O Father, Whose voice I hear in the winds and Whose breath gives life to the world, Hear me. I am a man before you, one of your many children. I am small and weak. I need your strength and wisdom. Let me walk in beauty and make my eyes ever behold the red and purple sunsets. Make my hands respect the things you have made, my ears sharp to hear your voice. Make me wise so that I may know the things you have taught my people. The lessons you have hidden in every leaf and rock.
AN INDIAN’S PRAYER

I seek strength father, not to be superior to my brothers, But to be able to fight my worst enemy, Myself. Make me ever ready to come to you, with clean hands and a straight eye, so that when life fades as the fading sunset, My spirit may come to you without shame.

Tom Whitecloud II, MD

Founding Member

Association of American Indian Physicians
OVERVIEW

• Comparison of Modern and Traditional Medicine
• The Medicine Wheel in Practice
• Goals and Dreams for our Children
A BRIEF HISTORY OF MEDICINE

• 2000BC—Here, eat this root
• 1000AD—That root is heathen, here say this prayer
• 1800AD—That prayer is superstition, here drink this potion
• 1900AD—That potion is snake oil, here swallow this pill
• 1950AD—That pill is ineffective, here take this antibiotic
• 2000AD—That antibiotic is artificial, here eat this root
MODERN TRADITIONAL

• Model Allopathic Holistic
MODERN       TRADITIONAL

“Medicine”     Physical     Spiritual
MODERN  TRADITIONAL

- Provider
- Physician
- Healer
MODERN  TRADITIONAL

Focus  Treat/Manage Disease  Promote Health
MODERN    TRADITIONAL

- Goal    Cure/Control    Community
  Individual Disease    Health
MODERN  TRADITIONAL

- Value System  Exclusive  Inclusive
MODERN  TRADITIONAL

• Values  Confidentiality  Family/Community Participation
MODERN  TRADITIONAL

• Symbol     Serpent & Staff     Medicine Wheel
MEDICINE WHEEL

NORTH

WEST  EAST

SOUTH
Traditional Systems of Diagnosis

Key Components: Ceremony, Family & Community Participation
Medicine Wheel Assessment
Interpersonal Relationships

Surface Interactions

• Professional Relationships, Acquaintances, etc.
Medicine Wheel Assessment
Interpersonal Relationships
Medicine Wheel Assessment
Interpersonal Relationships

Core Interactions—Encompass all Four Directions—Family, Close Friends
Medicine Wheel Assessment
Family Relationships

MENTAL

PHYSICAL

SPIRITUAL

EMOTIONAL
Medicine Wheel Assessment
Family Relationships

MENTAL

PHYSICAL

SPIRITUAL

EMOTIONAL
Medicine Wheel Assessment
Family Relationships

MENTAL

PHYSICAL

SPIRITUAL

EMOTIONAL

Connectedness to both ancestry and to future generations
Medicine Wheel Assessment
Family Relationships

MENTAL

PHYSICAL

SPIRITUAL

EMOTIONAL

Connectedness to both ancestry and to future generations
Medicine Wheel Assessment

Family Relationships

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Connectedness to both ancestry and to future generations
A child is sacred. And when that child comes into the home, the family must welcome it. And if the child is happy and feels the want, he will come into this world very, very strong. And not to know this is to know nothing.
MEDICINE WHEEL

WISDOM

COURAGE  FORTITUDE

GENEROSITY

UP—HONOR  WITHIN—HUMILITY

DOWN—RESPECT
MEDICINE WHEEL & Public Health

EDUCATIONAL

ENVIRONMENTAL CULTURAL

SOCIAL
Goals and Dreams for our Children

• Balanced = Happy / Healthy
• Culturally connected
• Respectful of others
• Grow to be good parents (7 Generations)
How do we Get There?

• Consciousness
• Connectedness
• Role Modeling
• Constant Communication
• Ceremony
TRADITIONAL MEDICINE SERVICES

• Talking Circles
• Traditional Blessings
• Smudging/Purification
• Herbs and Natural Remedies
• Healing Ceremonies
• Sweat Lodge (*Inipi*)
Of course it was not I who cured. It was the power from the outer world, and the visions and ceremonies had only made me like a hole through which the power could come to the two-leggeds. If I thought that I was doing it myself, the hole would close up and no power could come through.