish was our capsule you get it out of the fish, and if the fish were healthy we were healthy; if the birds were healthy and the animals were healthy, well then we were healthy. The spirit needs to be looked after the same as your physical body needs to be taken care of. It needs to be fed. You were given muscles and bones, the structure that our bodies are with the blood flowing through our bodies. You know we were built to work, were built to keep ourselves healthy and if you look after your body it will look after a lot of other things for you, including your health. Of course our minds are the same way, if you feed your mind good information and don't overload it with a lot garbage information, your mind will be healthy. You got a strong body and a strong mind and a strong spirit then the emotions are going to be happy, and the balance is so important. You got to have that balance of those four things, spirit, emotion, physical and mental, and keep it balanced the best way you know how.